



World Figure Skating Championships® 2010

March 22 – 28, 2010 – Torino, Italy



MEDIA GUIDE

General

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MEDIA GUIDE TO PROGRAM CONTENT

ISU Figure Skating Championships consist of four events – **Men's Single Skating, Ladies' Single Skating, Pairs Skating and Ice Dance.**

In Single and Pair skating all entered participants skate the Short Program. At the World Figure Skating Championships the best placed 24 Men and Ladies and 16 Pairs qualify for the final Free Skating.

The Ice Dance competition starts with the Compulsory Dance, which all entered couples have to skate, the best 30 placed couples will continue the event with the Original Dance and at the World Figure Skating Championships the best 20 placed couples qualify for the final Free Dance

GENERAL RULES

ISU Championships are held in accordance with the International Skating Union (ISU) Regulations. The ISU Judging System used at the Figure Skating events is the one adopted by the 2004 ISU Congress. It is constructed as follows:

1. COMPETITIONS OFFICIALS

Technical Panel

The Technical Panel is composed of the Technical Controller, the Technical Specialist and the Assistant Technical Specialist, each one from different ISU Members (countries). A Data Operator assists them for recording purposes. An instantaneous slow-motion video replay system operated by a Replay Operator supports the Technical Panel in the identification of the performed elements.

- The Technical Specialist, assisted by the Assistant Technical Specialist, identifies and calls the performed elements and the specific Levels of Difficulty of certain performed elements (e.g. Spins, Footwork,). He/She identifies illegal or additional elements, identifies falls and adds, if applicable, innovative elements.
- The Technical Controller authorizes or corrects all calls, supervises the Data Operator and can propose corrections, if necessary.

In case of disagreement, the majority among the three Officials prevail.

Judges

Under the ISU Judging System the Judges focus entirely on evaluating the quality of each element performed (technical aspect) and the quality of the performance.

Their scores will be based on specific quality criteria for each element and will provide a comprehensive assessment of each skater's skills and performance, without comparing each skater in relation to all others. The Judge enters the scores through a touch screen unit. At ISU Events Judges may review in real time certain sequences of the skaters performances by means of an instantaneous Video Replay System.

There will be a panel of 9 Judges, of whom 7 are drawn at random. The scores of these seven Judges will form the result. Out of these seven scores, the highest and lowest score of each element or performance are ignored and the average will be taken from the remainder, generating the trimmed mean (average score).

2. TECHNICAL SCORE

The score for the element is composed of a "Base Value" of each element (Technical Panel) and the so-called "Grade of Execution - GOE" (Judges).

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A group of experts, including experienced skaters and coaches, have worked out a summary list of each element's Base Value as well as its "Level of Difficulty" in case of spins, steps, lifts, etc. The level of points of the Base Value depends on the difficulty of the element.

Some elements such as spins and footwork sequences are further broken down depending on their "Level of Difficulty". These element Base Values and Levels of Difficulty ensure that skaters receive the appropriate and consistent credit for every element performed. The Base Value of all recognized elements are reviewed and published annually by the ISU in a Communication.

The name of the identified element will be listed instantaneously on the Judge's screen. The Judge then simply grades the quality of the element on a scale of +3, +2, +1, 0, -1, -2, -3. With this scale and the resulting "quality judgement", the judge can either increase or decrease the base value of each performed element. The total of all the elements scores gives the Technical Score.

3. PRESENTATION SCORE

In addition to the Technical Score, the Judges will award points on a scale from 0.25 to 10,00 with increments of 0.25 for the Presentation Score to grade the overall presentation of the performance.

The Presentation Score is for **Single and Pair Skating** (Short Program and Free Skating):

- **Skating Skills**, which is the overall quality of the skating ability (e.g. balance, flow, multi directional skating, power)
- **Transitions, Linking Footwork and Movement**; which is the variety and difficulty how the individual elements are linked together. Unison in Pair Skating and Ice Dance as well as the balance of workload of both partners.
- **Performance/Execution**; is the physical and emotional involvement of the skater/couple as they translate the intent of the music and choreography (e.g. carriage, style, personality, variety, contrasts, projection)
- **Choreography/Composition**, which is the arrangement of all movements according to the principles of proportion, space and music (e.g. idea, concept, unity, pattern, phrasing, originality, design)
- **Interpretation**, which is the translation of the music to movement on ice (e.g. timing, expression of the music, use of nuances, relationship between partners, character of music)

