



**FOUR NATIONALS CHAMPIONSHIPS**  
Czechia, Hungary, Poland, Slovak Republic

**Cieszyn, Poland**

**12 – 14 December 2024**

**ANNOUNCEMENT**

**4NC 2025**



## Four Nationals Championships 2025 (4NC)

### National Championships of Czechia, Hungary, Poland, Slovak Republic

for the following categories

**Senior:** Men, Women, Ice Dance, Pair Skating  
**Junior:** Ice Dacne, Pair Skating  
**Advanced Novice:** Pair Skating

organized by

**Polish Figure Skating Association**

**Cieszyn, Poland**

**12 – 14 December 2024**

Four Nationals Championships 2025 Organizing Committee  
Polish Figure Skating Association  
ul. Łazienkowska 6A, 00-449 Warsaw

[4nc@pzlf.pl](mailto:4nc@pzlf.pl)  
[www.pzlf.pl](http://www.pzlf.pl)

## 1. INTRODUCTION

The Four Nationals Championships 2025 in Figure Skating will be conducted in accordance with the National Regulations. All participating Nations follow its own valid Regulations for its own National Championships.

The Organizers reserve the right to change the date, location, and program of the competition as well as to update the Announcement if necessary. When submitting an entry all competitors acknowledge that the Organizers can only host the competition in accordance with the effective medical and government regulations. The competitors also acknowledge that in case laws forbid it the Organizers are unable to hold the competition. Furthermore, in case the competition cannot take place due to legal restrictions or public health issues the Organizers bear no responsibility for any damage resulting from the cancellation and thus no claims can be made towards the Organizers. The Organizers are not obliged to assign a new date for the competition if it is cancelled because of the above-mentioned reasons.

## 2. GENERAL REGULATIONS

**Place of competition:** Hala Widowiskowo-Sportowa im. Cieszyńskich Olimpijczyków  
ul. Sportowa 1, 43-400 Cieszyn  
Rink is indoor, heated ice rink with a surface of 60 x 30 meters, located near the center of Cieszyn.

**Date:** December 12-14, 2024

**Organizer:** Polish Figure Skating Association  
ul. Łazienkowska 6A, 00-449 Warsaw  
[office@pzlf.pl](mailto:office@pzlf.pl)

**Categories:**

<b>Men:</b>	Senior
<b>Women:</b>	Senior
<b>Ice Dance:</b>	Senior, Junior
<b>Pair Skating:</b>	Senior, Junior, Advanced Novice

## 3. TECHNICAL DATA

<b>MEN</b>	Short Program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 2.  Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating	In accordance with ISU Technical Rules Single & Pair Skating 2024, 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.
<b>WOMEN</b>	Short Program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 611, paragraphs 1 and 2.  Duration: 2 min., 40 sec. +/- 10 sec.

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	Free Skating	In accordance with ISU Technical Rules Single & Pair Skating 2024, 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.
<b>ICE DANCE</b>	Rhythm Dance	In accordance with ISU Technical Rules Ice Dance 2024, Rule 709. Rhythms, required elements and guidelines are those listed in ISU Communications 2630 and subsequent updates.  Duration: 2 min., 50 sec., +/- 10 sec
	Free Dance	In accordance with ISU Technical Rules Ice Dance 2022, Rule 710. The required elements to be skated are those listed in ISU Communication 2630 and subsequent updates.  Duration: 4 min., +/- 10 sec.
<b>PAIR SKATING</b>	Short Program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 620, paragraphs 1 and 2.  Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating	In accordance with ISU Technical Rules Single & Pair Skating 2024, Rule 621 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value.  Duration: 4 min., +/- 10 sec.
<b>JUNIOR ICE DANCE</b>	Rhythm Dance	In accordance with ISU Technical Rules Ice Dance 2024, Rule 709.  Rhythms, required elements and guidelines are those listed in ISU Communication 2630 and subsequent updates.  Duration: 2 min., 50 sec. +/- 10 sec
	Free Dance	In accordance with ISU Technical Rules Ice Dance 2024, Rule 710. The required elements to be skated are those listed in ISU Communication 2630 and subsequent updates.  Duration: 3 min., 30 sec. +/- 10 sec.
<b>JUNIOR PAIR SKATING</b>	Short Program	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2024, Rule 620, paragraphs 1 and 3 for 2024/25.  Duration: 2 min., 40 sec. +/- 10 sec.

