



Adult Interclub Competition  
single skating, pair skating, ice dance & synchronized  
skating

hosted by Berliner TSC e.V.  
with the friendly assistance of the Berliner Eissport Verband e.V.

location: Erika-Hess-Eisstadion Berlin  
Müllerstraße 185 in 13353 Berlin, Germany

**March 4<sup>th</sup> - 6<sup>th</sup>, 2016**

# 1 OVERVIEW

## 1.1 CONTACT

Please direct all questions regarding the competition by email to:

[info@skate-berlin-adults.de](mailto:info@skate-berlin-adults.de)

Visit us on the internet at <http://www.skate-berlin-adults.de>

Find us on facebook <https://www.facebook.com/SkateBerlinAdults?fref=ts>

Follow us on twitter @SkateBerlin

## 1.2 REGISTRATION

Registration must be received by February 1st, 2016.

Please register online via our website <http://www.skate-berlin-adults.de/en/event/registration/>

Together with the registration form, the "Planned Program Content" form must be submitted. Find a editable form at <http://www.skate-berlin-adults.de/en/event/downloads/> This form must be filled out with English abbreviations for the elements (see [http://www.eislauf-union.de/download/Elemente-Liste2015\\_16.pdf](http://www.eislauf-union.de/download/Elemente-Liste2015_16.pdf) or annex) and send to us via email. The PPC is aid for the technical specialists. However, elements stated in the PPC are not binding and may be changed on the ice.

Entries are limited due to organizational reasons. Registrations will be accepted in the order of complete registration documents (entry form, PPC, registration fees).

The registration fees are:

- 50 Euros for the first single competition
- 25 Euros for each additional single competition
- 30 Euros for each partner in a pair for the first competition
- 25 Euros for each partner in a pair for each additional competition
- 300 Euros for each team in synchronized skating

The fees must be paid at the time of registration. Please transfer the money to the following account:

BTSC Abt. Eiskunstlauf  
IBAN: DE64100900002596643003  
BIC: BEVODEBBXXX  
Berliner Volksbank

Purpose of payment: Skate Berlin Adults — „*your name*“

The registration fee will not be refunded.

## 2 GENERAL INFORMATION

### 2.1 PURPOSE OF THE EVENT

The purpose of the event is the promotion of figure skating through competition.

### 2.2 CONDITIONS OF PARTICIPATION

Participation in the competition Skate Berlin Adults is open to all athletes who

- are members of a regional skating association which belongs to an ISU member federation or an ISU member federation
- fit into the age groups in this announcement
- since July 1, 2015, have not participated in a national or international competition of the ISU/DEU/National Governing Bodies (exception: adult competitions).

### 2.3 AGE CATEGORIES

Your age before July 1st, 2014, determines the group you skate in. You must be at least 18 years old.

Young Adults	born between July 1st, 1987, and June 30th, 1997
Class I	born between July 1st, 1977, and June 30th, 1987
Class II	born between July 1st, 1967, and June 30th, 1977
Class III	born between July 1st, 1957, and June 30th, 1967
Class IV	born between July 1st, 1947, and June 30th, 1957
Class V	born before July 1st, 1947

All age groups can be further divided or put together, depending on the number of registrations. Proof of age must be presented for all competitions. This can be a copy of a birth certificate, passport or identity card.

Members of Synchronized Teams must have reached the age of 25 before July 1st, preceding the event, except that one quarter (25%) of the skaters (the alternate skaters do not count for that quota) on a team may compete who have reached at least the age of eighteen (18) before July 1st preceding the event.

### 2.4 JUDGING

The competition will be conducted according to the current DKB, ISU provisions (ISU Constitution and General Regulations 2014, ISU Special Regulations and Technical Rules Single and Pair Skating and Ice Dance 2014, as well as all relevant ISU Communications) and DEU information, as long as nothing else is stated in this announcement.

The rule that jumps and lifts in the second half of the program are to be multiplied by a factor of 1.1 will not be used. The decisions of the judges are final and cannot be challenged.

## 2.5 WARM-UP GROUPS

In the single categories (Free Skating) 6 skaters are permitted in a warm-up group for Silver to Elite and 7 skaters for Steel/Bronze as well as for all Artistic levels. If fewer than 6/7 skaters are in a category, warm-up groups may be combined.

In the pair categories (ice dance and pairs) there will be a maximum of 5 pairs in a warm-up group.

In the synchronized category there will be a two (2) minutes warm up for every team. There is no area for off-ice training.

### 2.5.1 Classification of Levels

Participants can register for different levels in Free Skating and Artistic (example: Silver Free Skating and Gold Artistic). In addition, skaters can register for a different level than in the previous year (due to injury, age).

Each participant can choose his/her own level. We request that skaters please make a fair appraisal of his/her level, and we will gladly assist you in deciding, if you need help.

## 2.6 AWARDS/CERTIFICATES

The first three places in each category will receive an award.

