

# 2024



## TECHNICAL PACKAGE

### FIGURE SKATING

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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**Sport: Figure Skating**

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**Table of Contents**

1. Introduction	3
2. Rules	3
3. Sanction	3
4. Participants	3
5. Categories	4
6. Eligibility	4
7. Competition	5
8. Music	14
9. Scoring	15
10. Medals	15
11. Equipment	16
12. Competition Uniform	16
13. Registration	16
14. Protests & Appeals	16
15. Additional Information	16
16. Appendix A	18
17. Appendix B	23

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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**1. Introduction**

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

**2. Rules**

This competition will be conducted under the rules of the [US Figure Skating \(USFS\)](#) and the [International Skating Union \(ISU\)](#) as published on January 1 of the year of the Games, except as modified by the AWGIC. The Host Society must advise Chefs on sanctioning and any related matters that might affect their teams.

**3. Sanction**

The competition will be conducted under the [rules and sanction of USFS](#) as published on January 1 of the year of the Games, unless otherwise approved by the AWGIC. Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Skate Canada or USFS). Should a competition be granted sanction, the Host Society will communicate said sanction to all Participating Units, including the conditions of the sanction that may or may not differ from the International Federation's (IFs) rules and sanction.

**4. Participants**

Each Participating Unit may enter a team comprised of a maximum of eight (8) Skaters and two (2) coaches as follows.

All Skaters and Coaches must be members in good standing of their respective Sport Organization.

Athletes

Females: 12-17 years of age as of December 31, 2023	8
Year of birth: 2006-2011 (U18)	

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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**Staff**

Coaches	2
Support Staff	0

One coach must be female. If no female coaches are available, a female chaperone must be substituted for one of the coaches. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

**5. Categories**

A skater may register and compete in only one (1) Level plus the Team Event.

Participating Units may enter a maximum of 3 skaters in any Level to the team maximum of 8 skaters.

**6. Eligibility**

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
  1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
    1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
    2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

Each entrant must qualify through the Unit that they represent in accordance with said Unit's specific qualification process.

See Appendix A for additional eligibility requirements.

**Test Qualifications**

Skaters should meet the following minimum qualifications for each competition Level as of December 15, 2023. Test qualification forms must be completed in accordance with Arctic Winter Games rules.

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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**Level 1** Entrants in this Level have:

- Completed Skate Canada STAR 3 Elements and Program Assessments
- Completed US Figure Skating Pre-Preliminary Free Skate Test
- Completed ISI Freestyle Level 4

**Level 2:** Entrants in this Level have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed ISI Freestyle Level 5

**Level 3:** Entrants in this Level have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed ISI Freestyle Level 5

**Level 4:** Entrants in this Level have:

- Completed Skate Canada STAR 5 Elements and Program Assessments
- Completed US Figure Skating Preliminary Free Skate Test
- Completed ISI Freestyle Level 5

## **7. Competition**

### Format

The competition shall take place abiding by the [USFS Official Rulebook](#), as published on January 1 of the year of the Games.

### Events

- a. Short Program
- b. Freeskate Program
- c. Team Event

The required technical elements for each Level for the Short and Freeskate Programs are provided in the table(s) below and are based on well-balanced program

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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requirements. The team compulsory requirements are listed separately.

ISU levels of difficulty and scale of values will apply and be linked on the AWGIC and/or AWG2024 website as additional reference materials.

Planned Program Content must be submitted in advance of the competition. Sheets will be posted online and must be submitted two weeks in advance of the Games.

