

03/12/08

ADULT OPEN COMPETITION

(A Non-Qualifying Competition)

«The Mountain Cup»

4–7 June 2009

**Villard-de-Lans
(Near Grenoble), France**

Organized by:

ASCPA Pessac

N° d'affiliation à la FFSG 09023

Agrément à la Préfecture de la Gironde 13746

To be held at:

**Patinoire Villard-de-Lans
38250 Villard-de-Lans
(1968 Olympic Site)**

ADULT OPEN COMPETITION
4 – 7 June 2009

1. GENERAL INFORMATION

RULES

Age and test qualifications as of **3rd April 2009** (close of entries) will determine classification.

ELIGIBILITY

This event is open for participation to all eligible competitors who are members in good standing with their National Figure Skating Association. Skaters may compete one level above the test passed in as many disciplines as qualified by test level, but may compete in only one event per discipline. Entries from members of clubs having a probationary status will be accepted provided the entry is accompanied by a signed certification by the skater that (s)he is properly qualified to participate in the events mentioned.

AGE CATEGORIES

The following age categories apply to all Free Skating, Interpretive and Improvisation events:

Young Adult	18 yrs - 20 yrs
Class I	21 yrs - 28 yrs
Class II	29 yrs - 35 yrs
Class III	36 yrs - 45 yrs
Class IV	46 yrs – 55 yrs
Class V	56 and over

All age categories may be divided depending on the number of registrations. Proof of age is required for all events. Copy of birth certificate, passport or similar proof of age is acceptable. The Organizing Committee reserves the right to require additional documentation.

Based on the number of entries, some classes may be combined.

II. COMPOSITION OF EVENTS

FREE SKATING EVENTS:

Masters Free Skating – Maximum Time 3:40

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.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

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, half-loops etc. immediately following each other

while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

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 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.
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 (i.e, circular, straight line, serpentine) or spiral sequence with a pattern according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Gold Free Skating - Maximum Time 2:40

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

- a. A maximum of six (6) jump elements, consisting only of single jumps including the single Axel and double jumps, **excluding double Flip, double Lutz and double Axel.**
A jump combination may consist of the same or another single or double jump with the exclusion of the jumps as above. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
A jump sequence may consist of any number of single and double jumps, excluding a double Flip, a double Lutz, a double Axel and all triple jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.
- 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.
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 (i.e, circular, straight line, serpentine) or spiral sequence with a pattern according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Silver Free Skating – Maximum Time 2:10

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

- a. A maximum of five (5) jump elements. **The single Axel or any other single Axel type jump and all other single jumps are permitted.** No double jumps are permitted.

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single or an Axel type jump.

- b. A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot.

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.

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 (i.e, circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line etc.). In the case of a **circular** step sequence a full circle is required covering 1/2 of the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Bronze Free Skating – Maximum Time 1:40

A competitor in the Bronze Free Skating event must perform a well-balanced program that must 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.
 A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
 A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. immediately following each other while maintaining the jump rhythm (knee); there can be not more than two (2) three turns/Mohawks during the sequence; there can be no crossovers or stroking during the sequence. However, only the two jumps with the highest value will count.
 Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
 Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps.
- b. A maximum of two (2) spins of a different abbreviation;
 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 eight (4+4) 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 step sequence (i.e. circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line etc.). In the case of a **circular** step sequence a full circle is required covering 1/2 of the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

OPEN DANCE EVENTS:

Adult Gold Dance

Initial Round: Quickstep - 4 sequences
 Argentine Tango - 2 sequences

Factors in each dance for program components:

Skating Skills: 0,75; Performances: 0,50; Interpretation: 0,50; Timing: 0,75

Final Round: Original Dance (OD)
 The specific requirements are as follows:

Duration -- **2 min 40** sec. maximum but may be less.

In accordance with Rule 610, ISU Communication 1496 and 1522 and all other pertinent ISU Communications.

The rhythm for the Original Dance is **Rhythms and Dances of the 1920's, 1930's or 1940's**. Any one or two rhythms/dances originated in the 1920's or 1930's or 1940's may be chosen (except Tango). If two rhythms are used one of them may be repeated. The programme should

reflect the original flavour and style of the decades mentioned above and NOT performed as a Ballroom Dance.

For general information concerning the rhythms (dances) which belong to the above mentioned decades please refer to the "Ice Dance Music Rhythms Booklet and Compact Disc 1995".

