



## **PACIFIC CUP REQUIREMENTS**

Skate Australia is proud to present the Pacific Cup, to run alongside the World Skate Oceania Championships. This competition will include Figures for Cadet, Youth, Junior, Senior and Masters as well as Solo Dance, Couples Dance and Free Skating events for Masters.

### **Age Categories:**

#### **Cadet to Senior**

World Skate age rules apply to these categories.

#### **Masters**

*Free Skating - Athletes turning at least 21 years of age in the year of competition.*

*Figures and Dance –those turning at least 30 years of age in the year of competition. For couples, this age applies to both partners.*

- Masters skaters who are under the age of 50 years, and who have competed in any discipline at a Junior or Senior World Championship, must nominate in the Advanced Masters category if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters category when an advanced masters category is available may be given, on application to the Australian Artistic Technical Committee, for reasons which compromise an athlete's ability to perform at advanced masters level.

#### **Advanced Masters**

*Athletes who are turning at least 30 years of age in the year of competition. For couples, this age applies to both partners.*

## **FIGURES**

*Figure requirements for World Skate categories Cadet to Senior are as per the World Skate Figure Manual. There will be 2 categories of Masters Figures.*

<b>MASTERS FIGURES</b>		<b>Athletes who are turning at least 30 years of age in the year of competition. 3 circuits per Figure</b>	
<b>Group 1</b>		<b>Group 2</b>	
1a	RFO – LFO Eight	1c/d	FOI – FOI Half Change Eight
2c/d	FIO – FIO Half Change Eight	2a	RFI – LFI Eight
5a/b	FOI – FIO Change Eight	5a/b	FOI – FIO Change Eight

<b>ADVANCED MASTERS FIGURES</b>		<b>Athletes who are turning at least 30 years of age in the year of competition. 3 circuits per Figure</b>	
<b>Group 1</b>		<b>Group 2</b>	
3a/b	BO – BO Eight	5a/b	FOI – FIO Change Eight
5a/b	FOI – FIO Change Eight	7a/b	FO – FO Three
9a/b	FI - BO Three	9a/b	FI – BO Three

### **Masters Solo Dance:**

- These are stand-alone events. Compulsories are not combined with Style Dance or Free Dance.
- Skaters may choose to compete in either Masters Solo Style Dance or Masters Solo Free Dance, but not both.
- There is no Advanced Masters Solo Style Dance or Advanced Masters Solo Free Dance. Skaters who compete in Advanced Masters compulsory dance are eligible to compete in either Masters Solo Style Dance or Masters Solo Free Dance.
- There is no Advanced Masters Couples Style Dance or Advanced Masters Couples Free Dance. Skaters who compete in Advanced Masters compulsory dance are eligible to compete in either Masters Couples Style Dance or Masters Couples Free Dance.

### **MASTERS SOLO COMPULSORY DANCE**

**Athletes who are turning at least 30 years of age in the year of competition.**

**This is a stand-alone event. It is not combined with Style Dance or Free Dance.**

<b>DANCES:</b>	<b>Kinder Waltz</b>	Tempo: 120 Waltz	4 sequences
	<b>City Blues</b>	Tempo: 88 Blues	4 sequences

### **ADVANCED MASTERS SOLO COMPULSORY DANCE**

**Athletes who are turning at least 30 years of age in the year of competition.**

**This is a stand-alone event. It is not combined with Style Dance or Free Dance.**

<b>DANCES:</b>	<b>Coronation Waltz</b>	Tempo: 120 Waltz	4 sequences
	<b>Siesta Tango</b>	Tempo: 100 Tango	4 sequences

### **MASTERS SOLO STYLE DANCE**

**Athletes who are turning at least 30 years of age in the year of competition.**

**This is a stand-alone event. It is not combined with Compulsories or Free Dance.**

**Time:** Mapped to **Youth intermediate Style. 2:00 (+/- 10 min)**

**Theme:** **Modern Music Medley**

Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock

**Compulsory Dance Element:** **City Blues** Tempo: 88 Blues 2 sequences

**Requirements:** Artistic Sequence - maximum Level 1\* - maximum 40 seconds  
 The 7 steps and turns that can be counted are: Inside Three Turn, Outside Three Turn, Cross in front, Open Mohawk, Traveling, Forward to Backward Closed Mohawk and Choctaw (forward to backward).\*\*

\* There is no limit to the number of features attempted, however no features are required to be confirmed to achieve the Level 1.

