



# Démystifions les règlements



Patinage Canada

**15h30-16h10 : Présentation des changements 2023-2024.**

SD, Simples, Couples, Danses

Tout le groupe de modérateurs

**16h15-16h50: Activité interactive Mentimeter en équipe entraîneurs-officiels.**

Tout le groupe de modérateurs

**16h50-17h00: Période ouverte de questions.**

## Communications ISU

**Levels and GOE:** publication 2558

**Scale of values:** publication en Mai/Juin

**Novice communication 2489:** sera publiée sous peu

**Technical Handbook:** juin

**Skate Canada:**



# Nouveautés section SD

Le nouveau système de Patinage Canada pour le calcul des points sera probablement en essai aux Championnats d'Été 2023, cela se confirme de plus en plus. Il permettra d'avoir l'internet à l'estrade et d'avoir la reprise vidéo pour tous les officiels.

Un des changements importants se fera au montage des données de la compétition où, entre autres, les noms des officiels seront entrés à partir de la base de Patinage Canada.

- Les officiels (Techniques, Juges, Spécialistes de données, DIO, VR) devront mettre à jour leur profil de Patinage Canada, connaître leur nom d'utilisateur/mot de passe et surtout ils devront être valide pour accéder au portail de la compétition. Aucun changement ne pourra être fait
- Les entraîneurs qui sont officiels devront aussi suivre le même chemin.
- Les entraîneurs dans les clubs auront aussi à mettre leur profil à jour, donc si corrections à faire, accents... devront être faits par le club.
- Le profil (pathway) du patineur sera également important, (CanSkate, STARSkate, Comp.)

## Objectifs ISU 2023 -...

**Accorder davantage de valeur (BV) aux Spins, ChSq , StSq et aux PCs**

**Augmentation des facteurs des Composantes de Programme (retrait du Rulebook pour permettre flexibilité)**

**Augmenter la différence des valeurs de base entre les GOEs pour les Spins, ChSq , StSq**

**Emphase sur la qualité, créativité des éléments  
et habiletés artistiques**



# Rappel

## Chutes dans les éléments

- Le PT détermine si la chute se produit dans un élément ou non.
- Élément-**F**: Chute dans l'élément
- Si hors-élément, il n'y aura pas de **F** sur l'écran.

*\*Rappel: Si le signe de chute-F n'est pas considéré dans l'élément, les juges ne doivent pas réduire leur GOE en fonction de la chute.*

# SAUTS:

## Simple et Couples:

- GOE-Positive aspects

S

Jump Elements	1) very good height and very good length (of all jumps in a combo or sequence) 2) good take-off and landing 3) effortless throughout (including rhythm in jump combo or sequence) 4) steps before the jump, unexpected or creative entry 5) very good body position from take-off to landing 6) element matches the music
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C

Jump Elements	1) very good unison 2) very good height and very good length (of all jumps in a combo or sequence) 3) effortless throughout (including rhythm in jump combo or sequence) 4) steps before the jump, unexpected or creative entry 5) good take off and landing 6) element matches the music
Throw Jumps	1) very good height and very good distance 2) good speed, flow and control on release and landing 3) effortless throughout 4) difficult, unexpected or creative entry 5) very good air position 6) element matches the music



## Simple et Couples

### Réductions des sauts

- **Poor take-off:**

Réduction GOE de **-2 à -4** (avant -1 à -3) **Plus sévère**

Lutz with full blade

Toe Axel

Toe on 2 Feet-Salchow

- **Multiple q signs in Combo-Sequence:**

Réduction **-3 à -4**



# Clarifications Sauts

- Listed jump + 1 intended change of edge + listed jump in the other rotational direction.

Considered as a jump combination.

There is no reduction in the GOE for the intended change of edge.



## Clarifications Sauts

- **Listed Jump + 1 Eu + three turn on the same foot+ Axel type jump:**

Jump combination: Listed jump + 1 Eu + Axel type jump

Ex: 3F + 1 Eu + three turn on the same foot + 2A = 3F + 1 Eu + 2A (Combo)

One intended three turn, rocker, counter or bracket in between 2 or 3 listed jumps keeps the element as a jump combination.

There is no reduction in GOE for the intended turn.