Vocal music is permitted. Variations of tempo within one selection of music are permitted. If only one rhythm/dance is chosen two different tunes of this rhythm may be used and which may differ in tempo.

Original orchestration of the music of the 1920's, 1930's or 1940's is not required. However, the orchestration must be in the style of the decade chosen.

If appropriate for the chosen music the lady and the man are permitted to wear trousers and sleeves of any length. Rule 612 should apply. Props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon). Props may not be thrown in any part of the programme.

Note: The Referee will make a proper deduction for a prop which is detached.

Please be sure to keep informed of the ISU Communications regarding Ice Dancing. They can be found on the ISU website, www.isu.org

The couple should announce in their "Planned Program Content" submission the Rhythm(s)/dance(s) and the decade(s) of the music chosen for the Original Dance.

Required elements:

- Two (2) different types of dance lifts, with a maximum of 6 seconds duration each;
- One (1) Diagonal or Midline Step Sequence in varied hold;
- One (1) Dance spin, with optional position, minimum of three (3) revolutions by each partner on one foot. A Combination Spin is NOT permitted. The number of rotations and different positions are described in ISU Communication 1522.

The multiplying factors for the Program components for the Original Dance are:

Skating Skills	0,80
Transitions, Linking Footwork, Movements	0,80
Performance, Execution	0,60
Choreography, Composition	0,60
Interpretation, Timing	1,00

Test Requirements:

One partner in the Adult Gold Dance event must have passed at least one Gold/Adult Gold dance and the other partner must have passed at least one Pre-Gold/Adult Pre-Gold dance.

Adult Pre-Gold Dance

Initial Round: Tango – 2 sequences
 Blues - 3 sequences

Factors in each dance for program components:

Skating Skills: 0,75; Performances: 0,50; Interpretation: 0,50; Timing: 0,75

Final Round: Original Dance (OD)
The specific requirements are as follows:
See above under Gold Dance

Test Requirements:

One partner in the Adult Pre-Gold Dance event must have passed at least one Pre-Gold/Adult Pre-Gold dance and the other partner must have passed at least one Silver/Adult Silver dance. Entrants may not have completed the Gold/Adult Gold dance test.

Adult Silver Dance

Initial Round: Paso Doble – 3 sequences
Blues – 3 sequences
Final Round: European Waltz – 1 minute
Tango – 2 sequences

Factors in each dance for program components:

Skating Skills: 0,75; Performances: 0,50; Interpretation: 0,50; Timing: 0,75

Test Requirements:

One partner in the Adult Silver Dance event must have passed at least one Silver/Adult Silver dance and the other partner must have passed at least one Pre-Silver /Adult Pre-Silver dance. Entrants may not have passed more than one Pre-Gold/Adult Pre-Gold dance.

Adult Pre-Silver Dance

Initial Round: Ten Fox – 3 sequences
European Waltz – 1 minute
Final Round: Fourteenstep – 4 sequences
Tango – 2 sequences

Test Requirements:

Both partners in the Adult Pre-Silver Dance event must have passed at least one Pre-Silver dance. Neither partner may have passed more than one silver dance.

Adult Bronze Dance

Initial Round: Swing Dance – 2 sequences
Fiesta Tango – 3 sequences
Final Round: Fourteenstep – 4 sequences
European Waltz – 1 minute

Test Requirements:

One partner in the Adult Bronze Dance event must have passed at least one Pre-Silver/Adult Pre-Silver dance and the other partner must have passed at least one Bronze/Adult Bronze dance. Entrants may not have passed more than one Silver/Adult Silver dance.

Adult Pre-Bronze Dance

Initial Round: Canasta Tango – 3 sequences
Swing Dance – 2 sequences
Final Round: Fiesta Tango – 3 sequences
Willow Waltz – 3 sequences

Test requirements:

Both partners must have completed the Pre-Bronze Dance test but not higher than Bronze Dance test.

SOLO DANCE:

Open to ice dancers of either gender.

