



+ Belgian Criterium ADU FREE SKATE 2026

OFFICIAL INVITATION

Dear skaters, club secretaries and coaches,

We are happy to invite you to the sixth 'Kristalcup Ghent' Adult and Ice Dance Competition in Belgium, which will take place on Sunday, **26 April 2026**. This is an International Adult Free Skating Competition, combined with an Ice Dance competition open to ice dancers of all ages and levels. It is organized by the 'Gentse Schaatsclub Kristallijn GSK'.

The competition includes the Belgian Criterium for Adult free skaters.

Anyone under the age of 16 on 1 July preceding the event, may not participate in the free skating categories.

This competition will include the following disciplines:

- Ladies and Men Free Skating
- Ladies and Men Artistic Free Skating
- Ice Dance Pattern Dances: recreational competition
- Adult Ice Dance and Solo Ice Dance competition
- Ice Dance competition: Novices, Junior and Senior categories
- Solo Ice Dance competition: Novices, Junior and Senior categories

We look forward to welcoming you and wish you the best of luck for the competition.

Kind regards,

Daniël Van Quickelberghe, President

Claudia Verplanke - Waas, Secretary





***International Free Skating and Artistic Free Skating Adult Competition
&
Recreational and International Ice Dance Competition***

1. Organisation:

Gentse Schaatsclub Kristallijn GSK
Warmoezeniersweg 20
9000 Ghent
Belgium

Tel.: + 32 9 2221010

Website: www.gskristallijn.be

Secretary: Claudia Verplanke - Waas,

email: claudia.verplanke@gmail.com

President: Daniël Van Quickelberghe,

email: quicks@skynet.be

2. Date:

Sunday, 26 April 2026, start at 8:00

3. Ice rink:

IJsbaan "Kristallijn"
Warmoezeniersweg 20
9000 Ghent
Belgium
Website: www.kristallijn.be

The ice rink is a **COLD**, non-heated, indoor rink. The skating area is 60m x 30m, with an extra outer ring. Ice Rink Kristallijn offers a variety of snacks and free parking space.

4. Invited members:

Clubs from all over the world shall receive this invitation.



5. Entries:

a. National entries

We have organised a **pre-registration for Belgian clubs** to enter their skaters **via the Excel entry** form two weeks prior to the opening of the entry form for international skaters.

Preregistration for Belgian club skaters start 8 February 2026 and ends on 22 February 2026 at 6 pm CET.

Payments for these entries made by the Excel form **MUST** be received on our club account on March 9st 2026 at the latest, due to technical circumstances.

All entries or payments received after this period follow the rules for international entries.

The use of this Excel entry form shall be equal to agreeing to the terms and conditions mentioned in this announcement and those mentioned on the Twizzit entry form.

b. International entries

All international entries must be made through the **Twizzit** form on our website <https://kristalcup.gent>.

The Twizzit entry form will be made available on 22 February 2026 at 6 p.m CET for international entries which will, for all categories be made via a waiting list, including free skate and artistic free skate and all Ice Dance events.

You will receive an e-mail after you have completed your entry to configure or update your account on **the Twizzit app**. This platform will process your information GDPR compliant for registration.

All international entries, as of 22 February 2026, will be immediately **put on waiting list** to allow us to fill all categories based on a ranking per category & **first come first serve per category**. There will be at least one available group per category and as many as possible of all categories based on a first come first serve entry.

The organizing committee will limit the entries up to the maximum in relation to the available ice time.

The closing date for all entries is 15 March 2026 at 10 p.m.



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6. Limitations:

All clubs are invited to take part in this competition. In case of too many entries the organizer reserves the right to limit the number of participants on a first come, first served base & first come first serve per category.

There will be no limitation for Belgian skaters competing in the Belgian Criterium, regardless their pre-registration or later registration.

The confirmation of your participation will be sent at the latest on 22 March 2026 at 10 p.m.

7. Time table:

A detailed timetable will be published as soon as possible after closing of entries and the attribution of the tickets. This timetable will be published on www.skatebelgium.be or alternatively via www.gskristallijn.be. Please check for possible changes when nearing the day of the competition.

During the competition, minor changes to the timetable may occur due to organizational circumstances.

8. Music and 'planned elements form' for Free Skating:

Every individual skater shall provide their competition music **before 5th of April 2026 at 10 p.m.**, by sending an mp3-file via e-mail to kristalcup@hotmail.com.

