

# INTERNATIONAL SKATING UNION

## Communication No. 2024

### SINGLE & PAIR SKATING, ICE DANCE and SYNCHRONIZED SKATING

#### GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS

*(Replaces ISU Communication 2013)*

#### A. General

##### 1. Entries

Entries to the competitions are made by the ISU Members (for International Competitions) or Sections/Clubs (for Interclub Competitions), which must be a member of the ISU Member, based on the age and the level of the Skaters.

**2. Age requirements (Rule 108, paragraph 2. new d) and paragraph 3. new c) ): in International Competitions, a Novice is a Skater who has met the following requirements before July 1<sup>st</sup> preceding the event (the specific date: before July 1st, applies to all indicated dates):**

- has reached at least the age of ten (10)
- has not reached the age of fifteen (15)
- has not reached the age of fifteen (15) for girls and seventeen (17) for boys for Pair Skating and Ice Dance

Two subgroups offering a different technical package are established:

- **Basic Novices**
- **Advanced Novices**

Furthermore, in Single Skating, two subgroups by age are established for the Basic Novices:

Basic Novice A

- a) has reached at least the age of ten (10)
- b) has not reached the age of thirteen (13) for Girls and Boys in singles competitions

Basic Novice B

- a) has reached at least the age of thirteen (13)
- b) has not reached the age of fifteen (15) for Girls and Boys

No subgroups by age are established for Basic Novices in Pair Skating, Ice Dance and Synchronized Skating. Synchronized Skating is using the subgroups for Basic Novices to clarify the number of Skaters per team.

No subgroups by age are established for Advanced Novices in all disciplines.

### **3. Deductions for Interruption(s) in performing the program for ALL Novice categories:**

For every Interruption of:

- more than 10 seconds up to 20 seconds: - **0.5**
- more than 20 seconds up to 30 seconds: - **1.0**
- more than 30 seconds up to 40 seconds: - **1.5**
- more than 40 seconds by one or several Skaters (SyS): - **2.0**
  
- Interruption of the program with allowance of up to three (3) minutes to resume from the point of interruption: - **2.5** per program

As the values of those deductions are not the standard ones provided by Rules 353, paragraph 1.n) and 843, paragraph 1.n), the Referee must give specific instructions to the system operator and check the correct input in each instance.

### **4. Deductions for Falls\* for Novice**

- per fall: 0.5 - one Skater only - Singles, Pairs, Ice Dance, SyS
- per fall: 1.0 - both Skaters - Pairs and Ice Dance
- per fall: 1.0 - more than one Skater - Synchronized Skating

\* A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1).

### **5. Officials:**

- a) ISU Rules 420 and 971 on the composition of panel of Officials apply, except for the international qualification of the Officials. In each event there should be at least one (1) Judge and one (1) member of the Technical Panel acting with an international qualification.
- b) The same ISU Rules regarding judging, refereeing and the work of the Technical Panel apply as in Junior and Senior International Competitions.
- c) Rules 433 and 923, paragraphs 1 and 2 regarding the Report of the Referee and the Report of the Technical Controller apply.

## B. SINGLE & PAIR SKATING

### 1. General Requirements for Novice competitions Single and Pair Skating

Segments of events to be skated in Novice Single and Pair Skating competitions:

- a) Single Skating events shall consist of
- |   |                                |
|---|--------------------------------|
| * younger subgroup (Group A) Basic Novice | Free Skating only              |
| * older subgroup (Group B) Basic Novice   | Free Skating only              |
| * Advanced Novices                        | Short Program and Free Skating |
- b) Pair Skating events shall consist of
- |                            |                                |
|----------------------------|--------------------------------|
| * Basic Novice (one group) | Free Skating only              |
| * Advanced Novices         | Short Program and Free Skating |
- c) Duration of the Programs:
- Single Skating
- |                         |   |
|-------------------------|---|
| Basic Novice subgroup A | Free Skating 2:30 min, +/- 10 sec.  |
| Basic Novice subgroup B | Free Skating 3:00 min, +/- 10 sec.  |
| Advanced Novice         | Short Program <u>2:20 min, +/-10 sec.</u><br>Free Skating 3:00 min, +/-10 sec. for girls<br>Free Skating 3:30 min, +/- 10 sec. for boys |
- Pair Skating
- |                 |  |
|-----------------|--|
| Basic Novice    | Free Skating 3:00 min, +/-10 sec.  |
| Advanced Novice | Short Program <u>2:20 min, +/-10 sec.</u><br>Free Skating 3:30 min, +/-10 sec. |
- d) **Various**
- Singles Girls and Boys for all Novice Divisions warm-up groups can be maximum up to eight (8) Skaters.
  - There will be no Bonus for difficult elements performed in the second half of the Short and Free Programs for all Novice Divisions Singles and Pair Skating.
  - If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution.

### 2. Technical Requirements for Novice competitions Single Skating

#### 2.1 *Single Skating Basic Novice A - Girls and Boys (younger subgroup)*

**A well balanced Free Skating program for Singles A must contain:**

- a) Maximum of 4 jump elements for Girls and Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.  
Triple jumps are not permitted. Any single and double jump (including Double Axel) cannot be executed more than twice in total.

- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.  
The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.  
The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions.  
 In both spins flying entries are allowed.
- c) There must be one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance

The Factor of the Program Components is 2.5.

### **Levels explanations:**

For Basic Novice A Singles, in all elements that are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

### **2.2. Single Skating Basic Novice B - Girls and Boys (older subgroup)**

#### **A well balanced Free Skating program for Singles B boys and girls must contain:**

- a) Maximum of 5 jump elements for Girls and 6 jump elements for Boys one 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 most difficult jumps will be counted.  
 Only two (2) jumps with two and a half (2 1/2) or more revolutions can be repeated either in a jump combination or in a jump sequence. Any single, double (including Double Axel) or triple jumps cannot be executed more than twice in total.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.  
The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.  
The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions.  
 In both spins flying entries are allowed.
- c) There must be one (1) step sequence fully utilizing the ice surface.

The Program Components are only judged in

- Skating Skills
- Performance
- Interpretation

The Factor of the Program Components is

- for boys        2.0
- for girls        1.7

### **Levels explanations:**

For Basic Novice B Singles, in all elements that are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

### **2.3 Single Skating Advanced Novice - Girls and Boys**

#### **Boys**

The **Short Program for Boys' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Camel, sit or upright spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance.
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

#### **Girls**

The **Short Program for Girls' Singles** shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Layback/sideways leaning spin or spin in one basic position with no change of foot (minimum six (6) revolutions).
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value.

If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

#### **Boys and Girls**

**A well balanced Free Skating program for Singles must contain:**

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys one 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 most difficult jumps will be counted. Only two (2) jumps with three (3) or more revolutions can be repeated either in a jump combination or a jump sequence. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions)

or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).

There must be a maximum of one (1) step sequence fully utilizing the ice surface.

### **Levels explanations:**

For Advanced Novice Singles, in all elements that are subject to Levels, 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 only judged in

- Skating Skills
- Transitions
- Performance
- Interpretation

The factors for the Program Components is

- |    |               |     |
|----|---------------|-----|
| a) | Short Program |     |
|    | - for boys    | 0.9 |
|    | - for girls   | 0.8 |
| b) | Free Skating  |     |
|    | - for boys    | 1.8 |
|    | - for girls   | 1.6 |

## **3. Technical Requirements for Novice competitions Pairs**

### **3.1 *Pair Skating Basic Novice***

Basic Novice competitions will consist of a Free Skating program only.