\*\* To achieve a Level 1, 4 turns or steps, chosen by the skater from the 7 listed above, must be confirmed and each type can only be counted twice.

### **MASTERS SOLO FREE DANCE**

**Athletes who are turning at least 30 years of age in the year of competition.**

**This is a stand-alone event. It is not combined with Compulsories or Style Dance.**

**Time:** 2 minutes 30 seconds (+/- 10 seconds) – Mapped to Espoir

#### **REQUIREMENTS**

<b>Footwork Sequence</b>	<b>Artistic Sequence</b>	<b>Travelling</b>	<b>Choreo Step</b>
Max Level 2 Max 30 seconds	Max Level 2 Max 30 seconds	Max Level 2 Max 10 seconds	Yes

**Couples Dance:**

**MASTERS COUPLES COMPULSORY DANCE**

Athletes who are turning at least 30 years of age in the year of competition.  
 This is a stand-alone event. It is not combined with Style Dance or Free Dance.

<b>DANCES:</b>	<b>Kinder Waltz</b>	Tempo: 120 Waltz	4 sequences
	<b>City Blues</b>	Tempo: 88 Blues	4 sequences

**ADVANCED MASTERS COUPLES COMPULSORY DANCE**

Athletes who are turning at least 30 years of age in the year of competition.  
 This is a stand-alone event. It is not combined with Style Dance or Free Dance.

<b>DANCES:</b>	<b>Coronation Waltz</b>	Tempo: 120 Waltz	4 sequences
	<b>Siesta Tango</b>	Tempo: 100 Tango	4 sequences

**MASTERS COUPLES STYLE DANCE**

Athletes who are turning at least 30 years of age in the year of competition.  
 This is a stand-alone event. It is not combined with Compulsories or Free Dance.

<b>Time:</b>	Mapped to <b>Youth intermediate Style. 2:00 (+/- 10 min)</b>		
<b>Theme:</b>	<b>Modern Music Medley</b>		
	Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock		
<b>Compulsory Dance Element:</b>	<b>City Blues</b>	Tempo: 88 Blues	2 sequences

- Requirements:** Hold Footwork - maximum Level 1\* - maximum 40 seconds  
 The 7 steps and turns that can be counted are: Inside Three Turn, Outside Three Turn, Cross in front, Open Mohawk, Traveling, Forward to Backward Closed Mohawk and Choctaw (forward to backward).\*\*
- \* There is no limit to the number of features attempted, however no features are required to be confirmed to achieve the Level 1.
  - \*\* To achieve a Level 1, 4 turns or steps, chosen by the skater from the 7 listed above, must be confirmed and each type can only be counted twice.

**MASTERS COUPLES FREE DANCE**

Athletes who are turning at least 30 years of age in the year of competition.  
 This is a stand-alone event. It is not combined with Compulsories or Style Dance.

Time: 3 minutes (+/- 10 seconds) – mapped to Espoir Couples Free Dance

**REQUIREMENTS**

<b>Hold Footwork Sequence</b>	<b>One Partner</b>	<b>Travel</b>	<b>Choreo Lift</b>	<b>Stationary Lift</b>
Max Level 2 Max 40 seconds	Max Level 2 Max 25 seconds	Max Level 2 Max 10 seconds	Yes	Max Level 2



### **Free Skating:**

*Mapped to Long program Minis with change to level of footwork and maximum positions in combo spin to align with changes to World Skate requirements 2023.*

## **MASTERS FREE SKATING**

**Athletes aged 21 years and over in the year of competition**

**Long Program Only**  
2 minutes 45 +/- 10 seconds

### **Jump elements**

- A maximum of 12 jumps of 1 rotation including Waltz Jump. Axel, Double Toe Loop and Double Salchow are allowed.
- Maximum 2 jump combinations are allowed.
- The number of jumps within the combination cannot be more than 5.
- It is mandatory to perform an Axel type jump that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, 1 must be in combination.
- The same 1 rotation jump cannot be presented more than 3 times.
- In the program, there MUST be at least 1 Toe Loop element (single or double).

### **Spin elements**

- Two spin elements must be performed. One of them MUST be a combination spin (maximum 4 positions).
- Broken ankle, heel, and inverted are NOT allowed.
- The 2 spins must be different.

### **Footwork Sequence**

- One footwork sequence maximum Level 1, maximum 30 seconds.