All mp3 files have to be named: "competitiontype_category_name_firstname.mp3"

type: FS, AFS

category FS & AFS: Bronze, Silver, Gold, Master, MasterElite

On the day of the competition, every free skater shall have a memory stick with their music as a backup.

Every individual skater shall provide their Planned Elements form (PE-form) in .pdf form **before 5th of April 2026 at 10 p.m.**, which has to be sent via e-mail to kristalcup@hotmail.com (form will be made available or sent upon request).

All planned elements have to be named: "competitiontype_category_name_firstname.pdf"

For **the Ice Dance categories**, participants shall also provide their competition music, according to the ISU requirements. For the recreational Pattern Dance part of the competition, they can be found in this announcement. They must do so **before 5th of April 2026 at 10 p.m.**, by sending an mp3-file via e-mail to kristalcup@hotmail.com.

All mp3 files have to be named: "competitiontype_category_name_firstname.mp3"

Type: DANCE

category DANCE: as per your entry

On the day of the competition, every free skater shall have a memory stick with their music as a



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backup.

9. Starting order:

For each category, the starting order will be determined by draw. Further details will follow as soon as we have been able to process all necessary information.

10. Liability:

According to ISU rules, skaters participate in the competition at their own risk. The liability for health and accident insurance lies with the athletes, officials, and all other members of the team. Such insurance must include full medical care and repatriation. The organizer cannot be held liable for accidents or damage caused by a third party.

11. Entry fee:

Entering the competition, the entry fee must be paid as follows:

Free Skating

- Solo Free Skating event: €75 per entry
- Artistic Solo Free Skating event: €75 per entry

Ice Dance

- Recreational Pattern Dance events:
 - One Solo Ice Dance event: €60 per entry
 - One Couple or Duo Ice Dance event: €85 per team entry
 - Adult Ice Dance Events
 - Solo Pattern Dance €75 per entry
 - Solo Rhythm Dance €75 per entry
 - Solo Free Dance €75 per entry
 - Rhythm Dance €90 per team entry
 - Free Dance €90 per team entry
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- events
 - Novice, Junior and Senior Ice Dance
 - Solo Pattern Dances only (Novices)
€75 per entry
 - Solo Rhythm Dance only (Juniors + Seniors)
€75 per entry
 - Solo Free Dance only
€75 per entry
 - Solo Combined event (PD or RD + FD)
€125 per entry
 - Pattern Dances only (Novices)
€90 per team entry
 - Rhythm Dance only (Juniors + Seniors)
€90 per team entry
 - Free Dance only
€90 per team entry
 - Combined event (PD or RD + FD)
€150 per team entry

The total entry fee for all your entries shall be communicated when the tickets are distributed both for individual entries and for club entries. Your entry to the competition can only be completed once the payment has been cleared.

In case you require an invoice for your records, please contact gskristallijn@gmail.com. There will be no refund of entrance fee in case of withdrawal or other circumstances.

12. Podium:

There will be a separate podium for the Belgian criterium and here after for all free skate and dance categories.

There is a podium for 1st, 2nd and 3rd place.

All skaters can verify the results afterwards on the official page of the Belgian Figure Skating Federation KBKF: <http://www.skatebelgium.be/competitions-and-tests.html>.

13. Rules:

ISU judging-system will be used.



RULES FREE SKATING COMPETITION

Age Category Singles:

Age Category Young Adults Free Skating:

Skaters have reached at least the age of sixteen (16) by 1 July preceding the competition for Ladies and Men for all categories.

Class I:

skaters born between 1 July 1986 and 30 June 1996

Class II:

skaters born between 1 July 1976 and 30 June 1986

Class III:

skaters born between 1 July 1966 and 30 June 1976

Class IV:

skaters born between 1 July 1956 and 30 June 1966

Class V:

skaters born on or before 30 June 1956

Based on the number of entries, some age Classes may be combined.

The Adult Figure Skating Single Regulations will include the following skating levels:

Adult Bronze Free Skating Ladies and Men

This is a category for skaters who can execute all single jumps but NO single Axel.

Adult Silver Free Skating Ladies and Men

This is a category for skaters who can execute all single jumps **including** single Axel.

Adult Gold Free Skating Ladies and Men

This is a category for skaters who can execute all single jumps including single Axel and double jumps but NO double Flip, double Lutz and no double Axel.