**Level 1**

**A. Short Program – Program time: 1:30 (+/- 10 seconds)**

- Maximum 6 Elements:
  - 3 Jump Elements (NO double, triple or quadruple jumps permitted)
    - Single Axel 1A
    - Solo Jump
      - Cannot repeat Axel
    - Jump Combination
      - May contain no more than 2 jumps
      - Solo jump and Axel cannot be repeated in the combination
      - Jump sequences not permitted
  - 2 Spin Elements (Max level 1)
    - Solo Spin in 1 position
    - Minimum 3 revolutions
    - No Flying entry
    - No Change of foot
    - No Change of position
  - Combination Spin (CCoSp 3/3 or CoSp 5)
    - Minimum 2 basic positions
    - No Flying entry
    - Optional change of foot
    - Minimum 2 revolutions in each position
    - Minimum 3 revolutions on each foot
  - Choreographic Sequence
    - Max level Base

**Level 1**

**B. Free Program – Program time: 2:00 (+/- 10 seconds)**

- Maximum 8 Elements
  - 5 Jump Elements (NO double, triple or quadruple jumps permitted)
    - Single Axel (1A)
    - 4 different jumps
      - Maximum of two (2) jump combinations
        - Jump combinations may contain no more than 2 jumps

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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- Jump sequences not permitted
  - No jump may be included more than twice and if a jump is repeated it must be in combination
- 2 Spin Elements (Max level 1)
  - Solo Spin in 1 position
    - Minimum 3 revolutions
    - No Flying entry
    - No Change of foot
  - Combination Spin (CCoSp 3/3 or CoSp 5)
    - Minimum 2 basic positions
    - No Flying entry
    - Optional change of foot
    - Minimum 2 revolutions in each position
    - Minimum 3 revolutions on each foot
- Choreographic Sequence
  - Max level Base

**Level 2**

**A Short Program** – Program time: 2:00 (+/- 10 seconds)

- Maximum 6 Elements:
  - 3 Jump Elements (NO 2F, 2Lz, 2A, triple or quadruple jumps permitted)
    - Single Axel (1A)
    - Solo Jump
      - Cannot repeat Axel
    - Jump Combination
      - May contain no more than 2 jumps
      - Solo jump and Axel cannot be repeated in the combination
      - Jump sequences not permitted
      - Single/Single, Single/Double, or Double/Single Only
  - 2 Spin Elements (Max level 2)
    - Solo Spin in 1 position
      - Minimum 3 revolutions
      - No Flying entry
      - No Change of foot
      - No change of position
    - Combination Spin (CCoSp 3/3 or CoSp 5)
      - Minimum 2 basic positions
      - No Flying entry
      - Optional change of foot
      - Minimum 2 revolutions in each position

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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- Minimum 3 revolutions on each foot
- Choreographic Sequence
  - Max level Base

**Level 2**

**B** Free Program – Program time: 2:30 (+/- 10 seconds)

- Maximum 8 Elements:
  - 5 Jump Elements (NO 2F, 2Lz, 2A, triple or quadruple jumps permitted)
    - Single Axel (1A)
    - 4 different jumps
      - Maximum of two (2) jump combinations
        - Jump combinations may contain no more than 2 jumps
        - Jump sequences not permitted
      - No jump may be included more than twice and if a jump is repeated it must be in combination
  - 2 Spin Elements (Max Level 2)
    - Solo Spin in 1 position
      - Minimum 4 revolution
      - No Flying entry
      - No Change of foot
    - Combination Spin (CCoSp 3/3 or CoSp 5)
      - Minimum 2 basic positions
      - No Flying entry
      - Optional change of foot
      - Minimum 2 revolutions in each position
      - Minimum 3 revolutions on each foot
  - Choreographic Sequence
    - Max level Base

**Level 3**

**A** Short Program – Program time: 2:30 (+/- 10 seconds)

- Maximum 6 Elements:
  - 3 Jump Elements (NO double Axel, triple or quadruple jumps permitted)
    - Single Axel (1A)
    - Solo Double Jump
    - Jump Combination
      - May contain no more than 2 jumps

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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- Solo jump and Axel cannot be repeated in the combination
- Jump sequences not permitted
- Single/Double, Double/Single, Double/Double Only
- 2 Spin Elements (Max level 3)
  - Layback/Sideways Leaning or Sit or Camel Spin
    - Minimum 6 revolutions
    - No flying entry
    - No change of foot
    - No change of position
  - Combination Spin (CCoSp 4/4)
    - Must have a minimum of 4 revolutions on each foot
    - Must include all 3 basic positions for full value
    - Must include one change of foot max
    - No Flying Entry
- Step Sequence (Max level 3)
  - Must utilize the full ice surface

