



# INDIA SKATE

## ARTISTIC TECHNICAL COMMITTEE GENERAL REGULATIONS REGULATIONS /2019

ROLLER SKATING FEDERATION OF INDIA®

भारतीय रोलर स्केटिंग महासंघ

भारत सरकार द्वारा मान्यता प्राप्त : RECOGNISED BY THE GOVERNMENT OF INDIA  
A 695, Shastri Nagar, New Delhi-110052. (India) | [www.indiaskate.com](http://www.indiaskate.com)

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International Federation  
recognised by the IOC



Founder member of



World Skate Asia  
recognised by OCA



Roller Skating Federation of India (R.S.F.I) is the governing body for skateboarding and roller sports in India.

The Roller Skating Federation of India (R.S.F.I) registered in 1955, is affiliated with World Skate (World Parent body of Roller Skating) since 1971. R.S.F.I is founder member of the Asian body World Skate Asia(In 1978).Roller Skating Federation of India was accorded recognition by the Government of India since September 1990 followed by recognition by the Indian Olympic Association.

RSFI has so far conducted 56 National Championships in all age groups & disciplines. National Championships are conducted for all age groups, cadet, Sub Juniors, Juniors ,Seniors, Masters(Male & female) for disciplines i.e. Skateboarding, Artistic Skating, Speed Skating, Inline Freestyle, Roller Freestyle, Roller Hockey, Inline Hockey, Inline Downhill, Inline Alpine, Roller Derby & Roller Scooter.

Roller Skating is a part of All India University Games, SGFI Nationals, CBSE Nationals, KV Nationals and ICSE Nationals.

Indian Team is overall 2nd in Asia. Meanwhile Roller Skating was included in the 1992 Olympic Games as a demonstration event and as a medal event in the 42nd National Games held in Andhra Pradesh in 2002 and as a medal event in the 16th Asian Games 2010 in Guangzhou, 3rd beach asian games 2012 in China, World University Games 2017 in Taiwan, 18th Asian games 2018 held at Indonesia and Youth Olympic Games 2018 at Argentina. Roller Sports event "Skateboarding" is included in the 2020 Tokyo Olympics Games.

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## **Preface**

It is with a great pleasure that we present before you the new Artistic Technical Committee (ATC) General Regulations for the year 2019.

According to the WORLD SKATE and RSFI Statutes, the Artistic Technical Committee amends these regulations and they are applicable starting from 1st April 2019.

**P MALVAI**  
International Judge &  
Chairman Artistic Technical Committee  
Roller Skating Federation of India

**NARESH KUMAR SHARMA**  
General Secretary  
Roller Skating Federation of India



## Figures

5 to 7	7 to 9	9 to 11
1 - ROF_LOF 2 - RIF-LIF 3 - ROB-LOB 4 - RIB-LIB 5a/b - Forward serpentine 7- ROF-LOF Three  Any two from above drawn by lot	5a/b - Forward serpentine 6 a/b- Backward Serpentine 8 a/b - Outside Three 9 a/b - Inside Three 18 a/b - Outside Bracket 19a/b - Inside Bracket  3 figures to be performed: One serpentine, One three and one bracket as per draw.	<b>Group - 1</b> 17 - IB loop 20a/b - Outside rocker 19 a/b - Inside bracket <b>Group 2</b> 15 - Inside Fwd Loop 22 a/b - Outside Counter 12 - OB Double three  <b>Group 3</b> 16 - OB loop 21 a/b - Inside Rocker 10 - OF double three  <b>Group 4</b> 14 - OF Loop 23a/b - Inside Counter 13 - IB double three
11 to 14	14 to 17 ( junior group - World Skate)	
<b>Group - 1</b> 43 - Forward outside rocker combined with outside Double three 19 - Inside forward Bracket 17 - Inside Backward loop <b>Group 2</b> 42 - Forward outside Counter combined with bracket and inside counter 12 - Backward outside DBL 3 15 - Inside Forward loop <b>Group 3</b> 44 - Forward inside rocker combined with inside double three 18 - Outside forward Bracket 16 - Backward outside loop <b>Group 4</b> 45 - Backward outside counter combined with bracket and inside counter 13 - Inside backward DBL 3 14 - Forward Outside loop	<b>Group 1</b> 42-Forward Outside Counter combined with bracket and inside Counter (3 circuits) 38-Forward outside paragraph Loop (3 circuits) 36- Forward outside paragraph Double Three (2 circuits) <b>Group 2</b> 43-Forward outside Rocker combined with outside Double Three (3 circuits) 31-Backward outside change Loop (3 circuits) 40-Forward outside paragraph Bracket (2 circuits) <b>Group 3</b> 44-Forward inside Rocker combined with inside Double Three (3 circuits) 38-Forward outside paragraph Loop (3 circuits) 40-Forward outside paragraph Bracket (2 circuits) <b>Group 4</b> 45-Backward Outside Counter combined with Bracket and inside Counter (3 circuits) 31-Backward outside change Loop (3 circuits) 37-Back outside paragraph Double Three (2 circuits)	



