



اتحاد الإمارات للرياضات الشتوية
UAE WINTER SPORTS FEDERATION



International Interclub Figure Skating Competition

18 – 20 April 2025

1. GENERAL REGULATIONS

All club members are invited to participate in the 2025 SKATE EMIRATES International Interclub Figure Skating Competition to be held in Abu Dhabi, United Arab Emirates. This competition will include all levels from Foundation up to Seniors and will be judged using the ISU International Judging System (IJS).

All competitors must be registered by their respective club or federation.

The Organizing Committee reserves the right to enter additional skaters or in case of too many entries, to limit the number of participants.

2. TECHNICAL DATA

Place of the event: All competition events, as well as practices, will take place at the Zayed Sports City Ice Rink (an indoor heated and air conditioned ice-rink with an ice surface being 30x60m) located at Al Rawdah W57, Abu Dhabi, United Arab Emirates.

Foundation Entrance Level		
Level	F1	F2
Ages	All ages (Grouping based upon birth date before July 1 st preceding competition/maximum 3 years age difference)	
Program Duration	1:00 (+/- 10 sec)	1:00 (+/- 10 sec)
Elements	<ul style="list-style-type: none"> • Sit down and rise up on Ice • Walking forwards across the ice • Gliding forward across the ice • Squat glide • Forward swizzles • Forward wiggles 	<ul style="list-style-type: none"> • Walking backwards across the ice • Backward two footed glide • Backward swizzles • Backward wiggles • Two foot turn from forward to backward / backward to forward clockwise • Snow plow stop
Level	F3	F4
Elements	<ul style="list-style-type: none"> • Basic stroking forward • Flower forward / backward on a circle • Two foot turn from forward to backward / backward to forward counter clockwise • Backward one foot glide • Forward / Backward slalom • Pivot forward / one circle 	<ul style="list-style-type: none"> • Forward outside edges • Forward inside edges • Backward stroking • T-Stop • Pivot backward / one circle • Two foot spin (minimum 3 revolutions)
Level	F5	F6
Elements	<ul style="list-style-type: none"> • Backward outside edges • Backward inside edges • Forward crossovers • Backward crossovers • Two foot spin (minimum 7 revolutions) • Hockey stop 	<ul style="list-style-type: none"> • Forward outside 3 turn • Forward inside 3 turn • Bunny hop • Arabesque forward • Lunge • 1 foot spin (minimum 3 revolutions)
Level	F7	F8
Elements	<ul style="list-style-type: none"> • Combination of outside 3-turns with crossovers • Slalom on one foot forward • Arabesque backward • Mohawk • Crossroll forward • Waltz jump 	<ul style="list-style-type: none"> • Combination of inside 3-turns with crossovers • Slalom on one foot backwards • Crossroll backwards • 2 consecutive waltz jumps
Falls	No Deduction	
Time Violation	0.25 for every 5 seconds of time violation (less or excess) Maximum 30 seconds allowance to obtain starting position	
Components	Composition – Choreography reflecting music and form / Movement- use of space / Transition between elements Presentation – Variety / Contrast of energy and movements / Performance and timing Skating Skills – Balance and glide / Power and speed / Clarity and flow / Execution of required elements	
Interruptions	No deduction up to 30 seconds. Maximum allowance of 30 seconds to resume from point of interruption.	

Entrance Level	
Level	Pre-Preliminary I, II, III, IV
Ages	Pre-Preliminary I: Born 30-06-2018 & younger Pre-Preliminary II: Born 01-07-2018 - 30-06-2013 Pre-Preliminary III: Born 01-07-2013 -30-06-2007 Pre-Preliminary IV: Born 01-07-2007 and older
Program Duration	1:30 (+/- 10 sec)
Elements	Maximum 3 Jump Elements: <ul style="list-style-type: none"> • Half flip • Single Salchow jump • Single Toe Loop jump • One Foot Spin (Minimum 4 revolutions) • Choreographic Sequence
Falls	0.25 deduction per fall
Time Violation	<ul style="list-style-type: none"> • 0.25 for every 5 seconds of time violation (less or excess) from the first movement to the full stop • Maximum 30 seconds allowance to obtain starting position
Components	Composition, Presentation and Skating Skills
Interruptions	For every interruption of: - More than 10 seconds up to 20 seconds= deduction of 0.25 - More than 20 seconds up to 30 seconds= deduction of 0.50 - More than 30 seconds = deduction of 0.75 Interruption of the program with allowance of up to 1 minute to resume from point of interruption.
<ul style="list-style-type: none"> • A jump combination can contain only two (2) jumps per sequence. • A Choreographic Sequence consists of at least two different movements like Spirals, Arabesques, Spread Eagle, Ina Bauers, Hydroblading, etc. Steps and turns may be used to link the two or more different movements together. • The Spiral position must be held for at least 3 seconds long in the Choreographic sequence. 	

