



A Virtual Figure Skating Competition
(Competitive Development Track)

Cairo, Egypt

Registration Deadline: January 4, 2023

Video Submission Deadline: January 24, 2023

Virtual Judging to start: February 4, 2023

ANNOUNCEMENT

Ice Skate Egypt
is honored to welcome you to the

Key of Life Egyptian National Figure Skating Festival 2023

This competition is according to Ice Skate Egypt's
Curriculum and is for the following levels:
Abu Simbel, Karnak, Luxor Temples
Obelisk 1-8, Khufu, Khafre, Menkaure, Saqqara, Tuts
(Women, Men, Girls, Boys)

Organized by
Ice Skate Egypt

This competition is virtual/online only

1. GENERAL REGULATIONS

The “Key of Life National Festival” will be conducted in accordance with Ice Skate Egypt’s Constitution and General Regulations.

Participation in “Key of Life National Festival” is open to all skaters who carry Egyptian citizenship. Proof of Egyptian nationality will be required of all skaters and must be uploaded at the time of registration.

A skater competing in Ice Skate Egypt’s 2023 National Championships or Adult National Championships MAY NOT participate in this competition.

A clearance certificate is required for any skater who has in the past year represented another country in ISU Championships, ISU Events and/or in National or International Competitions for another country.

2. OVERVIEW

This competition is being organized by Ice Skate Egypt and is based on Ice Skate Egypt’s curriculum and judged according to the International Judging System (IJS).

The competition will take place using video submissions by the skaters and will be judged in a virtual live mode by the officials.

- Registration deadline: Jan 4, 2023
- Video submission deadline: Jan 24, 2023
- Virtual judging to start: Feb 4, 2023
- Results communicated after: Feb 7, 2023

NOTE: The submitted video must be recent. Filming must occur between Dec 1, 2022 and Jan 24, 2023, and must follow all the guidelines in this announcement.

3. ENTRIES AND ENTRY FEE

Ice Skate Egypt membership is required prior to registration (process explained under # 14 of this announcement).

All skaters must register online individually by Jan 4, 2023.

The entry fee per skater for each level is:

- Tuts category (see age requirement): 900 EGP
- All other levels and ages: 2000 EGP

Payment is due upon registration. Membership and payment instructions will be available on the registration website.

The entry fee will not be refunded under any circumstances. Withdrawals with a medical certificate will be refunded entry fee minus a 300 EGP administration fee.

Late fee:

- Registration received after Jan 4 and before Jan 11 will pay a late fee of 1000 EGP (space permitting).

The organizing committee reserves the right to request a recent skating video of the skater during the registration process.

Following registration, the organizing committee reserves the right to split groups, if necessary, by age.

4. TECHNICAL REQUIREMENTS

- To maintain the integrity of the “Key of Life National Skating Festival”, skaters must have passed a skating test (with Ice Skate Egypt or elsewhere) showing that they are **proficient in all the elements** in the level they are competing. Elements that are not executed proficiently during the program will be reflected in the skater’s score.
- The skater must fulfill ALL the required elements for the level they are competing.
- **IMPORTANT: In situations where the skater is the only competitor at their level, ALL elements must be executed proficiently to qualify for a medal.**
- Skills from the previous levels are allowed but are not required.
- NO elements from higher levels will be permitted.
- A 1.0 deduction will be taken for each element performed from a higher level.
- The skating order of the required elements is optional.
- A required element may be repeated once during the program but only the first attempt will be scored.
- There is only an age restriction for the Tuts level. All other levels have no age restrictions.
- No props are allowed.
- Coaches are responsible for seeing that all of the above requirements are fulfilled.