# SPINS

## Simple et couples:

- **GOE- Positive aspects:**

Simple: idem

Couples:

Solo Spins	<ol style="list-style-type: none"> <li>1) <u>very</u> good unison</li> <li>2) good speed and/or acceleration during spin</li> <li>3) effortless throughout</li> <li>4) good controlled, clear position(s) (inc. height and air/landing position in flying spin)</li> <li>5) creativity</li> <li>6) element matches the music</li> </ol>
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- **Réductions:**

Ajout réduction: **Poor exit: -1 à -3 (S et P solo spin et Pair spin)**

# SPINS

## Simples :

- **Niveaux:**

### Niveau 4 : features idem

**Both directions** immediately following each other in Sit, Camel, **Layback or difficult variation in an upright.**

### Difficult exit:

- D. Entry / D. Exit on different spins and different nature
- **Flying Spins and Spins in one position:** Must be started from a reached basic position (no upright).
- **Combo or Change Combo:** may be started in any position.



# SPINS

## Simple et couples (solo spin) :

- **Niveaux:**

### Windmill/Illusion:

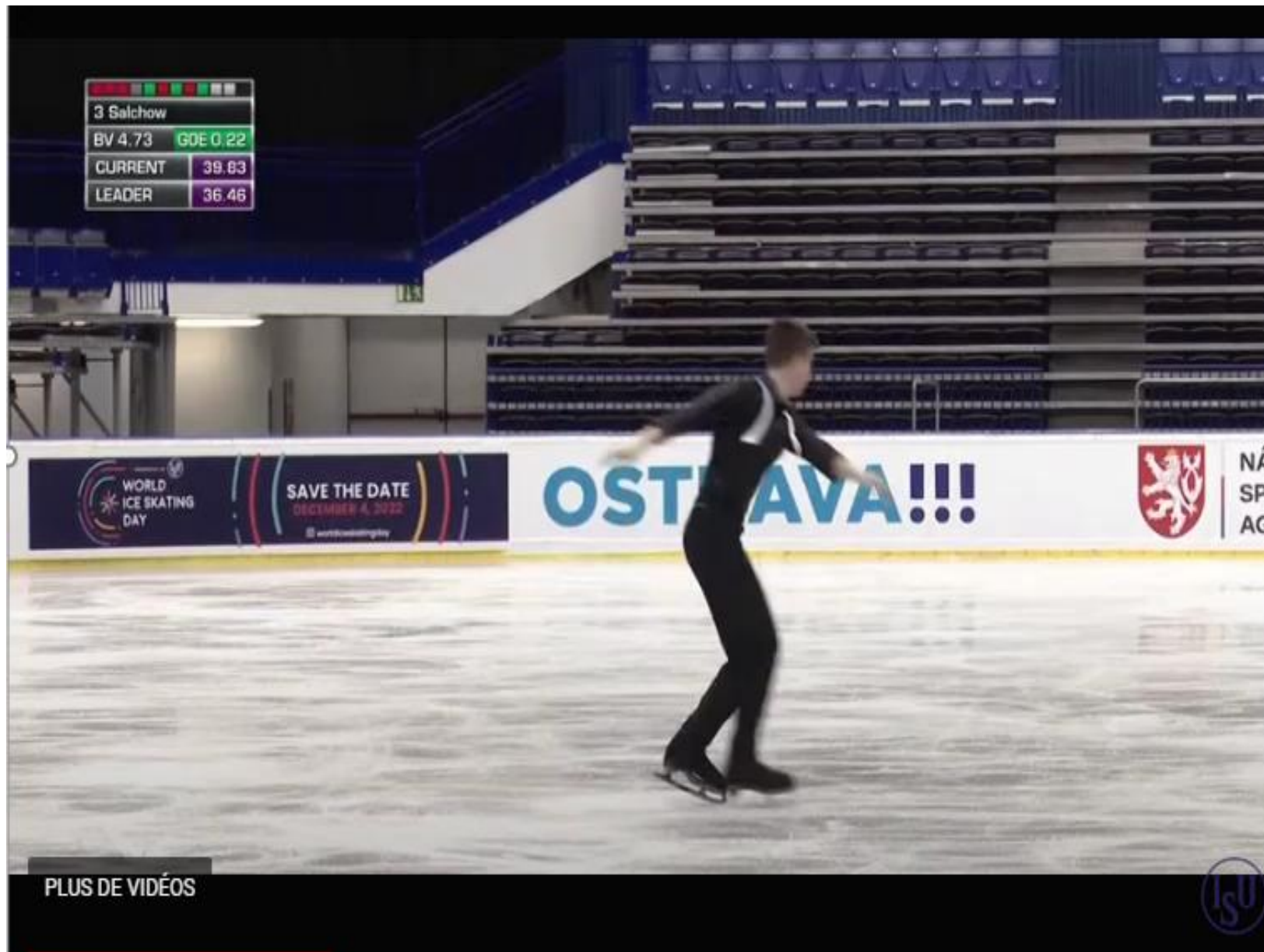
- Must reach close to a split position (at least 135 degrees).
- Can be awarded only once in a program.
- **If used as a difficult exit: must be executed on the spinning foot.**













