

Union Luxembourgeoise de Patinage



CADRE NATIONAL

FIGURE SKATING

Rules and Guidelines

Season: 2023/2024

Content

1. Introduction
2. General conditions
 - 2.1 Conditions to become a member of the Cadre national
 - 2.2 Categories and age limits
 - 2.3 Cadre and Cadre Espoir
 - 2.4 Assessment process and results
 - 2.5 Exceptions
3. Elements and scores
 - 3.1 List of elements
 - 3.2 Technical elements score (TES)
4. Technical Committee
5. National coach
6. National-level Figure Skaters
7. Preparation and participation in competitions
8. Reimbursement of competition costs
9. Financial awards
10. Financial subsidies for private camps

1. Introduction

The national cadre plays a crucial role in talent identification and athlete development. It helps identify promising young skaters and provides them with appropriate training programs and support to nurture their talent and potential.

Being part of the national cadre in figure skating comes with various benefits and responsibilities. Skaters receive additional support and resources from the Union, including specialized training programs, coaching, sports science support, and financial assistance. They may also will have the opportunity to represent our country in prestigious international events, such as all ISU Competitions, Junior Grand Prix's and Junior World Championships as well as and other major competitions.

As members of the national cadre, figure skaters are expected to maintain a high level of dedication, discipline, and professionalism. They shall train intensively to improve their skills, compete against other top skaters, and strive to achieve the best possible results for their country.

Luxembourg is represented by skaters whose level promises the best performances at international level in the short, intermediate, and long term. Detection and selection are carried out by the national coach and the technical committee appointed by the Union Luxembourgeoise de Patinage (hereafter "the Union"), assisted by the head coach of the club concerned (based on the criteria set out in section 2 below)

The selection process for the national cadre generally involves a combination of competition results, performance evaluations, and specific selection criteria set by the national coach, the technical committee and the Union. Skaters who meet the criteria and show potential to compete at the international level are invited to join the national cadre.

The Union ensures that the rules of the International Skating Union (ISU) are respected, that the skaters in the national cadre receive the best possible training conditions and, together with the national coach, monitors and supervises international and national development programmes and applies them to the members of the cadre.

2. General conditions

The detection and selection are carried out by the national coach and the technical committee¹ appointed by the Union based on the criteria set out in this chapter.

Selection (new and existing members) must be confirmed by an on-ice performance test and physical tests whose content is published in advance.

A skater may only take part in tests of the national cadre by **formal invitation** from the Union. On the basis of reasoned proposition, the coaches of the clubs can propose the candidates likely to become members of the national cadre to the national coach. The technical committee, after confirming the list of candidates, send it to the Union, which takes care of the invitations and the organization of the tests. The deadline for proposing candidates will be communicated to coaches in due time.

Tests are organised before the start of the new season or at the beginning of the season, and no later than October 15th. The member of technical committee assesses the candidates' performances. The Union ensures that the tests run smoothly and that the jury is present.

Physical tests are assessed by the coaches mandated by the Union and are organised at the beginning and end of each season. The results of these tests are not eliminatory but national coaches and club coaches shall use the data collected from these tests to adapt training sessions if necessary. However, in case of a not-conclusive evaluation of the performance on-ice, these data can be taken into account.

2.1 Conditions to become a member of the national cadre

Skater must be able to represent the Grand-Duchy of Luxembourg at international ISU competitions:

- The skater is a Luxembourgish citizen, or
- The skater has a valid ISU clearance to represent Luxembourg in the upcoming skating season (ISU rule No 109).

The skaters must be member of figure skating club in Luxembourg, which is member of the Union.

The skaters must participate in the tests organized by the Union².

The skaters must successfully perform the elements required for his/her age category during the test organised by the Union.

¹ See chapter 4 below.

² Exceptions may be applied. See section 2.5 below.

2.2 Categories and age limits

Reference date for putting skater into right category is June 30th of the calendar year the season starts.