Level	Duration	Required Elements
Tuts (ages 3-5 only) - Has not reached the age of 6 before July 1 st preceding the competition	1:00 min, +/- 10 sec	Dip while gliding (skater's height)
		Rocking horse (2 forward and 2 backward)
		Backward wiggles (4) followed by a 2-foot glide (skater's height)
		Forward swizzles (minimum 4)
		Backward swizzles (minimum 4)
		Snowplow stop
		Forward 1-foot glide (R or L) skater's height
Saqqara	1:00 min, +/- 10 sec	Marches followed by a short 2-foot glide
		Dip while gliding (skater's height)
		Backward wiggles (8-10)
		Beginning snowplow stop
		Beginning forward swizzles (2-3)
Menkaura	1:00 min, +/- 10 sec	Backward wiggles followed by a 2-foot glide
		Forward swizzles (6-8)
		Snowplow stop
		Slalom (2 feet) minimum 4
		1-foot glide (R or L)
		Helicopter spin (2 revs CW or CCW)
Khafre	1:00 min, +/- 10 sec	Backward swizzles (minimum 4)
		Scooter pushes on a circle (CW) (minimum 4)
		Scooter pushes on a circle (CCW) (minimum 4)
		Beginning moving 2-foot turn on a circle (CW)
		Beginning moving 2-foot turn on a circle (CCW)
		Forward 1-foot snowplow stop on a line (R)
		Forward 1-foot snowplow stop on a line (L)
		2-foot spin from T wind-up (minimum 2 revs.)

Level	Duration	Required Elements
Khufu	1:00 min, +/- 10 sec	Proper forward stroking (minimum 4)
		Forward C-pumps on a circle (CW) (minimum 4)
		Forward C-pumps on a circle (CCW) (minimum 4)
		Backward stroking (minimum 4)
		Backward 1-foot glide (R or L) skater's height
		2-foot spin (minimum 4 revs.)
Rising Sun	1:30 min, +/- 10 sec	Forward crossovers (CW) - 4 times
		Forward crossovers (CCW) - 4 times
		Backward C-pumps on a circle (CW or CCW) 4 times
		Backward outside edge on a circle (R or L)
		Advanced 2-foot spin (minimum 4 revs.)
		Backward inside pivots (minimum 2 revs.)
Obelisk 1	1:30 min, +/- 10 sec	Forward outside 3-turns (R)
		Forward outside 3-turns (L)
		Forward inside 3-turns (R)
		Forward inside 3-turns (L)
		Backward crossovers (CW) - 4 times
		Backward crossovers (CCW) -4 times
		Forward spiral (R or L)
		Bunny hop (R or L)
		T-stop
		1-foot spin (minimum 3 revs.)

Level	Duration	Required Elements
Obelisk 2	1:30 min, +/- 10 sec	Power forward crossovers (R or L) 4 times
		Forward outside edges on a line (R) minimum 2
		Forward outside edges on a line (L) minimum 2
		Forward inside edges on a line (R) minimum 2
		Forward inside edges on a line (L) minimum 2
		Mazurka (R or L)
		Waltz jump
		Advanced 1-foot spin from backward crossover entry (minimum 4 revs.)
Obelisk 3	1:30 min, +/- 10 sec	Gliding mohawk (R)
		Gliding mohawk (L)
		Backward outside 3-turns (R)
		Backward outside 3-turns (L)
		Backward inside 3-turns (R)
		Backward inside 3-turns (L)
		Backward edge sequence on a line: <ul style="list-style-type: none"> • Backward outside edges (2) • Backward inside edges (2)
		Toe loop from inside edge to inside 3-turn entry
		Waltz jump-side toe hop-waltz jump
		Salchow
Obelisk 4	1:45 min, +/- 10 sec	Backward crossover circles (CW) 4 times
		Backward crossover circles (CCW) 4 times
		Forward inside spiral edges (R or L)
		Alternating mohawks (R & L)
		Half-flip
		Half-lutz
		Backspin (minimum 3 revs.)

Level	Duration	Required Elements
Obelisk 5	1:45 min, +/- 10 sec	Power 3-turns (R) OR Mohawk step sequence (R)
		Power 3-turns (L) OR Mohawk step sequence (L)
		Waltz jump-toe loop combination OR Salchow-toe loop combination
		Loop
		3 half-flips in a row from mohawks
		Advanced back spin (cross foot position, minimum 4 revs.)
		Advanced scratch spin (cross foot position, minimum 5 revs.)
Obelisk 6	2:00 min, +/- 10 sec	Waltz jump-loop jump combination
		Flip jump
		Half-loop jump
		Scratch spin to back spin (minimum 3 revs. on each foot)
		Split jump, stag jump or falling leaf
Obelisk 7	2:00 min, +/- 10 sec	5-step mohawk sequence (R or L)
		Single rotation inside twizzles (R)
		Single rotation inside twizzles (L)
		Lutz jump
		Advanced sit spin (minimum 4 revs.)
		Upright spin
		Any jump combination or sequence
Obelisk 8	2:00 min, +/- 10 sec	Alternating outside 3-turns on a line (R and L)
		Alternating inside 3-turns on a line (R and L)
		Loop-loop combination
		Flip-loop combination OR Lutz-loop combination
		Advanced camel spin (minimum 4 revs.)
		Camel-sit spin (minimum 3 revs. in each position)