### **above 17 (senior - World Skate)**

#### **Group 1**

46 a/b - Forward outside Double Three combined with outside Rocker and backward Double Three paragraph (2 circuits)

39-Back outside paragraph Loops (3 circuits)

47-Forward outside Bracket combined with inside Counter and backward Bracket paragraph (2 circuits)

#### **Group 2**

48-Backward Double Three combined with outside Rocker and forward Double Three paragraph (2 circuits)

38-Forward outside paragraph Loop (3 circuits)

49-Backward outside Bracket combined with inside Counter and forward Bracket paragraph (2 circuits)

#### **Group 3**

50-Forward Double Three combined with outside Counter and backward Double Three paragraph (2 circuits)

39-Back outside paragraph Loops (3 circuits)

51-Forward outside Bracket combined with inside Rocker and backward Bracket paragraph (2 circuits)

#### **Group 4**

52-Backward outside Double Three combined with outside Counter and forward Double Three paragraph (2 circuits)

38-Forward outside paragraph Loop (3 circuits)

53-Backward outside Bracket combined with inside Rocker and forward Bracket paragraph (2 circuits)

### **FIGURE DIAGRAMS AND DESCRIPTIONS**

Circles which are six (6) meters in diameter shall be used except for loops, which shall be 2.4 meters in diameter.

The marking lines of the figure circles shall not exceed three (3) centimeters in width.

Each figure (except paragraph figures) must be skated three (3) times without stopping after the initial start.

Paragraph figures must be skated two (2) times without stopping after the initial start.

All loops (including paragraph loops) must be skated three (3) times without stopping after the initial start

### **Drawing the order of skating**

The list of figure contestants in the order drawn shall then be divided into three (3) groups or four (4) groups (if possible), with the first contestant of the first group starting the first figure, the first contestant in the second group starting the second figure, etc.

If the total number of contestants cannot evenly be divided by three, the first group shall include an extra contestant and, if necessary, the second and third groups may also include an extra contestant.



## Judging figure skating – general

Judging performances in figure skating is based upon the following factors: tracing, movement and carriage.

Tracing is the imaginary mark showing the path of the employed skate. That mark shall be kept as closely as possible to the painted line of the figure. The tracing shall be a pure edge, with no flats or sub curves.

Movement must be seen throughout the entire figure, avoiding everything stiff, violent or angular. In assigning value to movement, judges shall consider the quality of the following two components: pace, or the rate of the skate movement around the figure; rhythm, or the pattern of the body movement around the figure. Pace and rhythm shall never conflict with steadiness and body control.

Carriage is demonstrated by the erectness of the body without bending at the waist, but also without stiffness. The head shall be held erect. The employed knee may be slightly bent, with the free leg stretched and the free foot carried only a small distance from the skating surface. The toe of the free foot may be turned slightly outward. The arms shall be easily extended in the natural position, with the hands not dropped at the wrist, fingers neither spread nor clenched.

## Point deductions for judging figures

- If a contestant skates an incorrect turn, the penalty for such a fault must be one point (1.0).
- If a contestant falls or stops on a figure, through his/her own fault, the penalty must be one point (1.0).
- If a contestant suffers a touchdown of the free foot on a figure, the penalty must be one point (1.0) if the fault occurs on a major part of the figure; and point five (.5) if the fault occurs on a minor part of the figure. Starts, take-offs and turns are considered major parts of a figure. The event referee assigns all of these penalties.
- General Judging Notes for Figures. The above cases accepted, it is impossible to fix the amount of penalty due for each fault committed, since faults-unfortunately for judges-are not even. For example, the penalty for a flat depends on the length of the flat, and where in the figure it occurs. Major faults are usually referred to the major portions of the figure. For instance, being out of tracing immediately after a turn would result in a higher penalty because it demonstrates a lack of control in performing the turn.
- The continual repetition of minor faults shall be more severely penalized than a single, major fault.
- Judges must position themselves to view the more difficult portions of the figure while not overlooking the overall importance of viewing the full performance.
- While moving, judges must never forget that entering the interior area of the circles is not allowed, and that they must stand at such a distance so as to not interfere with either the contestant or their colleagues.