Entrance Level	
Level	Preliminary I, II, III, IV
Ages	Preliminary I: Born 30-06-2018 & younger Preliminary II: Born 01-07-2018 - 30-06-2013 Preliminary III: Born 01-07-2013 -30-06-2007 Preliminary IV: Born 01-07-2007 and older
Program Duration	1:30 (+/- 10 sec)
Elements	Maximum 2 Jump Elements: <ul style="list-style-type: none"> • 1 Solo Single Jump (not higher than a Single Loop jump) • Combination Jump (not higher than a Single Loop jump) • Upright Spin (minimum 6 revolutions) • Choreographic Sequence
Falls	0.25 deduction per fall
Time Violation	<ul style="list-style-type: none"> • 0.25 for every 5 seconds of time violation (less or excess) from the first movement to the full stop • Maximum 30 seconds allowance to obtain starting position
Components	Composition, Presentation and Skating Skills
Interruptions	For every interruption of: - More than 10 seconds up to 20 seconds= deduction of 0.25 - More than 20 seconds up to 30 seconds= deduction of 0.50 - More than 30 seconds = deduction of 0.75 Interruption of the program with allowance of up to 1 minute to resume from point of interruption.
<ul style="list-style-type: none"> • A jump combination can contain only two (2) jumps per sequence. • A Choreographic Sequence consists of at least two different movements like Spirals, Arabesques, Spread Eagle, Ina Bauers, Hydroblading, etc. Steps and turns may be used to link the two or more different movements together. • The Spiral position must be held for at least 3 seconds long in the Choreographic sequence. • Any single jump cannot be executed more than twice in total. 	

Entrance Level	
Level	Bronze I, II, III, IV
Ages	Bronze I: Born 30-06-2018 & younger Bronze II: Born 01-07-2018 - 30-06-2013 Bronze III: Born 01-07-2013 -30-06-2007 Bronze IV: Born 01-07-2007 and older
Program Duration	2:00 (+/- 10 sec)
Elements	Maximum 3 Jump Elements: <ul style="list-style-type: none"> • 2 Solo Jumps (not higher than a Single Lutz jump) • Combination Jump (not higher than Single Lutz jump) • Sit Spin (minimum 4 revolutions / maximum Level 1) • Step Sequence (maximum Level 1)
Falls	0.25 deduction per fall
Time Violation	<ul style="list-style-type: none"> • 0.25 for every 5 seconds of time violation (less or excess) from the first movement to the full stop. • Maximum 30 seconds allowance to obtain starting position
Components	Composition, Presentation and Skating Skills
Interruptions	For every interruption of: - More than 10 seconds up to 20 seconds= deduction of 0.25 - More than 20 seconds up to 30 seconds= deduction of 0.50 - More than 30 seconds = deduction of 0.75 Interruption of the program with allowance of up to 1 minutes to resume from point of interruption.
<ul style="list-style-type: none"> • For all step sequence and spin levels/variations, please refer to ISU Technical Handbook and relevant Communications. • A jump combination can contain only two (2) jumps. • Any single or double jump cannot be executed more than twice total. 	