The 7 steps and turns that will be counted toward the level are:

- Inside Three Turn,
- Outside Three Turn,
- Cross In Front
- Open Mohawk
- Traveling
- Forward to backward Closed Mohawk
- Choctaw (forward to backward)
- There is no limit to the number of features attempted, however no features are required to be confirmed to achieve Level 1.
- To achieve a Level 1, 4 turns or steps, chosen by the skater from the 7 listed above, must be confirmed and each type can only be counted twice.



## **CORONATION WALTZ (Couples)**

*Updated by Oceania Artistic Technical Commission*

MUSIC:	Waltz 3/4	TEMPO:	120 beats per minute
PATTERN:	Set	START:	Step 1 on count #1
HOLDS:	Waltz		
COMPETITIVE REQUIREMENTS:	4 sequences		

This dance begins in Waltz position.

**Step 1 RFO – 3t** (2+1 beats) for the man is a stroke towards the long axis and a 3 turn on the 3<sup>rd</sup> beat, with the free foot kept close to the skating foot. The couple are tracking in Waltz position and the man's 3 turn must be aimed at the instep of the lady's skate. **Step 1 LBO** (3 beats) for the lady is a stroke towards the long axis.

During step 1, the partners change places quickly and resume tracking ready for the strike of **Step 2 LBO** (2 beats) and **Step 3 Ch RBI** (1 beat) for the man, a stroke and a chasse. Likewise, **Step 2 Mk RFO** (2 beats) and **Step 3 Ch LFI** (1 beat) for the lady is a mohawk with feet close together and a chasse.

**Step 4 LBO – Sw** (3+3 beats) for the man and **Step 4 RFO – Sw** (3+3 beats) for the lady is a stroke on the short axis, and a swing on the 4<sup>th</sup> beat in the direction of the long side barrier.

**Step 5 RBO** (2 beats) for the man and **Step 5 LFO** (2 beats) for the lady are strokes on outside edges. **Step 6 XF LBI** (1 beat) for the man is a cross in front with feet close together and parallel. **Step 6 OpMk RBO** (1 beat) for the lady is an open mohawk with feet close together and the right foot placed to the instep on the left foot.

When executing steps 5 and 6, the couple aim in the same direction towards the long side barrier, beginning in a tracking position with the man moving the lady past him during the OpMk and ensuring the couple are back in a tracking position for Step 7.

**Step 7 Mk RFI** (3 beats) for the man is a mohawk with feet close together and **Step 7 OpS LBI** (3 beats) for the lady is an open stroke in Waltz position.

**Step 8 LFO** (2 beats) and **Step 9 Ch RFI** (1 beat) for the man is a stroke and a chasse. Likewise, **Step 8 RBO** (2 beats) and **Step 9 Ch LBI** (1 beat) for the lady is a stroke and a chasse.

**Step 10 LFO** (3 beats) for the man and **Step 10 RBO** (3 beats) are strokes on outside edges, skated along the short side barrier. For Steps 7 to 10 the couple are tracking in Waltz position.

**Step 11 OpS RFI** (3 beats) for the man is an open stroke and **Step 11 Mk LFO – 3t** (2+1 beats) for the lady is a mohawk with feet close together and a 3 turn on the 3<sup>rd</sup> beat with the free foot kept close to the skating foot. Step 11 begins on the long axis and aims towards the long side barrier. During the lady's 3 turn, the man lifts his left arm to allow for the lady to perform the 3 turn smoothly under the man's arm, held by the lady's left hand. The right arm for both skaters is free for musical interpretation. Waltz position and tracking is assumed immediately after the 3 turn.

**Step 12 LFO** (2 beats) and **Step 13 Ch RFI** (1 beat) for the man is a stroke and a chasse. Likewise, **Step 12 RBO** (2 beats) and **Step 13 Ch LBI** (1 beat) for the lady is a stroke and a chasse.

**Step 14 LFO – Sw** (3+3 beats) for the man and **Step 14 RBO – Sw** (3+3 beats) for the lady is a stroke and a swing on the 4<sup>th</sup> beat beginning towards the long side barrier and finishing in the direction of the long axis.