## **Starts**

Starts must be made with a single push from a stationary position, without lunging, buckling, or double leaning.

The thrusting or pushing foot must be placed no more than one (1) skate length from the long axis. The start must be made from the to-be-employed skate. Starts made from the toe stop must be penalized.

The thrusting foot cannot move toward the long axis until the striking foot moves in the direction of the required initial edge. The thrusting skate must leave the skating surface before crossing the long axis.

The striking skate must be placed on the long axis at the tangent point between the circles. The starting edge must be a pure edge, without flats or sub curves.

The referee may allow a contestant to start a figure a second time without penalty. The decision to restart is at the discretion of the contestant, but the decision must be made within the first one-third (1/3) of the initial circle.

## **Take-offs / Contacts**

A take-off is a change of the tracing skate from one circle to another, maintaining the same edge. Take-offs require a smooth transition from one skate to the other, with a single push from the skate leaving the skating surface. It should be executed without placing, hitching, jumping, or any other stiff or unnatural movement.

The skates should be reasonably close.

The thrusting foot must not deviate from the circle until reaching the strike zone, which is defined as an area not to exceed one skate length from the long axis.

Any part of the striking skate must take the skating surface at the long axis, but the thrusting skate must leave the skating surface before crossing the long axis.

## **Change of edge**

A change of edge is accomplished when the employed skate moves from one circle to another, rocking from an outside edge to inside (or vice versa) without changing the direction of travel.

All changes of edge shall be made at the intersection of the long and short axis, executed with a smooth, even transition.

The change of edge "zone" is an area approximately one skate length from the long axis. A good change of edge shall produce a flat approximately the length of the employed skate. There is no prescribed action of the free leg.

## **Concluding the figure**

There are two methods currently acceptable for indicating the conclusion of a figure, and both are considered equally correct. The first is the use of a subsequent take-off, while the second involves the continuation of a roll across the short axis and exiting the figure along the short axis, without subsequent take-off.

After the initial start, each figure must be skated two (2) or three (3) times depending on the figure.





### **Three turns**

A three turn is a one-foot turn from a forward edge to an opposite backward edge, or vice versa, with the rotation in the direction of the initial edge. The peak of the cusp should face the interior portion of the circle.

Three turns shall be made with the turns placed on the long axis or at the third-marks of the circle in the case of double threes.

The depth of the cusp must be one skate length, resulting in the placement of the skid mark on the painted line, not inside or outside.

The length of the turn - the distance from the long axis or the one-third marks-at the entry and exit of the turn should be a total of one-and-one-half (1.5) skate lengths. The curves of the turn shall be of the same size, with the entrance edge held to the precise instant of the turn. The new edge is assumed when the skate is leaving the long axis or center point of the third-mark.

The speed and entry and exit of the turn should be uniform.

The turns shall be executed with a smooth, even transition, without jumping or pulling. The tracing skate shall not stop during the turn, and at least three wheels should be on the skating surface during the turn itself. There is no prescribed motion of the free leg.

### **Double three turns**

Double three turns occur when two consecutive three turns are executed on the same skate on the same circle. The first turn shall be executed at a point one-third ( $1/3$ ) of the way around the circle, with the second executed at a point two-thirds ( $2/3$ ) of the way around the circle.

Faults of tracing in the portion of the circle between the two turns shall be penalized more severely than those occurring during the remaining portions of the circle.

### **Brackets**

Brackets are one-foot turns from a forward edge to an opposite backward edge (or vice versa) with the rotation counter to the direction of the initial edge, and with the point of the cusp facing outside the circle from which the turn was originated.

Brackets shall be made with the turns placed on the long axis.

The depth of the cusp must not exceed one-half of the length of the skate, with the skid mark occurring inside the circle.

The length of the bracket - the distance from the long axis at the entry and exit of the turn-should be one (1) skate length. The curves of the turn shall be of the same size, with the entrance edge held to the precise instant of the turn. The new edge should be assumed only when the skate is leaving the long axis.

The speed of the entry and exit should be uniform.

The turns shall be executed with a smooth and even transition, without jumping or pulling. The employed skate shall not stop during the turn, and at least three wheels should remain on the skating surface. There is no prescribed action of the free leg.





### **Rockers**

A rocker is a one-foot turn from one circle to another, from a forward edge to a similar backward edge (or vice versa). The rotation should be continuous with the initial edge, with the cusp facing toward the center of the original circle.

Rockers shall be made with the turns placed on the long axis. The depth of the cusp must be one-half the length of the skate, with the skid mark occurring outside the original circle.