## 2.7 DVD/PHOTO

All categories will be filmed.

A **professional DVD** with case and cover will be produced in HD for purchase. You can order DVDs when you register.

DVDs can be ordered for  
a category  
a complete day or days  
the complete competition

The DVDs can be picked up on the last day of competition, or they will be sent by post within Germany one week at the latest after the competition.

Contact information of the cameraman:

Björn Hülbert  
Defreggerstraße 5  
12435 Berlin  
Germany  
Tel.: +49 / 30 / 86 38 27 88  
e-mail: [info@spreelee.de](mailto:info@spreelee.de)

### **PHOTO**

Pictures will be taken during the event which may be published. In case you do not want your pictures published please enter your name on a respective list on-site.

## 2.8 SKATING FAMILY TEAM AWARD

Skate Berlin Adults is part of the Skating Family Team Award. This is a collaboration between various adult figure skating competitions in Europe. Find more information at <https://www.facebook.com/skatingfamilyteamaward?fref=ts>

## 3 COMPETITION

The competition „Skate Berlin Adults“ has the following categories:

- Ladies and Men **Free Skating**
- Ice Dance** (Pattern, Short and Free Dance)
- Ladies and Men **Artistic Free Skating**
- Pair Skating, Pair Artistic Skating**
- Synchronized Skating**

### 3.1 Ladies/Men Free Skating

#### 3.1.1 Elite Free Skating

**The maximum time is 3 min. 10 sec., but may be less. Vocal music is permitted.**

This Level has the same technical requirements as those for the category Masters Free Skating and will be available for skaters who have taken part in national or international championships (non-adult).

#### 3.1.2 Masters Free Skating

**The maximum time is 3 min. 10 sec., but may be less. Vocal music is permitted.**

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the program. One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. A jump combination may consist of the same or another single, double or triple jump. A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two jumps with the highest value will contribute to the technical score. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo). Non-listed jumps may be included in the program as part of connecting footwork. Is a jump repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.
- b. A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with

change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c. A maximum of one Step Sequence (StSq) fully utilizing the ice surface.  
Only the first executed attempt of a step sequence will contribute to the technical score.

The Program Components are multiplied by a factor of 1.6.

### 3.1.3 Gold Free Skating

**The maximum time is 2 min 50 sec., but may be less. Vocal music is permitted.**

A competitor in the Adult Gold Free Skating event must perform a well- balanced program that may contain:

- a. A maximum of six (6) jump elements, consisting of any single or double jumps (including a single Axel) except double Flip, double Lutz and double Axel. No triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the program. One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. A jump combination may consist of the same or another jump. A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two jumps with the highest value will contribute to the technical score. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo). Non-listed jumps may be included in the program as part of connecting footwork. Is a jump repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.
- b. A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: four (4) for the flying spin with no change of foot after landing, four (4) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one Step Sequence (StSq), fully utilizing the ice surface.  
Only the first executed attempt of a step sequence will contribute to the technical score. Only features up to Level 3 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The Program Components are multiplied by a factor of 1.6.

### 3.1.4 Silver Free Skating

**The maximum time is 2 min. 10 sec., but may be less. Vocal music is permitted.**

A competitor in the Adult Silver Free Skating event must perform a well- balanced program that may contain:

- a. A maximum of five (5) jump elements. The single Axel and all other single jumps are permitted. No double jumps or triple jumps are permitted. There may be up to three (3) jump combinations or jump sequences in the program. One (1) jump combination may consist of up to three (3) listed jumps. Two (2) jump combinations may consist of two (2) listed jumps. A jump combination may consist of the same or another jump. A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two jumps with the highest value will contribute to the technical score. Please note that a half-loop in combination or in a sequence with any other listed jump will be called as a listed jump (1Lo). Non-listed jumps may be included in the program as part of connecting footwork. Is a jump repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.
- b. A maximum of three (3) spins of different abbreviations, one of which must be a spin combination. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one Choreographic Sequence (ChSq), covering at least half of the ice surface. Only the first executed attempt of a Choreographic Sequence will contribute to the technical score. A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The Choreographic Step Sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

The Program Components are multiplied by a factor of 1.6.

### 3.1.5 Bronze Free Skating

**The maximum time is 1 min. 50 sec., but may be less. Vocal music is permitted.**

A competitor in the Adult Bronze Free Skating event must perform a well- balanced program that may contain:

- a. A maximum of four (4) jump elements. Only single jumps are permitted, no Axel type jump, no double or triple jumps can be included. There may be up to two (2) jump combinations or jump sequences in the program. One (1) jump combination may consist of up to three (3) listed jumps. The other jump combination may consist of two (2) listed jumps. A jump combination may consist of the same or another jump. A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence. Only the two jumps with the highest value will contribute to the technical score. Please note that a half-loop in



combination or in a sequence with any other listed jump will be called as a listed jump (1Lo). Non-listed jumps may be included in the program as part of connecting footwork. Is a jump repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.