**A well balanced Free Skating program must contain** a maximum of:

- a) Two different lifts of Group 1 to 2, one arm holds not allowed (full extension of the lifting arm of the partner is not required)
- b) One Twist lift (single)
- c) One solo jump (single or double)
- d) One solo spin in one position or one pair spin.  
The solo spin can be executed with a change of foot and a minimum of eight (8) revolutions in total or without a change of foot and a minimum of five (5) revolutions.  
The pair spin must be executed with a minimum five (5) revolutions.
- e) One pivot figure
- f) One step sequence fully utilizing the ice surface

### **Levels explanations:**

For Basic Novice Pairs, in all elements that are subject to Levels, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The Program Components are only judged in

- Skating Skills
- Performance

The factor of the Program Components is 2.0

### **3.2 *Pair Skating Advanced Novice***

The **Short Program for Pairs** shall consist of the following elements:

- a) One lift of Groups 1 to 4, one arm holds not allowed
- b) One Twist lift (single or double)
- c) One solo jump (single or double)
- d) One pair spin with at least one change of position of each partner (minimum of six (6) revolutions)
- e) One death spiral
- f) One step sequence fully utilizing the ice surface

**A well balanced Free Skating program must contain** a maximum of:

- a) Two different lifts of Groups 1 to 4, one arm holds not allowed, (in group 1 and 2 full extension of the lifting arm of the partner is not required).
- b) One Twist lift (single or double)
- c) One Throw jump (single or double)
- d) One solo jump (single or double)
- e) One solo spin or solo spin combination without change of foot (minimum of six (6) revolutions)
- f) One death spiral
- g) One step sequence fully utilizing the ice surface

#### **Levels explanations:**

For Advanced Novice Pairs, in all elements that are subject to Levels, 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 only judged in

- Skating Skills
- Transitions
- Performance
- Interpretation

The Factor of the Program Components is:

- a) Short Program 0.8
- b) Free Skating 1.6

## C. ICE DANCE

### 1. General Requirements for Novice competitions Ice Dance

#### 1.1 Ice Dance events shall consist of

Basic Novice	2 Pattern Dances and Free Dance
Advanced Novice	2 Pattern Dances and Free Dance

#### 1.2 Duration of Free Dance:

Basic Novice	Free Dance 2:30 min. +/- 10 sec.
Advanced Novice	Free Dance 3:00 min. +/- 10 sec.

### 2. Technical Requirements for Basic Novice competitions Ice Dance

#### 2.1 *Pattern Dance*

Rule 711, paragraph 1: for Novice International Competitions, the Pattern Dances will be announced annually by the Ice Dance Technical Committee in an ISU Communication not later than June 1<sup>st</sup>, to become effective on July 1st of the year following the announcement.

**Two (2) Pattern Dances** are to be skated:

Group 1: **#1 Fourteenstep** and **#4 European Waltz**

Group 2: **#2 Foxtrot** and **#5 American Waltz**

- Season 2016/17 and every second season: Group 2
- Season 2017/18 and every second season: Group 1

#### **Music requirements**

Rule 707, paragraph 5 provides that, in International Competitions, the current series of ISU Ice Dance music shall be used for the Pattern Dances unless the Ice Dance Technical Committee has decided that the music for one or several Pattern Dances is to be provided by the Couple following certain requirements.

For the season 2016/17, Couples shall provide their own music for the following Pattern Dance:

#### **#2 Foxtrot**

The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Notes:

- The chosen music may be a tune from ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall furnish competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).



- For the application of Rule 708 paragraph 1.d) with music provided by the Couple, it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

### **Levels explanations**

There will be no Key Points described, and no Levels evaluated. The Technical Panel will determine the name of the Pattern Dance and confirm the Sequence/Section that requirements for the Base Level are fulfilled. The Judges evaluate the Pattern Dance with the GOE.

All **Components of Pattern Dances** are judged.

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1.b)

### **2.2 Free Dance**

Rule 710 shall apply (including that the music may be vocal).

