



# Figure skating

Gangneung Ice Arena

Sochi single gold medalist **Adelina Sotnikova (RUS)**



**SINGLE SKATING** (slight variations for men and women): Comprises **Short Programme** (2:50 mins) and **Free Skating** (ladies 4:00 mins / men 4:30 mins)\*

## ■ Short Programme (seven required elements)

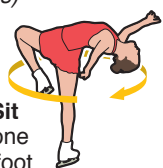
### 1 Step Sequence:

Fully utilising ice surface



### 2 Layback, Camel or Sit Spin

Camel or Sit Spin with one change of foot



### 3 Flying Spin: Spin entered from jump (flying sit spin shown)



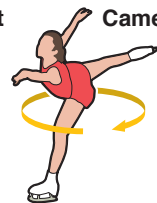
### 4 Spin Combination: With only one change of foot (example spins)



Upright Spin



Camel Spin



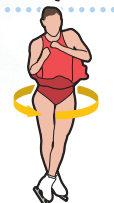
Sit Spin



### 5 Double (or Triple) Axel



Take off on left forward outside edge



Two (or three) rotations



Land on right foot, back outside edge

## PAIRS

Comprised of **Short programme** and **Free Skating** sessions. Pair perform manoeuvres including **Throw Jumps** (man throws partner to assist her jump), **Overhead Lifts**, **Pair Spins** (shown), **Death Spirals** etc



## ICE DANCE

Drawn from ballroom dancing, comprising **Short Dance** and **Free Dance** segments. Focus on intricate footwork in time with music. Couple must not be apart for more than five seconds, lifts must not go above shoulder



### 6 Triple Jump: Preceded by connecting steps



### Quadruple Jump optional



### 7 Jump Combination: Double and Triple Jump, or two Triple Jumps



### Quadruple Jump and Double or Triple Jump optional



### ■ Free Skating (well balanced elements): Maximum 7 jumps (8 for men), 3 spins, 1 step sequence, 1 choreographic sequence

## TEAM EVENT

Ranking decided on score tallies of four events, men's/ladies' **Singles**, **Pairs**, **Ice Dance** (separate performances from other events)

Winter Olympic debut: 1924

## Gold medal winners Sochi 2014

Single	<b>Y. Hanyu (JPN)</b>	Ice dance	<b>C. White/M. Davis (USA)</b>	Team	<b>Russia</b>
Single	<b>A. Sotnikova (RUS)</b>	Pairs	<b>M. Trankov/T. Volosozhar (RUS)</b>		