



Philippine Skating Union

The official governing body of figure and speed skating in the Philippines

COMMUNICATION 009

PHSU Critique Session Guidelines

The Philippine Skating Union (PHSU) hereby issues the following Critique Session Guidelines, which form an integral component of the national athlete development framework. These guidelines apply to all skaters under the National Developmental Pool and other skaters as may be designated by the PHSU.

Participation in critique sessions is mandatory for skaters intending to compete in ISU-recognized international competitions and supports both athlete development and eligibility for competition assignments.

1. Overview and Purpose

PHSU Critique Sessions are conducted to provide structured technical and performance feedback to athletes and coaches in alignment with ISU rules, judging standards, and national development objectives.

The critique process is intended to:

- Assess technical execution, program composition, and performance quality
- Align athlete development with international judging expectations
- Support informed season planning and long-term athlete development

2. Decorum and Attire

- All skaters and coaches are expected to observe proper **professional decorum** during critique sessions.
- Skaters are required to be in costume for critique sessions
- Respectful behavior toward officials, judges, coaches, and fellow athletes is required at all times

3. Critique Session Format

Critique sessions shall be conducted in a **competition-style format**. It will follow warm-up groups and durations following PHSU and ISU regulations to simulate an authentic competition environment.

4. Technical Review and Panel

Each critique session shall be reviewed by a designated technical specialist and judge/s

What is being critiqued:

A: Technical Elements

- Jumps (edge, takeoff, rotation, landing)
- Spins (positions, speed, centering, features)
- Step sequences and turns
- Quality/ GOE
- Flow speed, height, control

B. Program Components

- Skating Skills
- Transitions
- Performance/ Interpretation

5. Feedback, Coach Participation, and Application

- Following each on-ice performance, structured feedback sessions shall be conducted by the PHSU-designated Technical Specialist and Judge/s.
- It is to note that the feedback provided does not translate to the scores the skater will be getting in actual competition as the feedback is based on what was performed during the session.
- The skater's main coach must be present during both the critique session and the corresponding feedback discussion. Coach attendance is mandatory to ensure:
 - Accurate interpretation of technical and performance feedback
 - Alignment of coaching direction with federation and ISU standards
 - Proper integration of recommendations into the athlete's training and competition preparation



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- Feedback may be delivered verbally, in writing, or through a combination of both, as determined by the PHSU, and may include:
 - Technical observations and corrections
 - Program composition and component-related guidance
 - Recommendations aligned with international judging criteria
 - All feedback provided during critique sessions shall be taken seriously by both the skater and coach and must be incorporated into the athlete's individual development and training plan. Repeated failure to apply or meaningfully address critique feedback may be considered during: developmental pool evaluations, competition assignments, and future national program selection and endorsement decisions.

6. Attendance, Compliance, and Exceptions

- Attendance at scheduled critique sessions is **mandatory**.
- Skaters who are unable to attend a critique session due to injury, illness, academic obligations, or other valid reasons must submit a written explanation and supporting documentation to the PHSU at least 2 weeks prior the scheduled critique session. All requests for exception shall be subject to review and approval by the PHSU.
- Where an absence is approved, the PHSU may require the skater to:
 - Submit a recent run-through video for off-ice review and critique, and/or
 - Attend a rescheduled critique session, subject to availability and federation direction
- Failure to attend a critique session without prior notice, written justification, or federation approval, or failure to comply with alternative critique requirements, may affect a skater's eligibility for competition assignments, including endorsement for ISU-sanctioned international competitions.
- Filipino skaters based overseas are required to submit a video of their program performed within the same week as the critique session held in Manila. The video must be recorded in one continuous take and include a visible time stamp.
- Repeated non-compliance may result in further review of the skater's standing within the National Developmental Pool.

Manila
San Diego

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PHSU Technical Committee