Entrance Level	
Level	Silver I, II, III, IV
Ages	Silver I: Born 30-06-2018 & younger Silver II: Born 01-07-2018 - 30-06-2013 Silver III: Born 01-07-2013 -30-06-2007 Silver IV: Born 01-07-2007 and older
Program Duration	2:30 (+/- 10 sec)
Elements	Maximum 3 Jump Elements: <ul style="list-style-type: none"> • 1 Solo Axel type jump (single axel) • 1 Solo Double Jump (not higher than a Double Loop) • 1 Combination jump (single Axel jump with single combination) or 1 jump sequence • One position spin (no change of foot / minimum of 6 revolutions / flying entry is allowed / maximum level 2) • Spin combination (no change of foot / Minimum 6 revolutions / No flying entry / maximum level 2) • Step sequence (maximum Level 2)
Falls	0.25 deduction per fall
Time Violation	<ul style="list-style-type: none"> • 0.25 for every 5 seconds of time violation (less or excess) from the first movement to the full stop • Maximum 30 seconds allowance to obtain starting position
Components	Composition, Presentation and Skating Skills
Interruptions	For every interruption of: - More than 10 seconds up to 20 seconds= deduction of 0.25 - More than 20 seconds up to 30 seconds= deduction of 0.50 - More than 30 seconds = deduction of 0.75 Interruption of the program with allowance of up to 1 minutes to resume from point of interruption.
<ul style="list-style-type: none"> • For all step sequence and spin levels/variations, please refer to ISU Technical Handbook and relevant Communications. • A jump combination can contain only two (2) jumps. • Definition of the sequence is "In the jump sequence the second jump must be an axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump." • Any single or double jump cannot be executed more than twice total. 	

Entrance Level	
Level	Gold I, II, III, IV
Ages	Gold I: Born 30-06-2018 & younger Gold II: Born 01-07-2018 - 30-06-2013 Gold III: Born 01-07-2013 -30-06-2007 Gold IV: Born 01-07-2007 and older
Program Duration	2:50 (+/- 10 sec)
Elements	Maximum 4 Jump Elements: <ul style="list-style-type: none"> • 1 Solo Axel type jump (single or double Axel) • 1 Solo double jumps (not higher than double Lutz) • 2 Jump combination or 1 jump combination and 1 jump sequence • One position spin (with or without change of foot / minimum 8 revolutions / no flying entry / maximum level 3) • Combination spin (with change of foot / flying entry allowed / minimum 10 revolutions / maximum level 3) • Step Sequence (maximum level 3)
Falls	0.50 deduction per fall
Time Violation	<ul style="list-style-type: none"> • 0.50 for every 5 seconds of time violation (less or excess) from the first movement to the full stop • Maximum 30 seconds allowance to obtain starting position
Components	Composition, Presentation and Skating Skills
Interruptions	<p>For every interruption of:</p> <ul style="list-style-type: none"> - More than 10 seconds up to 20 seconds= deduction of 0.50 - More than 20 seconds up to 30 seconds= deduction of 0.75 - More than 30 seconds = deduction of 1.0 <p>Interruption of the program with allowance of up to 2 minutes to resume from point of interruption.</p>
<ul style="list-style-type: none"> • For all step sequence and spin levels/variations, please refer to ISU Technical Handbook and relevant Communications. • A jump combination/sequence may contain only two (2) jumps. • Double Axel is not allowed in the jump combination. • The jump sequence can be: any double jump except double axel + single axel. • Definition of the sequence is "In the jump sequence the second jump must be an axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump." • Any single or double jump cannot be executed more than twice total. 	

Entrance Level	
Level	Platinum I, II, III, IV
Ages	Platinum I: Born 30-06-2018 & younger Platinum II: Born 01-07-2018 - 30-06-2013 Platinum III: Born 01-07-2013 -30-06-2007 Platinum IV: Born 01-07-2007 and older
Program Duration	3:30 (+/- 10 sec)
Elements	Maximum 5 Jump Elements: <ul style="list-style-type: none"> • 1 Solo Axel jump (double Axel) • 2 Solo triple jumps • 2 Jump combination or 1 jump combination and 1 jump sequence • One position spin (with or without change of foot / minimum 10 revolutions / flying entry allowed / maximum level 4) • Combination spin (with change of foot / flying entry allowed / minimum 10 revolutions / maximum level 4) • Choreographic sequence • Step sequence (maximum level 4)
Falls	0.50 deduction per fall
Time Violation	<ul style="list-style-type: none"> • 0.50 for every 5 seconds of time violation (less or excess) from the first movement to the full stop • Maximum 30 seconds allowance to obtain starting position
Components	Composition, Presentation and Skating Skills
Interruptions	<p>For every interruption of:</p> <ul style="list-style-type: none"> - More than 10 seconds up to 20 seconds= deduction of 0.50 - More than 20 seconds up to 30 seconds= deduction of 0.75 - More than 30 seconds = deduction of 1.0 <p>Interruption of the program with allowance of up to 2 minutes to resume from point of interruption.</p>
<ul style="list-style-type: none"> • For all step sequence and spin levels/variations, please refer to ISU Technical Handbook and relevant Communications. • One jump combination or sequence can consist of up to three (3) jumps, the other up to two (2) jumps. • Definition of the sequence is "In the jump sequence the second jump must be an axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump." • Any single, double (including double Axel) or triple jump cannot be executed more than twice total. 	