Adult Master Free Skating Ladies and Men

This is a category for skaters who can execute all single and double jumps including double Axel and triples.

Adult Master Elite Free Skating Ladies and Men

This is a category for skaters who can execute all single and double jumps including double Axel and triples.



General rules Single Skating: (International Criteria)

The competition will follow the international rules as published by ISU for single skating (Free Skating and Artistic Free Skating only) in the following document:

https://www.skatebelgium.be/uploads/4/4/0/7/44077929/regulations_2025-26_adult_competitions.pdf.

We are not able to accept any entries in the pairs' categories.

The rules for the ice dance categories may be found below.

For Belgian skaters, the specific Belgian national rules and regulations apply.



RULES ICE DANCE COMPETITION

Junior and Senior competitions

All entries made must follow ISU rules and regulations:

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Sports-Rules/Figure-Skating-Rules/Handbooks-Ice-Dance/2716---ID-Levels---Requirements-for-Technical-Rules-2025-26-updated-Aug13-1759232286-5633.pdf>

We could offer a Junior B or Senior B competition upon request for couples that would like to compete in the category, without adhering to the age requirements.

Novice competitions

All entries made must follow ISU rules and regulations:

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Corporate-Site/Governance/Transparency/ISU-Communications/2700-ID-Novice-Communication-1745584368-4527.pdf>

IMPORTANT NOTE: for organisational reasons, the following Pattern Dances will be skated:

Basic Novice: Willow Waltz and Tango Canasta

Intermediate Novice: European Waltz and Tango

We could offer a Basic Novice B, an Intermediate Novice B or an Advanced Novice B competition upon request for couples that would like to compete in the category, without adhering to the age requirements.

Solo Ice Dance Competitions (Novice, Junior and Senior)

All entries made must follow ISU rules and regulations:

<https://isu-d8g8b4b7ece7aphs.a03.azurefd.net/isudamcontainer/CMS/Fansite/Figure-Skating/2025-2026/Events/Solo-Ice-Dance/Documents/Requirements-for-2025-26-International-Solo-Dance-V2-1-25-06-04-1750159487-3285.pdf>

We could offer a Basic Novice B, an Intermediate Novice B, an Advanced Novice B, a Junior B or a Senior B competition upon request for ice dancers that would like to compete in the category, without adhering to the age requirements.

Adult and Solo Adult Competitions

All entries made must follow ISU rules and regulations:

https://www.skatebelgium.be/uploads/4/4/0/7/44077929/regulations_2025-26_adult_competitions.pdf

For the Preliminary 1 Pattern Dance category (recreational) the Novice Foxtrot and Rhythm Blues shall be skated. For the Preliminary 2 Pattern Dance category (recreational) the Golden Skaters' Waltz and Riverside Rhumba will be skated. All preliminary categories will be recreational.

For the Masters and Masters Elite Adult Ice Dance categories the ISU overview for this season lists the Austrian Waltz and Cha Cha Congelado. In the competition announcements for the ISU Adult competitions the Austrian Waltz has been replaced by the Ravensburger Waltz. Given the



discrepancy, we shall offer both options: the option of the Ravensburger Waltz as Masters and the option of the Austrian Waltz as Masters Elite.

Recreational Pattern Dance Competition

Age categories:

Kids Ice Dance:

Skaters have not reached the age of sixteen (16) by 1 July preceding the competition for all categories.

Ice Dance:

Skaters have reached at least the age of sixteen (16) by 1 July preceding the competition for all categories.

Pattern Dances:

The pattern dances can be skated **solo**, in **couple** or as a **duo**.

For **solo ice dancers**: **solo ice dancers for the categories Bronze and up may choose** which steps they would prefer to skate (A steps (women's steps), B steps (men's steps) or the alternation of A and B). All Solo Ice Dancers will compete in the same category.

Each **couple** consists of two skaters of any gender. One partner must skate the B-steps, the other must skate the A-steps, both skating in the prescribed ice dance hold(s). If a dance team is formed of skaters having different skill levels, it is recommended that they will enter at the level of the more skilled skater.

Each **duo** consists of two ice dancers of any gender. Both skaters have the choice of skating the A-steps or B-steps according to their personal preference and regardless of their gender. They may skate in hold (prescribed or other), in shadow or in any combination of shadow and ice dance hold(s) that may enhance the performance. If a dance team is formed of skaters having different skill levels, it is recommended that they will enter at the level of the more skilled skater. All duo categories will be recreational.

