



Valentine Cup *Recreational and Adult* ANNOUNCEMENT

The Budapest Figure Skating Fan Society kindly invites you
to the **Valentine Cup International Figure Skating Competition** for
Recreational and Adult competitors.

The Valentine Cup will be held in Budapest, Hungary on

March 9-10, 2019

in VASAS Ice Centrum

with the Professional Sponsorship of Pavuk Figure Skating School and Sports Club.

VASAS Ice Centrum is located at HU-1046 Budapest, Homoktövis u. 1., has an indoor 1800 m² center ice-rink with 2000 seats and a same size training ring. The ice surface in size 30 x 60 m is artificial and the arena will be warmed up during the competition.

Budapest Figure Skating Fan Society is a non-official organization that consists of enthusiastic parents and children who are highly dedicated to their favorite sport and/or leisure time activity: figure-skating.

We are a self-organized club where activities are based on information sharing and mentored spontaneously and free. Only one is fixed: the love of figure skating with all its dimensions.

Contact: Valentine Cup – Organizing Committee: Budapest Figure Skating Fan Society H-1027 Budapest, Margit krt. 42. Phone: +36-30-2519592, E-mail: info@valentinecup.eu



ENTRIES:

All ISU and NON-ISU Members and Clubs, Members of National Figure Skating Federations associated in the ISU in the categories mentioned above are welcome to take part at the competition.

Entry forms listing Competitors and substitutes must be sent to: registration@valentinecup.eu

Registration: Entries must reach the Organizer not later than the 1st of February, 2019.

All the Competitors are requested to present a valid passport or personal identity card at the time of registration.

Please note that the competition has limited ice capacity with limited number of competitors. Based on this Entry Forms are registered **in chronological order (first come/first serve scheduling)**.

CHARGES: 55 EUR/16000 HUF is to be paid for each Single Competitor via bank transfer by the 1st of February, 2019. The entry fee for Couples is 80 EUR/24000 HUF. Last minute payment is also possible in cash upon arrival, then the entry fee is 65 EUR/20000 HUF for each Single Competitors (90 EUR/28000 HUF for Couples). In case of Last minute registration e-mail registration also is a must! **Please, keep in mind that payment by credit or bank card is not possible at the competition, only cash payment is possible at the venue.**

Multiple Entry: First Single event 55 EUR/16000 HUF per person, second Single event 45 EUR/14000 HUF per person, third single event 35 EUR/12000 HUF per person. First Pair/Dance event 80 EUR/24000 HUF per couple, second Pair event 75 EUR/22000 HUF per couple. Third Pair/Dance event 65 EUR/20000 HUF per couple.

Please note that the fees for a "First event" apply separately to each category (Single/Pair/Dance). For example, a Competitor entering two single events and two dance events must pay the entry fees for First and Second Single events and First and Second Dance events.

CANCELLATION: If the cancellation of entries is done by the 1st of February, 2019 the Organizing Committee will reimburse 50% of the entry fee. If the cancellation is done after the 1st of February, 2019 the Organizing Committee reserves the right to withhold the entry fee.

ENTRY FEE is to be paid to: 11773054-06545303-00000000

Name: Bódi Gábor - BFSFS

IBAN: HU64 1177 3054 0654 5303 0000 0000

SWIFT: OTPVHUHB

IMPORTANT: Please indicate the Competitor's name and category in your transfer!

JUDGES: The confirmation of the list of judges will be announced in due time.

EXPENSES: The organizer covers the expenses of competition, organization, awards and presents. Other costs are not included.

ACCREDITATION: Accreditation will be at the Ice Rink on the 9th of March, 2019 from 6:00.

ACCOMMODATION: Upon request, the Organizer can help skaters to find optimal accommodation.

LIABILITY: The Organizer accept no liability for bodily or personal injury, or for property loss or damage incurred by any Competitors or any kind of Officials. It is the sole responsibility of each Member participating in the Valentine Cup-2018, to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious means. The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage in connection incurred by Competitors and Officials Valentine Cup – 9-10 March, 2019 - Budapest, Hungary

RESPONSIBILITY: All the participants enter the competition on their own responsibility. The organizer doesn't take the responsibility for any possible accidents.