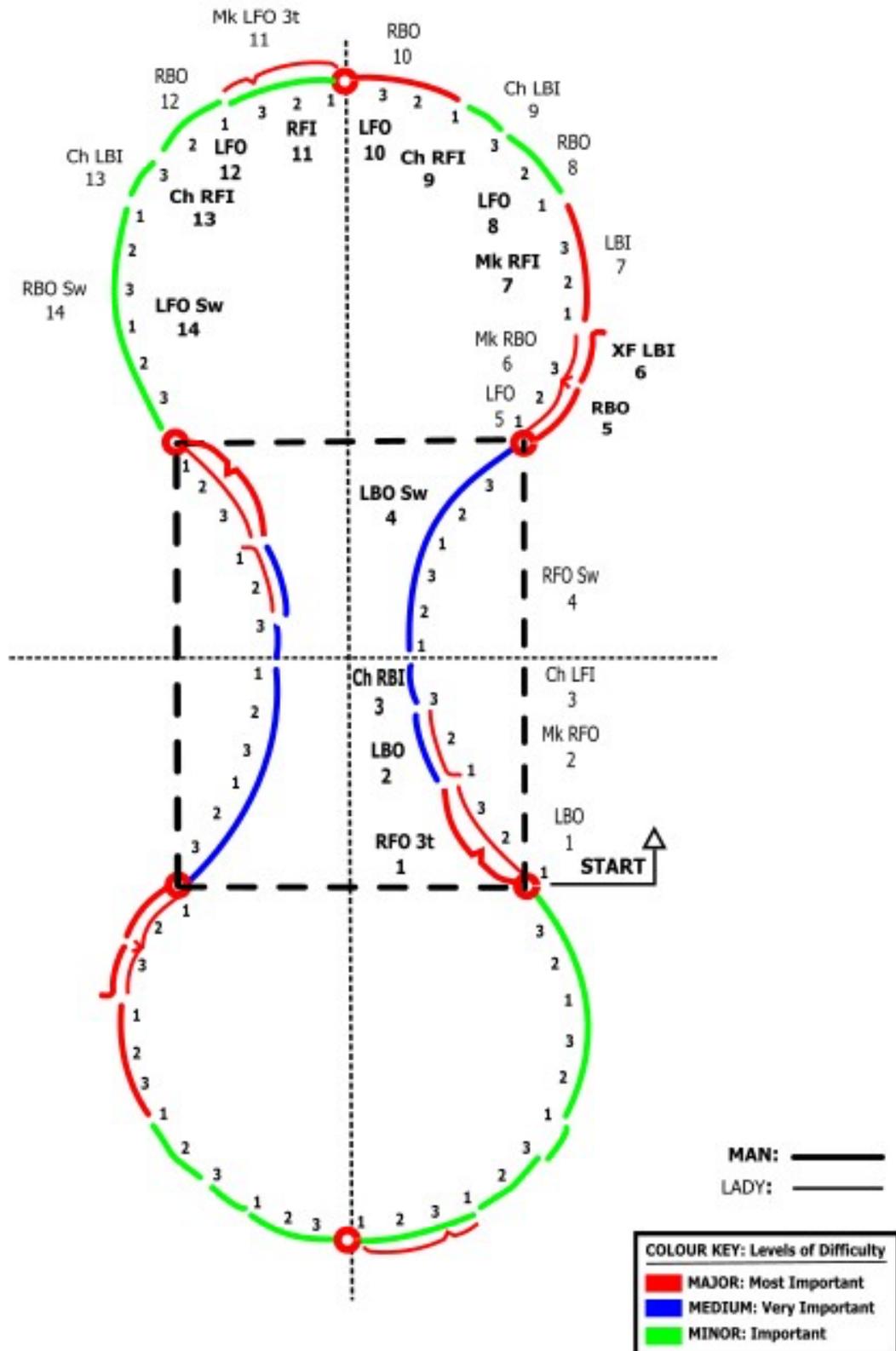
For Steps 12 to 14 the couple are tracking in Waltz position.

## CORONATION WALTZ – KEY POINTS

1. **Step 1 RFO – 3t** (for the man) (2+1 beats):
  - Proper timing and technical execution of the 3 turn on the 3<sup>rd</sup> beat.
  - Correct technical execution of the 3 turn without deviation from the edge, with correct lean
  - Attention to the position of the couple which should be close and maintained without separation between the skaters.
  
2. **Step 4 (LBO – Sw** for the man and **RFO – Sw** for the lady) (3+3 beats):
  - Correct technical execution and timing of the swing, skated on an outside edge for all 6 beats (without changing the edge at the end of the step).
  - Proper timing of the free leg, swinging through on the 4<sup>th</sup> beat.
  - Attention to the position of the couple which should be close, in tracking and without any separation between the skaters.
  