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Free Skating In accordance with ISU Technical Rules Figure Skating & Pairs Skating 2024, Rule 621 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 PAIR SKATING**

Short Program According to ISU Communication 2624 and subsequent updates.

Duration: 2 min., 20 sec. +/- 10 sec.

Free Skating According to ISU Communication 2624 and subsequent updates.

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

## **4. ENTRIES**

### **4.1 General**

All entries for the **Four Nationals Championships 2025**, must be done by one of four participating Federations. The Federations are responsible for correct entries of their competitors as for their own National Championships event.

### **4.2 Preliminary Entries**

The preliminary entries must reach the Organizer by latest: **November 1<sup>st</sup> 2024** by sending the information to [4nc@pzlf.pl](mailto:4nc@pzlf.pl).

### **4.3 Entries by Name**

#### **4.3.1 Entries of Competitors**

The Entries by names must be forwarded to Organizing Committee using the official entry forms latest by **November 22<sup>nd</sup> 2024** by e-mail

**Organizing Committee of the Four Nationals Championships 2025**

ul. Łazienkowska 6A. 00-449 Warsaw

e-mail: [4nc@pzlf.pl](mailto:4nc@pzlf.pl)

#### **4.3.2 Entries of Judges**

Each participating Federation has the right to nominate two judges per discipline who has at least the qualification “Judge for International Competitions”.

Additionally, each participating Federation has right to nominate one of the following Officials per discipline (Technical Controller, one of two Technical Specialists, Referee). The appointment of Officials will be made through an agreement among the four participating Federations, with the Organizer having the first choice of roles in each discipline. Each participating Federation has right to choose an Official for designated role who has at least the qualification “(...) for International Competitions”.

The Organizer will appoint two Data & Replay Operators with at least the same qualification as above.

The Entries of Judges and Officials must be made by **November 22<sup>nd</sup> 2024**.

The panel of Judges will consist of 8 Judges. In exceptional cases and if there is no possibility to compose a panel of judges with 8 Judges, the participating Federations may authorize panel of a minimum of 6 Judges.

#### **4.1.4 Entries of Team Members**



a panel of judges shall be determined by each participating country according to their own rules and decisions.

## 7. DRAW

Concerning the first segment of the categories the starting order draws will be held on Thursday **December 12<sup>th</sup> 2024** at **18:00** with the respective Referee, Technical Controller and Event Coordinator. Location of the draw and opening dinner will be announced in due time. Starting orders for the second segment will be reverse order of the SP/RD results.

## 8. PRACTICE

**Official practice** for Competitors begins on Thursday, **December 12<sup>th</sup> 2024**. The detailed schedule will be issued at the time of registration.

Unofficial practice may available on Wednesday December 11<sup>th</sup>, 2024 upon request.

## 9. MUSIC / PLANNED PROGRAM CONTENT

In accordance with Rule 343 in the ISU Special Regulations & Technical Rules Single & Pair Skating and Ice Dance, the following method to submit the Competitor's music to the Organizing Committee must be followed:

- the participating Federation is responsible for submitting their Competitor's music as direct attachment to an email to the Organizing Committee ([4nc@pzlf.pl](mailto:4nc@pzlf.pl)) until **December 7<sup>th</sup>, 2024**.

*Please note: some music files might exceed the size of a regular email. In this case, an email-based transfer service which allows to send large files could be used to send the file to the OC.*

- each submission shall be labelled with the name of the participating Federation, name of the category, segment and the name(s) of the competitor(s):

Example:

SUI\_Pairs\_SP\_MUSTERMANN-Erika\_MUSTERMANN-Max

- the music files must be sent as **WAV or MP3** file formats. Any other format is not acceptable.