REWARD: Medals and unique presents for the first three places in every age group, diplomas and presents for all participants.

DRAW: Draws for each will be done by electronic random draw, on the day preceding the event and will be published on the same day.

MUSIC: Music can be uploaded or reproduced for CD. CD's must be labeled by names of Competitor, Club and Category in which they are entered. The music must be handed over to the organizer immediately after the arrival.

THE OFFICIAL AND FINAL SCHEDULE OF EVENTS WILL BE PUBLISHED AFTER THE REGISTRATION OF ALL ENTRIES.

The organizer reserves the right to change the schedule of competition!



CATEGORIES

I. NON-ISU Recreational Single Free Skating categories:

Skaters under the age of 10 (born on/after 1st July 2008) may participate the competition in Youngster categories as CUBS or CHICKS, please see above!

1. Age group B: born between 1st July 2006 – 30th JUNE 2008 – Bronze and Silver level
2. Age group C: born on/after 1st July 2003 – Bronze, Silver and Gold level
3. Age group D: born on/ after 1st July 2000 – Bronze, Silver, Gold and Masters level

II. Adult Single Free Skating categories:

1. Age group A: born after 1st July 1990 – Bronze, Silver, Gold and Masters level
2. Age group B: born after 1st July 1980 – Bronze, Silver and Gold level
3. Age group C: born after 1st July 1970 – Bronze and Silver level
4. Age group D: born after 1st July 1960 – Bronze and Silver level
5. Age group E: born before 1st July 1960 and earlier– Bronze level

III. Adult Artistic Free Skating categories Bronze level for all Adult age groups A, B, C, D, E:

1. Artistic Free Skating A - born after 1st July 1990
2. Artistic Free Skating B - born after 1st July 1980
3. Artistic Free Skating C - born after 1st July 1970
4. Artistic Free Skating D - born after 1st July 1960
5. Artistic Free Skating E - born before 1st July 1960 and earlier

IV. Pair Artistic Free Skating

1. Pair Artistic Free Skating Masters
2. Pair Artistic Free Skating Intermediate
3. Pair Artistic Free Skating Adult

V. Ice Dance Free Skating

1. Ice Dance Masters
2. Ice Dance Gold
3. Ice Dance Silver
4. Ice Dance Bronze

In case the number of entries it requires, competitors will be merged into united age groups.

Rules for the 2018/2019 Season will be conducted in accordance with the ISU Constitution and General Regulations 2018/2019, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance 2018/2019 and this Announcement. If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, the provisions set forth in this Announcement shall prevail.

Technical data: Calculation of scores: according to the new ISU Judging System. The Program Components are judged only in **Skating Skills, Performance/Execution, Interpretation**.

Requirements for all age groups: The programs can be interpretative. Different portable or stationary tools and accessories – e.g.: hat, walking stick, shawl – is allowed during the program, if it doesn't disturb the performer and its soundness.

The music can be even vocal, but with appropriate lyrics. Exceeding the limit of the music is followed by 1 point deduction per 5 sec.

Falling: 0,5 point penalty

Free Skating Masters

A competitor in Masters Free Skating category 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 jumps are permitted. - 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 combination may consist of the same or another single, double jump. A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jumps, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. Only the two (2) listed jumps with the highest value will count towards the technical score. - Any single and double jump (including Double Axel) cannot be executed more than twice in total.
- 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. - 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, - 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. - 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.
- c. A maximum of one (1) step sequence, fully utilizing the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score.

Vocal music may be used. !!! CHANGE!!! The maximum time is 3:30 minutes +/-10 seconds . The points for each Program Component are multiplied by a factor of 1.6.

Levels explanations: For Masters, in all elements, which are subject to Levels, features up to Level 4 will be counted.

