

Figure Skating

January 8-9 Girls

January 8-10 Boys

1. TECHNICAL COMMITTEE

The technical committee will be composed of the:

Mary Elizabeth Wightman	Technical Director	(617)921-1279
	Assistant Technical Director	
Kathaleen Cutone	Head Referee	(617)875-3153
Dimitris Orfanopoulos	Member of ICG TC	dimitros_1924@yahoo.gr

1. VENUE

Lake Placid Olympic Center
1980 Rink – Herb Brooks Arena
2634 Main Street
Lake Placid, NY 12946

www.whitefacelakeplacid.com

2. EVENTS AND QUOTAS

- Single (short/free) boys – Each city may enter a maximum of 2 boys
- Single (short/free) girls – Each city may enter a maximum of 2 girls

3. COMPETITION INFORMATION

- Each event will be held according to the latest special regulations and technical rules published by the ISU, especially the latest rules for advanced novices (International Skating Union, especially ISU Communications 1874, 1760, 1857, 1947 advanced novice).
- Detailed rules are available at: www.isu.org
- There will be team boxes for all participating teams placed in the Ice Arena, where all events will take place. All changes and important Figure Skating information will be published by competition communications.
- **Each event consists of two parts:**
 - Short program of maximum length of 2 minutes 30 seconds according to the ISU guidelines for international novice competitions published by the International Skating Union (ISU Communication 1760, 2.3. Single Skating advanced novice or the latest update of these rules published by the ISU with the changes explained below.)
 - Free Skating program of 3:00 minutes for girls, and 3:30 minutes for boys (+/- 10 seconds) according to the ISU guidelines for international novice competitions published by the International Skating Union (ISU Communication 1760, 2.3. Single Skating advanced novice or the latest update of these rules published by the ISU with the changes explained below.)

4. COMPETITION REGULATION

Competitions will follow the latest ISU Communication 1947 on the advanced novice program in single girls, boys and ice dance (advanced novices). In accordance with the communiqué No 1760 International Skating Union (ISU) "Guidelines for international competitions in Novice", the following changes have been made:

- Short program (girls and boys): spin combinations must include only one change of foot (minimum of five (5) revolutions on each foot) and at least two basic positions with two revolutions in each of these positions;
- Short program (boys): Camel or sit spin (minimum of six [6] revolutions) with only one change of foot, flying entrance is allowed;
- Short program (girls and boys): one (1) step sequence with full use of the ice surface

- Short program (girls): Performed spiral sequence will be evaluated in the component between features (transitions);
- Free program (girls and boys) – jump elements: only one of the jumps must be an Axel-type jump. The program can be up to two (2) combinations or sequences. Combination may consist of two (2) jumps. Only 2 jumps in two and a half (2.5) and more revolutions can be repeated in a combination or a sequence.
- Free program (girls and boys) – spins: A maximum of two (2) spins, one of which must be a combination of spins (min. ten [10] revolutions) and one – a flying spin or spin with a flying entrance (minimum of six [6] revolutions);
- Free program (girls and boys): one (1) step sequence with full use of the ice surface.

4.1 Boys

Short program for boys consists of the following elements:

- Axel Paulsen or double Axel Paulsen.
- Double or triple jump immediately preceded by connecting steps, may not repeat jump in a).
- One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b).
- Camel or sit spin (minimum of six [6] revolutions) with change of foot. Flying entrance is not allowed.
- Spin combination with only one change of foot (minimum of five [5] revolutions on each foot).
- One step sequence with full use of the ice surface.

4.2 Girls

Short program for girls contains the following elements:

- Axel Paulsen or double Axel Paulsen.
- Double or triple jump immediately preceded by connecting steps, may not repeat jump in a).
- One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b).
- Layback or sideways leaning spin (minimum of six [6] revolutions).
- Spin combination with only one change of foot (minimum of five [5] revolutions on each foot).
- One step sequence with full use of the ice surface.