- b. A maximum of two (2) spins of a different abbreviation one of which must be a spin in one position with no change of foot. Flying spins are not permitted. The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and six (3 + 3) for the spin combination with change of foot. Flying spins are not permitted. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one Choreographic Sequence (ChSq), covering at least half of the ice surface. Only the first executed attempt of a Choreographic Sequence will contribute to the technical score. A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The Choreographic Step Sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A Choreographic Step Sequence has a base value and will be evaluated by the judges in GOE only.

The Program Components are multiplied by a factor of 1.6

### 3.1.6 Steel Free Skating

**The maximum time is 1 min. 50 sec., but may be less. Vocal music is permitted.**

A competitor in the Adult Steel Free Skating event must perform a well- balanced program that may contain:

- a. A maximum of three (3) jump elements. Only Salchow and Toeloop are permitted. Any jump can be repeated only once. There may be one jump combination or jump sequence in the Free Program. A jump combination may consist of the same or another single jump. A jump sequence may consist of any number of jumps that may be linked by non-listed jumps like mazurkas, etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence. Only the two jumps with the highest value will count. Is a jump repeated without combination or sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.
- b. A maximum of two (2) spins; the spins must have a required minimum number of revolutions: two (2) for the spin with only one position and no change of foot and four (2 + 2) for the spin with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted. Combination and Flying spins are not permitted. It is allowed to show two same spins, for example two (2) Uprightspins.

Choreographic Sequences and Step Sequences will not be counted in the technical score but will be counted as moves-in-the-field (transitions) and marked as such.

The Program Components are multiplied by a factor of 1.6.

## 3.2 ICE DANCE

### 3.2.1 Pattern Dance

<b>Elite</b>	#11 Golden Waltz (2 sequences) #18 Cha Cha Congelado (2 sequences)
<b>Masters</b>	#11 Golden Waltz (2 sequences) #18 Cha Cha Congelado (2 sequences)
<b>Gold</b>	#7 Viennese Waltz (3 sequences) #18 Cha Cha Congelado (2 sequences)
<b>Silver</b>	#3 Rocker Foxtrot (4 sequences) #23 Blues (3 sequences)
<b>Bronze</b>	#2 Foxtrot (3 sequences) #23 European Waltz (2 sequences)
<b>Steel</b>	Waltz Movement (2 sequences) Palais Glide (3 sequences)

The Program Components are multiplied by a factor of 0.7.  
The Pattern Dances will be judged without Key Points.

### 3.2.2 Free Dance

#### 3.2.2.1 Elite Free Dance

This Level has the same technical requirements as those for the category Masters Free Dance and will be available for skaters who have taken part in national or international championships (non-adult).

#### 3.2.2.2 Masters Free Dance

**Maximum 3 minutes and 10 seconds, but may be less. Vocal music is permitted.**

The technical requirements are the same as those for the category Gold Free Dance.

#### 3.2.2.3 Gold Free Dance

**Maximum 3 minutes and 10 seconds, but may be less. Vocal music is permitted.**

The requirements for a well-balanced program are:

- a. A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 sec. and 1 long lift with a maximum duration of 12 seconds; OR three (3) different types of short lifts.

- b. A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c. A maximum of one (1) Circular Step Sequence in hold, Style A
- d. A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

The Program Components are multiplied by a factor of 1.2.

#### 3.2.2.4 Silver Free Dance

**Maximum 2 minutes and 40 seconds, but may be less. Vocal music is permitted.**

The requirements for a well-balanced program are:

- a. A maximum of one (1) dance lift, with a maximum duration of 6 sec.
- b. A maximum of one (1) Diagonal Step Sequence in hold, Style B
- c. A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

The Program Components are multiplied by a factor of 1.2.

#### 3.2.2.5 Bronze Free Dance

**Maximum 2 minutes, but may be less. Vocal music is permitted.**

The requirements for a well-balanced program are:

- a. A maximum of one (1) dance lift, with a maximum duration of 6 sec.
- b. A maximum of one (1) Diagonal Step Sequence in hold, Style B
- c. A maximum of one (1) Dance Spin (Spin or Combination Spin).

The Program Components are multiplied by a factor of 1.2.

### 3.2.3 Short Dance

#### 3.2.3.1 Adult Short Dance

Maximum 2 minutes and 50 seconds, but may be less. Vocal music is permitted.

Recommended for silver level ice dancers.

The composition of the Short Dance in the season 2015/16 is as follows: Waltz plus any number of the following rhythms: Foxtrot, March or Polka.