In Ice Dance for the Compulsory Dances:

- **Skating Skills**; as in Single and Pair Skating but including also ice coverage;
- **Performance** ; as in Single and Pair Skating but including also the balanced of workload of the partners, unison and management of the distance between the partners;
- **Interpretation**; which includes effortless moves in time with the music
- **Timing**

For Original Dance and Free Dance:

- **Skating Skill**; (see the afore mentioned explanation)
- **Transitions/Linking Footwork and Movements**; which includes also the quality, the balance of workload and variety of holds;
- **Performance/Execution**; which includes also the relationship between the partners, the unison and the connection to the audience;
- **Composition/Choreography**; which includes also the shared responsibility and the aesthetic pursuit of the composition;
- **Interpretation/Timing**, which includes also the appropriateness of the music and the effortless in time with the music.

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4. FINAL SCORE

The final score is obtained from the Technical Score plus the Presentation Score, after having subtracted any deduction (for example 1.0 for a fall of one person).

Then, the Short Program and the Free Skating scores together form the final score.

In Ice Dance the scores of the Compulsory Dance, Original Dance and Free Dance are added.

The participant with the highest total score wins.

5. AVAILABILITY OF DATA AND STATISTICS

At the end of each segment, a list will be published which includes all relevant scoring data for skaters.

Under the ISU Judging System there is far more data available to analyse than before. This data can help the National Federations, athletes and coaches to improve future performances.

The media, skating fans and general public can find statistics and detailed data on the ISU website: www.isu.org

6. OFFICIALS ACCOUNTABILITY

The skaters performances are video recorded and can be reviewed on DVD at any time.

A computer checks and identifies possible anomalies of the Technical Panel or the Judges. If anomalies are identified action is taken. Officials who make repeated errors are subject to sanctions.

7. PERSONAL BESTS / WORLD STANDINGS

The ISU maintains on-going statistics regarding individual records. This includes information on personal bests, highest scores, seasonal bests etc. The most important individual results over the period of the last two years are ranked in the World Standings. The "Seasons Best" is displayed for each skater/couple on the scoreboard in the arena.

8. STARTING ORDER

The draw for the starting order of the Single and Pair Skating Short Program and Compulsory Dance is determined by the World Standings in the following way. The Skaters are divided into two equal parts with the Competitors ranked highest in the World Standings skating in the second half of the competition. The Competitors ranked lower in the World Standings (or with no ranking) skate in the first part of the competition. The order within each part is determined by draw. The number of Skating Groups in each part and the number of Competitors in each Group is in accordance with Rules 548 and 635. Competitors with the highest ranking skate in the last two Groups, the order is again determined by draw.

In Single and Pair Skating the starting order of the Free Skating is determined from the result of the Short Program with the best placed skaters of the Short Program skating in the last group and the least well placed competitors skating in the first group. The procedure is outlined in Rule 548. At the World Figure Skating Championships the group with the starting order 1-6 in Single Skating and 1- 4 skaters in Pair Skating skate first followed by the remaining groups skating in the main session.

In Ice Dance the starting order of the Original Dance and Free Dance is governed by Rule 635 . The skating order of the Original Dance is determined from the result of the Compulsory Dance and the skating order of the Free Dance by the result of the Original Dance. The best placed skaters of the previous segment skate in the last group and the least well placed skaters skate in the first group. At the World Figure Skating Championships the group with the starting order 1-5 skate first followed by the remaining groups skating in the main session. See also ISU Communication 1562 for more information.

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ISU WORLD FIGURE SKATING CHAMPIONSHIPS 2010 - LADIES, MEN AND PAIRS

SHORT PROGRAM

The Short Program for Singles and Pairs consists of eight Required Elements as listed below. The duration of the Short Program must not exceed two minutes and fifty seconds but can be less, provided that all the required elements have been executed.

LADIES

- Double Axel Paulsen
- One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- One jump combination consisting of one double jump and a triple jump or two triple jumps
- Flying spin
- Layback or sideways leaning spin
- Spin combination with all three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot
- Spiral sequence
- Step sequence (straight line, circular or serpentine)

MEN

- Double or triple Axel Paulsen
- One triple or one quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
- One jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump
- Flying spin
- Camel spin or sit spin with only one change of foot
- Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot
- Two step sequences of a different nature (straight line, circular or serpentine)

PAIRS

- Any hand to hand lift take-off (Group 4)
- One twist lift (double or triple)
- One throw jump (double or triple)
- One solo jump (double or triple)
- Solo spin combination with only one change of foot and at least one change of position
- Pair spin combination with only one change of foot and at least one change of position
- Death spiral (backward outside)
- Step sequence (straight line, circular or serpentine)

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FREE SKATING

The duration of the Free Program is four minutes for Ladies and four and a half minutes for Men and Pairs. The competitors are allowed to finish their programs within ten seconds (plus or minus) of the required time.