4.3 Boys & Girls

A well balanced free skating program must include:

- Maximum six (6) jump elements for girls and seven (7) jump elements for boys, one (1) of which must be an Axel-type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two (2) most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- There must be a maximum of two (2) spins of a different nature, one (1) of which must be a spin combination (minimum of ten [10] revolutions) and one a flying spin or a spin with a flying entrance (minimum of six [6] revolutions).
- There must be a maximum of one (1) step sequence, One step sequence with full use of the ice surface.

5. EQUIPMENT

All participants must bring their own music on digital media (format: mp3) or CD-ROM (CD-R). All costumes and skates to be supplied by participant

6. DISPUTES

Any disputes will be resolved in compliance with ISU rules and the clauses included in the ICG Sports Rules.

7. MEDICAL

A First Aid Service will be available on site. Full Medical Service will be available at the Adirondack Medical Center
Church Street, Lake Placid
518-523-3311
Offers medical and emergency services 8am-11pm and walk-ins are welcome

Adirondack Medical Center
Lake Colby Drive, Saranac Lake
518-891-4141
Offers 24-hour medical and emergency services.

A full medical plan will be shared at the Technical meeting.

8. TECHNICAL MEETING

Joint Technical meeting for all disciplines will be held on Sunday, January 6, 2019 20:00 – 21:00 at the Conference Center @ Lake Placid.

Figure Skating Technical meetings will take place on the following days:

Monday, January 7, 2019 from 13:30 – 14:30

The ISU website www.isu.org provides a copy of the latest ISU constitution, Laws and regulations for competition.

9. TRAINING SCHEDULE

Training will take place in the Olympic Center – 1980 Rink-Herb Brooks Arena

Monday, January 7 8:00-9:50 Boys

Monday, January 7: 10:00 – 12:50 Girls

10. PRESENTATION OF MEDALS

The medal ceremonies will take place at the Olympic Center in the designated medals plaza.

The following medals will be awarded:

GOLD – For the individual/team ranking first in the competition

SILVER - For the individual/team ranking second in the competition

BRONZE - For the individual/team ranking third in the competition

11. TIMETABLE (TIMES SUBJECT TO CHANGE)

**FIGURE
SKATING
SCHEDULE**

		Team Finding	Technical Meeting	Training	Competition	Awards
	DATE	TIME			EVENT	
Arrival	Sunday, January 6, 2019	20:00 - 21:00	Coaches	Joint Technical Meeting - All Disciplines		
DAY 1	Monday, January 7, 2019	08:00 - 09:50	Boys	Practice - 2 Groups of 9 skaters - 50 min. sessions		
		10:00 - 12:50	Girls	Practice - 3 Groups of 10 skaters - 50 min. sessions		
		13:30 - 14:30	Coaches	Technical Meeting		
DAY 2	Tuesday, January 8, 2019	08:00 - 10:45	Girls	Official Practice - 5 Groups of 6 skaters - 30 min. sessions		
		11:00 - 12:30	Boys	Official Practice - 3 Groups of 6 skaters - 30 min. sessions		
		13:00 - 18:00	Girls	Short Program		
		18:30 - 21:30	Boys	Short Program		
DAY 3	Wednesday, January 9, 2019	08:00 - 10:45	Girls	Official Practice - 5 Groups of 6 skaters - 30 min. sessions		
		11:00 - 12:30	Boys	Official Practice - 3 Groups of 6 skaters - 30 min. sessions		
		13:00 - 18:30	Girls	Free Skate		
		18:45 - 19:00	Girls	Awards Ceremony - Figure Skating		
DAY 4	Thursday, January 10, 2019	08:00 - 09:30	Boys	Official Practice - 3 Groups of 6 skaters - 30 min. sessions		
		12:00 - 15:00	Boys	Free Skate		
		15:15 - 15:30	Boys	Awards Ceremony - Figure Skating		