Required Short Dance Elements: One (1) sequence of Starlight Waltz, divided into two (2) sections skated one after the other, Section 1 followed by Section 2, with step #1 skated on the Judges' left side. The Pattern Dance Elements must be skated on the Waltz Rhythm, in any Waltz style. The

tempo of music throughout the Pattern Dance Elements must be constant and in accordance with the required Tempo of the Pattern Dance Element Starlight Waltz, i.e., 58 measures of two beats or 174 beats per minute, plus or minus 3 beats per minute.

- a. One (1) Short Lift is required. In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lift is permitted.
- b. Not Touching Midline Step Sequence OR Not Touching Circular Step Sequence OR Not Touching Diagonal Step Sequence : Notes for Not Touching Circular Step Sequence: In accordance with Rule 703, this element must be performed in either the clockwise or anticlockwise direction, utilizing the full width of the ice surface on the short axis of the rink.
- c. One (1) Set of Sequential Twizzles.  
Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance.

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Waltz Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995.

The Program Components are multiplied by a factor of 0.8

If interested we provide Short Dance for the levels Elite Masters and Masters. Technical requirements are the same as for Adult Short Dance.

### 3.3 Ladies/Men Artistic Free Skating

**The maximum time for Bronze to Masters is 1 minute and 40 seconds but may be less.**

The maximum time for Elite Masters Artistic Free Skating will be 2 minutes and 10 seconds, but may be less.

Vocal music is permitted.

Competition will be held at the Elite Masters, Masters, Gold, Silver and Bronze level for Men and Ladies.

The artistic event will be judged only on the basis of Program Components. The Program Components are multiplied by a factor of 1.6.

There will be no technical panel and no technical score given.

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music. Skaters will be judged on their ability to interpret the music by movement and by using their skating skills.

The artistic free skate is a competitive program which must include elements of the sport of figure skating. At least one (1) but a maximum of two (2) single jumps and at least one (1) but a maximum of two (2) spins **MUST** be included. No axel or double jumps are allowed. Credit for jumps and spins is based solely on the ability of such movements to enhance the chosen music. Credit will not be given for their technical difficulty. Elite Masters can do any type of jumps.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps which should be used only to reflect the character, rhythm and nuances of the chosen music.

Any element exceeding the maximum number as set forth above will be judged as an illegal element (1.0 deduction); if there is no jump or no spin element included or only a jump and no spin or vice versa a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions. Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.

Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.

There is no deduction for „illegal“ elements (like extended sliding/kneeling on the ice, sitting on the boards).

Somersault type of jumps are not permitted. A deduction of 1.0 will be given.

## 3.4 Pair Skating

### 3.4.1 Elite Pair Skating

This Level has the same technical requirements as those for the category Masters Pair Skating and will be available for skaters who have taken part in national or international championships (non-adult).

### 3.4.2 Masters Pair Skating

**The maximum time is 3 min. 10 sec., but may be less. Vocal music is permitted.**

Couples must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double or triple jumps are permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps (the two jumps with the highest value will count for points). Any jump already performed as the solo jump cannot be included. If a second solo jump is performed instead of a jump combination or jump sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.
- e. A maximum of one (1) pair spin (pair spin or pair combination spin). The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and a minimum of 3 revolutions on each foot for a pair combination spin. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one solo spin or solo spin combination. The spin must have a required minimum number of revolutions: five (5) for the flying spin, five (5) for the spin with only one position, and four (4) on each foot for the spin combination with change of foot. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- g. A maximum of one (1) death spiral or pivot figure (position optional). At least a 3/4 revolution in pivot position by the man is required.
- h. A maximum of one Step Sequence (StSq) or Choreographic Sequence that fully utilizes the ice surface. Only the first executed attempt of a Step Sequence or a Choreographic Sequence will contribute to the technical score. Only features up to Level 3 will be counted for the Step Sequence. Any additional features will not count for level requirements and will be ignored by the technical panel. A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The Choreographic Step Sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A Choreographic Step Sequence has a base value and will be evaluated by the judges in GOE only.

The Program Components are multiplied by a factor of 1.6.

### 3.4.3 Adult Pair Skating

**The maximum time is 2 min. 50 sec., but may be less. Vocal music is permitted.**

Couples must perform a well-balanced program that demonstrates skating skills, timing and unison, and full use of the ice surface. There are no required elements, but couples may choose to include up to eight (8) elements selected from:

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum 1/2 revolution for the man and 1 revolution for the lady. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted. A different take-off counts as a different lift.
- b. A maximum of one (1) solo jump. Only single jumps (including single axel) are permitted.
- c. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence with any number of jumps (the two jumps with the highest value will count for points). Any jump already performed as the solo jump cannot be included. If a second solo jump is performed instead of a jump combination or jump sequence the repetition rule will apply, i.e. only 70% of the base value of the jump element will be counted.
- d. A maximum of one (1) throw jump (Only single jumps are permitted).
- e. A maximum of one (1) pair spin (pair spin or pair combination spin). The spin must have a required minimum number of revolutions: three (3) revolutions for a pair spin and six (6) for a pair combination spin. There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one death spiral or pivot figure (position optional). At least a 3/4 revolution in pivot position by the man is required.
- g. A maximum of one Choreographic Sequence (ChSq) that fully utilizes the ice surface. A Choreographic Sequence consists of any kind of movements like steps, turns, spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps, spinning movements etc. The Choreographic Sequence commences with the first move and is concluded with the last move of the skater. The pattern is not restricted. A Choreographic Sequence has a base value and will be evaluated by the judges in GOE only.