Entrance Level	
Level	Chicks
Ages	Skaters born 01/07/2016 and younger
Program Duration	2:00 (+/- 10 sec)
Elements	<p>A well-balanced CHICKS Free Skating Program must contain:</p> <ul style="list-style-type: none"> • Maximum of four (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 combination can contain only two (2) jumps. Triple jumps are not permitted. Any single or double jump (including Double Axel) cannot be executed more than twice in total. • There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed. • There must be a maximum: • Girls one (1) Choreographic sequence which includes at least one 3 seconds long spiral position. The sequence will have a fixed Base value and evaluated in GOE only. • Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only
Falls	0.5 per fall
Time Violation	
Components	Skating Skills, Presentation
Interruptions	
<ul style="list-style-type: none"> • Level explanation: For CHICKS, in all elements which are subject to levels, only features up to Level 2 will be counted. Any additional features will not be counted for Level Requirements and will be ignored by the Technical Panel • The factors for the program components are 2.5 	

Entrance Level	
Level	Cubs
Ages	Skaters born 01/07/2014 – 30/06/2016
Program Duration	2:00 (+/- 10 sec)
Elements	<p>A well-balanced CUBS Free Skating Program must contain:</p> <ul style="list-style-type: none"> • Maximum of four (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 Combination/Sequence can contain only two (2) jumps. Triple jumps are not permitted. Any single or double jump (including Double Axel) cannot be executed more than twice in total. • There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with or without change of foot (minimum of six (6) revolutions in total) and one spin with no change of position and with or without change of foot (minimum of six (6) revolutions in total). Flying entry is allowed. • There must be a maximum: • Girls one (1) Choreographic sequence which includes at least one 3 seconds long spiral position. The sequence will have a fixed Base value and evaluated in GOE only. • Boys maximum of one (1) step sequence with a fixed Base value and evaluated in GOE only.
Falls	0.5 per fall
Time Violation	
Components	Skating Skills, Presentation
Interruptions	
<ul style="list-style-type: none"> • Level explanation: For CUBS, in all elements which are subject to levels, only features up to Level 2 will be counted. Any additional features will not be counted for Level Requirements and will be ignored by the Technical Panel • The factors for the program components are 2.5 	

Entrance Level	
Level	Basic Novice
Ages	Skaters born 01/07/2010 and younger
Free Skating Boys and Girls	<p>The program to be skated will be in accordance with ISU Communication 2624 and subsequent updates.</p> <p>Duration: 2:30 +/- 10 sec.</p>

Entrance Level	
Level	Intermediate Novice
Ages	Skaters born 01/07/2008 and younger
Free Skating Boys and Girls	<p>The program to be skated will be in accordance with ISU Communication 2624 and subsequent updates.</p> <p>Duration: 3:00 +/- 10 sec.</p>

Entrance Level	
Level	Advanced Novice (Girls & Boys)
Short Program Boys and Girls	<p>Age and requirements according to the ISU Special Regulations & Technical Rules Single and Pair 2024, ISU Communication 2624 and all subsequent updates.</p> <p>Duration: 2:20 +/- 10 sec</p>
Free Skating Boys and Girls	<p>Age and requirements according to the ISU Special Regulations & Technical Rules Single and Pair 2024, ISU Communication 2624 and all subsequent updates.</p> <p>Duration: 3:00 +/- 10 sec.</p>

Entrance Level	
Level	Juniors (Women & Men)
Short Program Men and Women	Technical requirements are according to the ISU Technical Rules Single and Pair 2024, and respective ISU Communications. Duration: 2:40 +/- 10 sec
Free Skating Men and Women	Technical requirements are according to the ISU Technical Rules Single and Pair 2024, and respective ISU Communications. Duration: 3:30 +/- 10 sec.