Adult Gold Dance

Solo Argentine Tango (2 sequences)

Solo Quickstep (4 sequences)

Adult Pre-Gold Dance

Solo Tango (2 sequences)

Solo Blues (3 sequences)

Adult Silver Dance

Solo Paso Doble (3 sequences)

Solo Tango (2 sequences)

Adult Pre-Silver

Solo Ten Fox (3 sequences)

Solo European Waltz (1 minute)

Adult Bronze Dance

Solo Fourteenstep (4 sequences)

Solo European Waltz (1 minute)

Adult Pre-Bronze Dance

Solo Fiesta Tango (3 sequences)

Solo Swing Dance (2 sequences)

Adult Preliminary

Solo Canasta Tango (3 sequences)

Solo Dutch Waltz (3 sequences)

SOLO FREE DANCE

Open to ice dancers of either gender.

All categories will be judged by the 6.0 scoring system.

Gold solo free dance

Duration: 2 min 10 seconds maximum (no penalty for shorter programmes)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Silver solo free dance

Duration: 1 min 40 seconds maximum (no penalty for shorter programmes)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Bronze solo free dance

Duration: 1 min 40 seconds maximum (no penalty for shorter programmes)

Requirements: The Free Dance must contain one but no more than two spins (min 3 revs on one foot) and must contain one step sequence of any type.

Skaters will be expected to enter the category they consider appropriate to their current test level in the compulsory dances.

COMPULSORY FIGURES :

Pre-Bronze Figures: No figure tests required, but preparatory work of several months recommended. This category is meant to encourage skaters to try figures.

The following figures will be skated:

ISU-nb	Name of figure
1a/b	RFO, LFO Circle Eight
2a/b	RFI, LFI Circle Eight
5a/b	FOI - FIO Serpentine (skaters may choose the starting foot)

Bronze Figures: Competitors must have passed at least the adult bronze figure or preliminary figure test and no higher than 2nd figure test or ISI figure 3 or any non-US equivalent test.

The following figures will be skated:

3a/b	RBO - LBO Circle Eight
7a/b	RFO – LFO Three (skaters may choose the starting foot)
9a/b	FI – BO Three (skaters may choose the starting foot)

Silver Figures: Competitors must have passed at least the adult silver figure or 2nd figure test and no higher than 3rd figure test or ISI figure 4 or any non-US equivalent test.

The following figures will be skated:

4a/b	RBI – LBI Circle Eight
6a/b	BOI – BIO Serpentine (skaters may choose the starting foot)
9a/b	FI – BO Three (skaters may choose the starting foot)

Gold Figures: Competitors must have passed at least the adult gold figure or 4th figure test and no higher than 5th figure test or ISI figure 6 or any non-US equivalent test.

The following figures will be skated:

32a/b	Change Bracket (skaters may choose the starting foot)
34a/b	Paragraph Three (skaters may choose the starting foot)
17a/b	BI Loop (skaters may choose the starting foot)

Masters Figures: Competitors must have passed at least the USFSA 5th figure test or any non-US equivalent test.

The following figures will be skated:

24a/b	FOI One foot Eight (skaters may choose the starting foot)
17a/b	BI Loop (skaters may choose the starting foot)
22a/b	FO counter (skaters may choose the starting foot)

Open Figures: This is a new category open to participants from silver, gold and masters level. Skaters participating in one of these categories may additionally enrol and present three more figures of their choice from the list below:

ISU numbers: 22a/b, 23a/b, 32a/b, 33a/b, 34a/b (standard figure test 6 in the USA),
 ISU numbers: 20a/b, 21a/b, 25a/b, 31a/b, 35a/b (standard figure test 7 in the USA),
 ISU numbers: 36a/b, 37a/b, 38a/b, 39a/b, 40a/b, 41a/b (standard figures test 8 in the USA)
 (Starting foot at skaters' choice)

Please note that the awards will be participation medals without ranking.

The entry fee of each figures event will be 35 EURO and skaters can enrol into the figures event(s) in addition to two more events.

PAIR EVENT:

Pair events consist of Free Skating only. Each pair shall consist of a lady and a man.

Masters Pairs - Music not to exceed **3:40**

Masters: If both partners compete at gold or masters level in their individual free skating, they must enter the category "masters" in pairs.

A well-balanced Masters Pair program should 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 two (2) solo jumps (single, double or triple). Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- D. A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).
- 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 eight (8) 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 (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions: five (5) for the flying spin and five (5) for the spin with only one position and ten (10) 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 $\frac{3}{4}$ revolutions in pivot position by the man are required.
- H. A maximum of one (1) step sequence (i.e., circular, straight line, serpentine) or spiral sequence utilizing the full ice surface. Only the first executed sequence (step or spiral sequence) will be considered.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panels points for each Program Component are multiplied by a factor of 1.6

Adult Pair Events will be skated at three different levels.