For the **2023/2024** season, the age limits are as follow:

Category: **PRE-MINIMEN (7 years and younger)** - born 01.07.2015 and younger

Category: **MINIMEN A (8 – 9 years old)** - born between 01.07.2013 – 30.06.2015

Category: **MINIMEN B (10 years old)** - born between 01.07.2012 – 30.06.2013

Category: **NOVICE (11 – 12 years old)** - born between 01.07.2010 – 30.06.2012

Category: **INTERMEDIATE (13 – 15 years old)** - born between 01.07.2007 – 30.06.2010

Category: **JUNIOR (16 – 18 years old)** - born between 01.07.2004 – 30.06.2007

Category: **SENIOR (19 years and older)**: born before 01.07.2004

The age of the skater is decisive in putting the skater into the right category for Cadre assessment (not the category they skate at competitions).

2.3 Cadre and Cadre Espoir

To be eligible to join the cadre of the Union, the skater must successfully perform ALL elements of the respective age category listed below in the annual Cadre assessment.

In case the skater can successfully perform all elements except one, the skater may be allowed to join the so-called “Cadre Espoir”.

2.4 Assessment process and results

The Union prepares the conditions for on-ice evaluations in advance. The order of the skaters, the schedule, the time for the warm-up and the process of the evaluation are sent to the skaters at the same time as the invitation and no later than seven (7) days before.

Assessment is done by a panel of judges, members of the technical committee. The evaluation is not public. Skaters have maximum of two (2) attempts to show the element. Exceptions may be made at the discretion of the panel of judges.

Skaters (or their parents) will be informed about the results at the latest 3 days after the tests.

2.5 Exceptions

The skaters who take part in Junior Grand Prix (JGP) or in other high-level international competitions can benefit from an exception to take the cadre assessment. The decision is taken by the technical committee and the Union is informed. The Union will assess each case independently and takes a final decision.

Skaters training abroad are also invited to take part in the assessment. An exception may be granted if travel costs are excessive or if the skater has other difficulties in attending the evaluation. In this case, the videos of the short and the free program or other elements may be requested. The technical committee takes the decision and the Union is informed. The Union will assess each case independently and takes a final decision.

If the skater is injured/sick during annual cadre tests, he/she needs to present medical certificate. The Union will assess each case independently and takes a decision.

3. Elements and score

3.1 List of elements

As already mentioned, participation in the test is by invitation only. Before submitting a candidate, the coaches shall ensure that the selected skater is able to perform ALL the elements listed for each age category in the table below.