### **Level 3**

**B Free Program** — Program time: 3:00 (+/- 10 seconds)

- Maximum 10 Elements:
  - 6 Jump Elements (NO double Axel, triple or quadruple jumps permitted)
    - Single Axel (1A)
    - 5 different jumps
      - Maximum of two (2) jump combinations
        - Jump combinations may contain no more than 2 jumps
        - Jump sequences not permitted
      - No jump may be included more than twice and if a jump is repeated it must be in combination
  - 2 Spin Elements (Max level 3)
    - Flying spin
      - Must have only one basic position
      - Minimum 5 revolutions
      - Change of foot not permitted
    - Combination Spin (CCoSp 4/4 or CoSp 8)
      - Change of foot optional
      - Must include all 3 basic positions for full value
      - Minimum 8 revolutions
      - Minimum 2 revolutions in each position

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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- Flying entry not permitted
- Spin of any nature
  - Minimum 6 revolutions
  - Flying entry optional
  - Change of foot optional
  - Cannot repeat spin code
- Step Sequence (Max level 3)
  - Must fully utilize the ice surface

**Level 4**

A Short Program – Program time: 2:30 (+/- 10 seconds)

- Maximum 6 Elements:
  - 3 Jump Elements (NO triple or quadruple jumps permitted)
    - Single or double Axel (1A or 2A)
    - Solo Double Jump
      - Cannot repeat Axel
    - Jump Combination
      - May contain no more than two jumps or two jump combination
      - Jump sequences not permitted
      - Solo jump and Axel may not be repeated in the combination
      - Must be Double/Double
  - 2 Spin Elements (Max level 4)
    - Solo Spin 9 (LSp, SSp, CSP)
      - Minimum 6 revolutions
      - No Flying entry
      - No Change of position
      - No Change of foot
    - Combination Spin (CCoSp 4/4)
      - Must include one change of foot max
      - Minimum 4 revolutions on each foot
      - Minimum 2 revolutions in each position
      - Must include all 3 basic positions for full value
      - No Flying entry
  - Step Sequence (Max level 4)
    - Must utilize the full ice surface

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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**Level 4**

**B** Free Program — Program time: 3:30 (+/- 10 seconds)

- Maximum 11 Elements
  - 7 Jump Elements (NO triple or quadruple jumps permitted)
    - Single or Double Axel
    - Max 3 jump combinations
      - 1 may be a jump sequence
      - Other combinations may have only 2 jumps
    - At least three different double jumps. If three different double jumps are not attempted the final jump element will be invalidated
    - No jump may be included more than twice and if a jump is repeated it must be in combination or sequence
    - Triple jumps are not permitted
  - 3 Spin Elements (Max level 4)
    - ALL spins must be of a different character/nature
    - Flying spin
      - Must have only one basic position
      - Minimum 6 revolutions
      - No Change of foot
    - Combination Spin (CCoSp 4/4)
      - Must include a change of foot
      - Minimum 8 revolutions (4 on each foot)
      - Must include all 3 basic positions for full value
      - Flying entry not permitted
    - Spin of any nature
      - Minimum 6 revolutions
      - Flying entry optional
      - Change of foot optional
      - Cannot repeat spin code
  - Step Sequence (Max level 4)
    - Must utilize the full ice surface

**Team Event Element**

All Teams will be on the ice during the competition. Coaches may or may not be allowed on the ice dependent on the venue.

The Technical Representative (or a designated official) and the Chief Data Specialist will draw for the skating order of the elements and the teams at the pre-competition meeting.

## TECHNICAL PACKAGE

### 2024 ARCTIC WINTER GAMES

This order will be followed for the skating of each element. All teams must execute an element before the competition progresses to the next element.

Each Skater will execute one element from the following list. Each element will be executed twice and a mark awarded to the best execution. The technical panel will identify the performed element and the Level of Difficulty (if applicable) and the judges will award a Grade of Execution (GOE). A mean will be calculated for each element and the score for all elements will be summed. The team with the highest score will be awarded first place, the second highest ranked team will be awarded second place and so on.