The Program Components are multiplied by a factor of 1.6

## 3.5 Artistic Pair Skating

### 3.5.1 Masters Pair Artistic Skating

**The maximum time is 2 min. 20 sec., but may be less. Vocal music is permitted.**

Competition will be held at the Masters and Adult Level.

The artistic event will be judged only on the basis of the program components. There will be no technical panel and no technical mark given. The Program Components are multiplied by a factor of 1.6.

The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music. Pairs will be judged on their ability to interpret the music by movement and by using their skating skills.

The pair artistic free skate is a competitive program which must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel and double jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift.

Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music.

Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.

Any element exceeding the maximum number as set forth above will be judged as an illegal element (1.0 deduction); if there is no jump/throw jump or no spin element or no spiral element or no lift element a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions. Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.

Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.

There is no deduction for „illegal“ elements (like extended sliding/kneeling on the ice, sitting on the boards).

Somersault type of jumps are not permitted. A deduction of 1.0 will be given.

### 3.5.2 Adult Pair Artistic Skating

**The maximum time is 1 min. 50 sec., but may be less. Vocal music is permitted.**

The artistic event will be judged only on the basis of the program components. There will be no technical panel and no technical mark given, The Program Components are multiplied by a factor of 1.6.



The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music. Pairs will be judged on their ability to interpret the music by movement and by using their skating skills.

The pair artistic free skate is a competitive program which must include elements of the sport of pair figure skating. Each pair must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel and double jumps are not permitted. Combination jumps are not permitted.
- b. A maximum of one (1) pair spin (pair spin or pair combination spin) OR one (1) solo spin.
- c. A maximum of one (1) death spiral or pivot spiral (position optional).
- d. A maximum of one (1) lift of Group 1 or Group 2. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted. Overhead lifts and twist lifts are not permitted.

Credit for technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps which should be used only to reflect the character of the program and to underline the rhythm and nuances of the chosen music.

Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.

Any element exceeding the maximum number as set forth above will be judged as an illegal element (1.0 deduction); if there is no jump/throw jump or no spin element or no spiral element or no lift element a deduction for a "missing element" of 1.0 will be made. The Referee is responsible for such deductions. Costumes should be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.

Props may not be used in any part of the artistic programs. Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted. The Referee is responsible for prop deductions.

There is no deduction for „illegal“ elements (like extended sliding/kneeling on the ice, sitting on the boards).

Somersault type of jumps are not permitted. A deduction of 1.0 will be given.

## 3.6 Synchronized Skating

**The maximum time is 3 min. 10 sec., but may be less. Vocal music is permitted.**

A team shall consist of 8-16 skaters with a maximum number of four (4) alternate skaters and may include both ladies and men. Skaters must meet the age requirements as stated in this announcement. This competition is only for skaters who have not taken part in national or international championships (non-adult) in Synchronized Skating.

The Free Program must be skated according to ISU Rules 2015-2016 (Special Regulations & Technical Rules Synchronized Skating 2014, ISU Communications No.1942 and all other pertinent ISU Communications).

The teams must skate a well balanced Free Skating Program which contains the following five (5) elements plus one (1) of the optional elements:

- a. Intersection Element
- b. Linear Element - Line
- c. Pivoting Element - Block
- d. Rotating Element - Wheel
- e. Traveling Element - Circle
- f. Choice of one (1) of the following optional elements:
  - Creative Element OR
  - Combined Element

Additional elements may be incorporated into the Free Skating Program and will be judged as transitions and/or choreography components. The Planned Program Content sheet should indicate which elements are transition/choreography elements.

Difficulty Groups of Elements and Features and the description of their requirements are in accordance with the pertinent ISU Communications.

Illegal elements are those applicable to Junior Free Skating, Rule 912, paragraph 10 b. In addition, "vaults" are also illegal.

The Team must use a variety of holds. A minimum of three (3) different clearly recognizable holds is required. The holds may be done either in elements or transitions.

The time must be reckoned from the moment a skater begins to move (arm, head etc.) or to skate until arriving at a complete stop at the end of the program.

Official Practice ice will be offered on the day of the SYS competition.

The Program Components are multiplied by a factor of 1.0

## 4 TIPS

### 4.1 RINK

The competition will take place in the Erika-Hess-Eisstadion, Müllerstraße 185, 13353 Berlin. The ice surface is 60 x 30 meters and has protective plastic screens on the sides.