An ice dancer can enter solo and/or couple and/or duo categories as they like, and according to their own capabilities. They may also enter another level category with a different partner.

Ice Dancers shall provide their own music for all pattern dances. The music must be chosen in accordance with the rhythm of the Pattern Dance and may be vocal. The tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003), within the margins stipulated by the ISU (more information below).



Notes for Pattern Dances in the recreational competitions:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the ice dancer(s) shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the ice dancer(s) must be in accordance with the style/character of the Pattern Dance.
- For the application of Rule 708 paragraph 1.d) with music provided by the ice dancer(s) it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).
- Rule 707, paragraph 4 provides that "All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise directed by the Ice Dance Technical Committee in an ISU Communication."
- The recreational Pattern Dances will be judged without Key Points.
- According to Rule 707, new paragraph 6: After the completion of the last step of the Pattern Dance, the ice dancer(s) must reach their final pose within 20 seconds. If this time limit is exceeded, a Program time deduction according to Rule 353, paragraph 1.n) shall apply.
- The score for each Program Component is multiplied by a factor of 1.17 (Rule 353, paragraph 1.m).
- In the recreational Pattern Dance events, all events have two (2) Pattern Dances; the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).
- The warm-up duration is three (3) minutes – the first 30 seconds without music followed by 2 minutes and 30 seconds of the 6th (last) tune of the ISU Ice Dance music. If you would like to suggest a category that is not on offer and that could not be skated as a 'B' category (see above), contact us and we shall try to oblige. These categories would become recreational as per definition.



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Masters Elite	Pattern Dance	#15: Austrian Waltz: 177-183 bpm #26: Cha Cha Congelado: 114-120 bpm	2 Sequences sequences 2
Masters	Pattern Dance	#15: Ravensburger Waltz: 195-201 bpm #26: Cha Cha Congelado: 114-120 bpm	2 sequences sequences 2
Gold	Pattern Dance	#10 Westminster Waltz: 159-165 bpm #27: Silver Samba: 106-110 bpm	2 Sequences sequences 2
Solo Gold, Masters and Masters Elite	Pattern Dance	#13 Starlight Waltz: 171-177 bpm #19 Quickstep/ChSt: 110-114 bpm	2 Sequences sequences + Choreographic 2 Step Sequence
Silver	Pattern Dance	#9 American Waltz: 195-201 bpm #28 Tango: 106-110 bpm	2 Sequences sequences 2
Solo Silver	Pattern Dance	#8: European Waltz: 132-138 bpm #28 Tango: 106-110 bpm	2 Sequences sequences 2
Bronze	Pattern Dance	#7: Willow Waltz: 132-138 bpm #26 Tango Fiesta: 106-110 bpm	2 sequences sequences 3
Solo Bronze	Pattern Dance	#7: Willow Waltz: 132-138 bpm #27 Tango Canasta: 102-108 bpm	2 Sequences sequences 2
Preliminary 2 (recreational)	Pattern Dance	Golden Skater's Waltz: 159- 165 bpm Riverside Rhumba: 102-106 bpm	2 Sequences sequences 2
Preliminary 1 (recreational)	Pattern Dance	Novice Foxtrot: 98-102 bpm #31 Rhythm Blues: 86-90 bpm	2 sequences sequences 2



14. Registration:

An info desk will be opened at the entrance of the ice rink.

All competitors must register **one hour before the start of their category** at the latest.

15. Accommodation close to the rink:

Skaters, coaches and supporters may book travel arrangements and accommodations individually and at their own expense.

Should you be planning to enjoy the hospitality in our beautiful city of Ghent with an overnight stay or are looking for an affordable flight, then please consider booking your stay and flight by passing through our Trooper page.

The site regularly offers additional discounts and Trooper will support our club while you will not pay anything extra!

[Click here](#) to go to our Trooper page and then select for example Booking, Cheap Tickets, Expedia, Brussels Airlines, FlixBus, EuropCar or any other service listed to book your trip at excellent conditions while supporting our club at the same time.

<https://www.trooper.be/nl/trooperverenigingen/gskristallijn>

Hotel accommodation

There are many hotels in Ghent of different categories.

