

# Egyptian National Championships 2023



Virtual Competition  
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  
**2023 Egyptian National Championships**

This National Competition is for  
Senior, Junior (Women/Men)  
Advanced Novice Intermediate Novice,  
Basic Novice, Cubs, Chicks (Girls/Boys)

Organized by  
Ice Skate Egypt

This competition is virtual/online only

## 1. GENERAL REGULATIONS

The Egyptian National Championships will be conducted in accordance with the ISU Constitution and General Regulations 2022, the Special Regulations & Technical Rules Single & Pair Skating 2022, and the relevant ISU Communications.

Participation in the Egyptian National Championships is open to all Competitors who carry the Egyptian citizenship, provided that their ages fall within the limits specified in Rule 108 and they meet all the participation requirements. Proof of Egyptian citizenship will be required of all competitors and must be uploaded at the time of registration.

A competitor competing in Ice Skate Egypt's Adult National Championships 2023 or Key of Life National Figure Skating Festival MAY NOT participate in this competition.

A clearance certificate is required for any competitor 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 following ISU requirements and judged according to the International Judging System (IJS).

The competition will take place using video submissions by the competitors 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 competitors must register online individually by Jan 4, 2023.

The entry fee per competitor for each level is: 5000 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 competitor during the registration process.

**4. TECHNICAL REQUIREMENTS**

- Competitors must fulfill ALL the required elements for the level they are competing.
- **IMPORTANT:** In case of missed or downgraded required elements, a minimum score to be determined by the judges will be required to earn a medal. If this condition is not met, skater will be deemed a participant.

SENIORS (Women and Men)	Short Program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 611, paragraphs 1 and 2.  Duration: 2 min., 40 sec., +/- 10 sec.
	Free Skating	In accordance with ISU Technical Rules Single & Pair Skating 2022, Rule 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.  Duration: 4 min., +/- 10 sec.

JUNIORS (Women and Men)	Short Program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2022 Rule 611, paragraphs 1 and 3 for 2022/23.  Duration: 2 min., 40 sec., +/- 10 sec.
	Free Skating	In accordance with ISU Technical Rules Single & Pair Skating 2022, Rule 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value.  Duration: 3 min., 30 sec., +/- 10 sec.
ADVANCED NOVICE (Girls and Boys)	Short Program	Age and requirements according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication No. 2489 and all respective ISU communications.  Duration: 2 min., 20 sec., +/- 10 sec.
	Free Skating	Age and requirements according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication No. 2489 and all respective ISU communications.  Duration: 3 min +/- 10 sec.
INTERMEDIATE NOVICE (Girls and Boys)	Free Skating	Age and requirements according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication No. 2489 and all respective ISU communications.  Duration: 3 min., +/- 10 sec.
BASIC NOVICE (Girls and Boys)	Free Skating	Age and requirements according to the ISU Technical Rules Single and Pair Skating 2022, ISU Communication No. 2489 and all respective ISU communications.  Duration: 2 min., 30 sec +/- 10 sec.

## Cubs/Chicks information:

### CUBS (Girls and Boys)

Age requirements: Competitors born: July 1, 2012 – June 30, 2014

Free Skating: 2 min, +/- 10 sec

### CHICKS (Girls and Boys)

Age requirements: Competitors born: July 1, 2014 and younger

Free Skating: 2 min, +/- 10 sec

### A well-balanced CUBS and CHICKS 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) step sequence fully utilizing the ice surface.

Level explanation: For CHICKS and CUBS, in all elements which are subject to levels, only features up to Level 2 will be counted. Any additional features will not be counted for Level Requirements and will be ignored by the Technical Panel.

The program components will be judged only according to the following criteria:

- Composition
- Presentation
- Skating Skills

The factors for the program components are 1.67

The same ISU rules on Judging, Refereeing and work of the Technical Panel will be applied as it is in Junior and Senior International competitions.

