FESTIVAL INTERNATIONAL DE PATINAGE ACROBATIQUE

ULTIMATE
FIGURE SKATER

SAMEDI 29 JUIN 16H00-18H00

CERGY-PONTOISE agglo

ARENICE CERGY-PONTOISE

UCPA SPORT ACCESS

Infos et réservations sur www.arenice.cergypontoise.fr

Competition information

BASIC INFORMATION:	
Dates	29 June 2024
Address	Aren'Ice 95800 Cergy
Competition category	Singles
Sex category	Mix (W+M)
Age category	Mix (All ages)

Surface characteristics :	
Ice rink	30x60 m
Fixed plank in the middle ice rink *Optional USE Eq. / Ind. / Cr.	120x60 cm

Presented by skater 1 week before the competition:	
1. Music	Music for Free program 2.30m - 4.00m
2. Elements content	For Free program

Skater's equipment allowed:	
Skates type	Figure or Hockey
Support material	Gloves with Thorns/Screws

Skater's security equipment allowed:	
Body protection	Elbows / Knees / Head protection

Examples of illegal competitor's equipment :
- Fire
- Ribbons
- Juggling material
- Support material

Name:	
Date of birth:	
Country:	
SPONSOR:	
Coach:	
Choregrapher:	
Social medias	

The elements should be distributed throughout a program, have transitions between them to respect the intention of presenting a well-balanced program.

The program contents sheet (order and intended elements) should be handed in no later than 1 week before the performance. After that, changes in order or names of the intended elements are allowed only after notifying the technical panel (no later than 48 hours before the competition unless a medical cause).
The technical panel will still evaluate the program based on what it sees during the performance and according to the rules however taken the variety of backgrounds acrobatic figure skating accumulates and creativity of acrobatic figure skaters we need to bring to a common denominator the contents of their/your programs to be able to rank the skaters the fairest way possible. If the order or the transitions and distribution of the elements rules are completely not respected the technical panel will have to consider presentation of such a program as a freestyle program rather than a program for figure skating competition.

Program contents:

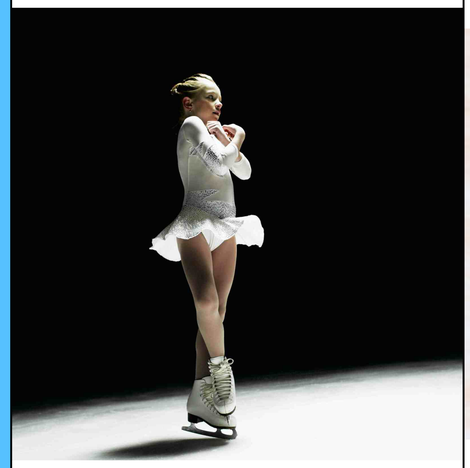
FREE Program - Singles 2.30m - 4.00m	Element 1	Element 2	Element 3	Element 4	Element 5
1 EQUILIBRIUM (Static element)					
5 INDIVIDUAL ELEMENTS (Dynamic elements) For all the individual elements: second executions receive 50% and further 25%,12.5% etc. of DD score					
1 SPIN (Dynamic elements)					
1 Creative Slide					
1 Creative Jump					
1 Choreographic Sequence (Dynamic element)					
Skating Mastery SM (Evaluated on all the program)	✓				
Choreography CH (Evaluated on all the program)	✓				

FREE Program - Singles	NAME	TIME
Element 1	(_____)	(_____)
Element 2	(_____)	(_____)
Element 3	(_____)	(_____)
Element 4	(_____)	(_____)
Element 5	(_____)	(_____)
Element 6	(_____)	(_____)
Element 7	(_____)	(_____)
Element 8	(_____)	(_____)
Element 9	(_____)	(_____)
Element 10	(_____)	(_____)
Element 11	SM	
Element 12	CH	

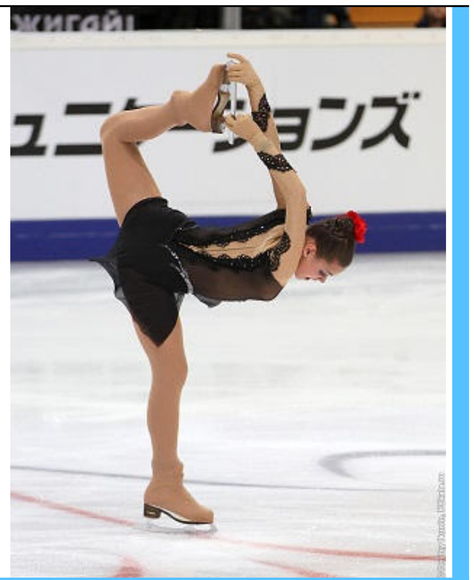
Technical Experts Naming the Elements Explication