*Please note: Files in MP3 format may have a significant difference in the music quality when reproduced. The Organizing Committee in this case is not responsible if the music quality would be insufficient.*

- Each Competitor must have an own back-up drive (USB Stick) for each program in the format of a WAV or MP3 file.
- The exact running time of the music (not skating time) must be communicated to the Organizing Committee when submitting the music and shall be certified by the Competitor/Coach/ at the time of registration.
- During the 1<sup>st</sup> Official Practice, the music will be played as indicated in the Practice Schedule and will allow to verify the correctness of the submitted music. If there is an issue with the music, the /Coach may be allowed to change the music by presenting an acceptable reproduction to the Organizing Committee's Music Team (USB Stick with file format of WAV or MP3 file).

If the music files have been submitted within the above-mentioned deadline to the Organizing Committee, then the music team of the Organizing Committee is entirely responsible for the correct execution of the music. In case of issues with submitted music files the Organizing Committee may request at the time of registration a secondary copy of the music files. In case the music files have not been submitted in time to the Organizing Committee, the skater(s) must present their music latest at the time of registration on the above defined mean and in the defined format.

Please note: CDs will **not** be accepted by the Organizing Committee.

The Planned Program Content must also be entered by the participating Federation or the Skater(s) and sent to the Organizing Committee no latter then **December 7<sup>th</sup>, 2024**.

## 10. ACCREDITATION

The official accreditation for Teams is planned at the **Hotel Mercure Cieszyn** upon arrival.

Accreditation is scheduled to be open on **Wednesday** afternoon (December 11<sup>th</sup>, 2024) and on **Thursday** (December 12<sup>th</sup>, 2024).

## 11. RESULTS

The marking system (ISU Judging System) as described in ISU Technical Rule Single & Pair Skating 2024, Rule 352 and Rule 353 (Determination and publication of results) will be used.

## 12. PRESENTATION OF MEDALS AND PRIZES

The three best placed Skaters/Couples will be announced and honored. Gold, silver and bronze medals will be presented to the medalists. The national anthem of the winner will be played.

The Victory Ceremony for the best three placed skaters / couples in each federation national championships will be organized off-ice by federations themselves.

All nations participating in the Four Nationals Championships will automatically participate in the Team Trophy

## 13. INSURANCE / LIABILITY

In accordance with Rule 119, it is the sole obligation of each Member participating in **Four Nationals Championships**, to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious. It is an internal matter of each participating Federation to decide the issue who shall pay the premium for such insurance.

The Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection incurred by Competitors and Officials.

## 14. INFORMATION AND VARIOUS

For information, please contact the Organizing Committee:

**Organizing Committee of the Four Nationals Championships 2025**  
ul. Łazienkowska 6A  
00-449 Warsaw  
phone: +48 502 359 933  
e-mail: [4nc@pzlf.pl](mailto:4nc@pzlf.pl)



## 15. EVENT SCHEDULE

Wednesday, December 11, 2024		<i>Unofficial practice</i>
Thursday, December 12, 2024	TBA	Individual Technical Panel Meetings
	TBA	Official practice
	TBA	Referee and Technical Controller Meeting
	TBA	Judges Draw and Meeting
	18:00	Opening and Draw
Friday, December 13, 2024		Official practice
	13:00	ADVANCED NOVICE Pair Skating – Short Program JUNIOR Pair Skating – Short Program SENIOR Pair Skating – Short Program JUNIOR Ice Dance – Rhythm Dance SENIOR Ice Dance – Rhythm Dance SENIOR Women – Short Program SENIOR Men – Short Program
Saturday, December 14, 2024		Official practice
	12:00	ADVANCED NOVICE Pair Skating – Free Skating JUNIOR Pair Skating – Free Skating SENIOR Pair Skating – Free Skating JUNIOR Ice Dance – Free Dance SENIOR Ice Dance – Free Dance SENIOR Women – Free Skating SENIOR Men – Free Skating

**Please note:**

**This schedule is subject to changes and will be updated in accordance with the final number of entries.**