### 4.2 TRAVEL

The rink is located in Berlin-Mitte near the underground station U-Bahnhof Reinickendorfer Straße (line U6). There are a limited number of parking places at the rink.

#### 4.2.1 Hotels & Accommodation

##### **BEST WESTERN PREMIER Hotel MOA Berlin**

Stephanstrasse 41  
10559 Berlin  
Tel.: 030 / 39 40 43-0  
Fax: 030 / 39 40 43-999  
E-Mail: [info@hotel-moa-berlin.de](mailto:info@hotel-moa-berlin.de)  
<http://www.hotel-moa-berlin.de/>

##### **Main Station Hostel GmbH**

Quitzwowstraße 110  
10559 Berlin  
Tel: 030 / 39 40 975 – 0  
Fax: 030 / 39 40 975 – 20  
E-Mail: [hostel@mainstationhostel.de](mailto:hostel@mainstationhostel.de)  
<http://www.mainstationhostel.net/de/>

##### **Berlin Apartments**

Chausseestraße 85  
10115 Berlin  
Tel: 030 / 20 45 32 43  
Fax: 030 / 20 45 32 41  
E-Mail: [info@berliner-apartments.de](mailto:info@berliner-apartments.de)  
<http://www.berliner-apartments.de/>

##### **EigenArt Apartment**

Neue Hochstr. 53  
13347 Berlin  
Tel: 030 46 50 75 01  
Fax: 030 46 50 75 02  
E-Mail: [info@EigenArt-Appartement.de](mailto:info@EigenArt-Appartement.de)  
<http://www.eigenart-appartement.de/>

## **City 54 Hotel und Hostel GmbH**

Chausseestrasse 54  
10115 Berlin  
Tel: 030 200 73 64 30  
Fax: 030 200 73 64 35  
E-Mail: [info@city54hostel.de](mailto:info@city54hostel.de)  
<http://www.city54hostel.de/>

Please find further information on our website:

<http://www.skate-berlin-adults.de/hotel/>

## 4.3 RECEPTION

The reception area will remain open throughout the competition. All participants are requested to report in at the reception area as soon as they reach the rink.

## 4.4 STARTING ORDER

Starting order will be determined by computer lottery before the competition begins.

## 4.5 PUBLICATION OF RESULTS

All results will be available on our website:

<http://www.skate-berlin-adults.de>

## 4.6 ADMISSION

The public and fans are welcome. Entrance to the competition is free.

## 4.7 MUSIC

We only accept CD-Rs, not CD-RWs. Music for only one program is allowed on a CD, which must be technically flawless and labeled with the following information:

- First and last name of the participant
- Competition category
- Name of the club/nation
- Length of the music (not length of the program)
- 

Incorrectly labeled CDs will not be accepted.

Please turn in your CDs at reception on the day of competition at the latest. You can pick up your CDs there at the end of the competition. Each skater should also have a duplicate CD with him/her. The organizing committee does not accept liability for either damage or loss of CDs. The organizing committee will provide the music for the Pattern Ice Dances.

## 4.8 LIABILITY

The organizers of the competition do not accept liability for damage or injury incurred by participants or officials during the event.

Participants have to sign a declaration of liability on-site (form see attached).

## 5 PROVISIONAL SCHEDULE

This schedule is non-binding. Individual competitions may take place on days other than those listed below. The final schedule will be published after the entry deadline.

### **Friday, March 4th, 2016**

3pm - 8pm Competitions  
Artistic – Ladies, Men, Pairs  
Ice Dance Pattern Dance

### **Saturday, March 5th, 2016**

10am – 6pm – Competitions  
Free Skating (Ladies and Men, Pt. 1)  
Ice Dance Pattern Dance (Pt. 2)  
Ice Dance Short Dance  
Synchronized Skating

### **Sunday, March 6th, 2016**

10am - 5pm – Competitions  
Free Skating (Ladies and Men, Pt. 2)  
Pair Skating  
Ice Dance Free Dance

If necessary Pattern Dances will take place on Saturday.

A rough schedule will be made soon after the end of registration and sent by e-mail to enable you to plan your trip.

## 5.1 TRAINING

The schedule with official training times will be sent by e-mail after close of registration. Should additional training times be made available, you will be informed after the close of registration.

## Haftungserklärung

1. Die Teilnahme an der Veranstaltung "Skate Berlin Adults" erfolgt auf eigene Gefahr. Das Erika-Hess-Eisstadion und die Veranstalter des Wettbewerbs übernehmen keine Haftung für Schäden oder Verletzungen, die Läufer/innen oder Offiziellen im Rahmen der Veranstaltung entstehen.
2. Der Veranstalter übernimmt keine Haftung für gesundheitliche Risiken der Teilnehmenden im Zusammenhang mit der Teilnahme an der Veranstaltung. Es obliegt der/dem Teilnehmenden, ihren/seinen Gesundheitszustand vorher zu überprüfen und sich ärztlich untersuchen zu lassen.
3. Der Veranstalter stellt während der Veranstaltung Ersthelfer für Läufer/innen und Offizielle.
4. Ich bestätige nach bestem Wissen und Gewissen, dass ich körperlich fit bin und keine ärztliche Warnung für die Teilnahme an einer Eiskunstlaufveranstaltung vorliegt. Nur unter dieser Bedingung nehme ich an der Veranstaltung "Skate Berlin Adults" teil.
5. Diese Erklärung ist zweisprachig. Im Falle von Unterschieden im Wortlaut ist die deutsche Version vorrangig.