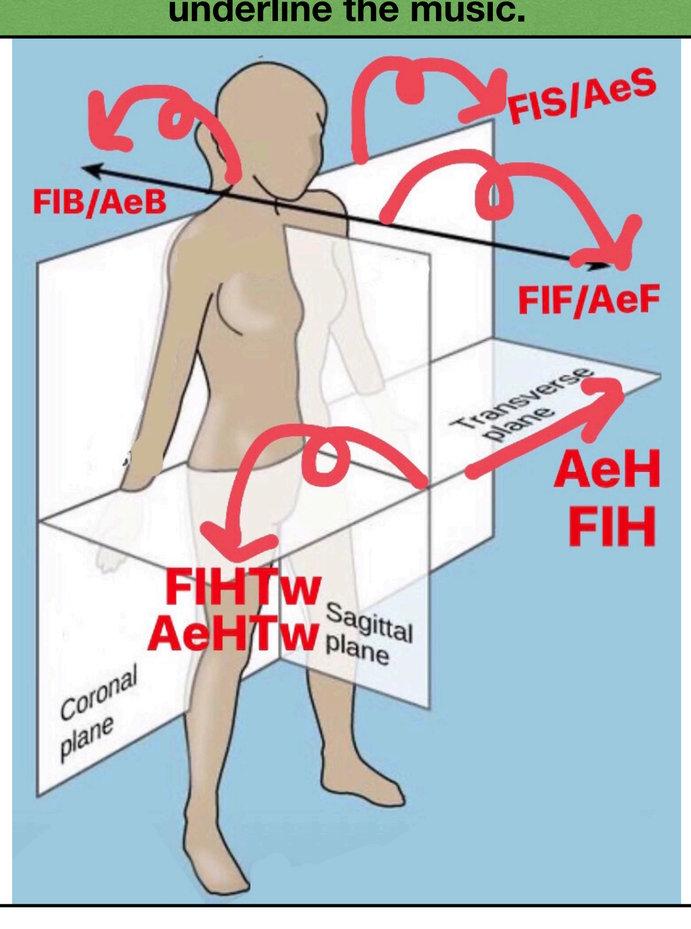
Spin SINGLE	Equilibrium SINGLE	Choreographic sequence SINGLE	Creative element SINGLE
1) Naming the element and its degree of difficulty **1.1** Element name + DD: Sp + (B/1/2/3/4/5/6) **1.2** Position definition for TE: [CC] COUNTER-CLOCKWISE - [CCL] Left Leg - [CCR] Right Leg [C] CLOCKWISE - [CL] Left Leg - [CR] Right Leg **1.3** [ChF] - Change of foot (Left<>Right) [YChD] - Codified change of direction (Rocker/Counter) [NChD] - Non-codified change of direction [F] -Fall [R] - Repetition of a leg usage in the same direction **1.4** If the number of allowed elements of a kind has been exceeded IN A PROGRAM such element will be simply ignored.	1) Naming the element and its degree of difficulty **1.1** Element name + DD: Eq + (B/1/2/3/4) **1.2** Position definition: [E] - Elbows [2a] - 2 arms [1a] - 1 arm [H] - Head [Hs] - Head spin **1.3** [F] -Fall **1.4** Can be executed on the fixed plank in the middle of the ice rink **1.5** If the number of allowed elements of a kind has been exceeded IN A PROGRAM such element will be simply ignored.	1) Naming the element and its degree of difficulty **1.1** Element name + DD: ChSq + (B/1) **1.2** Presented across the ice surface at one of the determined trajectories – diagonal, serpentine, straight line. The trajectory should be completed and the element should reflect the music. Notifications of start and end of the ChSq authorised: intentional touching barrier (by a touch, caressing, hit on a barrier depending on the choreography). **1.3** ChSq is a sequence of any steps and turns. Hops of no more than half rotations to emphasise music are allowed (jumps, slides, rolls, individual elements are not allowed). **1.4** If the number of allowed elements of a kind has been exceeded IN A PROGRAM such element will be simply ignored.	1) Naming the element **1.1** Element name: (CrJ / CrSl) **1.2** [CrJ] - Creative jumps allowed: jumps of at least 1 rotation around the vertical axis (a variation of single skating jumps with creativity on take-off, in air position or on the landing) [Cr.Sl] - Creative slides, including: intentionally displacing on ice without blade usage, stationary intentional spin not on the blade, break dancing. The movement is evaluated until the weight of the skater goes on blades.

