



2019 Canada Winter Games Figure Skating Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

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**2019 Canada Winter Games
Figure Skating Technical Package**

1. SPORT: FIGURE SKATING

2. PARTICIPANTS:

2.1. Competitors:

Male – 7; per Province/Territory

Female – 7; per Province/Territory

One male and one female athlete positions are reserved exclusively for Special Olympics skaters.

2.2. Staff:

Coaches – 3*

Manager – 1

If female athletes are being sent, one of the coaches must be a female.

If male athletes are being sent, one of the coaches must be a male.

*One coach position is reserved exclusively for teams with Special Olympics skaters.

2.3. Additional Team Staff*:

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have same access as competitors and team staff.

- Venue Pass Holder
 - See [Venue Pass Holder Policy](#)
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holder's access
 - Front of House (spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

PRE-NOVICE SINGLES:

Males and females shall be under the age of 16 before July 1 preceding the event.

PRE-NOVICE PAIR:

Males and females shall be under the age of 18 before July 1 preceding the event.

PRE-NOVICE ICE DANCE:

Males and females shall be under the age of 18 before July 1 preceding the event.

NOVICE SINGLES:

Males and females shall be under the age of 17 before July 1 preceding the event.

NOVICE PAIR:

Males under 21 years of age and females under 19 years of age before July 1 preceding the event.

NOVICE ICE DANCE:

Males under 21 years of age and females under 19 years of age before July 1 preceding the event.

SPECIAL OLYMPICS EVENTS:

Males and females – Special Olympics athletes must be a minimum of 13 years of age, and under 30 years of age, as of December 31, 2018.

4. ELIGIBILITY:

4.1. Coaches:

Head coaches on the official registration form must be registered Skate Canada Professional Coaching members in good standing with the association and certified as National Coaching Certification Program (NCCP) Competition-Development National Coaches. These coaches must be so certified not later than 90 days before the opening of the Games (November 10, 2018).

Assistant coaches on the official registration form must be registered Skate Canada Professional Coaching members in good standing with the association and trained as NCCP Competition-Development National Coaches. These coaches must be so certified not later than 90 days before the opening of the Games (November 10, 2018).

If a team does not distinguish between a head coach and assistant coaches, at least one (1) of the team's coaches must be NCCP National Coach Certified, while the others can be NCCP National Coach Trained. These coaches must be so certified not later than 90 days before the opening of the Games (November 10, 2018).

The Special Olympics coach must be at least NCCP Regional Coach Certified. These coaches must be so certified not later than 90 days before the opening of the Games (i.e. by November 10, 2018)

For more information on the coach certification pathway, please see Appendix 2.

4.2. Competitors:

Skate Canada Rule 5401* (Eligibility to compete) applies to all competitors, with the exception of 5401(3)*. For the Canada Games, competitors need to be Canadian Citizens or permanent residents, with no minimum residency requirement for permanent residents. * Rule numbers current as of July 1, 2016.

Competitors must compete in the same category that they registered in at qualifying competition during the 2018-2019 competitive season.

PRE-NOVICE SINGLES:

Skate Canada Qualifying Competition Handbook Regulation 510 (2)(a)(i)*.

PRE-NOVICE PAIR:

Skate Canada Qualifying Competition Handbook Regulation 510 (2)(b)(i)*.

PRE-NOVICE ICE DANCE:

Skate Canada Qualifying Competition Handbook Regulation 510 (2)(c)(i)*.

NOVICE SINGLES:

Skate Canada Qualifying Competition Handbook Regulation 510 (3)(a)(i)*.

NOVICE PAIR:

Skate Canada Qualifying Competition Handbook Regulation 510 (3)(b)(i)*.

NOVICE ICE DANCE:

Skate Canada Qualifying Competition Handbook Regulation 510 (3)(c)(i)*.

SPECIAL OLYMPICS LEVEL 2 SINGLES (MEN AND WOMEN):

- A skater competing in Level 2 must have passed CanSkate Stage 4 but no higher than Stage 5.
- Note: Both Level 1 and Level 2 skaters are eligible to compete although Level 2 skills will be performed.