Adult Gold Pairs - Music not to exceed 3:10

Gold Pairs: test requirements

A well-balanced adult gold pair program should contain:

A. A maximum of three (3) different lifts, one of which may be a twist lift. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are not permitted.

B. A maximum of one (1) throw single jump.

C. A maximum of one (1) solo jump; only single jumps are permitted.

D. A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence (the two jumps with the highest value will count for points).

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 count.

F. A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions: three (3) for the flying spin and three (3) for the spin with only one position and six (6) for the spin combination with change of foot.

G. A maximum of one (1) death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolutions in pivot position by the man are required.

H. A maximum of one (1) step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a circle, half a serpentine, half of a straight line, etc.). In the case of a **circular** step sequence a full circle is required covering $\frac{1}{2}$ the ice surface. Only the first executed sequence (step or spiral sequence) will be considered.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves-in-the field (transitions) and marked as such.

The panel's points for each Program Component are multiplied by a factor of 1.6

Adult Silver Pairs - Music not to exceed 2:40

Silver Pairs: test requirements

A well-balanced adult silver pair program should contain:

A. One lift, but not more than two different lifts, one of which must be from Group 1. The remaining lift may be either from Group 1 or 2 **or pairs may perform a twist lift. Overhead lifts are not permitted.** (Group 1: for example Lutz lift, Flip lift, Axel lift; Group 2: for example Loop lift, Twist)

B. One throw single jump. Throw Axel is permitted. Throw double jumps are not permitted.

C. One solo single jump. Axel is permitted. Double jumps are not permitted.

D. One jump combination or sequence of jumps (with a maximum of three jumps included), limited to half and single rotational jumps, including the Axel jump, only. Double jumps are not permitted.

E. One pair spin. Change of foot or position is not permitted. Minimum of three (3) revolutions.

F. One solo spin. One change of position is permitted. Change of foot is not permitted. Minimum of three (3) revolutions.

G. One pivot or death spiral. Skaters may choose the position and hand hold.

H. One step sequence (i.e. circular, straight line, serpentine) utilizing at least half of the ice surface.

Adult Bronze Pairs - Music not to exceed **2:10**

Bronze Pairs: test requirements

A well-balanced adult bronze pair program should contain:

A. Lifts are optional, but no more than two different lifts may be performed. One may be a waist loop lift. **Overhead lifts are not permitted.**

B. One throw single jump (optional). No throw Axel or double jumps are permitted.

C. One solo single jump. No Axels or double jumps are permitted.

D. One jump combination or sequence of jumps (with a maximum of three jumps included), limited to half and single rotational jumps only. No Axel or double jumps are permitted.

E. One pair spin. Change of foot or position is not permitted. Minimum of three (3) revolutions.

F. One solo spin. Change of foot or position is not permitted. Minimum of three (3) revolutions.

G. One pivot spiral (optional). Death spiral is not permitted.

H. One step sequence (i.e. circular, straight line, serpentine) utilizing at least half of the ice surface.

INTERPRETIVE SKATING EVENT:

Young Adult, Adult, and Masters Interpretive Free Skating Events shall consist of a variety of skating moves and elements selected for their value in enhancing the skaters' interpretation of the music. Axels and double jumps will not be permitted. Costumes which enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted.

In Interpretive events, skaters will be judged on their ability to interpret the music and develop a theme by using their skating skills as above. Two marks will be used by the judges. The first mark is for Skating Technique and the second mark is for Presentation.

In marking the skating techniques of the program, these aspects must be considered:

- a) the ease, flow, glide, sureness, power and depth of the edges;
- b) ability to vary the speed and direction of the skating;
- c) variety of expressive and innovative moves;
- d) the succession of movement within the program;
- e) utilization of space and ice coverage;
- f) style.

In marking the presentation of the program, the following aspects must be considered:

- a) interpretation of the music and rhythm;
- b) musical timing and understanding of the phrasing of the music;
- c) use of the entire body to develop the artistic and music expression;
- d) creativity;
- e) choreography - art of arranging movements;
- f) variation in tempo, tension, emotion, movements;
- g) suitability of music to the skater;
- h) internal motivation of movements and expressions projected to the audience.

In all Interpretive Events - the length of music is not to exceed 1:40 minutes. Vocal music is permitted. Age categories will be the same as for Free Skating events as presented in Section I.