Ort, Datum, Unterschrift

*muss vor Ort unterzeichnet werden*

## Declaration of liability

1. The participation at the competition "Skate Berlin Adults" is at your own risk. The organizer and Erika-Hess-Eisstadion shall not be liable for any damages or accidents before, during and after the competition.
2. The event organizer refuses any liability for possible health risks in connection with the competition. It is the participants responsibility checking her/his health state in advance.
3. The Organizer provides first aid staff for skaters and officials during the competition.
4. I certify that, to the best of my knowledge and belief, I am physically fit and no medical warning is given. It is only under this condition that I attend "Skate Berlin Adults".
5. This declaration is bilingual. In case of any differences in the wording, the German version shall prevail.

place, date, signature

*to be signed on the site*

**Planned Program Content**

Please respect final date to return  
Abgabetermin beachten !



For pairs and dances couples it is sufficient if one partner fills in the following form

<b>Event :</b>	
<b>Category :</b>	
<b>Name :</b>	
<b>Club :</b>	

**ELEMENTS IN ORDER OF SKATING**

Elements Short Dance		Elements Free Skate / Free Dance	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
		9	
		10	
		11	
		12	
		13	
		14	
		15	
		16	

Please mail : [info@skate-berlin-adults.de](mailto:info@skate-berlin-adults.de)

**ISU-Wertungssystem Saison 2015/16**  
**Abkürzungen der Elemente für das "Planned Program Content Sheet"**

Stand: Juli 2015

**(1) Einzellaufen****Sprünge:**

1T	Single Toeloop
1S	Single Salchow
1Lo	Single Loop
1F	Single Flip
1Lz	Single Lutz
1A	Single Axel
2T	Double Toeloop
2S	Double Salchow
2Lo	Double Loop
2F	Double Flip
2Lz	Double Lutz
2A	Double Axel
3T	Triple Toeloop
3S	Triple Salchow
3Lo	Triple Loop
3F	Triple Flip
3Lz	Triple Lutz
3A	Triple Axel
4T	Quad. Toeloop
4S	Quad. Salchow
4Lo	Quad. Loop
4F	Quad. Flip
4Lz	Quad. Lutz
4A	Quad. Axel

**Pirouetten:**

USp	Upright Spin
LSp	Layback Spin
CSp	Camel Spin
SSp	Sit Spin
FUSp	Flying Upright Spin
FLSp	Flying Layback Spin
FCSp	Flying Camel Spin
FSSp	Flying Sit Spin
CUSp	Change Foot Upright Spin
CLSp	Change Foot Layback Spin
CCSp	Change Foot Camel Spin
CSSp	Change Foot Sit Spin
FCUSp	Flying Change Foot Upright Spin
FCLSp	Flying Change Foot Layback Spin
FCCSp	Flying Change Foot Camel Spin
FCSSp	Flying Change Foot Sit Spin
CoSp2p	Combination Spin no change of foot (two positions)
CoSp3p	Combination Spin no change of foot (three positions)
CCoSp2p	Change Foot Combination Spin (two positions)
CCoSp3p	Change Foot Combination Spin (three positions)
FCoSp2p	Flying Combination Spin no change of foot (two positions)
FCoSp3p	Flying Combination Spin no change of foot (three positions)
FCCoSp2p	Flying Change Foot Comb. Spin (two positions)
FCCoSp3p	Flying Change Foot Comb. Spin (three positions)

**Schritte:**

StSq	Step Sequence
ChSq	Choreo Sequence



**ISU-Wertungssystem Saison 2015/16**  
**Abkürzungen der Elemente für das "Planned Program Content Sheet"**

Stand: Juli 2015

**(2) Paarlaufen****Solosprünge:** siehe Einzellaufen**Wurfsprünge:**

1TTh	Throw Single Toe Loop
1STh	Throw Single Salchow
1LoTh	Throw Single Loop
1FTh	Throw Single Flip
1LzTh	Throw Single Lutz
1ATh	Throw Single Axel
2TTh	Throw Double Toeloop
2STh	Throw Double Salchow
2LoTh	Throw Double Loop
2FTh	Throw Double Flip
2LzTh	Throw Double Lutz
2ATh	Throw Double Axel
3TTh	Throw Triple Toeloop
3STh	Throw Triple Salchow
3LoTh	Throw Triple Loop
3FTh	Throw Triple Flip
3LzTh	Throw Triple Lutz
3ATh	Throw Triple Axel
4TTh	Throw Quad. Toe Loop
4STh	Throw Quad. Salchow
4LoTh	Throw Quad. Loop
4FTh	Throw Quad. Flip
4LzTh	Throw Quad. Lutz