TABLE OF ELEMENTS

<p>AGE CATEGORY: 7 years and younger (PRE-MINIMEN)</p> <ol style="list-style-type: none"> 1. Crossovers forward, both sides 2. Crossovers backward, both sides 3. Mohawk forward inside, both sides 4. 1S or 1T 5. 1Lo 6. USp (6 revolutions) 7. SSp (3 revolutions) <p>This category is not eligible for Cadre Espoir</p>	<p>AGE CATEGORY: 8 – 9 years (MINIMEN A)</p> <ol style="list-style-type: none"> 1. Waltz three turns, both sides 2. Mohawk forward outside, both sides 3. 1F+1Lo or 1F+1T 4. 1Lz 5. 1A 6. Double jump of choice 7. SSp level 1 (6 revolutions) 8. CoSp level 1 (All 3 basic positions, each min. 3 revolutions)
<p>AGE CATEGORY: 10 years (MINIMEN B)</p> <ol style="list-style-type: none"> 1. StSqB 2. 1A+1Lo or 1A+1T 3. Double jump of choice 4. Second double jump of choice (different) 5. CSSpB (5+5 revolutions) 6. CCoSp Level 1 (All 3 basic positions, each min. 3 revolutions and each leg min. 5 revolutions) 	<p>AGE CATEGORY: 11 – 12 years (NOVICE) Technical score: 15 points</p> <ol style="list-style-type: none"> 1. StSq1 2. 2Lo 3. 2F or 2Lz 4. Combination of 2 double jumps (the two jumps may be the same but the first jump of the combo must be different from no. 2 and 3) 5. CCoSp Level 2 (All 3 basic positions, each min. 3 revolutions and each leg min. 5 revolutions) 6. CCSp Base Value (5+5 revolutions)
<p>AGE CATEGORY: 13 – 15 years (INTERMEDIATE) Technical score: 16 points</p> <ol style="list-style-type: none"> 1. StSq Level 2 2. 2F or 2Lz 3. 2F or 2Lz (must be different from no. 2) in combination with 2T or 2Lo 4. 2A< (fall is tolerated) 5. FSSp Level 2/FCSp Level 2 (8 revolutions) 6. CCoSp Level 3 (All 3 basic positions, each min. 3 revolutions and each leg min. 5 revolutions) 7. LSp Level 1/Spin in basic position with no change of foot Level 2 (8 revolutions) 	<p>AGE CATEGORY: 16 – 18 years (JUNIORS) Technical score: 25 points</p> <ol style="list-style-type: none"> 1. StSq Level 3 2. 2A or Triple jump< (fall is tolerated) 3. Combination of 3 double jumps (2 of them must be different) 4. FCSSp Level 3/FCSSp Level 3 (6/6 revolutions) 5. CCoSp Level 4 (All 3 basic positions, each min. 3 revolutions and each leg min. 6 revolutions) <p>Aspirational element: skater may show an additional triple jump.</p>
<p>AGE CATEGORY: 19 years+ (SENIORS) Technical score: 36 points</p> <ol style="list-style-type: none"> 1. 2A 2. Triple jump of choice 3. For boys only: second different triple jump of choice 4. Flying spin (with or without change of foot) Level 4 5. CCoSp Level 4 (All 3 basic positions, each min. 3 revolutions and each leg min. 6 revolutions) 6. Spin in one position with change of foot done by jump 	

3.2 Technical elements score (TES)

For some age categories skaters must obtain a certain technical score (TES) in addition to performing their elements. The skaters can achieve the required TES for his/her free program in an international competition (e.g. NRW Trophy, Heiko-Fisher Trophy, Challenge Cup Tillburg, Coupe du Printemps, etc.) he/she takes part in during the season preceding to the cadre tests. These scores are assessed by the technical committee.

4. Technical Committee

At the beginning of the season, the Union appoints a technical committee made up of the national coach and judges from our union. The Union may also call on judges and technical specialists from other ISU federations, if necessary. The committee draws up with national coach a list of candidates for the cadre tests. The committee is responsible for evaluating and scoring the performance of skaters during the cadre assessment. If necessary, the committee is called upon to evaluate performances prior to nomination for high-level ISU competitions (JGP, championships, etc.). The committee may be consulted during the season and give its opinion on various technical issues (creating nomination criteria, updating National Cadre criteria, updating criteria for COSL Cadre de Promotion and Cadre d'Elite...). The members of the committee are independent and impartial in their decisions. The list of members is published on the Union website.

5. National Coach

The role of the national coach in figure skating is crucial to the development and success of skaters representing our country at various levels of competition.

The national coach is appointed by the Union for a renewable period of two years. The national coach is responsible for identifying promising young skaters with potential talent and aptitude for figure skating.

Once talented skaters are identified, the national coach supervises their training and skill development. He/she is responsible for a training program of the cadre to enhance the skaters' technical abilities, artistic expression, and overall performance on the ice. The training of the cadre is 2x 1,5 hours (on-ice) a week.

The national coach works diligently to prepare skaters for national and international competitions. The national coach collaborates with the head coach of the club/skater's personal coach to ensure a coherent training approach and consistent progress. The coaches provide guidance, corrections and develop personalized training plans to help the skaters achieve their full potential.

The national coach is also involved in the long-term athlete development plan for figure skating. They help skaters transition from upper competition categories to higher ones and plan for their future careers in the sport. The national coach collaborates with other state institutions such as the COSL, ENEPS, LIHPS, Ministry of Sports and represents figure

skating in a respectful and loyal manner and acts as an ambassador for the sport and work to promote its growth and development at both the grassroots and elite levels.

The national coach regularly informs the Union of the situation within the cadres and works on the development programmes proposed by the ISU and propose the skaters to take part in it.