2) Element-specific criteria **2.1** [CCL / CCR / CL / CR] (over 5 rot in position = position validated) (under 5 rot in position = position NOT validated) **2.2** No element time limit **2.3** No position order	2) Element-specific criteria ** 2.1** [E / 2a / 1a / H] - (over 5 sec = position validated) [E / 2a / 1a / H] - (under 5 sec = position NOT validated) [Hs] - (over 3 rot = position validated) [Hs] - (under 3 rot = position NOT validated) ** 2.2** No element time limit **2.3** No position order	2) Element-specific criteria **2.1** No element time limit **2.2** Trajectory: Diagonal / Spiral / Straight line **2.3** NOT ALLOWED Codified elements [Ind / Sp / Eq / Cr] and jumps around vertical axis of more than 1/2 rotation
3) DEFINITION **3.1** Tracking of rotations stops after : - 3rd [ChF] - [NChD] - [F] - [R] **3.2** SpB (0 points). Sp1 (1->2 points). Sp2 (3->4 points). Sp3 (5->6 points). Sp4 (7->8 points). Sp5 (9->10 points). Sp6 (11->12 points) EASY Position +1 POINT for DD. MEDIUM Position +2 POINTS for DD. DIFFICULT Position +3 POINTS for DD. **3.3** To determine the degree of difficulty of an element Spin the total amount of validated by executed rotations positions will be considered.	3) DEFINITION ** 3.1** Tracking of rotations or elapsed seconds stops after: -[F] **3.2** EqB (0 points). Eq1 (1 point). Eq2 (2 points). Eq3 (3 points). Eq4-5 (4 points). **3.3** - To determine the level of the element Equilibrium the total amount of executed in a row and validated by time or rotations equilibrium positions will be considered. - The second execution of the same position will be ignored for determination of degree of difficulty. One point for each position.	3) DEFINITION **3.1** Trajectory: - From short barrier till opposite short barrier **3.2** Movements ALLOWED not compulsory : - Steps and turns - hops (no more than 1/2 revolutions) - body movements

4) Identifying boundaries of an element including Combos or cases in which the elements are connected and considered as separate or as one Example: **IND + Sp / Cr +Sp** **(IND / Cr.) will be judged as a difficult entry to (Sp) and will not be considered as a separate element** ***** **Sp + IND / Sp + Cr** **Sp + Eq / Eq + Sp** **ChSq + Sp / Sp + ChSq** **will be judged separately and will be considered as separate elements**	**4) Identifying boundaries of an element including Combos or cases in which the elements are connected and considered as separate or as one Example:** **IND + Eq / Cr. + Eq** **(IND / Cr.) will be judged as a difficult entry to (Eq) and will not be considered as a separate element** ***** **Eq+Ind / Eq + Cr.** **Sp + Eq / Eq + Sp** **ChSq + Eq / Eq + ChSq** **will be judged separately and will be considered as separate elements**	**4) Identifying boundaries of an element including Combos or cases in which the elements are connected and considered as separate or as one Example:** **Cr. + ChSq / ChSq + Cr.** **(Cr.) will be judged like part of ChSq and will not be considered as a separate element** ***** **ChSq + Sp / Sp + ChSq** **ChSq +Ind / Ind + ChSq** **ChSq + Eq / Eq + ChSq** **will be judged separately and will be considered as separate elements**	**If the chosen trajectory hasn't been completed and the Individual element or Spin or Equilibrium has been performed the ChSq will receive Basic degree of difficulty.** ***** **Example 1:** **ChSq+ [Ind / Sp / Eq / Cr]** **Result :** **- ChSqB** **Example 2:** **Trajectory not respected** **Result :** **- ChSqB**
Definition ot the simple position: **1. Basic upright spin** **2. Basic sit spin** **3. Basic camel spin**			
Definition of the medium position **1. All variations between EASY<>DiFFICULT**	**Definition of the medium position** **1. All variations between EASY<>DiFFICULT**	**Definition of the medium position** **1. All variations between EASY<>DiFFICULT**	**Definition of the medium position** **1. All variations between EASY<>DiFFICULT**