INTERPRETIVE for COUPLES/PAIRS

Maximum programme length: 3:10 min (no penalty for shorter programmes)

A couple or pair consists of a lady and a man or two ladies or two men. The interpretive programme may either be dance-oriented or pair skating-oriented. Entrants are asked to mark the respective category on the entry form. According to the number of registrations, the organisers will decide on subdividing by skating levels. Skaters will be informed on this decision shortly after the registration deadline.

Vocal music is permitted. Axels and double jumps as well as overhead lifts will not be permitted. Costumes which enhance the performance by appropriately reflecting the character of the music and theme will be considered in the judging. It is not allowed to deposit objects on the ice (this will lead to deductions). Props on the ice will not be permitted. The event will be judged with the open judging system (6.0 system).

IMPROVISATION:

The length of the improvisation programme is 1m40s for all categories. Age categories and skating levels will be the same as for the Free Skating events. Non-vocal music will be chosen by the Local Organizing Committee for the different categories. The music on which the skaters will improvise their programmes will be played 15 minutes before taking the ice. The participants will then have to retire to the locker rooms where they will no longer be able to hear the music or watch other skaters on the ice. Coaches are not allowed to have contact with their students during this time. The dress code should be sober and of a simple nature.

This event consists of a programme executed with compulsory elements listed for each category. All additional elements will be penalized. The **artistic** note is decisive in case of a tie.

BRONZE - the programme must contain only the following elements.

- one foot upright spin (min. 4 revs),
- one foot back spin, entry optional (min. 3 revs),
- one sit spin (min. 3 revs),
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

SILVER - the programme must contain only the following elements.

- one camel spin (min. 3 revs)
- one sit spin, or original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 3 revs)
- one combination spin with only one position change and no change of foot (min. 3 revs)
- steps and moves connecting the different elements of the programme,

- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

GOLD - the programme must contain only the following elements.

- one combination spin with minimum one position change and one change of foot (min. 3 revs on each foot)
- one lay back, or sit spin, or original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 4 revs)
- one camel spin (min. 4 revs)
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

MASTERS - the programme must contain only the following elements.

- one combination spin with minimum two position changes and one change of foot (min. 4 revs/foot)
- one flying camel, or flying sit spin (min. 4 revs)
- one original spin (the position of the spin is left for the skater's choice and will be judged on its originality) (min. 4 revs)
- one split jump
- steps and moves connecting the different elements of the programme,
- sequences of connecting moves which must also include other free skating moves, such as change of direction, spirals, Ina Bauers, spread eagle and flowing moves which use deep edges. The sequences must be skated using the whole ice surface.

SYNCHRONIZED SKATING:

Synchronized teams are welcome at the 2009 Mountain Cup. Please contact Barbara Standke for details.

JUDGING

The ISU Judging System will be applied to the following categories: ladies' and men's free skating, pairs, and ice dancing (couples) for the following levels: silver, pre-gold and gold. Please fill out the form "Planned Program Content", including the elements with an appropriate time code and send it together with your application.

All other events will be judged with the open judging system (6.0 system), except for Compulsory Figures which will receive closed marks (no planned program content form needs to be filled out for these events).

The decisions of the judges' panel are final and cannot be contested.

III. FACILITIES AND LOGISTICS

There will be practice ice available at the Patinoire de Villard-de-Lans. Please fill out the practice ice application and send it to:

Barbara Standke
Les Ombelles, 38250 Lans en Vercors, FRANCE
Fax N°: +33 476 95 42 91

HOTELS

In the accompanying letter we recommend hotels in different price categories. **For reservations, please contact them directly by sending them a fax or an e-mail, if available (in English).**

There is also a possibility to rent apartments, mainly on the basis of one week's rent. More information is given in the accompanying letter.

COMPETITION ARENA

The rink is a full Olympic size rink, 60 x 30 m, with plastic dashers. Located in the center of Villard-de-Lans, next to the « Piscine » (swimming pool) and the « Office de Tourisme » (tourist office). Most hotels in walking distance.

DIRECTIONS TO SKATING ARENA

120 km from Lyon airport; 30 km by car/coach from Grenoble railway station, for those who will come by TGV from Paris. Local bus service between Grenoble and Villard. Schedule and ticket price will follow.