6. National-Level Figure Skaters

It is essential to note that being a member of the national cadre requires immense dedication, sacrifice, and a passion for the sport.

Skaters of national cadre must be disciplined in their training, practice, and lifestyle choices to maintain peak performance. They should show respect to coaches, fellow skaters, officials and everyone involved in the sport. The skaters should trust their coaches and work collaboratively to reach their goals.

A strong work ethic and unwavering dedication are vital to achieving success in this sport. Skaters should take responsibility for their actions, performance, and adherence to the rules.

Any misconduct or disrespect the coaches, officials or other skaters during practices, competitions, off the ice rink will be reported to the Union, who will draw the consequences and take measures to protect the integrity of the sport.

A *Charter of commitments* will be signed between Union and the skater - member of the national cadre and his/her parents after the cadre tests.

7. Preparation and participation in competitions

The skaters of the national cadre take part in competitions on a list drawn up by the club's head coach/personal coach communicated to the national coach and Union before the start of the competitive season. Refusal to take part in the competition must be duly justified. In the event of limited number of entries per country, the Union has right to moderate the selection process in cooperation with all involved coaches.

The head coach of the club concerned is responsible for the skaters' overall training programme and works closely with the national coach. Their work is complementary and must focus on the individual progress and goals of each skater of the cadre. Coaches respect each other. No coach may refuse to coach a skater without good reason. If they do, they must inform the Union, and the club concerned immediately.

The head coach of the club concerned or the national coach in the case of high-level competitions such as Junior Grand Prix, Junior World Championships, Grand Prix, European Championships, World Championships, YEOF, Olympic Games, accompanies skaters to competitions. Accompaniment by another coach may be authorized

exceptionally in case of major impediment of the head coach and the national coach according to the conditions listed in the following paragraph.

For other ISU international competitions, skaters may be accompanied by the coach of their choice, as well as by coaches from outside the Union. However, certain conditions must be met. The chosen coach must be a coach from an ISU member federation. Must comply with ISU rules. Must respect the national coach and the head coaches of our federation and must not undermine their authority. Cannot act against the interest of our federation nor harm its integrity. The Union reserves the right to refuse to apply for accreditation for an external coach. No external coach will be reimbursed on costs by the Union for costs incurred.

If the skater is authorised to train outside Luxembourg and takes part in ISU high-level competitions or other ISU international competitions, he/she may be accompanied by the coach of his/her current training club. The Union evaluates the conditions for accreditation and reimbursement of costs for the external coach. A request must be sent to the Union as soon as the skater decides to participate in such competitions.

8. Reimbursement of competition costs

The Union examines the reimbursement of competition fees before each start of the season. The high-level competitions can be reimbursed as follow:

JGP

Skaters: Travel and Entry fees (accommodation and meal are generally covered by the organizing committee)

Coaches: Travel, Accommodation and Daily compensation

Travel expenses must be approved in advance by the Union.

It should be noted that these reimbursements may be deducted or refused due to inappropriate behaviour by the skater, coach, judge or other members of delegation during the competition.

Others ISU competitions

The results of the previous season, the number of competitions scheduled and the current economic situation are taken into account when determining the reimbursement of competition costs. The Union informs of its decision without delay before the first competition.

It should be noted that these reimbursements may be deducted or refused due to inappropriate behaviour by the skater, coach, judge or other members of delegation during the competition.

9. Financial awards

The Union may grant a certain financial award at the end of each season to skaters who have achieved the best results of the season. It is also taken into account the behaviour of the skater and related person, participation in training and compliance with the rules. The Union establishes the criteria and the amount of reward after the annual cadre tests.

10. Financial subsidies for private camps

As far as possible and depending on the budget, the ULP organises training camp for the national cadre at least once a year, either at the Kockelscheuer ice rink or abroad as part of a development program.

The ULP may also decide, depending on the budget available, to grant a financial subsidy to private training camps for cadre and cadre-espoir. Such a subsidy should apply to a calendar year. The ULP will inform the members at the beginning of the calendar year.