Definition of the difficult position
1. Free leg is above the head



INDIVIDUAL ELEMENT	
1) ELEMENT NAME + ROTATIONAL DIR. + ROTATIONAL TYPE **1.1** Naming the element [Wa / Ha / Fl / Ae] + [H / F / B / S] + [St/ St+Tw] **1.2** If the number of allowed elements of a kind has been exceeded IN A PROGRAM such element will be simply ignored.	4.1 Combos or cases in which the IND elements are connected with other types of elements and considered as separate elements or as one element. Example: IND + Sp / IND + Eq IND will be judged as a difficult entry of the (Sp/Eq) and will not be considered as a separate element ***** Cr + IND Cr. will be judged as a difficult entry of the (IND) and will not be considered as a separate element *****
2) Element-specific criteria **2.1** No element time limit **2.2** Each codified element even if executed in a row as a combination of elements will be judged separately and will be considered as a separate element. **2.3** For all the individual elements: second execution receives 50% and further 25%,12.5% etc. of degree of difficulty score **2.4** If the number of allowed elements of a kind has been exceeded such element will be simply ignored.	4.2) SP + IND / Eq + IND IND +Cr. ChSq + IND / IND + ChSq will be judged separately and will be considered as separate elements. ***** IND+IND+IND only the second one will be evaluated. The first IND element will be considered as a hop/movement that gives momentum/rhythm to the second in order to ease/simplify the entry. All further IND elements executed right one after another will be disregarded as part of the choreography to underline the music.
3) DEFINITION **3.1** Name: [Wa] - Walkover [Ha] - Handspring [Fl] - Flip [Ae] - Aerial --- [H] - Horizontal - [TPT] [F] - Forward - [SPT] [B] - Backward - [SPT] [S] - Side - [CPT] --- TPT* - Transverse Plane Trajectory SPT* - Sagittal Plane Trajectory CPT* - Coronal Plane Trajectory --- LD* - Leg(s) Departure AD* - Arm(s) Departure AT* - Arm(s) Transition LL* - Leg(s) Landing AL* - Arm(s) Landing ---	