#### **A Well Balanced Free Dance program must contain**

- **Dance Lifts:** not more than **one (1) Short Lift**
- **One (1) Straight Line Step Sequence (Midline or Diagonal) in Hold or Curved Step Sequence (Circular or Serpentine) in Hold**  
The restrictions listed in ISU Communication 1998 and 2003 and subsequent updates of this ISU Communication apply.
- **One (1) Set of Synchronized Twizzles**
- **One (1) Choreographic Element: Choreographic Spinning Movement or Choreographic Twizzling Movement (as described below)**

The Choreographic Elements must be chosen from:

- **Choreographic Spinning Movement:** spinning movement performed after the required Dance Spin during which both partners perform at least 2 continuous rotations:
  - in any hold,
  - on one foot or two feet or one partner being elevated without being sustained, or a combination of the three,
  - on a common axis which may be moving.
- **Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles composed of 2 parts.  
The following requirements apply:
  - for both parts: on one foot or two feet or a combination of both,
  - for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot) (partners must be separate),

- for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both (partners may be in hold).

In a Free Dance where the Dance Spin is not a Required Element, the first performed Dance Spin or Spinning Movement shall be identified as the Choreographic Spinning Movement, if no other Choreographic Element has been identified and confirmed.

### **Levels explanations**

For Basic Novice Free Dance, in all Required Elements, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

All **Program Components** are judged.  
The factor of the Program Components is 1.0

### **3. Technical Requirements for Advanced Novice competitions Ice Dance**

#### **3.1 *Pattern Dance***

Rule 711, paragraph 1: for Novice International Competitions, the list of Pattern Dances will be announced annually by the Ice Dance Technical Committee in an ISU Communication not later than June 1<sup>st</sup>, to become effective on July 1st of the year following the announcement.

**Two (2) Pattern Dances** are to be skated:

- Group 1: **#4 European Waltz** and **#20 Tango**
- Group 2: **#3 Rocker Foxtrot** and **#9 Starlight Waltz**
- Group 3: **#12 Kilian** and **#23 Blues**

One group of two Pattern Dances shall be drawn before the first practice of the competition from the two groups announced for the season:

- Season 2016/17 and every third season: Group 3 and Group 1
- Season 2017/18 and every third season: Group 1 and Group 2
- Season 2018/19 and every third season: Group 2 and Group 3

#### **Music requirements**

Requirements for Basic Novice apply. For the season 2016/17, Couples shall provide their own music for the following Pattern Dances:

**#4 European Waltz** and **#12 Kilian**

The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Notes:

- The chosen music may be a tune from ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall furnish competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- For the application of Rule 708 paragraph 1.d) with music provided by the Couple, it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

### **Levels explanations**

For Pattern Dances, there will be 2 key points described, and Key Points up to Level 3 will be evaluated. The Key Points and the Key Point Features for the season 2016-17 are described in the Communication 2003.

The Judges evaluate the Pattern Dance with the GOE

All **Components of Pattern Dances** are judged.

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5 as per Rule 353, paragraph 1.b)

### **3.2 Free Dance**

Rule 710 shall apply (including that the music may be vocal).

#### **A Well Balanced Free Dance program must contain**

- **Dance Lifts:** not more than **two (2) different Types of Short Lifts**
- **One (1) Spin**, but not more  
**Note:** A Combination Spin is not permitted.
- **One (1) Straight Line Step Sequence (Midline or Diagonal) in Hold or Curved Step Sequence (Circular or Serpentine) in Hold**  
The restrictions listed in ISU Communication 1998 and 2003 and subsequent updates of this ISU Communication apply.
- **One (1) Set of Synchronized Twizzles**
- **One (1) Choreographic Element: Choreographic Spinning Movement or Choreographic Twizzling Movement (as described above)**

**Levels explanations:** for Advance Novice Free Dance, in all Required Elements, 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.

All **Program Components** are judged.

The factor of the Program Components is 1.0.