Level	Duration	Required Elements
Luxor Temple	2:00 min, +/- 10 sec	See requirements below
Karnak Temple	3:00 min, +/-10 sec.	See requirements below
Abu Simbel Temple	Short Program: 2:20 min., +/- 10 sec	See requirements below
	Free Skating: 3:00 min., +/- 10 sec	

Luxor Temple Requirements:

Duration: Free Skating: 2 min, +/- 10 sec

Free Skating Program must contain:

- a)** Maximum of 4 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of two (2) jumps. 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. 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. No triple and quadruple jumps are allowed. Only one single jump and one double jump (including Double Axel) can be repeated once.
- b)** There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position. The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions. The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed.
- c)** There must be a maximum of 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.

Level Explanation:

For Luxor Temple Level, 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 following Program Components are judged:

- Composition
- Presentation
- Skating Skills

The factors for the program components are 1.67

Karnak Level Requirements:

Duration: Free Skating: 3:00 min, +/-10 sec.

Boys and Girls

A well balanced Free Skating program for Single Skating must contain:

- a) Maximum of 5 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. Jump combinations and the jump sequence consist of only two (2) jumps. 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. 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.
No triple and quadruple jumps allowed. Only one single jump and one double jump (including Double Axel) can be repeated once.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination and one must be a spin with no change of position.
The spin combination with a change of foot and a minimum of eight (8) revolutions or without a change of foot with a minimum of six (6) revolutions.
The spin in one position with a change of foot minimum of eight (8) revolutions or spin in one position without change of foot minimum of six (6) revolutions. In both spins flying entries are allowed.

c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

Levels Explanations:

For Karnak Temple Level, in all elements that are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The following Program Components are judged

- Composition
- Presentation
- Skating Skills

The factor for Program Components is

- for girls 1.7
- for boys 2.0

Abu Simbel Requirements:

Duration:

Short Program: 2:20 min, +/-10 sec.

Free Skating: 3:00 min, +/-10 sec.

Boys

The Short Program for Boys' Single Skating shall consist of the following elements:

- a) Single Axel Paulsen or double Axel Paulsen
- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Sit spin (minimum of five (5) revolutions on each foot) with change of foot and no flying entrance.
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

Girls

The Short Program for Girls' Single Skating shall consist of the following elements:

- a) Single Axel Paulsen or double Axel Paulsen

- b) Double or triple jump, may not repeat jump a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump a) or b)
- d) Layback/sideways leaning spin or sit spin in one basic position with no change of foot (minimum six (6) revolutions) and no flying entrance.
- e) Spin combination with only one change of foot (minimum of five (5) revolutions on each foot). Flying entry is allowed.
- f) One step sequence fully utilizing the ice surface.

Jumps not according to Short Program requirements (wrong number of revolutions) will receive no value. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

Boys and Girls

A well balanced Free Skating program for Singles Boys and Girls must contain:

- a) Maximum of 6 jump elements one of which must be an Axel type jump. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps. 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. Only two triple jumps can be repeated either in a jump combination or jump sequence.
No quadruple jumps are allowed. Any single, double (including Double Axel) or triple jump cannot be executed more than twice in total.
- b) There must be a maximum of two (2) spins of a different nature (abbreviation), one of which must be a spin combination with change of foot (minimum eight (8) revolutions), flying entrance is not allowed and one must be a flying spin (minimum six (6) revolutions) or a spin in one position with change of foot and a flying entrance (minimum eight (8) revolutions).
- c) There must be a maximum of one (1) step sequence fully utilizing the ice surface.