Team coaches will determine which element each team member will perform. Lists must be submitted to the referee at the pre-competition meeting.

In the event that a team has less than eight (8) Skaters, a member from the same Unit may compete in more than one (1) element to a maximum of four (4) Skaters completing two (2) elements each.

Units, with less than 8 skaters and without skaters competing in every Level, may make a request to the Technical Advisor for skaters from other Units to join their team. The number of skaters that may be added to a team will be the number required to make up a full team of 8 skaters. The addition of skaters from other Units should be from the list of skaters who are competing in Levels for which the recipient Unit has no skaters.

All other Units will have the option of sharing Skaters. The Skaters will be decided at the pre-Competition meeting and names will be submitted before the close of the meeting. The Skaters whose names are drawn may also compete for their own Unit.

A team **must complete all** eight elements.

JUMPS	SPINS (MAX Level 4)	STEP SEQUENCE (MAX Level 4)
Single Axel	Solo Spin -Minimum 3 revolutions -No Flying Entry -No change of foot or position	Step Sequence -Must utilize the full ice surface -Listed jumps may not be included.
Double/Double Jump Combination	Combination Spin with Change of foot (CCoSp 4/4) Minimum 2 basic positions Minimum 8 revolutions Minimum 4 revolutions per foot Minimum 2 revolutions per position	
Any Solo Double Jump	Combination Spin without change of foot (CoSp 6) -Minimum 2 basic positions -Minimum 6 revolutions -Minimum 2 revolutions per position	

## TECHNICAL PACKAGE

### 2024 ARCTIC WINTER GAMES

3 Jump Sequence (must include axel, may not repeat jump)		
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#### Exhibition

A Figure Skating Exhibition will be held on the final day of competition and is open to Arctic Winter Games Figure Skaters. Overall gold medal winners (combined results from the short and long programs) will skate an exhibition at the final ceremony for Figure Skating. Skaters shall choose their Short program, Freeskate program or a prepared exhibition program (the exhibition program cannot exceed the Freeskate times for their respective event).

In order to enhance the cultural experience at the games, Skaters in each competitive level will work with their fellow Skaters within their level to develop a group number that will be presented with the exhibition Skaters (gold medal winners) that accompany the final ceremony for Figure Skating. All Skaters in all levels will participate in a closing "Finale" to close the Figure Skating events at the Arctic Winter Games.

Music will be provided by the Host Society (for group and finale numbers only) and pairs or teams of coaches will be assigned to assist each group in preparing for the final event. The coaches will be assigned at the opening meeting for figure skating. Coaches and Skaters are expected to work on choreography during the week of the Games.

A schedule of practices (off ice and on ice) will be provided at the opening meeting for figure skating.

The team outfit (i.e.: jackets, costumes/dresses, team uniform) will be used for the group number unless the Skater has been awarded a gold medal (they would use their competition uniform throughout the exhibition).

No medals are awarded for this exhibition.

# TECHNICAL PACKAGE

## 2024 ARCTIC WINTER GAMES

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### Schedule

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony). The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered "final".

The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

The Host Society shall:

- Create a process for stakeholders to provide input and request changes to the schedule;
- Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games.

The Host Society, to the best of their ability shall:

- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshaling for opening and closing ceremonies;
- Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last).

### **8. Music**

All music used must be in the public domain or covered by the performing rights societies. Skaters who have music composed specifically for their programs either wholly or in part, are responsible for obtaining a written release from the composer for the use of such music on radio and/or television or appropriate clearance from the performing rights societies.

Each Skater will load or email an mp3 of both their short program music and free program music to the web site no later than 3 weeks before the start of the competition.

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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On site, each Skater will provide 1 CD as backup of their music. Copies must be turned in at registration prior to their first team practice.

