B GENERAL RULES APPLICABLE TO ALL DISCIPLINES

1 Figure Skating Blades

Figure skating blades used during competitions and tests must be sharpened to produce a flat to concave cross section without change to the width of the blade as measured between the two edges. A slight tapering or narrowing of the cross section of the blade is, however, permitted.

2 Clothing and Props

The clothing of the competitors must be modest, dignified and appropriate for athletic competition. The clothing must not be garish or theatrical in design. The clothing may reflect the character of the music chosen. There can be no props and/or accessories on the ice and hand props such as banners, canes or pompons are not permitted.

2.1 Singles and Pair Skating
The clothing must not give the effect of excessive nudity for an athletic sport. Men must wear trousers; no tights are permitted.

2.2 Ice Dancing
Ladies must wear a skirt. The Ladies dress must not give the effect of excessive nudity inappropriate for an athletic sport. Men must wear full length trousers; no tights are permitted and the man's costume may not be sleeveless. Any decoration attached to costumes must be non-detachable.

2.3 Synchronised Skating
The clothing must not give the effect of excessive nudity for an athletic sport. Ladies may wear a skirt, body suit or full length trousers. The Ladies skirts must not be below the top of the calf of the legs for safety reasons. Men must wear full length trousers, no tights are permitted. Clothing and make-up must not be theatrical and must not highlight any skater. Headdresses must be kept to the absolute minimum. Ornamentation attached to the clothing or head must be firmly attached so as not to fall off while skating under normal competitive conditions.

Clothing not meeting the foregoing requirements must be penalised by a deduction of 1.0 point from the Total Segment Score.

3 Prompting

Encouragement or advice of any kind, especially prompting whilst the skater, pair, couple or team is skating, by officials or other persons, is not permitted.

4 Bowing

Before skating any program, competitors/teams are not allowed to bow to the spectators. Bows may be made to thank the public for applause given at the end of the performance.

5 Music used for competitions and medal tests

In any Championship, Competition or Medal Test unless otherwise indicated by the most recent ISU regulations, these regulations or the most recent NTC communication(s), in:

5.1 Singles and Pair Skating
In all sections, vocal music with lyrics is not permitted.

5.2 Ice Dancing
For the Original Dance in the Junior and Senior sections, the incorrect selection of music for the rhythm(s) chosen must be severely penalised. Vocal music using lyrics is permitted. Only music with a rhythmic beat may be used and the Couple must skate to the rhythmic beat.

For the Free Dance in the Junior and Senior sections, vocal music is permitted and that must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone. For the Free Dance in the Novice and Pre-novice sections, vocal music with lyrics is not permitted. The Couple should skate primarily in time to the rhythmic beat and not to the melody alone.

5.3 Synchronised Skating
In all sections, any music, including vocal music using lyrics is permitted. However, the teams must skate the program in time to the music. Additions of sounds of applause or cheers are not permitted.

5.4 Show or Gala type event
In all sections in Singles and Pair Skating and the Pre-novice and Novice sections in Ice Dancing, vocal music with lyrics is permitted, where the Executive, in the case of national events and a Provincial Committee, in the case of provincial events, have authorised such use.

6 Conduct of Competitors and Test Candidates Towards Officials

6.1 Improper Conduct

6.1.1 If any SAFSA member as an entrant in a competition or championship, a candidate for a test, a relation, trainer or coach of an entrant or candidate shall express him or herself in an improper manner or make any derogatory comment, concerning the conduct or result of a competition, championship or test, or concerning the conduct or qualification of an official or Judge, or concerning the marking by a Judge, the entrant or candidate concerned may be suspended from skating in competitions, championships and tests for such period as the Council or any Provincial Committee to which the Council delegates its powers under this regulation, may decide. This regulation shall not apply to formal reports or complaints addressed to the National Secretary, Referees of SAFSA or written complaints to the NJTC or NTC.

6.1.2 The decision as to whether any member has come within the provisions of this regulation shall be at the absolute discretion of the Council or Provincial Committee.