Entrance Level	
Level	Seniors
Short Program Men and Women	Technical requirements are according to the ISU Technical Rules Single and Pair 2024, and respective ISU Communications. Duration: 2:40 +/- 10 sec
Free Skating Men and Women	Technical requirements are according to the ISU Technical Rules Single and Pair 2024, and respective ISU Communications. Duration: 4:00 +/- 10 sec.

3. ENTRY

Registered Clubs must submit Entry Form, Program Content Form (except for Foundation Category) and Passport Copy for each entry.

Announcement and Forms can be found and downloaded from the ESC website www.emiratesskating.com or **Sportity App** (using Event Password: **esc123**)



All forms must be submitted to:

skate.ae.forms@gmail.com

Entry deadline is **March 31, 2025**.

*The organizer reserves the right to enter additional skaters in each category and limit entries as is required.

3.1 ENTRY FEES

The entry fee per skater is - **AED 430**

Entries fees must be sent including the competitors name, club name and category to:

BANK DETAILS:

Account name: Emirates Skating Club

Account Number: 12627652820001

IBAN: AE200030012627652820001

Bank Name: Abu Dhabi Commercial Bank

Swift Code: ADCBAEAAXX

Proof of payment should include skaters name, club and category. This payment confirmation should be sent to skate.ae.forms@gmail.com

*Entry fee deadline is **March 31, 2025**

4. MUSIC

All competitors must submit their music in mp3 format to skate.ae.music@gmail.com

Music submission must include competitors name, club name, exact running time, category and gender (F/M)

Example: Roquiya Cochran_Emirates Skating Club_4 min_FP_Senior_F

*Music submission deadline is **March 31, 2025**

***Music submission changes or late music submissions has an addition fee of AED60**

5. ACCREDITATION

Accreditations will take place at Venue accreditation desk beginning April 17, 2025.

April 17, 2025 / 12:00-6:00pm

April 18, 2025 / 8:00am-8:00pm

April 19, 2025 / 8:00am-8:00pm

April 20, 2025 / 9:00am-1:00pm

At accreditation desk, a back-up USB with competitor's music must be submitted in order to be a confirmed competitor. It must be labelled to include competitors name, club name, exact running time and category.

6. RESULTS

Judging and calculations will be done by the ISU judging System. Result protocols will be posted on:

[The Sportity App](#)

7. AWARDS

Foundation level competitors will receive medals for 1st, 2nd and 3rd place. All other foundation category participants will receive a participation medal.

All other competition categories will receive medals for 1st, 2nd or 3rd place with participation certificates being issued.

Award ceremony details will be posted on the rink information board at the accreditation desk.

8. DRAWS

Draws will be done electronically by IJS Operator, Technical Controller and Referee. Orders will be posted at the Venue information accreditation desk and on the Sportity App by April 17th.

9. PRACTICE

The possibility to reserve practice ice is at the discretion of the organizers and will be posted at a later date on the [Sportity App](#)

10. ACCOMMODATION AND TRAVEL

The organizing committee will provide travel, full board accommodation and transportation to and from the venue for judges and all invited officials beginning April 17th evening and ending April 21st morning.

If any judge or official arrives before or departs after such designated dates, he/she will be responsible for all additional expenses.

Participants, teams or visitors are responsible for their own travel, accommodation, transportation and all other expenses.

11. LIABILITY

All participants act on their own responsibility when entering the event. The organizer accepts no liability for bodily or personal injury or for property loss or damage incurred by any competitor, official or guest. Each participant is required to provide their own insurance protection.

12. ORGANIZING COMMITTEE

This event is organized by Emirates Skating Club. All event schedules and relevant competition information will be posted on the Sportity App. For other inquiries please contact O/C Chairman:

Roquiya Cochran

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info@emiratesskating.com