Sadly our hotel we recommended last years is not available this year. But another good one with good connections to the ice rink is:

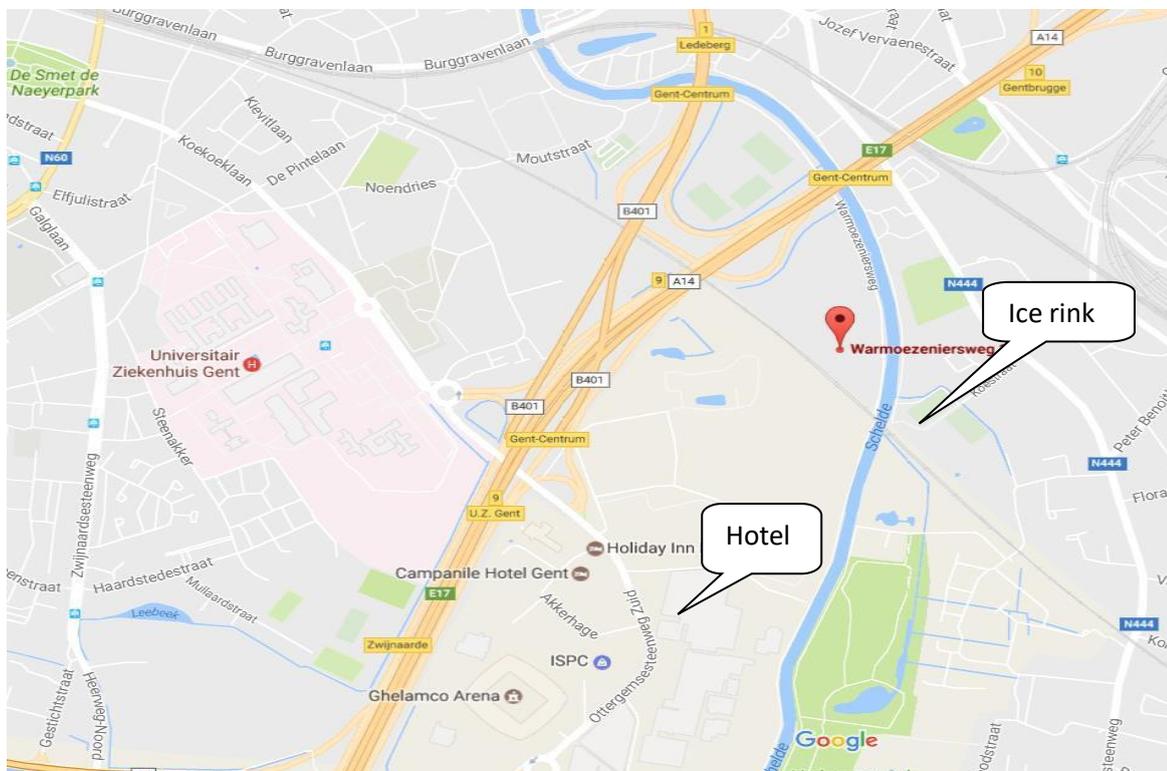
Hotel Holiday Inn Express

https://www.ihg.com/holidayinnexpress/hotels/gb/en/gent/gntbe/hoteldetail?cm_mm c=GoogleMaps- -EX- -BE- -GNTBE

This hotel is located close to the E40 and the R4 (inner ring road of Ghent), which makes it easy to access the Ice Rink by car in about 10 min. (10 km).

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16 Location of the Ice Rink:



17 Tourist information:

Enjoy your stay in the beautiful, historic city of Ghent.



More information:

<https://visit.gent.be/nl> (web site available in Dutch, French, German, English and Spanish)



SUMMARY

Start preregistration **via excel entry** for Belgian club skaters:

8 February 2026 until 22 February 2026 6pm CET.

Start registration **via Twizzit** for international skaters:

22 February 2026 at 6 pm CET

The closing date for all entries is:

15 March 2026 at 10 pm.

The confirmation of your participation will be sent

At the latest on 22 March 2026 at 10 pm

All competition music and PE must be provided

before 5 April 2026 at 10 pm

Photos or videos

By entering our competition , competitors agree that pictures/video will be taken by our GSK photographers.

Only our GSK photographers are allowed to take pictures/video of every competitor. External Photographers are only allowed to take pictures after approval from the organization and payment of a fee. Please mail to kristalcup@hotmail.com.

By being registered, you are giving GSK permission to publish photos or videos that are made during the competition on the website, Facebook and/or Instagram.

In case of questions before the competition day, please mail to **kristalcup@hotmail.com**