3.2
Element movement [SPT\CPT]

CATEGORY = NO JUMP
WaS = (St) > (CPT) = LD+AT+LL
WaB,WaF = (St) > (SPT) = LD+AT+LL

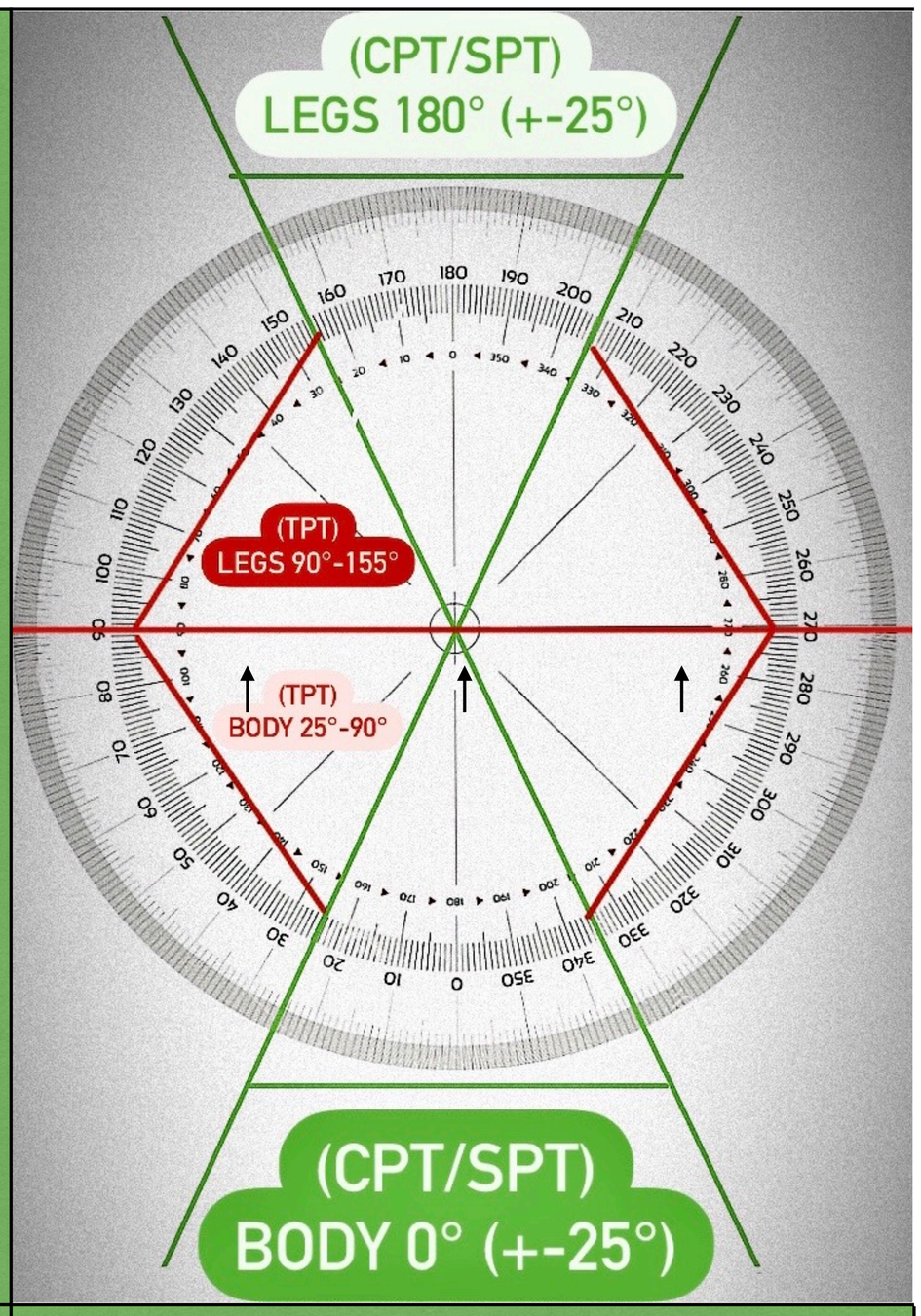
CATEGORY = Arm(s)<>Leg(s)
HaS = (St/St+Tw) > (CPT) = AD+LL
HaF = (St/St+Tw) > (SPT) = AD+LL
HaB = (St/St+Tw) > (SPT) = LD+AL

CATEGORY = 2 leg depart Jump
FlS = (St/St+Tw) > (CPT) = LD+LL
FlF,FlB = (St/St+Tw) > (SPT) = LD+LL

CATEGORY = 1 leg depart Jump
AeS = (St/St+Tw) > (CPT) = LD+LL
AeB,AeF = (St/St+Tw) > (SPT) = LD+LL

Mistake "Touch down of hands with weight transfer in the individual elements with a jumping phase and seeking more than 360 degree rotations" will result in considering the executed element as a Handspring. Example, FlB can be downgraded to HaB. Mind the repetitions in the program.

St* -Rotation on Plane Direction [SPT/CPT]
1St = 0.5>1
2 St = 1.5>2
3 St = 2.5>3
Tw* - Rotation around longitudinal Axis
0 Tw = 0>0.75
1 Tw = 1>1.25 Tw
1.5 Tw = 1.5>1.75 Tw
2 Tw = 2>2.25 Tw



Tw DEFINITION for (FlH+Tw/AeH+Tw)

Element movement [TPT]
SL* - Same leg [Depart/Exit] (for Basic) Landing
SL+* - Same leg [Depart/Exit] (for Difficult) Landing
OL* - Opposite leg [Depart/Exit] (for Basic) Landing
OL+* - leg [Depart/Exit] (for Difficult) Landing

In case plane direction is not respected when attempting AeH or FlH (with or without twists) the element will receive only 1 point from the degree of difficulty score.
In case plane direction is not respected when attempting AeS or FlS (with or without twists) the element will be downgraded to AeH or FlH.