3. **Step 6 OpMk RBO** (for the lady) (1 beat):
  - Correct technical execution of the open mohawk, performed with feet close together, showing the correct outside edge at the time of the step.
  
4. **Step 13 (Ch RFI** for the man and **Ch LBI** for the lady) (1 beat):
  - Correct technical execution of the chasse on the correct inside edge.
  - Correct timing and a clear lift of the free skate from the floor.
  - Attention to the synchronization of the skaters and the position of the couple, which should be close, in tracking and without any separation between the skaters.

Hold	Step No.	Man's Step	Musical Beats			Lady's Steps
Waltz	1	RFO – 3t	2 + 1		3	LBO
	2	LBO		2		Mk RFO
	3	Ch RBI		1		Ch LFI
	4	LBO – Sw		3 + 3		RFO – Sw
Waltz (see notes)	5	RBO		2		LFO
	6	XF LBI		1		OpMk RBO
Waltz	7	Mk RFI		3		OpS LBI
	8	LFO		2		RBO
	9	Ch RFI		1		Ch LBI
	10	LFO		3		RBO
See notes	11	OpS RFI	3		2 + 1	Mk LFO – 3t
Waltz	12	LFO		2		RBO
	13	Ch RFI		1		Ch LBI
	14	LFO – Sw		3 + 3		RBO – Sw

# CORONATION WALTZ





## **CORONATION WALTZ (Solo)**

Modified for solo dance ONLY

*Updated by Oceania Artistic Technical Commission*

MUSIC: Waltz 3/4

PATTERN: Set

COMPETITIVE REQUIREMENTS: 4 sequences

TEMPO: 120 beats per minute

START: Step 1 on count #1

The dance begins with **Step 1 LBO** (3 beats), a stroke towards the long axis followed by **Step 2 Mk RFO** (2 beats) and **Step 3 Ch LFI** (1 beat), a mohawk with feet close together and a chasse.

**Step 4 RFO – Sw** (3+3 beats) is a stroke on the short axis, and a swing on the 4<sup>th</sup> beat in the direction of the long side barrier.

**Step 5 LFO** (2 beats) is a stroke on the outside edge towards the long side barrier followed by **Step 6 OpMk RBO** (1 beat), an open mohawk with feet close together and the right foot placed to the instep of the left foot.

**Step 7 OpS LBI** (3 beats) is an open stroke aimed towards the short side barrier and beginning to curve slightly towards the long axis.

**Step 8 RBO** (2 beats) is a stroke which is followed by **Step 9 Ch LBI** (1 beat), a chasse that continue the curve of the lobe towards the long axis.

**Step 10 RBO** (3 beats) is a stroke on the outside edge, skated along the short side barrier.

**Step 11 Mk LFO – 3t** (2+1 beats) is a mohawk with feet close together and a 3 turn on the 3<sup>rd</sup> beat with the free foot kept close to the skating foot. Step 11 begins on the long axis and aims towards the long side barrier.

**Step 12 RBO** (2 beats) is a stroke which is followed by **Step 13 Ch LBI** (1 beat), a chasse that are aimed towards the long side barrier and continue the curve of the lobe.

**Step 14 RBO – Sw** (3+3 beats) is a stroke and a swing on the 4<sup>th</sup> beat beginning towards the long side barrier and finishing in the direction of the long axis.