LADIES

A well-balanced senior program must contain:

- Maximum of 7 jump elements (one of which must be an Axel type jump);
- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequences
- Maximum of 1 spiral sequence

MEN

A well-balanced senior program must contain:

- Maximum of 8 jump elements (one of which must be an Axel type jump);
- Maximum of 3 spins, one of which must be a spin-combination, one a flying spin and one a spin with only one position;
- Maximum of 2 step sequences of a different nature.

PAIRS

A well-balanced senior program must contain:

- Maximum of 3 lifts, one of which must be from group 3 or group 4, with full extension of the lifting arm/s;
- Maximum of 2 twist lifts (there can be not more than 4 lifts and twist lifts in total and if there are 2 twist lifts, these must be with different take-offs);
- Maximum of 2 different throw jumps;
- Maximum of 1 solo jump;
- Maximum of 1 jump combination or sequence;
- Maximum of 1 solo spin combination;
- Maximum of 1 pair spin combination;
- Maximum of 1 death spiral;
- Maximum of 1 sequence of spirals;

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ISU WORLD FIGURE SKATING CHAMPIONSHIPS 2010 - ICE DANCE

The Ice Dance competitions consist of the Compulsory Dances (one dance), the Original Dance and the Free Dance.

COMPULSORY DANCES

In accordance with Rule 639 the Compulsory Dance drawn to be skated at the ISU World Figure Skating Championships 2010 is: **#11 Golden Waltz**. See ISU Communication 1567 for more information.

General requirements for Compulsory Dances (see Rule 608)

During the skating of the Compulsory Dances, the following must be observed:

- a) *Accuracy* - The steps, edges, elements/movements and dance holds must be in accordance with the dance description and the Regulations. Subject to general conformity with the basic requirements, some latitude is given to allow a couple to demonstrate their own individual style. This is usually accomplished by the use of a variety of arm and/or leg movements. Movements or positions of arms and/or hands, which differ from those specified in the descriptions of the required dance holds are permitted, provided that the leading hand of the man remains in the prescribed position for the hold.
- b) *Placement* - The pattern of the dances must be in accordance with the Regulations. Maximum utilization of the ice surface is desirable, which requires deep edges and good flow. Ice coverage must not be obtained by the use of flat or shallow edges. In a regulation-sized rink (Rule 342), the couples may not cross the long axis of the rink. In rinks less than regulation-size, the couple may cross the long axis proportionally to the width of the rink.
- c) *Skating Skills* - Good basic skating quality is required: Deep edges should be skated with speed, flow and easy glide in an effortless manner. Cleanliness and sureness of steps, edges and lobe transitions should be evident. The skater must carry the weight over the skating foot. Footwork must be neat and precise. Two-footed skating must be avoided except where it is required. Good and equal technical ability are required for both partners. The knee of the skating leg should be flexible with a rhythmic rise and fall. On chasses and progressives the feet should be lifted a small distance from the ice.
- d) *Timing* - The dances must be skated in strict time to the music with the start of the first step of the dance on beat 1 of the 9th measure of the particular tune (unless otherwise specified). The prescribed number of beats employed for each step/movement must be in accordance with the Regulations. All movements must be coordinated with the rhythm of the music so that all steps are completed without any break in continuity.
- e) *Style* - Carriage should be upright but not stiff with the head held up. All actions should be easy and flowing and performed in an elegant manner. The dance holds (see Rule 605), should be firm and the fingers neither spread nor clenched. There should be no apparent struggle for speed and speed should not be obtained at the expense of good style. The free leg should be extended; the foot turned out and pointed down.
- f) *Unison* - The couple should skate as close together as possible keeping a constant distance between them. All movements such as leg swings, knee bends and lean should be equal and well coordinated and their performance should be balanced. The partners should move as one. The man should show his ability to lead and the lady to follow.
- g) *Interpretation* - The dance must be skated smoothly and rhythmically with the character of the music being correctly interpreted. Such interpretation shall be shown by variations in the execution of the dance movements, which reflect the rhythm patterns in the music.