Levels Explanations:

For Abu Simbel Temple Level, in all elements that are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

The following Program Components are judged

- Composition
- Presentation
- Skating Skills

The factor for the Program Components is

a) Short Program

- for girls 1.07
- for boys 1.20

b) Free Skating

- for girls 2.13
- for boys 2.40

5. PLANNED PROGRAM CONTENT/ MUSIC

All skaters must submit a “Planned Program Content” sheet. Please include skater's name and the exact running time of the music (not skating time). The Planned program content sheet must be filled in precisely for each skater by their coach in English using the terminology for the elements listed in the respective ISU Communication.

Planned program content sheets will be available for download on the registration website, and must be submitted with the skater's video.

Music with lyrics must be clean (free of inappropriate language) and must not have suggestive content.

Deadline to submit the planned program content sheet: Jan 24, 2023 (same deadline as the video submission).

6. COACHES

Egyptian Coaches (Domestic/non-foreign coaches)

To complete skater's registration, the coach's information will be required. An Egyptian coach MUST be approved and deemed a qualified coach in good standing by

Ice Skate Egypt. Coach's information and proof of approval MUST be submitted electronically during registration.

Foreign Coaches

To complete skater's registration, the coach's information will be required. Additionally, it is required to upload proof that the coach is a current member of a figure skating federation by uploading a valid membership card or a letter from their federation. This information MUST be submitted electronically during registration.

7. COACHES' AFFIDAVIT

All coaches are required to complete a signed coaches' affidavit form, certifying the following: name of the skater, date, time and place of filming, and that the program was one continuous program and that it was not edited prior to submission.

The coaches' affidavit form will be available for download on the competition website.

Deadline to submit the form: Jan 24, 2023 (same deadline as the media submission).

8. EVENT JUDGING

This competition is being organized by Ice Skate Egypt.

The competition will take place using video submissions by the skaters and will be judged in a virtual live mode by the officials.

Officials will consist of ISU figure skating judges and technical panelists that will be assigned by the organizers.

Judging of all approved videos will start on Feb 4, 2023 and will follow the International Judging System (IJS).

9. RESULTS

Results will be calculated respecting all ISU rules and regulations and will utilize the approved ISU virtual judging system.

Results will be communicated not before Feb 7, 2023.

10. AWARDS

Awards for each category are:

1st place - Medal, Certificate

2nd place - Medal, Certificate

3rd place - Medal, Certificate

11. VIDEO SUBMISSION

Videos must be submitted by Jan 24, 2023 at 11:45pm (Cairo Local Time, GMT +2) per the instructions that will be provided to you after your registration.

Filming Instructions:

All video submissions MUST strictly follow the instructions below:

Filming Location:

- Video is to be taken at or close to center ice at the boards level with no glass in front of the camera. Videos taken from the stands will NOT be accepted. It is important that when filming, all corners of the ice can be captured.
- If the coach is the one taking the video, they may stand on the ice in a fixed spot close to the boards.
- We recommend positioning the camera in the following positions:

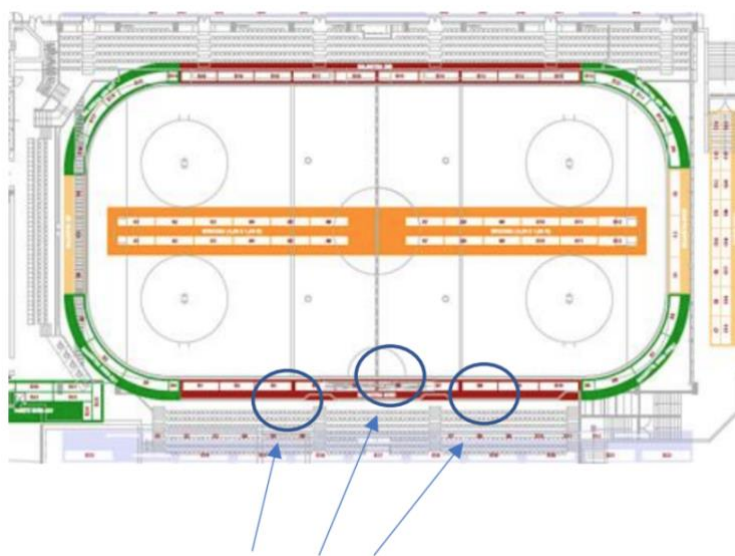


Fig 1: Recommended camera positions

Filming Equipment / Specs / setup:

- It is recommended to use a professional videographer. However, you may use a professional video camera, tablet, or cell phone with high-definition recording capability.
- All programs must be filmed in high resolution (1920x1080) to be submitted in mp4 file format.
- Video must be shot horizontally (landscape). Videos shot in portrait will NOT be accepted.
- The camera must remain stable. It is highly recommended to use a tripod during filming.
- If using a cell phone or tablet, we recommend you switch to airplane mode and turn off Wi-Fi, to avoid interruptions during filming.
- Video submissions must NOT contain any editing or splicing. Any videos that are deemed edited will automatically be disqualified.
- The use of intentional scenery, flags, props, etc. is FORBIDDEN

Filming Instructions:

- The skater being filmed must be the only person on the ice and in competition attire. If the coach is the one taking the video, they may stand on the ice in a fixed spot close to the boards. Following the skater on the ice is prohibited.
- Filming should be in the following order:
 1. The skater should skate away from the boards and take their starting position as they normally would in a regular competition.
 2. At the end of the video, the skater should bow and be filmed skating off the ice.
- Skater must perform to the camera.
- Skater is to be kept in the middle of the frame.
- The skater must be seen from head to toe the entire time.
- Try to have the skater fill the frame as much as possible by zooming in. Any videos that are too far away will not be accepted. **Remember** that the judges must be able to evaluate the execution of the element clearly with the video. Please see the example below.

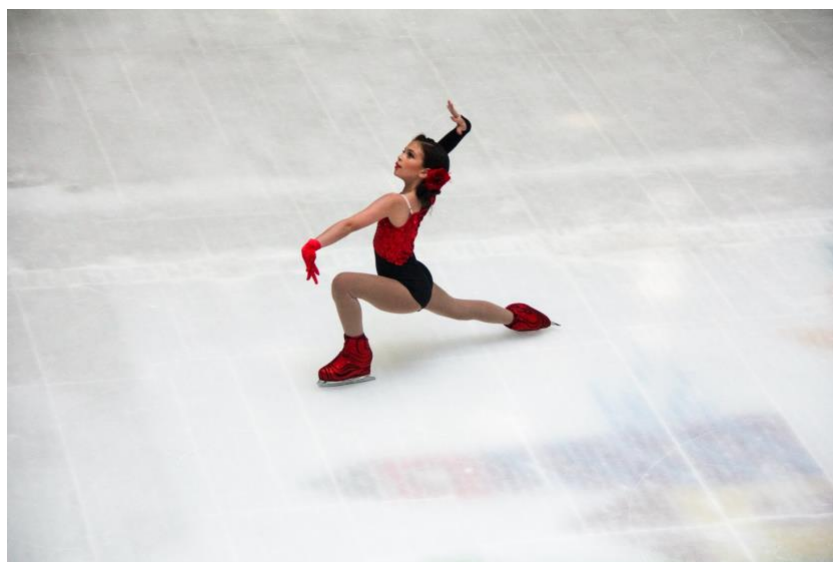


Fig 2: An example of the skater at the center of the frame.

- Music should be audible in the submitted video with NO other voices heard near the camera.
- Clapping / appropriate cheering is ONLY allowed at the end of the program. It is NOT permitted at the start of the program or during the program.
- NO introductions of skaters, and no announcements should be made.
- Record a test video, preferably a full program, to get comfortable with the filming process. Then watch it to see if you need any adjustments for the actual filming for submission.

Videos that do not follow the above guidelines will NOT be accepted and the submission will be rejected. There will be no refunds.

Video Upload Instructions:

- After the registration deadline (Jan 4 2023), you will be provided with instructions on how to upload your video.
- Please name your video file with your skater's full name and their category. FOR EXAMPLE: JOY_RIZK_Obelisk 1.MP4
- The original video recorded must be uploaded. A video that has been texted will have lower quality and will NOT be accepted.
- Do not compress the file size, you must upload the original file.
- Skaters are only permitted to submit one video per registered program.