## 5. PLANNED PROGRAM CONTENT/ MUSIC

All competitors must submit a “Planned Program Content” sheet. Please include competitor’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 competitor 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 competitor’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 competitor, 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 competitors 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:

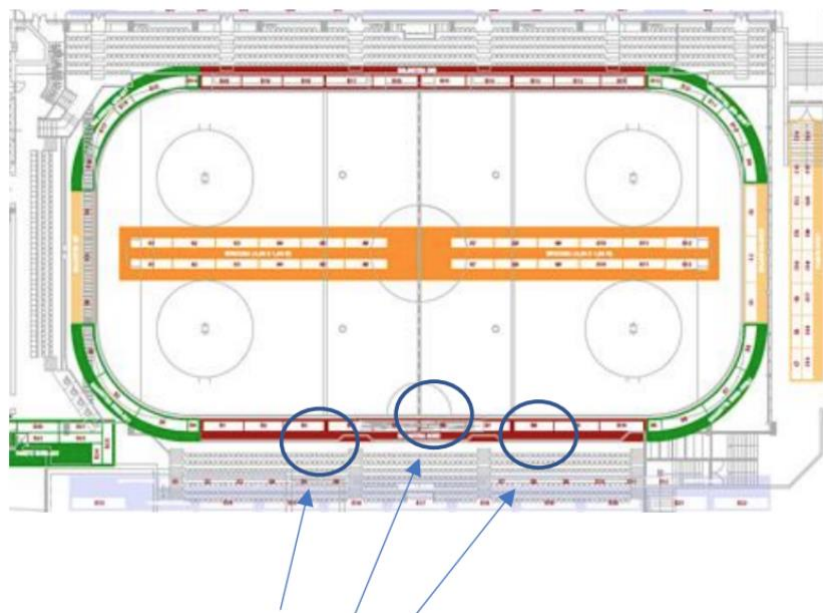


Fig 1: Recommended camera positions

## 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 competitor 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 competitor on the ice is prohibited.
- Filming should be in the following order:
  1. The competitor 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 competitor should bow and be filmed skating off the ice.
- Competitor must perform to the camera.
- Competitor is to be kept in the middle of the frame.
- The competitor must be seen from head to toe the entire time.
- Try to have the competitor 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.

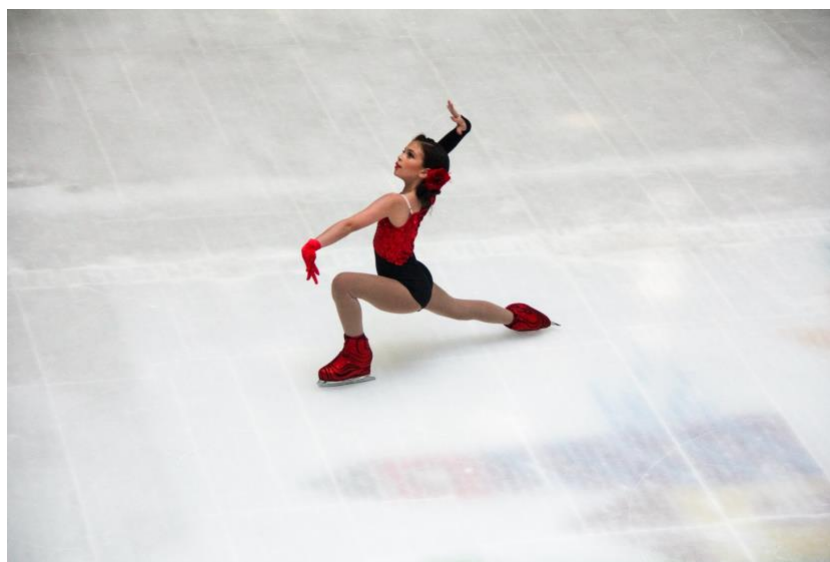


Fig 2: An example of the competitor at the center of the frame.

- 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 competitor's full name and their category. FOR EXAMPLE: JOY\_RIZK\_Intermediate Novice.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.
- Competitors are only permitted to submit one video per registered program.

## 12. PHOTO SUBMISSION

### Required Photos:

We will require the competitors 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 (competitor'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 competitors 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 competitors 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 competitors 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 competitors. Unnatural colors, heavy makeup or makeup that does not match the competitor'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 competitor.

#### Skates:

- Competitors 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 championships online
- Registration for the championships 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 championships 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](mailto: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 competitor, coach or official.