**Twist:**

1Tw	Single Twist Lift
2Tw	Double Twist Lift
3Tw	Triple Twist Lift
4Tw	Quad. Twist Lift

**Hebungen:**

1Li	Group 1 Lift (Armpit Hold Position)
2Li	Group 2 Lift (Waist Hold Position)
3Li	Group 3 Lift (Hand to Hip Position)
4Li	Group 4 Lift (Hand to Hand Position)
5ALi	Group 5 Axel Lasso Lift
5BLi	Group 5 Backward Lasso Lift
5TLi	Group 5 Toe Lasso Lift
5SLi	Group 5 Step in Lasso Lift
5RLi	Group 5 Reverse Lasso Lift

**Todesspiralen:**

FiDs	Forward Inside Death Spiral
BiDs	Backward Inside Death Spiral
FoDs	Forward Outside Death Spiral
BoDs	Backward Outside Death Spiral
PiF	Pivot Figure

**Solo-Pirouetten:**

siehe Einzellaufen

**Paarlauf-Pirouetten:**

PSp	Pair Spin
PCoSp2p	Pair Combination Spin (two positions)
PCoSp3p	Pair Combination Spin (three positions)

**Schritte:**

siehe Einzellaufen

**ISU-Wertungssystem Saison 2015/16**  
**Abkürzungen der Elemente für das "Planned Program Content Sheet"**

Stand: Juli 2015

**(3) Eistanzen****Pflichttänze:**

FO	Fourteenstep
FT	Foxtrot
RF	Rocker Foxtrot
EW	European Waltz
AW	American Waltz
WW	Westminster Waltz
VW	Viennese Waltz
OW	Austrian Waltz
SW	Starlight Waltz
RW	Ravensburger Waltz
GW	Golden Waltz
KI	Kilian
YP	Yankee Polka
QS	Quickstep
FS	Finnstep
PD	Paso Doble
RH	Rhumba
CC	Cha Cha Congelado
SS	Silver Samba
TA	Tango
AT	Argentine Tango
TR	Tango Romantica
BL	Blues
MB	Midnight Blues

Sq	Sequence
Se	Section
Y	Yes (Keypoint)
N	No (Keypoint)
T	Timing (Keypoint)

**Pflichtanzelemente SD:**

1SW	PD Element Starlight Waltz Section 1
2SW	PD Element Starlight Waltz Section 2
1RW	PD Element Ravensburger Waltz Section 1
2RW	PD Element Ravensburger Waltz Section 2

**Schrittfolgen:**

PSt	Partial Step Sequence
MiSt	Midline Step Sequence in Hold
DiSt	Diagonal Step Sequence in Hold
CiSt	Circular Step Sequence in Hold
SeSt	Serpentine Step Sequence in Hold
NiCiSt	Not Touching Circular Step Sequence
NiMiSt	Not Touching Midline Step Sequence
NiDiSt	Not Touching Diagonal Step Sequence

**Pirouetten:**

Sp	Spin
CoSp	Combination Spin

**Hebungen:**

StaLi	Stationary Lift
SiLi	Straight Line Lift
CuLi	Curve Lift
RoLi	Rotational Lift

**Twizzles:**

STw	Set of Sequential or Synchronized Twizzles
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**Choreographische Elemente:**

ChLi1	Choreographic Dance Lift
ChSp1	Choreographic Spinning Movement
ChTw1	Choreographic Twizzling Movement

**ISU-Wertungssystem Saison 2015/16**  
**Abkürzungen der Elemente für das "Planned Program Content Sheet"**

Stand: Juli 2015

**(4) Synchroneiskunstlaufen**

B	Block
PB	Pivoting Block
C	Circle
TC	Traveling Circle
L	Line
PL	Pivoting Line
W	Wheel
TW	Traveling Wheel
I	Intersection
NHE	No Hold Element
Sp	Synchronized Spin Element
Pa	Pair Element
ME	Move Element
Cr	Creative Element
Co	Combined Element
GL	Group Lift
TRANS	Transition
pi	point of intersection (feature)
fm	free skating moves (feature)
s	step sequence (feature)
d	deduction
F	Fall (in an element)

**(5) Spezielle Abkürzungen**

+ COMBO	Combination
+ SEQ	Sequence
+ REP	Repetition
<	under-rotated
<<	downgraded
e	incorrect take off (Lutz, Flip)
!	smaller error on take off (Lutz, Flip)
*	asterisk (not according to verification rules)
B	Basic Level
V	Reduced Value 1