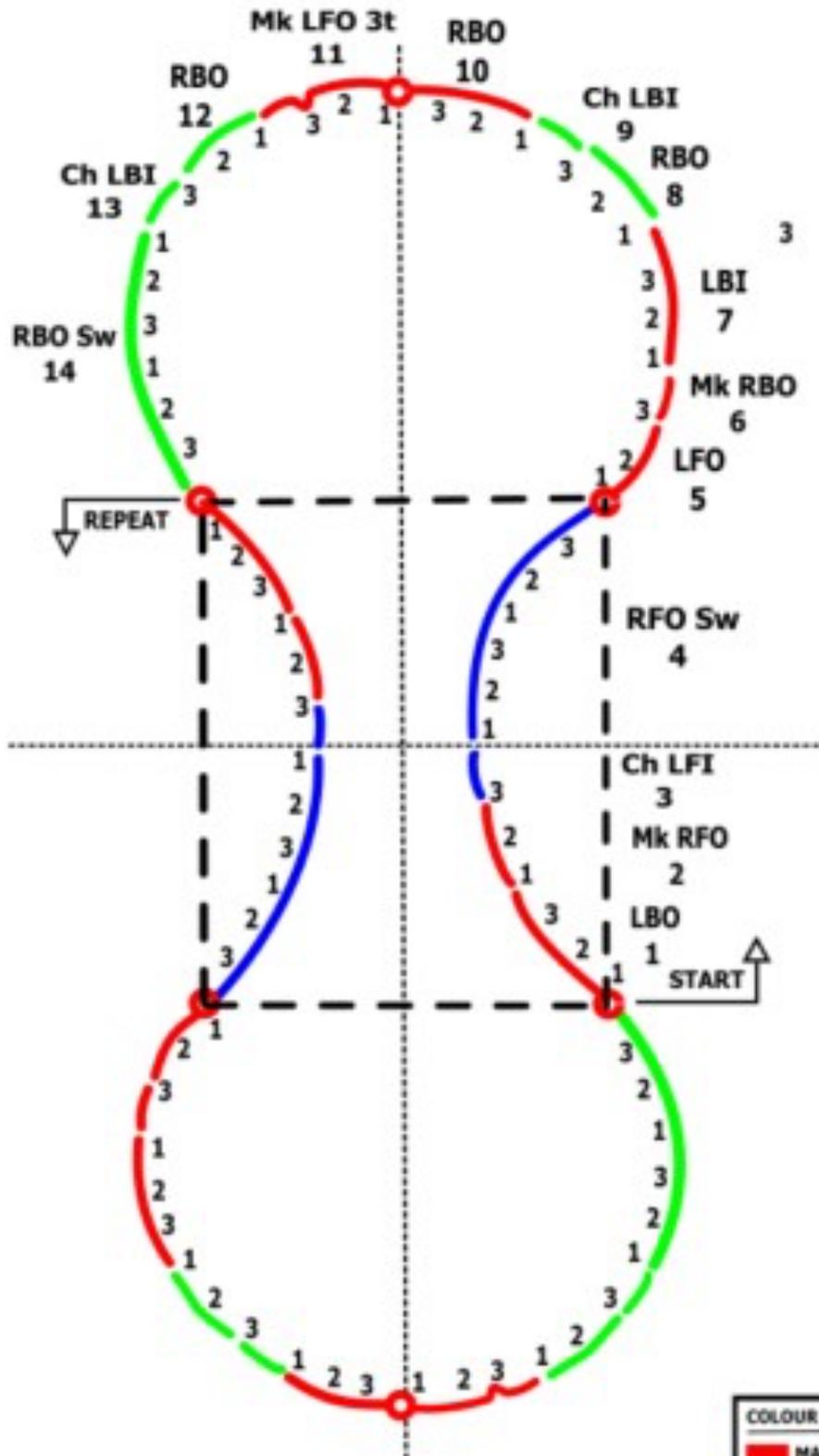
## CORONATION WALTZ – KEY POINTS

5. **Step 4 RFO – Sw** (3+3 beats):
  - Correct technical execution and timing of the swing, skated on an outside edge for all 6 beats (without changing the edge at the end of the step).
  - Proper timing of the free leg, swinging through on the 4<sup>th</sup> beat.
  
6. **Step 6 OpMk RBO** (1 beat):
  - Correct technical execution of the open mohawk, performed with feet close together, showing the correct outside edge at the time of the step.
  
7. **Step 9 Ch LBI** (1 beat):
  - Correct technical execution of the chasse on the correct inside edge.
  - Correct timing and a clear lift of the free skate from the floor.
  
8. **Step 11 Mk LFO – 3t** (2+1 beats):
  - Correct technical execution of the mohawk and required timing, with feet close together and with the correct lean.
  - Correct technical execution of the 3 turn (on 3<sup>rd</sup> beat), with the turn highlighting an evident cusp.
  - No deviation from the outside edge before and inside edge after the turn.

Step Number	Step	Musical Beats
1	LBO	3
2	Mk RFO	2
3	Ch LFI	1
4	RFO – Sw	3 + 3
5	LFO	2
6	OpMk RBO	1
7	OpS LBI	3
8	RBO	2
9	Ch LBI	1
10	RBO	3
11	Mk LFO – 3t	2 + 1
12	RBO	2
13	Ch LBI	1
14	RBO – Sw	3 + 3

# CORONATION WALTZ

## Modified for Solo Dance



**COLOUR KEY: Levels of Difficulty**

- MAJOR: Most Important**
- MEDIUM: Very Important**
- MINOR: Important**