The length of the rocker-the distance from the long axis at the entry and exit of the turn-should be one (1) skate length. The curves of the turn shall be of the same size.

The speed of the entry and exit should be uniform.

The turns shall be executed with a smooth, even transition, without jumping or pulling. The employed skate shall not stop during the turn, and at least three wheels should remain on the skating surface. There is no prescribed action of the free leg.

### **Counters**

A counter is a one-foot turn from one circle to another from a forward edge to a similar backward edge (or vice versa), with the rotation counter to the direction of the initial edge. The cusp should be located outside the original circle.

Counters shall be made with the turns placed on the long axis. The depth of the cusp must be one-half the length of the skate, with the skid mark occurring inside the original circle.

The length of the counter-the distance from the long axis at the entry and exit of the turn-should be one (1) skate length. The curves of the turn shall be of the same size.

The speed of the entry and exit should be uniform.

The turns shall be executed with a smooth, even transition, without jumping or pulling. The employed skate shall not stop during the turn, and at least three wheels should remain on the skating surface. There is no prescribed action of the free leg.

### **Loops**

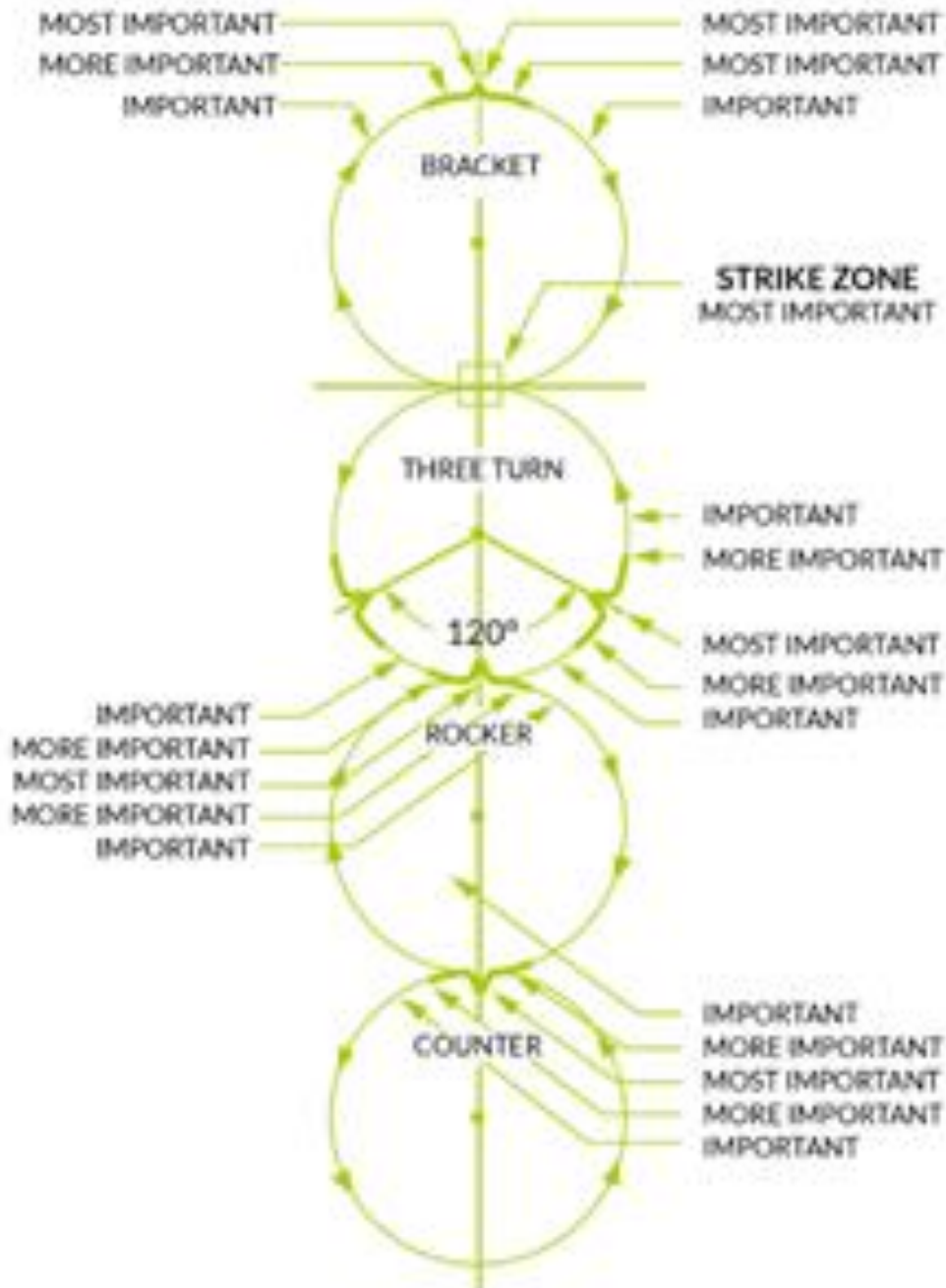
The loop must be executed on the long axis, without angular change of curvature. The second curve should be the same size as the first.