Free Skating Gold

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

a. A maximum of six (6) 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 combination may consist of the same or another single or double jump, with the exception of the jumps in bold above. !!! A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jumps, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. Only the two (2) listed jumps with the highest value will count towards the technical score. - Any single and the permitted double jumps cannot be executed more than twice in total.

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. - 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. - 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.

c. A maximum of one (1) step sequence, fully utilizing the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score.

Vocal music may be used. The maximum time is 2 minutes 40 seconds +/-10 seconds. The points for each Program Component are multiplied by a factor of 1.6. Only features up to and including Level 3 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Free Skating Silver

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

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 combination may consist of the same or another single jump. !!! A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jumps, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel jump. Only the two (2) listed

jumps with the highest value will count towards the technical score. - Any single jumps cannot be executed more than twice in total.

b. A maximum of three (3) spins of a different abbreviation, - one (1) 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. - 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.

c. A maximum of one (1) step sequence, utilizing at least half (1/2) of the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score.

Vocal music may be used. The maximum time is 2 minutes 10 seconds +/-10 seconds. The points for each Program Component are multiplied by a factor of 1.6. Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

Free Skating Bronze

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

a. A maximum of four (4) jump elements, - consisting only of single jumps. - 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 combination may consist of the same or another single jump. !!! A jump sequence consists of 2 (two) jumps of any number of revolutions, beginning with any jumps, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the take-off curve of the Axel type jump. Only the two (2) listed jumps with the highest value will count towards the technical score. - Any single jumps (except Axel, as this jump is not permitted in this category) cannot be executed more than twice in total.

b. A maximum of two (2) spins of a different abbreviation, - one of which must be a spin combination 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 in one position with no change of foot, - four (4) for the spin combination with no change of foot and - six (3+3) for the spin combination with change of foot or the spin in one position with change of foot. - There must be a minimum of two (2) revolutions in each position or the position will not be counted. - 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. - Only features up to and including Level 1 will be counted. Any additional features will not be counted 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. - A choreographic sequence has a base value and will be evaluated by the judges in GOE only. VOCAL MUSIC MAY BE USED. The maximum time is 1 minute 50 seconds +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.6.

Requirements in Artistic Free Skating category (Bronze category only):

General Requirements for Artistic Free Skating: The artistic events will be judged only on the basis of the Program Components: - Skating skills - Transitions - Performance/Execution - Choreography/Composition - Interpretation/Timing. See ISU Special Regulations and Technical Rules 2016, Singles & Pair Skating, Rule 504, paragraph 3 for a detailed description of Program Components. There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0. The artistic program consists of a variety of skating moves selected for their value in enhancing the skater's interpretation of the music rather than for their technical difficulty. Skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills. 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. The skater must not remain in one place for more than five (5) seconds. Any element exceeding the maximum number as set forth below 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 appropriate for sporting competition. Costumes should be 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. Illegal elements: - Somersault type jumps - Lying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

Artistic Free Skating Competitions will be held at one level (Bronze) The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed. The maximum time for Bronze Artistic Free Skating is 1 minute and 40 seconds, but may be less. VOCAL MUSIC MAY BE USED.

Pair Artistic Free Skating Technical Requirements Each pair team must consist of one man and one lady. Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that pair couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher-level skater. Pair Free Skating

Masters Elite Pairs entering this category will compete against other Elite Masters Pair Skaters. The technical requirements are the same as those for the category "Masters Pair Skating".