SPECIAL OLYMPICS LEVEL 3 SINGLES (MEN AND WOMEN):

- A skater competing in Level 3 must have passed CanSkate Stage 6 and are entering the STAR program.

Athletes participating in the Special Olympics events must be registered with and be members in good standing of Special Olympics Canada and have qualified at events sanctioned by Special Olympics Canada.

Excluded from the Canada Games are:

- National Team athletes* and international Junior and Senior competitors;
- Athletes who do not meet the date of birth requirements as determined in section 3 of this document;
- Athletes that have held an SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;
- Athletes who have previously competed at the following events: ISU World Championships, ISU Four Continent Championships, ISU World Junior Championships, Olympic Games, FISU Games.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 10th, 2018).

* Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION:

Skate Canada rules in force at the time of the Games:

Pre-Novice Singles (men and women):

- A short program of maximum 2 minutes and 30 seconds in duration containing the group of elements announced by Skate Canada for the 2018-2019 competitive season. The groups and requirements shall be as listed on InfoCentre on the Skate Canada website.
- A free skating program of 3 minutes (+ / - 10 seconds) in duration. The program requirements shall be available on InfoCentre on the Skate Canada website.

Pre-Novice Pair:

- A short program of maximum 2 minutes and 50 seconds in duration containing the group of elements announced by Skate Canada for the 2018-2019 competitive season. The groups and requirements shall be as listed on InfoCentre on the Skate Canada website.
- A free skating program of 3 minutes (+ / - 10 seconds) in duration. The program requirements shall be available on InfoCentre on the Skate Canada website.

Pre-Novice Ice Dance:

- One group of two pattern dances shall be skated and shall be from the same group that is drawn for the 2019 Skate Canada Challenge. 2018–2019 Pattern dance draws shall be available on InfoCentre on the Skate Canada website.
- A free dance to music of 2 minutes and 30 seconds (+ / - 10 seconds) in duration. The program requirements shall be available on InfoCentre on the Skate Canada website.

Novice Singles (men and women):

- A short program of maximum 2 minutes and 30 seconds in duration containing the group of elements announced by Skate Canada for the 2018-2019 competitive season. The groups and requirements shall be as listed on InfoCentre on the Skate Canada website.
- A free skating program of 3 minutes (+ / - 10 seconds) in duration for women and 3 minutes and 30 seconds (+ / - 10 seconds) in duration for men. The program requirements shall be available on the InfoCentre on the Skate Canada website.

Novice Pair:

- A short program to music of maximum 2 minutes and 50 seconds in duration containing the group of elements announced by Skate Canada for the 2018-2019 competitive season. The groups and requirements shall be as listed on InfoCentre on the Skate Canada website.
- A free skating program of 3 minutes and 30 seconds (+ / - 10 seconds) in duration. The program requirements shall be available on InfoCentre on the Skate Canada website.

Novice Ice Dance:

- One group of two pattern dances shall be skated and shall be from the same group that is drawn for the 2019 Canadian Figure Skating Championships. 2018–2019 Pattern dance draws shall be available on InfoCentre on the Skate Canada website.
- A free dance to music of 3 minutes (+ / - 10 seconds) in duration. The program requirements shall be available on InfoCentre on the Skate Canada website.

Special Olympics Level 2 Singles (men and women):

- A free skating program to music 1:40 minutes maximum. The music may include vocals. Program must be well-balanced and include elements as listed in the Special Olympic Figure Skating Technical Requirements (Skate Canada Domestic).

Special Olympics Level 3 Singles (men and women):

- A free skating program to music 1:40 minutes maximum. The music may include vocals. Program must be well-balanced and include elements as listed in the Special Olympic Figure Skating Technical Requirements (Skate Canada Domestic).

Number of Entries per Event:

A maximum of two (2) entries per event per Province/Territory; one (1) entry per event per Province/Territory for Special Olympics events. A skater may enter one event only.

Deadline for Test Qualifications:

Competitors wishing to enter the Canada Winter Games and events leading to the Canada Winter Games shall have passed the tests as listed in Skate Canada Qualifying Competition Handbook, regulation 510 before October 1st preceding the Games. A skater may also be considered qualified having passed a higher test or parts thereof as long as the minimum test requirement is fulfilled. For example, a skater who has completed the Senior Silver free skating test is considered eligible for the Pre-Novice category also if other eligibility requirements are also met.