All loops should demonstrate an even roll of the skate on both entry and exit. The employed skate should not stop during the loop, and at least three wheels should be in contact just before and just after the long axis. There is no prescribed action of the free leg.

The speed of the entry and exit should be uniform.

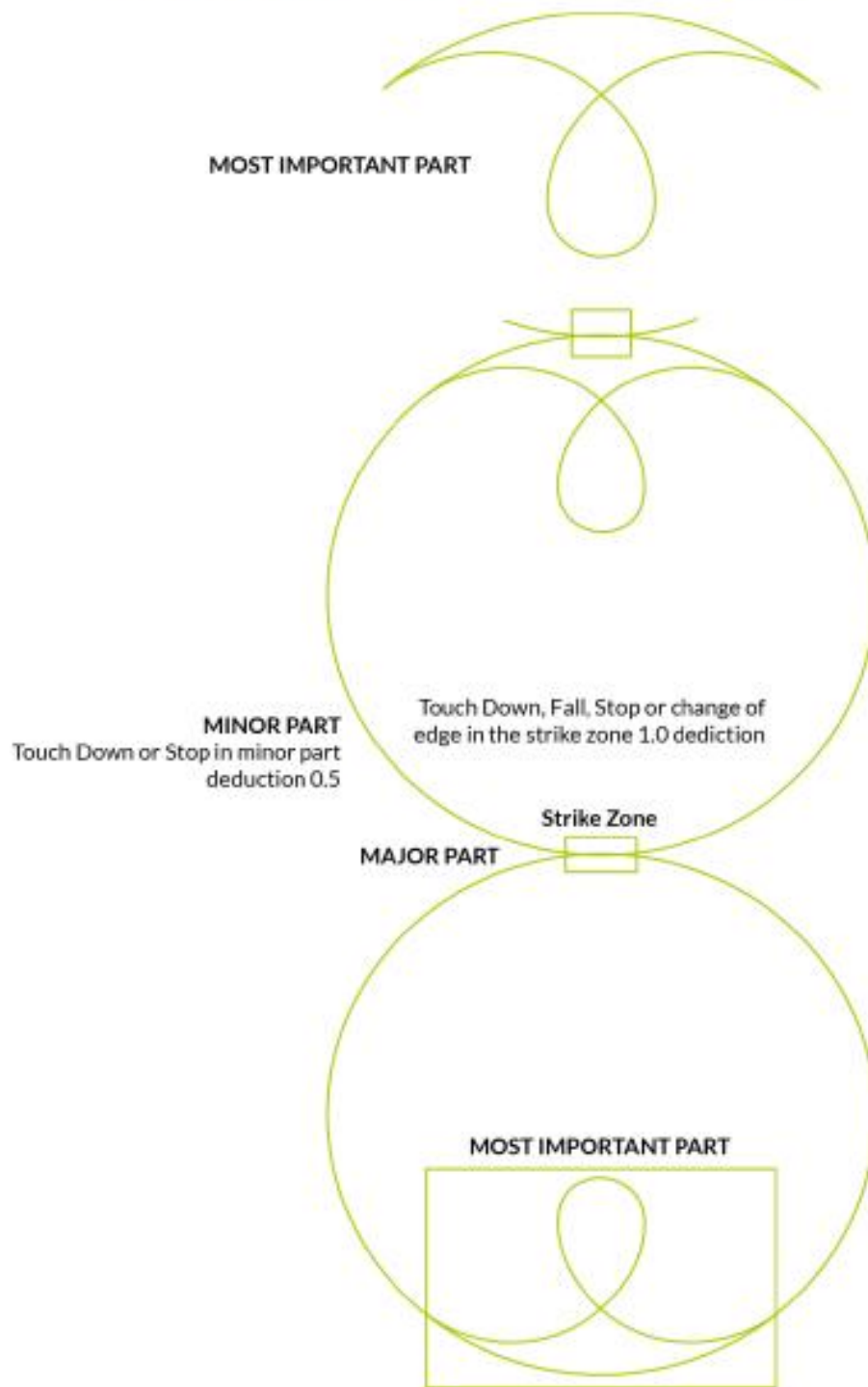


## 7 TURN/LOOP FIGURE ANALYSIS



## LOOPS

Touch Down, Fall or Stop in the most important part 1.0 deduction



## General Guidelines and Rules

All disciplines of Artistic skating excluding figures permits complete freedom as to the style, content and music used in the composition of the program. Skaters are not restrained by prescribed as exist in figure. The performances are skated in an interpretive manner so as to capture the tempo and mood of the music. When good form is maintained at all times throughout the program, an impression is projected of complete program mastery. The speed and height of the jumps, the control and velocity of the spins, and the individuality, difficulty, and sureness of the footwork gauge the virtuosity of the skater. Presentation and “showmanship” are important in the achievement of the proper program effect. It allows the widest scope in the selection of costuming, which should complement the music while not detracting from the skater’s performance.

These performances can rise to artistic levels, which compare favorably with all media of musical expression, on skates or off. When one witness this caliber of skating by a fine individual skater or pair’s team, the program skated becomes a thrilling experience. Our appreciation of the performance is often a mixture of admiration for the craftsmanship of the skillful skating technician and a reflection of the combined beauty of music, line and movement displayed.

A competent skater is one who can skate in harmony with his or her musical selection. Care must be exercised in the choice of musical accompaniment, as the music should be compatible with both the strength of the skater and their ability to interpret the selected music.

Unfortunately, skating programs are all too often mere packages of content items, with only a second thought given to program construction and presentation. The performance factor missing in many programs is generally not attributable to any lack of skill on the part of the skater, but rather a lack of consideration for the components of Artistic Impression as being a matter of serious importance.

Far too often, a skater of restricted ability is further handicapped by thunderous music, which would challenge even the most powerful and skilled competitor. While selection of the music is a most individual concern, judgment must be used to determine what will be fitting and proper for that skater’s level of ability.

Keeping the above in mind and in order to ensure that our skaters improvise and do at par with the world standard, with effect from 57<sup>th</sup> Nationals, Same music / choreography by 2 or more skaters from the same state will lead to no marks for the second performance irrespective of the gender / age group



