

# Rules and Regulations

## Eiskunstlauf

Organizer: MAKKABI Deutschland e.V.  
in cooperation with the Bavarian Ice Sports Federation

Competition management: Sascha Plotnikov (MAKKABI Deutschland)  
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Disciplines: Free skating (Single), Pair dance, Ice dance (Single)

Remark: Categories can be replaced or deleted. A subdivision by skill level will be decided after registration and evaluation of the query.

A further subdivision of the age categories can be made if there are at least 4 starters per decade.

Equipment: Athletes use their own clothes and skates.

Venue: Venue and times will be announced in time by the Organizing Committee.

Rating system: The old 6.0 system is used to evaluate the programs.

The Referee Panel will use the international set of rules (ISU Regulations & Technical Rules) as a basis for decision making and in case of protest.

## Competition guide

### *Free Skating (Single)*

**Category 1 (Masters)** The program duration is 3 minutes +/- 10 seconds.

a. A maximum of six (6) 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 free 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 sequence consists of two (2) listed jumps of any number of revolutions, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
- ✳ Each listed jump may be performed a maximum of two (2) times.
- ✳ Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- ✳ Non-listed jumps may be included in the program as part of connecting footwork.

b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- ✳ The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
- ✳ A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- ✳ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- ✳ All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

**Category 2 (Gold)** The program duration is 2 minutes and 50 seconds +/- 10 seconds

a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or jump sequences in the free 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 sequence consists of two (2) listed single or double jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump. The jumps in bold above are not permitted.
- ✳ Each listed jump may be performed a maximum of two (2) times.
- ✳ Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- ✳ Non-listed jumps may be included in the program as part of connecting footwork.

b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- ✳ The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
- ✳ A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- ✳ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- ✳ All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

**Category 3 (Silver)** The program duration is 2 minutes +/- 10 seconds.

a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel).

- ✳ Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or jump sequences in the free 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 sequence consists of two (2) single listed jumps, beginning with any listed jump, immediately followed by an Axel type jump with direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
- ✳ Each listed jump may be performed a maximum of two (2) times.
- ✳ Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- ✳ Non-listed jumps may be included in the program as part of connecting footwork.

b. A maximum of two (2) spins of a different abbreviation, one (1) of which must be a spin combination.

- ✳ The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
- ✳ A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- ✳ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- ✳ All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of 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.

**Category 4 (Bronze)** The program duration is 1 minute and 40 seconds, +/- 10 seconds

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

a. A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.

- ✳ Each jump combination may consist of two (2) listed jumps.
- ✳ Each listed jump may be performed a maximum of two (2) times.

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 any spin with no change of foot, and six (6) with a change of foot.
- ✳ A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- ✳ Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- ✳ All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- ✳ Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of 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 pattern is not restricted but the sequence must be clearly visible.



### *Pair Free Skating Intermediate*

The program duration is 2 minutes and 40 seconds +/- 10 seconds.

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

a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum ½ revolution for the man and 1 revolution for the lady.

- ✳ The man's lifting hand(s) should be above his shoulder line.
- ✳ Variations of the lady's position, no-handed and one-handed lifts, and combination lifts not permitted.
- ✳ Lifts of Groups 3-4-5 are not permitted.
- ✳ Twist lifts are not permitted.
- ✳ A different takeoff counts as a different lift.

b. A maximum of one (1) single throw jump (including the throw single Axel).

- ✳ Double and triple jumps are not permitted.

c. A maximum of one (1) solo single jump (including the single Axel).

- ✳ Double and triple jumps are not permitted.

d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.

- ✳ A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
- ✳ Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- ✳ Only single jumps are allowed (including the single Axel).
- ✳ Double and triple jumps are not 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: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.

- ✳ A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.”
- ✳ There must be a minimum of two (2) revolutions in each position or the position will not be counted.

f. A maximum of one (1) death spiral or pivot figure (position of the lady optional).

- ✳ At least  $\frac{3}{4}$  revolution in pivot position by the man is required for the death spiral.
- ✳ At least one (1) revolution in pivot position by the man is required for the pivot figure.

g. A maximum of one (1) step sequence, fully utilizing the ice surface.

### *Ice dance (Single)*

Length of music: maximum 3:00 min

**For the ice dance (single) we ask all participants to inform us about their skill level. This means which elements and difficulties they are able to perform.**

We will then create the specifications for the competition from the submitted feedback.