6. SPORT SCORING:

Competitors will be ranked by virtue of scores earned from first to last and given one hundred (100) points to sixty (60) points in a Provincial/Territorial event ranking.

Individual Events Scoring System			
<i>Position</i>	<i>Points</i>	<i>Position</i>	<i>Points</i>

1 st place:	100	14 th place:	72
2 nd place:	97	15 th place:	71
3 rd place:	94	16 th place:	70
4 th place:	91	17 th place:	69
5 th place:	88	18 th place:	68
6 th place:	85	19 th place:	67
7 th place:	83	20 th place:	66
8 th place:	81	21 st place:	65
9 th place:	79	22 nd place:	64
10 th place:	77	23 rd place:	63
11 th place:	75	24 th place:	62
12 th place:	74	25 th place:	61
13 th place:	73	26 th place:	60

Provinces/Territories are limited to a maximum of 2 entries per event AND will receive points for BOTH entries according to their ranking.

Each member of a Dance or Pairs team shall receive points for their placement.

i.e., 1st place 100 points + 100 points;
2nd place 97 points + 97 points; etc.

7. PROVINCIAL/TERRITORIAL RANKING:

The event rank points will be added from all eight categories to provide the final Provincial/Territorial team ranking. Men and women will be ranked together. Points for the Games flag will be allocated as follows:

1 st Place – 20 Points	5 th Place – 12 Points	9 th Place – 5 Points
2 nd Place – 18 Points	6 th Place – 10 Points	10 th Place – 4 Points
3 rd Place – 16 Points	7 th Place – 8 Points	11 th Place – 3 Points
4 th Place – 14 Points	8 th Place – 6 Points	12 th Place – 2 Points
		13 th Place – 1 Point

8. TIE BREAKING RULE – COMPETITION:

Skate Canada rules in force shall prevail.

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

Should a tie occur in final Provincial/Territorial standings, the Province/Territory with the greater number of event first places will be assigned the higher rank; if the tie persists the procedure is repeated for event second places, then third places, etc.

If the tie persists, the Provinces/Territories with the higher team standing in the last event completed will be assigned the higher rank, then second last event completed, etc.

NOTE: When a multiple tie occurs and is only partially resolved by the application of a tie breaking rule, the remaining ties will be resolved by returning to priority #1 and proceeding through the order again.

10. MEDALS:

GOLD 16 (four for singles, four for dance, four for pairs, four for Special Olympics skaters)

SILVER 16 (four for singles, four for dance, four for pairs, four for Special Olympics skaters)

BRONZE 16 (four for singles, four for dance, four for pairs, four for Special Olympics skaters)

An athlete finishing last cannot win a medal. There must be at least four entries for a bronze to be awarded, three for a silver and two for a gold.

11. COMPETITIVE UNIFORM:

Singles/Pairs: Clothing worn in competitions must be modest, dignified, and appropriate for athletic competition and must not give the effect of excessive nudity for athletic sport. No tights for men are permitted, but women may wear skirts, trousers or tights. Sleeveless costumes are permitted. Clothing may reflect the character of the music.

Ice Dance: Women must wear a skirt – the skirt must go around her entire waist; however there may be slits in the skirt on one or both sides up to the waist. The woman's dress must not give the effect of excessive nudity inappropriate for athletic sport - the majority of the upper body must be covered. Men must wear full-length trousers: tights are not allowed and the man's costume may not be sleeveless. Costumes of either partner must not have so much material or decorations that the bodyline of the skater cannot be seen.

Accessories and props are not permitted and (including part of the costume) may not be used as support in a dance lift.

12. EQUIPMENT:

Ice Dance competitors: The ISU compulsory dance music to be used for all practices and events is the 2001 Revised Version produced by the ISU.

Each entry must provide two CDs for the competition upon registration, one for competition (marked "Master") and one for back up (marked "Copy").

Standard Specifications for CDs

- (1) Only one program shall be recorded on each CD.
- (2) The start of the music shall be recorded on the CD with less than two seconds of lead in.
- (3) Competitor's name followed by music time (not skating time) shall be clearly printed on side one of the CD.
- (4) Each CD shall be enclosed in its plastic container marked with the skater's name, event and total music time.