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The overall effect should be such that each Compulsory Dance has a distinct flavor. The partners should relate to one another.

Required Sections of Compulsory Dances

For the purpose of marking and use of Video Replay the pattern of each Compulsory Dance is divided into a certain number of sections. The number of sections of the particular dance depends on its length (number of steps) and number of sequences in the dance. The required sections of each Compulsory Dance and their Values have been published in an ISU Communication.

ORIGINAL DANCE

The rhythm for 2009/10 is Folk Country Dance. The duration of the Original Dance is 2 minutes and 30 seconds (+/- 10 seconds).

General Requirements for the Original Dance (see Rule 609):

- a) The Original Dance is the skating by a couple of a dance of their own creation to dance music they have selected for the designated rhythms. The Original Dance must reflect the character prescribed of the dance rhythm(s) and be translated to the ice by demonstrating technical skill with steps and movements along with flow and the use of edges. The rhythm(s), the permissible range of tempo, the duration, and any changes shall be decided annually by the Ice Dance Technical Committee for the second following year and guidelines are published in an ISU Communication.
- b) The incorrect selection of music for the rhythm(s) chosen is severely penalized. Vocal music using lyrics is permitted. Only music with a rhythmic beat may be used and the couple must skate to the rhythmic beat and not to the melody alone. Minor variations within the permitted range in tempo are allowed. Two or three selections of music may be used. Each selection may have a different tempo but each must be within the range of tempo permitted. In years when multiple rhythms are designated, couples are required to list the rhythms chosen, and the order in which they will be skated, when registering their music for the information of the Referee and Judges of the event.
The musical introduction to the Original Dance may be without beat or melody for a maximum of 10 seconds.
- c) The duration of the Original Dance is designated annually by the Ice Dance Technical Committee. The time must be reckoned from the moment when one of the couple begins to move or to skate until arriving at a complete stop at the end of the program.
- d) Except during a required step sequence(s), the pattern of the dance must proceed in a generally constant direction (either clockwise or anti-clockwise) and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided that they do not cross the long axis.
- e) All steps, turns, rotations and changes of position are permitted provided that they are appropriate to the designated rhythm and the music chosen. Repetition of any steps is permitted. Difficult, original, varied and intricate footwork is required for both skaters.
A program that relies heavily on the use of chasses and progressives (runs), posing and one-directional skating is considered to be less difficult than one containing changes of edge, rockers, choctaws and other such steps and turns and multi-directional skating. Toe steps are not allowed. One skate of each partner must remain on the ice at all times. Excessive skating on two feet, by either partner or both, is considered as showing inability to skate or maintain balance. However, up to 1 highlight for which one or both partner(s) are on two feet may be included (maximum duration - 5 seconds). Kneeling or sliding on two knees on the ice and/or touching the ice with hand(s) are not permitted. A program

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- which is choreographed so that its performance extends to all sides of the arena is preferable to one directed to only one side (Judge's side).
- f) Partners must not separate except to change dance hold to perform the midline step sequence or the permitted stops. Any change of dance hold must not exceed the duration of one measure of music. The Separations at the beginning and/or end of the program may be up to 10 seconds in duration.
 - g) There are no restrictions on dance holds except hand-in-hand holds with fully extended arms, which are not permitted.
 - h) Up to two (2) full stops are permitted (duration must not exceed 5 seconds each unless otherwise specified). Any choreography appropriate to the music selection (including a separation of no more than 2 arms length apart) may be included. After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds.
 - i) The program must be developed through skating quality rather than through non-skating actions such as sliding on one knee, or use of toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music.

Required Elements

- **One Short Lift** – but no more than two lifts (only the first Lift will be identified and considered in determining the level of difficulty. The additional Lift will be considered by the judges in marking the Choreography).
- **Two Step Sequences including one Midline Not Touching Step Sequence (not incorporating the Sequential Twizzles) and one Step Sequence in hold (either Diagonal or Circular)**
- **One Set of Sequential Twizzles**

FREE DANCE

General Requirements for the Free Dance (see Rule 610)