The following requirements for CD's must be met:

- Only one program shall be recorded on each CD
- The start of the music shall be recorded on the CD with less than two (2) seconds of lead in Skater's name followed by Level, program type - short or free - and music time (not skating time) shall be clearly printed on one side of the CD
- Each CD shall be enclosed in its plastic container, also marked with the Skater's name, AWG contingent, Level, program type – short or free - and total music time

Skaters are responsible for the recovery of their own music at the completion of the event. The Arctic Winter Games will accept no responsibility against damage but will take every precaution to safeguard each USB/CD.

### **9. Scoring**

All events will be judged under the [ISU International Judging System \(IJS\)](#).

### **10. Medals**

Medals shall be awarded individually by event, as follows:

- Gold - 20
- Silver - 20
- Bronze - 20

Separate medals will be awarded for the free skate, short program, combined and team compulsory competitions. In the event that only a single Skater is registered in a competition category, that Skater will be eligible for medals provided they complete the required skating programs.

If a Skater is unable to compete in an event due to medical reasons, they are eligible to compete in a subsequent event for which they are registered should the Host Society medical staff indicate - in writing to the Technical Representative - their approval for the Skater to do so. Skaters must compete in both the Short and Freeskate programs to be eligible for a combined medal.

All teams, regardless of composition, will be eligible for a medal.

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

<b>Level 1 – 4 Events</b>	<b>Number of Gold Medals Awarded</b>	<b>Number of Silver Medals Awarded</b>	<b>Number of Bronze Medals Awarded</b>
Short Program	4	4	4
Freestyle Program	4	4	4
Combined (Short and Freestyle)	4	4	4
Team	8	8	8
<b>TOTAL MEDAL COUNT</b>	<b>20</b>	<b>20</b>	<b>20</b>

### **11. Equipment**

A Skater's equipment consists of skates/boots and blade guards. Skates are considered as consisting of 6 pieces, namely 2 boots and 2 blades and 2 constructions for connecting the blades to the boots. All equipment must abide by the [ISU Constitution and General Regulation](#).

### **12. Competition Uniform**

All competition uniforms (e.g., costumes/dresses) must abide by the [ISU Constitution and General Regulation](#).

### **13. Registration**

All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

### **14. Protests & Appeals**

Field of Play disputes should be managed in accordance with the [AWGIC Field of Play conduct Policy and Protest Procedure](#) and each International Federation's (IFs) rules.

### **15. Additional Information**

Additional document/resource links will be updated when new releases are provided. Additionally, any updates prior to the start of the Games will be published via a clarifying bulletin distributed to all Participating Units.

#### Scale of Values

[Skate Canada Singles Scale of Values \(SOV\)](#)

[USA Figure Skating Scale of Values \(SOV\)](#)

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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**16. Appendix A**

**AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY**

Preamble:

The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose: This policy provides direction and guidance to the participating contingents when selecting athletes and cultural participants for their teams.

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
  - a. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
    - i. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
    - ii. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.
2. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.
3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
  - a. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)\*, Sapmi (Finland/Norway/Sweden);
  - b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;
  - c. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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- Packages or other publications issued by the Arctic Winter Games International Committee;
- d. comply with all rules and regulations of their Contingent.

NOTE #1.1: 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

\* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.