FlH+Tw

FlH+Tw = Toe-pic depart = Flip/Lutz/Toe-loop
FlH = (St/St+Tw) > [TPT] = LD+LL

Downward body take off

St* -Rotation on Plane Direction [TPT]
1St = 0>1
Tw* - Rotation around longitudinal Axis
0 Tw = 0 = [OL].....
1 Tw = 1 = [SL]>[OL+]
2 Tw = 2 = [SL]>[OL+]
3 Tw = 3 = [SL]>[OL+]

FlH+Tw = Toe-pic depart = Flip/Lutz/Toe-loop
FlH = (St/St+Tw) > [TPT] = LD+LL

Upward body take off

St* -Rotation on Plane Direction [TPT]
1St = 0>1
Tw* - Rotation around longitudinal Axis
0 Tw = 0.5 = [OL]>[SL+]
1 Tw = 1.5 = [SL]>[OL+]
2 Tw = 2.5 = [SL]>[OL+]
3 Tw = 3.5 = [SL]>[OL+]

AeH+Tw

AeH+Tw = Edge depart = Axel/Loop/Salchow
AeH = (St/St+Tw) > [TPT] = LD+LL

Downward body take off

St* -Rotation on Plane Direction [TPT]
1St = 0>1
Tw* - Rotation around longitudinal Axis
0 Tw = 0 = [OL].....
1 Tw = 1 = [SL]>[OL+]
2 Tw = 2 = [SL]>[OL+]
3 Tw = 3 = [SL]>[OL+]

AeH+Tw = Edge depart = Axel/Loop/Salchow
AeH = (St/St+Tw) > [TPT] = LD+LL

Upward body take off

St* -Rotation on Plane Direction [TPT]
1St = 0>1
Tw* - Rotation around longitudinal Axis
0 Tw = 0.5 = [OL]>[SL+]
1 Tw = 1.5 = [SL]>[OL+]
2 Tw = 2.5 = [SL]>[OL+]
3 Tw = 3.5 = [SL]>[OL+]

Adjustments to elements degree of difficulty scores
TP ELEMENTS (IND)

	«Technical Experts Elements»	«Technical Experts Elements»	«Technical Experts Elements»	«Technical Experts Elements»
	Failed execution	Degree of cautiousness «DC»	Degree of cautiousness «DC»	Degree of cautiousness «DC»
INDIVIDUAL ELEMENT	FALL Execution of an element (-60% / -50% / -40%)	STANDARD Execution of an element (-40% / -30% / -20% / -10% / 0% / +10%)	STANDARD + EXTRA Execution of an element (-10% / 0% / +10% / +20% / +30%)	EXTRA Execution of an element (+10% / +20% / +30% / +40% / +50% / +60%)
WA (S/F/B)	FALL [P] ***** - 2 knees or full body on ice	- ''Transition'' Two arms	<-In between-> Extra difficulty failed execution	- ''Transition'' one arm OR - ''Transition'' Two arms + - «Difficult» body movement
Ha (S/F/B) + Tw	FALL [P] ***** - 2 knees or full body on ice	Ha(S/F/B)+Tw - ''Transition'' Two arms	<-In between-> Extra difficulty failed execution	- ''Transition'' one arm OR - ''Transition'' Two arms + - «Difficult» body movement
Fl (S/F/B) + Tw	FALL [P] ***** - 2 knees or full body on ice	- ''Landing'' Two legs	<-In between-> Extra difficulty failed execution	- ''Landing'' one leg
Ae (S/F/B) + Tw	FALL [P] ***** - 2 knees or full body on ice	- ''Landing'' Two legs	<-In between-> Extra difficulty failed execution	- ''Landing'' one leg
Fl (H) + Tw Ae (H) + Tw	FALL [P] ***** - 2 knees or full body on ice	- ''Landing'' FlH+Tw / AeH+Tw - ''Landing'' Basic leg landing	<-In between-> Extra difficulty failed execution	- ''Landing'' FlH+Tw / AeH+Tw - ''Landing'' Difficult leg landing

TP Guidelines of execution for (Fall / Standard / S+E / Extra)