Pair Free Skating Masters Pairs 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. In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line. In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- b. A maximum of two (2) throw jumps (single or double).
- c. A maximum of one (1) solo jump. Single, double and 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. 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 take-off 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.
- e. A maximum of one (1) pair spin (pair spin or pair spin combination). 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. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair 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 (1) solo spin. The solo spin 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. 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.
- g. A maximum of one (1) death spiral or pivot figure (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral. • At least one revolution in pivot position by the man is required for pivot figure. A maximum of one (1) step sequence, fully utilizing the ice surface. Only the first executed attempt of a step sequence will contribute to the technical score. The program duration is 3 minutes and 30 seconds +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.6. Each fall shall receive a deduction of 1.0

Pair Free Skating Intermediate 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 $\frac{1}{2}$ 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 are not permitted. Lifts of Groups 3-4-5 are not permitted. Twist lifts are not permitted. A different take-off counts as a different lift.

b. A maximum of one (1) single throw jump (including the throw 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 take-off 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. If there is no change of foot or no change of position by one or both partners, the spin will be called as a pair 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 (1) death spiral or pivot figure (position 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. Only the first executed attempt of a step sequence will contribute to the technical score. The program duration is 2 minutes and 40 seconds +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.6. Only features up to and including Level 2 will be counted for the spins and step sequence. Any additional features will not count for level requirements and will be ignored by the Technical Panel. Each fall shall receive a deduction of 1.0

Pair Free Skating Adult Pairs must perform a well-balanced program that may contain:

a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man. 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 are not permitted. Lifts of Groups 3-4-5 are not permitted. Twist lifts are not permitted.

b. A maximum of one (1) single throw jump. Throw double and triple jumps are not permitted. Throw Axel is not permitted.

c. A maximum of one (1) solo single jump. • Double and triple jumps are not permitted. Axel type jumps are not permitted.

d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps. Only single jumps are allowed. • Double and triple jumps are not permitted. Axel type jumps are not permitted.

e. A maximum of one (1) pair spin. A pair spin is any spin with no change of foot or no change of position by one or both partners. Pair combination spins (spins with a change of foot and change of position by

both partners) are not permitted. There must be a minimum of two (2) revolutions in each position or the position will not be counted. 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.

A maximum of one (1) pivot figure (position optional). At least one (1) revolution in pivot position by the man is required.

g. A maximum of one (1) choreographic sequence 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 pattern is not restricted. A choreographic sequence has a base value and will be evaluated by the judges in GOE only. The program duration is 2 minutes and 20 seconds +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.6. Falls by one skater shall receive a deduction of 0.5. Falls by both skaters shall receive a deduction of 1.0.

Ice Dance - General Requirements Each couple must consist of one man and one lady. The man must skate the man's steps and the lady must skate the lady's steps. Each skater may compete with only one and the same partner in the Ice Dance competitions. Coaches and students are welcome to compete in all events, however, this competition DOES NOT have a PRO-AM category and it is MANDATORY that ice dance couples enter at the skill level of the more skilled skater, even if that skater is not a professional, but simply a higher-level skater. At this competition !!! **only Free Dance is required.**

Free Dance General Requirements: See ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications. Requirements for Music for Free Dance (Rule 710, paragraph 1.c): The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics i.). The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program. ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious. iii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect. iv) The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n). Masters Elite Couples entering this category will compete against other Elite Masters Ice Dancers. The technical requirements are the same as those for the category "Gold Free Dance" (below.) **Masters Couples** entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category "**Gold Free Dance**" (below).

Gold Couples must perform a well-balanced program that may contain: a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 7 seconds each. 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.

VOCAL MUSIC MAY BE USED. The duration is 3 minutes +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Silver Couples must perform a well-balanced program that may contain: a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. And only a maximum Level 2 lift will be counted. 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). VOCAL MUSIC MAY BE USED. The duration is 2 minutes and 30 seconds, +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m).

Bronze Couples must perform a well-balanced program that may contain: a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. Note that only a maximum Level 1 lift will be counted. b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B. c. A maximum of one (1) Dance Spin (No combination). VOCAL MUSIC MAY BE USED. The duration is 1 minute and 50 seconds +/- 10 seconds. The points for each Program Component are multiplied by a factor of 1.2 (Rule 353, paragraph 1.m). The warm-up duration for all free dances is five (5) minutes.



Respectably Yours,

Judit Lauth and Gábor Bódi

Organizers - Budapest Figure Skating Fan Club

Valentine Cup