# SPINS

## Couples:

- Niveaux:

### Pair Spin Combo:

Lifting of the woman while the man is on one 1 foot:

- 2 revs
- **If the woman is in a difficult position: it counts as a difficult variation**
- Lifting feature and difficult exit: can be one after each other without bringing the woman down on ice
- Exit : significant impact on the balance, control and execution

## Le GOE de départ ne peut pas être plus haut que +2 Simples et Pairs :

- Fall
- Stepping out of landing
- Wrong edge (e)
- Downgraded
- Serious problem in the lifting
- Serious problem on the catch of the twist
- Spins with less than required revolutions (Short program)
- Spins with change of foot with poor change
- Flying spin with poor fly
- StSq and ChSq do not correspond to the music
- Multiple errors in any element

## **Donc, attention particulière dans les spins Simples-Couples :**

Nombre de révolutions requises (P. Court)

Qualité exécution des changements de pieds (C. et L.)

Technique du saut dans les Flying Spins (C. et L.)

# Jeux de pieds

## Simple et Couples:

- GOE-Positive aspects:

S	<table border="1"> <tr> <td data-bbox="394 386 690 686">Step Sequences</td><td data-bbox="690 386 2061 686"> 1) deep edges, clean steps and turns, control of the whole body  2) element matches the music  3) effortless throughout with good energy, flow and execution  4) creativity of body movements including variations of free foot  5) good ice coverage or interesting pattern  6) good acceleration and deceleration </td></tr> </table>	Step Sequences	1) deep edges, clean steps and turns, control of the whole body 2) element matches the music 3) effortless throughout with good energy, flow and execution 4) creativity of body movements including variations of free foot 5) good ice coverage or interesting pattern 6) good acceleration and deceleration
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Inclus mouvements du corps créatifs et variés et différents placements du pied libre (devant, sur le côté, à l'arrière/supporté ou non) pendant le StSq.



## Objectifs :

**Créer davantage un élément d'intérêt**

**Accent sur l'exploitation de la créativité dans la composition du StSq**











## Lifts

- **GOE- Positive Aspects:** idem
- **Réductions GOE:** idem
- **Niveaux:**

All the features can be counted if executed **in the first 4 revs (3.5 )**

**In 5RLi when both partners skate forwards: difficult variation of the take-off**





## Death Spirals



- **GOE- Positive Aspects:** idem

- **Réductions GOE:**

If the woman has less than 1 rev in a low position: **-1 à -3 (new)**

Woman's or man's weak edge quality: **-2 to -3** (-1 to -3)

Outside Death Spirals: Head not higher than her skating knee **and bodyline between knee of skating leg and head should be flat or shallow arch.**

- **Niveaux:** idem



## DANSE SUR GLACE

Communication ISU pas encore publié.

\*N.B. L'information présenté est sujet à changer.

## Senior/Junior 2023/24 Rhythm Dance Requirement

The theme selected for the Rhythm Dances for both Junior and Senior for the season 2023/24 is:

**“Music of the Eighties”**

Any tune is possible provided it was first released in the decade of the 1980s (*music deduction*).

The selected rhythm should demonstrate through **dance** the **culture and feeling / essence of this decade** (*Program Components*).

The selected music may be remastered.

To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offensive lyrics.