12. PHOTO SUBMISSION

Required Photos:

We will require the skaters to submit the following 3 photos in high resolution (min 300ppi) in their competition attire:

1. Portrait photo (half body)– blurred background if possible.
2. Starting program pose or ending pose on the ice (or both)
3. An additional photo on the ice (skater's choice)

These photos will be used on Ice Skate Egypt's social media. They can be taken on another day than the filming day but must be in their competition attire.

For skaters submitting two programs as a requirement, you may choose to send photos of your short program, freestyle program, or preferably a mix of both.

Deadline to submit the photos: Jan 24, 2023 (same deadline as the video submission).

Important: No readable text/logos of any kind permitted on clothing or background for photos.

Optional Photos:

Submission of professional action photos (using a DSLR camera) is encouraged and is greatly appreciated. This is not a requirement.

We do NOT recommend that these photos be taken with the same camera during filming of the video to avoid affecting the video quality.

In addition, screen shots of the submitted video are considered unacceptable quality.

Photos that do not follow the above guidelines will NOT be accepted and will not be used.

Note: A personal photo is required for the membership application (details under #14).

13. GENERAL APPEARANCE

Clothing:

- The clothing of the skaters must be modest, dignified, and appropriate for athletic competition – not garish or overly theatrical in design. Clothing may, however, reflect the character of the music chosen.
- The clothing must NOT hide the body line of the skaters NOR give an effect of excessive nudity that is inappropriate.
- Women must wear a costume with a figure skating skirt or wear a unitard.
- Women are NOT allowed to wear shorts, or short skirts such as those used typically for rhythmic gymnastics.
- Skating tights must look neat and be free of any rips or holes.
- Men must wear full length trousers. Tights or shorts are not allowed.
- Costumes should be original and NOT a direct imitation of any ISU International skater.
- Decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction.

Makeup:

- Makeup, if used, should be soft, harmonious, highlighting the beauty of the skaters. Unnatural colors, heavy makeup or makeup that does not match the skater's real age will not be permitted.
- The hair must be neat and secured away from the face allowing the judges to see the clear face of the skater.

Skates:

- Skaters must wear figure skates that are clean in appearance and free from distracting marks. If skates are visible, they should be black for men, white or tan for women. Appropriate boot covers are permitted.

Any costume or makeup violation will NOT be accepted, and the video submission will be denied.

14. MEMBERSHIP AND REGISTRATION PROCESSES

Membership and Registration Processes Explained:

- Competitors must be members of Ice Skate Egypt
- To start the membership process, an online form must be completed, and an online account is created (skater's information will be saved)
- Please allow 2-3 business days for membership to be processed.
- If membership is approved, an email will be sent to proceed to payment of the membership fees
- After payment is received, you will have access to register for the competition online
- Registration for the competition must be done by completing an online form
- Membership and registration will open Dec 14, 2022
- Registration will close on Jan 4, 2023, at 11:45pm Cairo Local Time (GMT +2)

Before completing the membership form, make sure to have the following:

- Digital copy for electronic upload:
 - Proof of Egyptian citizenship (birth certificate, national ID, or Egyptian passport)
 - Personal Photo (clear image of the face, directly facing the camera with neutral expression, using a plain background, photo must be recent, vertical/portrait mode) - no selfies or filters.
- Coach's name and valid contact number and email

Before completing the competition registration form, make sure to have the following:

- Digital copy for electronic upload:
 - Coach's Federation valid membership card or a letter from their federation
- Coach's Federation, valid contact number and email

Submission Process Explained:

The instructions to upload the following list will be provided after submission of the completed registration form online.

1. Video and Photos Upload
2. Planned Program Content Sheet
3. Coach's Affidavit

Submission deadline: Jan 24, 2023

The registration form must be completed online on the following page

<https://iceskateegypt.com/events2023>

Contact email

events@iceskateegypt.com

15. LIABILITY

All participants act on their own responsibility. The organizer accepts no liability for bodily or personal injury or for property loss or damage incurred by any skater, coach or official.