# TECHNICAL PACKAGE

## 2024 ARCTIC WINTER GAMES



### 2024 Arctic Winter Games Quick Reference— FIGURE SKATING SHORT PROGRAM

LEVEL / TIME	JUMPS (3 JUMP ELEMENTS)	SPINS (2 SPIN ELEMENTS)		STEPS
<b>LEVEL 1</b>  6 Elements 1:30 minutes (+/- 10 seconds)	No Double, Triple or Quadruple Jumps Axel and Solo Jump may not repeat	Max level 1 Minimum 3 rev per foot / 2 per position		Max Level Base
	*Single Axel (1A) *Solo jump *2 Jump Combination (Single/ Single) (No jump sequences)	*Solo Spin No flying entry No change of foot No change of position	*Combination Spin 2 basic pos min No flying entry Change of foot optional	*Choreographic Sequence
<b>LEVEL 2</b>  6 Elements 2:00 minutes (+/- 10 seconds)	2F, 2Lz, 2A, Triple or Quadruple Jumps not Permitted Axel and Solo Jump may not repeat	Max level 2 Minimum 3 rev per foot / 2 per position		Max level Base
	*Single Axel *Solo jump *2 Jump Combination (Single/ Single, Single/Double or Double/Single)	*Solo Spin No flying entry No change of foot No change of position	*Combination Spin 2 basic pos min No flying entry Change of foot optional	*Choreographic Sequence
<b>LEVEL 3</b>  6 Elements 2:30 minutes (+/- 10 seconds)	2A, Triple or Quadruple Jumps not Permitted Axel and Solo Jump may not repeat	Max level 3 Minimum 4 rev per foot / 2 per position		Max level 3
	*Single Axel (1A) *Solo Double jump *2 Jump Combination (Single/ Double, Double/Single or Double/Double)	*Solo Spin <b>LSp, SSp or CSp</b> Min 6 revolutions No flying entry No change of foot No change of position	*Combination Spin 2 basic pos min No flying entry Must include all 3 basic pos for full value 1 Change of foot max	*Step Sequence  Must utilize full ice surface
<b>LEVEL 4</b>  6 Elements 2:30 minutes (+/- 10 seconds)	Triple or Quadruple Jumps not Permitted Axel and Solo Jump may not repeat	Max level 4 Minimum 4 rev per foot / 2 per position		Max level 4
	*Single or double Axel (1A or 2A) *Solo double jump *2 Jump Combination (Double/Double) (No jump sequences)	*Solo Spin <b>LSp, SSp or CSp</b> Min 6 revolutions No flying entry No change of foot No change of position	*Combination Spin Min 2 basic positions No flying entry Must change feet	*Step Sequence  Must utilize full ice surface

# TECHNICAL PACKAGE

## 2024 ARCTIC WINTER GAMES



### 2024 Arctic Winter Games Quick Reference—FIGURE SKATING FREE PROGRAM

LEVEL / TIME	JUMPS	SPINS			STEPS
<b>LEVEL 1</b>  8 Elements 2:00 minutes (+/- 10 seconds)	5 Jump Elements No Double, Triple or Quadruple Jumps Permitted Jump sequences not permitted	2 Spin Elements Max level 1			Max Level Base
	<b>*Single Axel (1A)</b> <b>*4 different jumps</b>  Max 2 jump combos. Jump combos may contain no more than 2 jumps. No jump may be included more than twice and if a jump is repeated, it	<b>*Solo Spin</b>  3 rev min  No flying entry  No change of foot	<b>*Combination Spin</b>  2 basic pos min No flying entry Change of foot optional		<b>*Choreographic Sequence</b>
<b>LEVEL 2</b>  8 Elements 2:30 minutes (+/- 10 seconds)	5 Jump Elements 2F, 2Lz, 2A, Triple or Quadruple Jumps not Permitted Jump sequences not permitted	2 Spin Elements Max level 2			Max Level Base
	<b>*Single Axel</b> <b>*4 different jumps</b>  Max 2 jump combos. Jump combos may contain no more than 2 jumps. No jump may be included more than twice and if a jump is repeated, it	<b>*Solo Spin</b>  4 revs, minimum No flying entry No change of foot	<b>*Combination Spin</b>  2 basic pos min No flying entry Change of foot optional		<b>*Choreographic Sequence</b>
<b>LEVEL 3</b>  10 Elements 3:00 minutes (+/- 10 seconds)	6 Jump Elements 2A, Triple or Quadruple Jumps not Permitted Jump sequences not permitted	3 Spin Elements Max Level 3 Cannot repeat spin code			Max level 3
	<b>*Single Axel</b> <b>*5 different jumps</b>  Max 2 jump combos. Jump combos may contain no more than 2 jumps. No jump may be included more than twice and if a jump is repeated, it	<b>*Flying Spin</b> One basic position 5 revs, minimum No change of foot	<b>*Combination Spin</b>  2 basic pos min No flying entry Change of foot optional	<b>*Spin of any nature</b>  6 revs, minimum Flying entry optional Change of foot optional	<b>*Step Sequence</b>  Must utilize full ice surface
<b>LEVEL 4</b>  11 Elements 3:30 minutes (+/- 10 seconds)	7 Jump Elements Triple or Quadruple Jumps not Permitted Jump sequences not permitted	3 Spin Elements Max level 4 Cannot repeat spin code			Max level 4
	<b>*Single or double Axel</b> <b>*6 different jumps</b>	<b>*Flying Spin</b> One basic position	<b>*Combination Spin</b> 3 basic positions	<b>*Spin of any nature</b> 6 revs, minimum	<b>*Step Sequence</b>