The Rhythm Dance should NOT be skated in the style of a Free Dance, the couple must use dance movements and dance holds to interpret the chosen music from this decade.

## Background and Importance of the 80's in Dance & Music

- Background and Importance of the 80's in Dance & Music
- Styles of dance no longer constrained by strict gender roles.
- This decade's dance and music was characterized by women's empowerment, diversification and equity between gender, class and race.
- Importance of the creation of MTV and its influence on fashion, style and dance through music videos.
- African American artists revolutionized how we consider music and dance.
- The sound is high energy and optimistic.
- Studying the 80s gives ice dance an opportunity to explore these styles and educate skaters on different means of expression inclusive of gender and culture.
- Dance styles: The Running Man, The Moonwalk, The Worm, The Robot...



## SENIOR RD:

### 5 Required elements

- Pattern Dance Type Step Sequence (PSt), (Style D)
- Choreographic Sequence
- Short Lift -up to 7 seconds
- Step Sequence in Hold or Not Touching or Combination of both (Style B)
- Set of Sequential Twizzles

## One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B)

Specifications to Style B, Rhythm Dance:

-skated to any tempo

-Chosen Pattern may ONLY be Midline or Diagonal

-Separations permitted, no more than 2 arm lengths

-Touching the ice with any part of the body no longer than 5 seconds

**-Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)**

**Not Permitted:**

Loops

Retrogression(s)

Hand in hand with fully extended arms

**-DOES THIS GO TO TECH PANEL?**

## One (1) Set of Sequential Twizzles

At least 2 Twizzles for each partner  
and  
must NOT be in contact between Twizzles

Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)

Note:

**Technical Panel** is responsible to lower the Level if there is less or more steps.

**Judges:** If the incorrect number of steps is performed due to any kind of **error**, this is evaluated by the Judges as per the GOE Chart

## One (1) Pattern Dance Type Step Sequence (PSt), (Style D)

Rhythm: **skated to any tempo**

Duration: any exact number of musical phrases

**Pattern:** starting with a Stop **or** skidding movement on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink.

**One (1) loop** in any direction (which may cross the Long Axis is permitted within the pattern).

**Stops:** one (1) required (as an option to begin the PSt) at the start of the PSt will count as one of the permitted stops.

A skidding movement to start the PSt will NOT be considered as a stop.

**Holds:** must remain in contact at all times, even during changes of holds (except when performing Twizzles as connecting Choreography).

## One (1) Pattern Dance Type Step Sequence (PSt), (Style D)

### Technical Requirements:

Must perform two different difficult turns per partner from the following:

**Back entry Rocker, Counter, Bracket, and Forward Outside Mohawk (C-Step).**

**TECH PANEL: Only the first two attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.**

**For the JUDGES to know: Two of the Different Difficult Turns from those above may be performed at the same time.**

## One (1) Pattern Dance Type Step Sequence (PSt), (Style D)

**Not Permitted: Same as last season**

-Stop (only allowed at the beginning to indicate the start of the PSt)

**-NOTE: if a stop longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program**

-Separations (except during Twizzles if performed as connecting choreography)

-Retrogressions

-Hand in Hand hold with established fully extended arms



## Choreographic Sequence

**Tempo:** 100 beats/minute minimum

**Steps:** Silver Samba

-Women's steps and/or Man's Steps skated by either the Man or the Woman or a combination of both provided there is continuity of prescribed steps always performed by at least ONE (1) partner.

**Pattern:**

-Starts on the judges' left side with step #9 of the Woman and #9a and #9b of the Man

-Finishing with step #47

(at least one of the steps skated in order from #9 to #47 by one of the partners)

-May cross the long axis without any restriction

**No restriction in the number of beats per step.**



## Choreographic Sequence

**Hold(s):** in contact, any holds are permitted

**Separation:**

-1 separation is permitted for not more than 2 arms length and duration not more than 2 measures of music

**Loop:** One (1) permitted

**Retrogression:** One (1) permitted

**Stop:** Not Permitted



## JUNIOR

### 5 Required Elements

Pattern Dance Elements- Rocker Foxtrot, 2 sequences

Short Lift – up to 7 seconds

Step Sequence in Hold or Not Touching or Combination of both (Style B)

Set of Sequential Twizzles

(Same as Senior)

#### Two (2) Sections of the Rocker Foxtrot

##### 1RF and 2RF: Steps #1-14

Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately.