INDIVIDUAL ELEMENT	
TP Guidelines of execution	IND
ENTRY SPEED	TURTLE vs FLASH
ENTRY DIFFICULTY	*DIFF step/turn (rocker/counter etc) *movement (eagle) *rotation (twizzle/spinning) *spiral *Cr. jump/slide
PLANE DIRECTION	*Perfect straight of air position *DIFF variation of fly position *Perfect AXIS
EXIT DIFFICILTY	*DIFF step/turn (rocker/counter etc) *body movement (eagle, arabesque, spiral type movement) *rotation (twizzle/spinning) *Cr. jump/slide
Spin	
TP Guidelines of execution	Sp.
ENTRY DIFFICULTY	*DIFF step/turn (rocker/counter etc) *roll/jump/slide/turn etc.
ROTATION SPEED	*TURTLE vs FLASH*
SPIN CENTRAGE	*(5+м²) vs (0 м²)*
EXIT DIFFICILTY	*DIFF step/turn (rocker/counter etc) *roll/jump/slide/turn etc.
Equilibrium	
TP Guidelines of execution	Eq.
ENTRY DIFFICULTY	*roll/jump/slide/turn etc.*
STABILITY UPWARD BODY	*OUT OF CONTROL vs STABLE*
STABILITY DOWNWARD BODY	*OUT OF CONTROL vs STABLE*
EXIT DIFFICULTY	*roll/jump/slide/turn etc.*

Elements Degree of difficulty scores

Individual Elements	
- (Wa) Walkover	
1 Standard rotation (1St)	BASE
WaS	1
WaF	2
WaB	3

- (Ha) Handspring		- (Ha) Handspring		- (Ha) Handspring	
1 Standard rotation (1St)	BASE	1 Standard rotation (1St) + 1 Twist rotation (1Tw)	BASE	1 Standard rotation (1St) + 1.5 Twist rotation (1.5Tw)	BASE
HaS	2	HaSTw (0.75r)	8	HaS1.5Tw (1.25r)	12
HaF	3	HaFTw (1.00r)	12	HaF1.5Tw (1.50r)	18
HaB	4	HaBTw (1.00r)	16	HaB1.5Tw (1.50r)	24

- (Fl) Flip		- (Fl) Flip		- (Fl) Flip		- (Fl) Flip		- (Fl) Flip	
1 Standard rotation (1St)	BASE	1 Standard rotation (1St) + 1 Twist rotation (1Tw)	BASE	1 Standard rotation (1St) + 1.5 Twist rotation (1.5Tw)	BASE	1 Standard rotation (1St) + 2 Twist rotation (2Tw)	BASE	2 Standard rotations (2St)	BASE
FlH	2	FlHTw	10	xxxxx	X	FlH2Tw	20	xxxxx	X
FlB	16	FlBTw (1.00r)	64	FlB1.5Tw (1.50r)	74	FlB2Tw (2.00r)	84	2FlB	128
FlS	18	FlSTw (0.75r)	72	FlS1.5Tw (1.25r)	82	FlS2Tw (1.75r)	92	2FlS	144
FlF	20	FlFTw (1.00r)	80	FlF1.5Tw (1.50r)	90	FlF2Tw (2.00r)	100	2FlF	160

- (Ae) Aerial		- (Ae) Aerial		- (Ae) Aerial		- (Ae) Aerial		- (Ae) Aerial	
1 Standard rotation (1St)	BASE	1 Standard rotation (1St) + 1 Twist rotation (1Tw)	BASE	1 Standard rotation (1St) + 1.5 Twist rotation (1.5Tw)	BASE	1 Standard rotation (1St) + 2 Twist rotation (2Tw)	BASE	2 Standard rotations (2St)	BASE
AeH	2	AeHTw	10	xxxxx	X	AeH2Tw	20	xxxxx	X
AeS	16	AeSTw (0.75r)	64	AeS1.5Tw (1.25r)	74	AeS2Tw (1.75r)	84	2AeS	128
AeF	20	AeFTw (1.00r)	80	AeF1.5Tw (1.50r)	90	AeF2Tw (2.00r)	100	2AeF	160
AeB	22	AeBTw (1.00r)	88	AeB1.5Tw (1.50r)	98	AeB2Tw (2.00r)	108	2AeB	176

Spin (Sp)	BASE	Equilibrium (Eq)	BASE	Choreographic sequence (ChSq)	BASE	Creative Element (Cr)	BASE
SpB	1	EqB	1	ChSqB	1	Cr. Jump	2
Sp1	4	Eq1	4	ChSq1	3	Cr. Slide	2
Sp2	6	Eq2	8				
Sp3	8	Eq3	12				
Sp4	10	Eq4	16				
Sp5	12						
Sp6	16						

Skating Mastery (All the program)	BASE	Choreography (All the program)	BASE
SM	5	CH	5