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

	Max 3 jump combos. 1 may be a jump sequence. No jump may be included more than twice and if a jump is repeated, it must be in combination or sequence.	6 revs, minimum No change of foot	Change of foot 4 revs/foot, minimum No flying entry	Flying entry optional Change of foot optional	Must utilize full ice surface
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**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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## **17. Appendix B**

### **DEFINITION OF TERMS**

#### **Step sequences:**

Two combinations of 3 difficult turns on different feet executed with continuous flow within the sequence: Only one difficult turn may be repeated once in the 2 combinations. Example of correct combinations of turns: First combination: Bracket, counter, loop. Second combination: Rocker, counter, twizzle. In this example only counter is repeated. Example of incorrect combinations of turns: First combination: Rocker, counter, twizzle. Second combination: Bracket, counter, twizzle. In this example 2 different turns are repeated (counter and twizzle) and loop is not used at all.

#### **Choreographic sequences:**

Definition of choreographic sequences: A Choreographic Sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, any jumps with maximum of 2 revolutions, spins, etc. Steps and turns may be used to link the two or more different movements together.

#### **Spins:**

To receive level 4 in any spin, one of these features must be counted: Difficult change of position on the same foot Difficult exit Clear change of edge Both directions immediately following each other in sit, camel, Layback and difficult variation of an upright position Clear increase of speed Difficult variation of flying entry Difficult entrance and Difficult exit are two different features. To get credit for both features they must be executed in two different spins and the movements must be of different nature. Exit: The exit out of the spin is defined as the last phase of the spin and includes the phase immediately following the spin. Difficult exit: Any movement or jump that makes the exit significantly more difficult. The exit must have a significant impact on the balance, control and execution of the spin. In Flying spins and spins in one position the difficult exit must be started from a basic position (not final windup), which must be at least reached. In spin combinations the difficult exit can be started from any position. Windmill (illusion) is considered as a difficult movement for a feature only if it reaches close to a split position (at least 135 degrees). It can be awarded as a feature for spins only once in a program. When windmill is used as a difficult exit, it must be executed on the spinning foot. Clear increase of speed is counted in camel, sit, Layback, Biellmann or difficult variation of an upright position (except in crossfoot spin).

#### **Jumps:**

Downgraded (<<): Missing rotation of half a revolution or more. Underrotated (<): Missing rotation of more than a quarter revolution but less than half a revolution. The jump will receive 80% of the base value and Judges will reduce GOE. Landed on the quarter (q): Technical panel will indicate this with a sign "q". The jump will receive full base value and Judges will reduce GOE. Less than a quarter missing: No sign will indicate this. The jump will receive full base value and Judges will reduce GOE. In Short Program jumps which do not satisfy the requirements (including wrong number of revs) will have no value, but will block a jumping box, if one is empty; if a combination of two double jumps is not allowed (Sr. Men & Women, Jr. Men),

**TECHNICAL PACKAGE**  
**2024 ARCTIC WINTER GAMES**

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the jump with the lesser value after the consideration of signs <, <<, e will not count (e.g., 2Lz+2T\*, 2T\*+2Lo, 2Lz<+2T\*, 2F<<\*+2T). Definition of jump sequence A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump in to the take-off curve of the Axel jump. One full revolution on the ice between the jumps (free foot can touch the ice, but without weight transfer) keeps the element in the frame of the definition of a jump sequence. Jumps executed in a jump sequence receive their full value.

**\*Please see ISU Communication #2558, April 26, 2023, for 2023-24 season for further clarification of levels of difficulty. \***