Step #1 of 1RF skated at the Judges left side.

Step #1 of 2RF skated at the Judges right side.

1RF must be skated in accordance with Rule 707

2RF, the **Woman skates the Mans steps** and the **Man skates the Woman's steps**

**-(switch tracking/sides on Key Points, the right hand of the Woman is the leading hand)**

Variation of Hold is permitted **except** on the Key Points.

Crossing the Long Axis **is permitted** for Steps #5, #8 - 9.



## Specifications/Restrictions/Choreographic violations

**Music Requirement:** no change

**Violation of music restrictions:** 2.0 per program (Referee + Judges) for:

**Incorrect rhythm/THEME:**

-Musical Rhythm (**THEME/style**) selected is not from the permitted Rhythms (**THEME/styles**) – **Music from the 1980s!!**

**Lack of audible beat** (*Exception: the music may have no rhythmic beat for up to 10 seconds at the beginning of the Rhythm Dance*)

SENIOR Music Requirement

**VIOLATIONS: Music Requirements:**

Referee deduction -1.0 per program – violation of tempo specification. **FOR WHAT ELEMENT??**

**Choreographic Sequence – must be at least 100 beats/minute**



## VIOLATIONS: Choreographic restrictions per program (Referees + Judges) for:

### Pattern Violation

Incorrect pattern; crossing the long axis more than 30m from either of the short barriers

For the current season, the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than **30 meters from either of the short barriers i.e. the short axis**, with the following **exceptions**:

- At the entry and/or exit to the Style B Step Sequence
- One loop in any direction is permitted during the PSt (which may cross the Long Axis within the pattern)

Loops in any direction are permitted provided they do not cross the long axis (**except during the PSt Style D**)



## VIOLATIONS: Choreographic restrictions per program (Referees + Judges) for:

### **Stops**

#### **Longer than permitted**

#### **In excess of the number permitted**

-After clock started, couple must not remain in one place for more than **10 seconds at the beginning and/or end of the program.**

-During the program: **2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds** permitted **(except during the Choreo Rhythm Sequence, ChRS)**

-A dance spin or Choreographic spinning movement that does not travel will be considered as a Stop

Note: *During a Stop the couple may or may not touch each other and choreography may be stationary or slightly moving in any direction.*

### **Separations**

Partners must not separate except to change Hold or perform Required Elements requiring a separation.

Distance allowed is **maximum 2 arms length** during such separations

Change of hold and Turns as transitional elements **must not exceed the duration of one measure of music.**

Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation.



## **VIOLATIONS: Choreographic restrictions per program (Referees + Judges) for:**

### **Touching the ice with hand(s)**

Touching the ice with the hand(s) is not permitted.

**EXCEPT???**

**RD: StSq Style B: Touching the ice with any part of the body no longer than 5 seconds**

**VIOLATIONS: Costume and Prop:**  
**per program (Referees + Judges) for:**  
Costume not fulfilling the requirements

- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.
- Man must wear full length trousers
- Woman is permitted to wear trousers (of any length)
- Accessories and props are not permitted

## Explanation of Symbols

The following Symbols will appear on the detailed protocol Judges screen:

“!” = indicates a Choreo Element is identified and does not fulfill all requirements.

Judges will apply the appropriate GOE per the GOE chart



## **FREE DANCE**

### **SENIOR – Required Elements**

Three (3) Different types of Short Lifts or one Short Lift and one Combination Lift  
One Dance Spin  
Step Sequence in Hold (Style B)  
One One Foot Turns Sequence FD Option, Not Touching  
Set of Synchronized Twizzles  
Three different Choreographic Elements

### **JUNIOR – Required Elements**

Two (2) Different types of Short Lifts or one Combination Lift  
One Dance Spin  
Step Sequence in Hold (Style B)  
One One Foot Turns Sequence FD Option, Not Touching  
Set of Synchronized Twizzles  
Two different Choreographic Elements

**LIFTS for RD/FD**  
**SAME for this season**  
**Junior and Senior**

**DANCE SPIN FD**  
**Middle feature in addition to Entry and Exit Features**  
**Junior and Senior**

**STEP SEQUENCE IN HOLD – STYLE B**  
**Junior and Senior**

Not Permitted:

- Stops
- Loops
- Retrogression
- Hand in hand hold with fully extended arms cannot be established
- Separations of more than 2 arms length and/or exceeding 5 seconds

The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.  
It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.