## Dance

The dance competition consists of:

- one style dance for age groups above 14 years / Compulsory dance for all age groups below 14 years
- One free dance.

The two scores for style dance and free dance will be:

- Technical content.
- Artistic Components.

## General definitions

**Timing:** all steps, movements, actions must be danced in the timing of the music. For the compulsory dance/ pattern dance it is mandatory to achieve the correct timing to reach the relevant level. Timing faults will bring level down of a minimum of one and will be marked down in the components.

**One foot Turns:** turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (minimum two (2) rotations must be executed quickly and with no edge to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.

**Cluster:** sequence of at least three different turns executed on one foot, the three turn will be counted as a turn for the cluster.

**Two feet turns:** Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI-RBO, the direction will be considered anticlockwise).

**Steps:** all the technical difficulties that are executed keeping the same direction e.g. chassé, cross chassé, change of edges, cross rolls, cut-step, crosses, runs etc.

Note: half rotation or one rotation jumps on two feet or one foot are not considered a step or a turn.

**Extra feature:** they will be considered choreographic movements and poses and can be inserted in all the levels and towards the level.

**Ina bauer:** it is a technical figure like the spread eagle (inside or outside), during which, the skater executing a frontal split keeps the two feet on different parallel tracings. One of the knees bends while the other is kept extended. It must be a clear inside edge.

**Body movements:** the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered, during at least three (3) moments of the sequence. At least two parts of the body must be used. The movement will be considered if the body base line moves and the movements of hands / legs /head only will not be considered as body movements for level

**Attitude:** free leg stretched in front or behind with respect to the skating foot.

**Coupèe:** free leg bent by the side of the skating leg.

**Traveling:** multiple continuous rotations (no edge three turns) skated on the same skating foot (minimum two rotations), while the free foot can be in any position. If the rhythm changes, it is not good because it is not a continuous action.

**Footwork sequences:** for the circular, serpentine, straight line, diagonal footwork sequences it is allowed to cross the pattern just executed.



## Costume requirements

In all artistic competitive roller skating events (including official training days), the costumes for both women and men should be in character with the music but should not be such so as to cause embarrassment to the skater, judges, or spectators.

Costumes which are very low cut at the neck, or which show bare midriffs are considered show costumes and are not suitable for championships skating.