IV. ENTRIES AND REGISTRATION

Entries must be postmarked no later than **3rd April 2009**. Each event requires a separate entry form. Blank entry forms may be copied. Partner entries for pairs and dance must be mailed together in the same envelop. Please mail directly to:

Barbara Standke
Les Ombelles
38250 Lans-en-Vercors, FRANCE
Fax N°: +33 476 95 42 91

Entry fees are as follows:

65 EURO for first singles event
35 EURO for second singles event
35 EURO for first pair or dance event and for each partner of pair or dance team
30 EURO for second pair or dance event and for each partner of pair or dance team
35 EURO for compulsory figures event(s)

In general, late entries will not be accepted. However, under unusual conditions, late entries may only be accepted at the discretion of the Organizing Committee and will carry a 20 EURO late entry fee.

Refunds of entry fees will be made according to CR 10.09. The Organizing Committee reserves the right to divide an event or cancel an event when necessary. All requests for entry refund must be received by the Local Organizing Committee no later than 30 days after the competition.

A 20 EURO charge will be made for all checks returned by the bank for any reason and payment must be made by cash, cashier's check or money order prior to the competition.

REGISTRATION

The official Registration Desk will be open throughout the competition. Competitors must register promptly upon arrival.

AWARDS

Awards will be presented to the 1st, 2nd, 3rd and 4th place winners in each event. **Participation medals will be awarded to skaters placing 5th and following.** Skaters should receive their awards in their competition outfit.

SCHEDULES

A tentative schedule will be sent by email to all registered competitors (although not before mid-May 2009).

V. ADDITIONAL INFORMATION

ADMISSIONS

This event will be open to the public. There will be no fees charged.

MUSIC

Cassette tapes (no cases, please) and CDs will be accepted. They must be clearly marked with name, event entered, length of music and side to be played. Competition music must be turned in at registration and will be available for pick up at the Registration Desk at the conclusion of the event. Tapes or CDs will not be mailed back to competitors. All competitors must have an additional duplicated cassette/CD with them in the rink. The Organizers will accept no responsibility for damage to cassettes or loss of cassettes and CDs, but will take every precaution to ensure their safety. The Organizers will supply current dance music for compulsory dances and music for the improvisation events. **Please note that music downloaded from the Internet MP3 or Mpeg4 cannot be played, neither can CD-RW and minidisks be accepted. Each program must be recorded on one track on a separate disc or cassette. Thank you!**

VIDEOTAPING

Those interested in videotaping must obtain permission upon arrival at the competition. It will be restricted to one area. Except for the official videographers, only battery operated cameras will be permitted.

Non-European skaters interested in videotaping are recommended to bring their own cameras and films, as the European format is different.

ADDITIONAL INFORMATION

Further questions regarding the 2009 Adult Open Competition at Villard-de-Lans can be answered by contacting:

Barbara Standke
 Tel. +33 953 18 04 43 (home)
 Fax. + 33 476 95 42 91 (home)
 e-mail: barbara.standke@free.fr

Please remember the time difference between your home country and France before telephoning.

VI. LIABILITY

The Patinoire Villard-de-Lans and the Organizers of this competition undertake no responsibility for damages or injuries suffered by the skaters or officials. As a condition of and in consideration of the acceptance of the entries or participation therein, all entrants, their family members and officials shall be deemed to agree to assume all risk of injury to their person and property resulting from, caused by or connected with, the conduct and management of the competition, and to waive and release any and all claims which they may have against any officials, the Patinoire Villard-de-Lans and against the Organizers, and their entries shall be accepted only on such conditions (see CR 10.12).

Below please find a table of calculations for the events judged with the 6.0 system

Event	Mode of Calculation
Compulsory figures	3 figures; 1 mark per figure; result: sum of marks
Improvisation	2 marks; result: sum of marks; priority on 2 nd mark in case of tie
Interpretive	2 marks; result: sum of marks; priority on 2 nd mark in case of tie
Dance (Solo)	2 compulsory dances; 2 marks per dance; priority on 2 nd mark; result per dance; coefficient per dance: 0.5 Final result: priority on 2 nd dance and, if necessary, priority on result of the 2 nd day of the competition.
Dance (Couples)	1 st round: 2 compulsory dances; 2 marks per dance; priority on 2 nd mark; result per dance; coefficient per dance: 0.5 Final round: same as above; Final result: priority on 2 nd dance and, if necessary, priority on result of the 2 nd day of the competition.