**ONE FOOT TURNS SEQUENCE FD OPTION, NOT – TOUCHING**  
**SAME for this season**  
**Junior and Senior**

**1 SET OF SYNCHRONIZED TWIZZLES**

**Partners MAY be in contact at some point between the 1<sup>st</sup> and 2<sup>nd</sup> Twizzles**  
**Junior and Senior**

**CHOREOGRAPHIC ELEMENTS**

**Choreographic Lift**

(required after the required Lifts are completed)

**Choreographic Twizzling Movement**

(required after the required Set of Twizzles is completed)

**Choreographic Assisted Jump Movement**

(can be performed anywhere in the program)

**Choreographic Spinning Movement**

(can be performed anywhere in the program)

**Choreographic Sliding Movement**

(can be performed anywhere in the program)

**Choreographic Character Step Sequence**

(can be performed anywhere in the program)

**Choreographic Hydroblading Movement**

(can be performed anywhere in the program)

## Choreographic Lift

Dance lift of **minimum 3 seconds** and up to 10 seconds performed after all the other required Dance Lifts have been executed

## Choreographic Spinning Movement

Spinning movement performed anywhere in the program, where partners perform at least **3** continuous rotations in any hold. The following requirements apply:

- on one foot or two feet or one partner being elevated for less than **3** rotations, or a combination of the three.
- on a common axis which may be moving.



## Choreographic Character Step Sequence

The following requirements apply: **NEW**

### **Any pattern from the following:**

Diagonal, performed from corner to opposite corner

Long Axis, performed from barrier to opposite barrier, primarily along the Long Axis

Short Axis, performed from barrier to opposite barrier, primarily along the Short Axis

Circular, starting from the long barrier at the Short Axis, crossing the long axis and completing the circle at the starting barrier.

### **Must not repeat the same pattern chosen for Style B Step Sequence**

May be in hold or not touching

Touching the ice with any part (or parts) of the body with controlled movements are permitted

Touching the barrier at the start or finish of the Choreographic Character Step Sequence is permitted

Distance between partners is permitted as a maximum of **2** arms lengths apart (**2 meters**)

Retrogression: not permitted

*Any violation in pattern should also be reflected in the GOE – Negative Feature “Pattern incorrect”*

## Choreographic Hydroblading Movement

The following requirements apply: **NEW**

- A low movement with the upper body almost parallel to the ice.

The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Choreographic Sliding Movement

- Hydroblading movement by both partners at the same time for at least 2 seconds. The start and ending of the Choreographic Hydroblading Movement does not have to be performed simultaneously.

- May be in hold or not touching



**Free Dance – Season 2023/24**  
**SENIOR/JUNIOR**  
**VIOLATIONS**  
**2.0 points/program (Referee + Judges)**

**Music Requirement**

- Music must have at least one obvious change of tempo/rhythm and expression. This change may be gradual or immediate ~~and must be obvious.~~
- ~~-Music must be suitable for the Couple's skating skills and technical ability.~~

**Note: ~~Any music of the same tempo/rhythm and expression should last no more than 75% of the program~~**



**Free Dance – Season 2023/24**  
**SENIOR/JUNIOR**  
**VIOLATIONS**  
**1.0 point/program (Referee + Judges)**

**Costume and Prop**

Woman is permitted to wear trousers  
-Trousers may be any length

Free Dance – Season 2023/24  
SENIOR/JUNIOR  
VIOLATIONS  
1.0 point/program (Referee + Judges)

**Choreography Restrictions:**

**Separations**

No change

**Stops**

Longer than 5 seconds

- After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds
- During the program unlimited full stops (up to 5 seconds) in addition to stops required in Required Elements, in which the couple remains stationary on the ice while performing body movements, twisting, posing.

**Touching the ice with the hand(s)**

- Touching the ice with the hand(s) is not permitted. (move this to Tech Panel?)

**Except during:**

Choreographic Sliding Movement

Choreographic Character Step Sequence