Any piece of the costume including beads, trimmings, feathers, etc. on the costumes must be very securely fixed so as not to cause obstruction to the following contestants.

The woman's costume must be constructed so that it completely covers the tights (pants), hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hip bone.

The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimeters below the collarbone. Material with the appearance of nudity is not permitted. The man's shirt must not become detached from the waist of the trousers during a performance, to show a bare midriff.

The appearance of nudity of a costume is considered a violation of the rules and will be penalized, (this means too much use of body-stocking material which gives the appearance of nudity).

Props of any nature are not permitted. This means the costume remains the same throughout a performance with no additions during the performance, i.e. no use of props of any kind from beginning to the end.

The painting of any part of the body is considered a "show" and is not allowed in dance skating.

Penalties resulting from the violation of the costume rules will be 1.0. At the instruction of the referee, this penalty will be deducted after the score has been assigned.

## Style dance

Following are the rules for the style dance.

The duration of the style dance will be 2:40 minutes +/- 10 seconds.

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted

**For Solo and Couple Dance above 17 year age group all skaters will prepare for 2 style dance - Rock Medley and Latin Medley in couple and Spanish Medley and Swing Medley in Solo Dance. Like Figure the Style dance to be performed will be decided by a draw one day before start of the Championship.**

For compulsory dance music please refer to regulations under Artistic on <http://www.worldskate.org/> - and dance patterns, please refer to the Dance and Solo Dance Book 2019 under rule books on the world skate page





## Solo Dance

The Dance for 2019 for each age group are mentioned below:

5-7 Age group					
Free Dance 2:30 minutes +/- 10 seconds	Circular Seq.	Straight Seq.	Travelling	Choreo. Step	
	Semi-circle clockwise Max. Level 1	Diagonal Max. Level 1	Max. Level 1	Yes	
7-9 Age group					
Compulsory	City Blues				
Free Dance 2:30 minutes +/- 10 seconds	Circular Seq.	Straight Seq.	Travelling	Choreo. Step	
	Semi-circle counter clockwise Max. Level 2	Long axis Max. Level 2	Max. Level 2	Yes	
9-11 Age group					
Compulsory	Canasta Tango				
Free Dance 2:30 minutes +/- 10 seconds	Circular Seq.	Straight Seq.	Travelling	Choreo. Step	
	Semi-circle counter clockwise Max. Level 3	Long Axis Max. Level 3	Max. Level 3	Yes	
11- 14 Age group					
Compulsory	Easy Paso				
Free Dance 3.00 minutes +/- 10 seconds	Circular Seq.	Straight Seq.	Travelling	Choreo. Step	Cluster
	Circle anti clockwise Max. Level 4	Diagonal Max. Level 4	Max. Level 4	Yes	Yes Max. Level 1
14 - 17 Age group					
Style Dance ( 2:50 +/- - 10 seconds)					
Rhythm	Circular Seq.	Straight Seq.	Travelling	Cluster	Compulsory
Swing Medley	-	Diagonal	Yes	Yes	Quickstep
Free dance(3.00 minutes +/- 10 seconds)					
-	Circular Seq.	Straight Seq.	Travelling	Choreo. Step	Cluster
-	Circle clockwise	Long axis	Yes	Yes	Yes
Above 17					
Style Dance ( 2:50 +/- - 10 seconds )					
Rhythm	Circular Seq.	Straight Seq.	Travelling	Cluster	Compulsory
Spanish Medley	-	Diagonal	Yes	Yes	Tango Delancha
Free dance (3.00 minutes +/- 10 seconds)					
-	Circular Seq.	Straight Seq.	Travelling	Choreo. Step	Cluster
-	Circle clockwise	Diagonal Max level 5	Level 4,5	Yes	Yes





## ARTISTIC COMPONENTS

Score for the artistic impression will be the sum of four (4) components.

- Skating skills.
- Transitions.
- Performance
- Choreography/composition.

## TECHNICAL ELEMENTS

### Pattern Dance Sequence

#### General rules

Must adhere to the diagram/pattern provided by World Skate ATC.

- a) The BPM of the piece of music selected for the Pattern Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / -2 BPM.

**For example:** in compulsory dances with a required tempo of 100 BPM, the number of beats may be, for the duration of the pattern dance sequence, from a minimum of 98 to a maximum of 102 BPM.

There can be an introduction before the beginning of the pattern dance sequence, and also after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it **MUST** remain constant for the entirety of the pattern dance sequence.

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:

- The rhythms used.
- The number of BPM of the Compulsory Dance Sequence(s).
- It should be specified when the music for compulsory dance starts and when it finishes.