13. APPENDICES:

The attached appendices are an integral part of this technical package.

Appendix 1 – Competitor Eligibility

Appendix 2 – Coach Certification Requirements

Appendix 3 – Performance Guidelines: Novice

Appendix 4 – Performance Guidelines: Pre-Novice

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season,

- AND -
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND -
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out

for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2 – COACH CERTIFICATION REQUIREMENTS

To be confirmed by Skate Canada.

APPENDIX 3 – PERFORMANCE GUIDELINES: NOVICE

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

The Canada Games Council and Skate Canada have produced the below performance guidelines as a tool to help Provincial/Territorial teams with selection and training of its athletes leading into the 2019 Canada Winter Games.

The guidelines are not intended to be standards. There is no obligation that an athlete obtains a performance guideline before competing at the Canada Games.

The below performance guidelines are based on information available in Skate Canada’s Long Term Athlete Development Model.

Performance Consideration	Yes
Training	<p>Ideal Training Load:</p> <ul style="list-style-type: none"> - 45-60 min sessions - 2-3 sessions/day - 5 days/week - 44-48 weeks/year - Plus 4-14 hours/week off-ice <p>The LTAD model outlines the ideal amount of time athletes should be training on and off the ice at each level. While the training load may not always be achievable, athletes should be working towards these scheduling guidelines.</p>
Competition	Athletes at this level should be competing in 5-7 competitions/year
Results	<p>Free Program Competition Target Scores (Entry Level, passed Gold Free Skating Test):</p> <p>Program Component score (PCS): 2.5-4.5</p>



	<p>Technical Element Score (TES): 18+ (Women and Ice Dance); 20+ (Men); 25+ (Pair) Total Free Skating Score: 30-60+ (Women and Men); 40-60+ (Pair); 30-50+ (Ice Dance)</p> <p>Skaters planning to compete in the given category should have a reasonable expectation to meet these targets. Note, the PCS targets are the scores out of 10 achieved for each of the 5 PCS scores; the TES target is the minimum score expected for a program as planned; the total free program score is the range of scores expected (BEFORE BONUSSES) for skaters at this level.</p>
Ability	<p>Athletes at this level should have passed the following tests: Singles and Pair: Gold Free Skating Test Ice Dance: Gold Ice Dance Test</p>



APPENDIX 4 – PERFORMANCE GUIDELINES: PRE-NOVICE

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

The Canada Games Council and Skate Canada have produced the below performance guidelines as a tool to help Provincial/Territorial teams with selection and training of its athletes leading into the 2019 Canada Winter Games.

The guidelines are not intended to be standards. There is no obligation that an athlete obtains a performance guideline before competing at the Canada Games.

The below performance guidelines are based on information available in Skate Canada’s Long Term Athlete Development Model.

Performance Consideration	Yes
Training	<p>Ideal Training Load:</p> <ul style="list-style-type: none"> - 45-60 min sessions - 1-2 sessions/day - 4-5 days/week - 44-46 weeks/year - Plus 3-5 hours/week off-ice <p>The LTAD model outlines the ideal amount of time athletes should be training on and off the ice at each level. While the training load may not always be achievable, athletes should be working towards these scheduling guidelines.</p>
Competition	Athletes at this level should be competing 5-6 competitions/year
Results	<p>Free Program Competition Target Scores (Entry Level, passed Junior Bronze Free Skating Test):</p> <p>Program Component score (PCS): 2.5-4.0 Technical Element Score (TES): 15+ (Ice Dance)</p>



	<p>16+) Total Free Skating Score: 25-50+</p> <p>Skaters planning to compete in the given category should have a reasonable expectation to meet these targets. Note, the PCS targets are the scores out of 10 achieved for each of the 5 PCS scores; the TES target is the minimum score expected for a program as planned; the total free program score is the range of scores expected (BEFORE BONUSES) for skaters at this level.</p>
Ability	<p>Athletes at this level should have passed: Singles and Pairs: Junior Bronze Free Skating Test Ice Dance: Junior Bronze Ice Dance Test</p>