## **D. SYNCHRONIZED SKATING**

### **1. Technical Requirements for Basic Novice competitions**

#### **1.1 Team composition**

##### **Basic Novice A**

Basic Novice A shall consist of twelve (12) Skaters with a maximum number of four (4) alternate Skaters. At the National level, ISU Members may permit a different team composition.

##### **Basic Novice B**

Basic Novice B shall consist of sixteen (16) Skaters with a maximum number of four (4) alternate Skaters. At the National level, ISU Members may permit a different team composition.

#### **1.2 Free Skating**

**NOTE:** The Base Value of the Elements will be the same for those Elements listed as either choice of one (1) Element (Basic Novice) or as a choice of one (1) Element shown within a Group (A, B and C) (Advanced Novice)

Basic Novice A and B competitions will consist of a Free Skating program only.

**A Well-Balanced Free Skating program for Basic Novice A and B must contain the following six (6) Elements:**

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

- 1. Intersection Element + Point of Intersection (pi)**
- 2. Linear Element - Line**
- 3. Pivoting Element – Block**
- 4. Rotating Element - Circle**
- 5. Traveling Element – Wheel**
- 6. Choice of one (1) of the following Elements:**
  - Creative Element
  - OR**
  - Combined Element

Maximum element levels can be skated but the level awarded will be one level lower than the maximum defined in the ISU Technical Rules.

The highest difficulty Group of an Additional Feature may be attempted and will be called as executed.

Other elements may be incorporated into the Free Skating program as transitional elements and might reflect the Judges scores for Interpretation The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990 paragraph 3.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

### **a) Duration of Program**

The length of the program is 3 minutes +/- 10 seconds.

The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

### **b) Music**

Vocal music using lyrics is permitted.

### **c) Program Components**

The Program Components are only judged in

- Skating Skills
- Performance/Execution
- Interpretation

The Factor of the Program Components is 1.7

### **d) Illegal and non-permitted elements**

The illegal and non-permitted elements are following the restrictions of Rule 992, paragraph 2 c) and paragraph 3 c).

However, Novice teams are not allowed to include vaults or un-sustained lifts since those are only to be used in Junior and Senior Free Skating.

## **2. Technical Requirements for Advanced Novice competitions**

### **2.1 Team composition**

An Advanced Novice team shall consist of sixteen (16) Skaters with a maximum number of four (4) alternate Skaters.

### **2.2 Free Skating**

Advanced Novice competitions will consist of a Free Skating program only

**A well-balanced Free Skating program must contain the following seven (7):**

**MUST INCLUDE THE FOLLOWING FIVE (5) REQUIRED ELEMENTS:**

- 1. Intersection Element + Point of Intersection (pi)**
- 2. Move Element**
- 3. No Hold Element + Step Sequence (ss)**
- 4. Pivoting Element – Block**
- 5. Traveling Element – Wheel**

**PLUS**

**A Choice of one (1) Element from each of the following Groups**

#### **6. GROUP A**

Rotating Element- Circle

**OR**

Linear Element– Line

#### **7. GROUP B**

Creative Element

**OR**

Combined Element

Maximum element levels can be skated and the level will be called as executed. Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the team.

Other elements may be incorporated into the Free Skating program. The program content sheet should indicate which extra Elements are transition Elements.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990 paragraph 3.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

**a) Duration of Program**

The length of the program is 3 minutes 30 seconds +/- 10 seconds.

The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

**b) Music**

Vocal music using lyrics is permitted.

**c) Program Components**

The Program Components are judged in

- Skating Skills
- Performance/Execution
- Transitions
- Interpretation
- Choreography / Composition

The Factor of the Program Components is 1.0

**d) Illegal and non-permitted elements**

The illegal and non-permitted elements are following the restrictions of Rule 992, paragraph 2 c) and paragraph 3 c).

However, Novice teams are not allowed to include vaults or un-sustained lifts since those are only to be used in Junior and Senior Free Skating.

Tubbergen  
July 12, 2016  
Lausanne,

**Jan Dijkema**, President

**Fredi Schmid**, Director General