- a) Free Dance is the skating by the couple of a creative program with dance steps and movements expressing the character of the music chosen by the couple.
The Free Dance must contain combinations of new or known dance steps and movements including Required Elements and step sequences composed into a program displaying good skating technique and the personal ideas of the couple in concept, arrangement, and expression. The choreography (including Required Elements) should clearly reflect the character, accents and nuances of the chosen music, demonstrates change of pace and variations in speed and tempo, and utilizes the whole ice surface. The Free Dance must not have the concept of a Pair Free Skating program or an Exhibition dance.
- b) The duration of the Junior Free Dance must be 3 minutes and the duration of the Senior Free Dance - 4 minutes. The couple is allowed to finish their program within ten seconds plus or minus the required time. The time must be reckoned from the moment when one of the couple begins to move or skate until arriving at a complete stop at the end of the program.
- c) The music for the Free Dance may be vocal and must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone. The couples should skate primarily in time to the rhythmic beat and not to the melody alone. A program that displays a change of tempo and a well balanced use of melody, rhythmic beat and musical accents

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and not melody alone is considered to be of a higher quality because it shows a greater variety of dancing skills and reflects the concept of Ice Dance as a competitive sport. Skating out of time or out of phase with the music must be penalized. Couples are required to submit the name of the selected music or the title or theme of their program when registering their music for the information of the Referee and Judges.

- d) All steps and turns are permitted. Deep edges and intricate footwork displaying skating skill, difficulty, variety and originality must be included and performed by both partners. A program that relies heavily on the use of cross cuts, simple stroking and running, one directional skating, excessive stopping and posing is considered to have insufficient required difficulty, intricacy and variety of linking dance footwork (e.g. threes, mohawks, choctaws, rockers, counters, brackets, twizzles etc.). A program which is choreographed so that its performance extends to all sides of the arena is preferable to one directed to only one side (Judges side).
- e) Free skating elements and movements are permitted provided they are appropriate to the character of the music and to the concept of a Well Balanced Program. Lifts, jumps, dance jumps, hops, dance spins, pirouettes and other dance movements must be in accordance with the definitions in Rule 604.
- f) Pair skating elements as defined in Rule 513 (excluding spirals, spins and step sequences) are not allowed.
- g) The number of separations to execute intricate footwork is not restricted. The distance between partners should not exceed two arms lengths. The duration of each must be up to 5 seconds. The separations at the beginning and/or end of the Free Dance may be up to 10 seconds in duration without restrictions on the distance of separation.
- h) All changes of hold are permitted. Many and varied dance holds increase the difficulty of the program and therefore, should be included. Skating face to face is considered to be more difficult than skating side by side, hand in hand, separately or one after the other.
- i) Full stops (up to 5 seconds), in which the couple remains stationary on the ice while performing body movements, twisting, posing and the like are permitted;
- j) The program must be developed through skating quality rather than through non-skating actions such as excessive repetition of sliding on one knee, or use of toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music. Touching the ice with hand(s) is/are not permitted.

For a Well Balanced Senior Program, the following Required Elements have to be included:

- **Three Different Types of Lifts***, (as described in Rule 604) selected from the following list (one may be chosen from the Long Lifts):

Short Lifts (Lifts not to exceed 6 seconds in duration):

- a) Stationary Lift
- b) Straight line Lift
- c) Curve Lift
- d) Rotational Lift

Long Lifts: (Lifts not to exceed 12 seconds in duration)

- e) Serpentine Lift
- f) Reverse Rotational Lift
- g) Combination Lift

*Up to two additional Lifts up to 6 seconds without any requirements for the Level are permitted (provided that it is not illegal), but only the first three performed Lifts will be identified and considered in determining the level of difficulty. This additional Lift will be considered by the judges in marking the Choreography. However, if a sixth lift is performed, it will be considered by the Technical Panel as an Extra Element.

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- **One Dance Spin (chosen from Spin or Combination Spin)**
- **Two Different Types of Step Sequences**

ONE selected from group A) and ONE selected from group B):

Group A) Straight Line Step Sequences:

- a) Midline: skated along the full length of the center (long) axis of the ice surface.
- b) Diagonal: skated as fully corner to corner as possible.

AND

Group B) Curved Step Sequence (anticlockwise or clockwise):

- c) Circular: utilizing the full width of the ice surface on the short axis of the rink
- d) Serpentine: commences in either direction at the center (long) axis at one end of the rink and progresses in three bold curves or in two bold curves (S-Shaped) and ends at the center (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.

Either Step Sequence must be skated in dance holds or variations thereof

- **One set of Synchronized Twizzles**

* Further instructions and descriptions are published with the required elements for the Senior Free Dance (see ISU Communication No. 1567).

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