If in the event that these rules are not observed, a deduction of 1.0 from the Total Score shall be given

- b) Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of World Skate ATC) and finish with the first step of the dance (step 1) required by the rules.
- c) Must maintain the same steps of the dance and respect the required timing of each step. It is possible to include choreographic movements of the lower/upper body to make the performance of the dance more relevant to the required rhythm. It is important to respect the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps.



## Levels

For the sequence of the compulsory dance inserted in the style dance and for the compulsory dances for other groups, there will be four (4) levels depending how the key points have been executed. If the compulsory dance requests two (2) sequences, the levels will be applied twice, once for each sequence.

Level 1 - 75% of sequence/section is completed.

Level 2 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) or two (2) key points is correctly executed.

Level 3 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.

Level 4 - sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

If less than 75% of the sequence is completed, the call by the Technical Panel will be 'No Level'.

## **Straight and Circular footwork sequences: for style and free dance**

### **Levels:**

Level 1 - must include at least four (4) turns.

Level 2 - must include at least six (6) turns.

Level 3 - must include at least three (3) turns executed on the right foot and three (3) turns executed on the left foot (six (6) turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.

Level 4 - must include at least four (4) turns executed on the right foot and four (4) turns executed on the left foot (eight (8) turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.

Level 5 - must include at least five (5) turns executed on the right foot and five (5) turns executed on the left foot (ten (10) turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise. Skater must also perform one (1) cluster.

## **Clarifications**

None of the types can be counted more than twice.

Three turn will not be considered as turn to be counted to get the level but it will be considered in the turns for the cluster.

The turns of the cluster are included in the ones required for the level.

Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.

If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.

For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop



clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.

It's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. For example, Level 3 can be:

▪ Right Bracket.

- ▪ Left Bracket.
- ▪ Right Counter.
- ▪ Left Counter.
- ▪ Right Rocker.
- ▪ Left Rocker.
- ▪ 2 Choctaws (one in each direction).

o Second example: ▪ Right Bracket.

- ▪ Left Counter.
- ▪ Right Rocker.
- ▪ Left Bracket.
- ▪ Loop Clockwise.
- ▪ Traveling Anticlockwise.
- ▪ 2 Choctaws (one in each direction).

o Third example: ▪ Loop Clockwise.

- ▪ Loop Anticlockwise.
- ▪ Traveling Anticlockwise.
- ▪ Traveling Clockwise.
- ▪ Right Bracket.
- ▪ Left Rocker.
- ▪ 2 Choctaws (one in each direction).

For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented, the level can be decreased (max level 2).

Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.

For Straight Line sequences (long Axis and Diagonal) the footwork sequence **MUST** start from a stopped or a stop and go (less than 3 seconds stop) position.

In the circular footwork sequence, circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: from a clear position. The footwork must use the entire width of the skating floor and must begin and end at the same axis point. The circle must be in the center of the skating floor.



In serpentine footwork sequence, the skaters must begin the sequence on the long axis, from a clear position, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

Stops and go (less than 3 seconds) are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

### **Choreographic Sequence**

Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.

The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.

The sequence must start from the long side of the skating surface in proximity of the transversal axis (near 5 or 6 meters of the axis so it is not confused with a diagonal) and it must arrive on the other long side of the skating surface.

It is allowed to skate on the pattern just executed.

The sequence must start from a stopped position or a stop and go position.

There is not a set pattern to follow.

The time to do this sequence is maximum thirty (30) seconds.

No stops (from 3 to 8 seconds) are permitted during the sequence.

It has a fixed value of three (3) points.

### **Clusters sequences**

The skater must introduce two (2) sequences of clusters separated by a maximum of three (3) steps or two feet turns (no one foot turns).

Each sequence must start with at least three (3) different turns.

Level 1 - the two (2) clusters are correctly executed with no interruption.

Level 2 - one of the two (2) clusters contains four (4) turns, three (3) of them must be different.

Level 3 - the two (2) clusters contain four (4) turns, three (3) of them, for each cluster, must be different and one of the sequences must start from a difficult entry.

Level 4 - the two sequences contain four (4) turns, three (3) of them, for each cluster, must be different and both sequences must start from a difficult entry.

### **Clarifications**

Difficult entry for a cluster sequence: Choctaw, Ina Baur, Spread Eagle, Little Hop or Jump.

The difficult entry should be before the first turn of the set. In the case it is presented before the second sequence, the difficult entry must be the step preceding the first turn



of the second sequence and will be counted as the final of the three steps allowed.

If there is a full stop before the second sequence, the level shall be reduced by one.

If there are more than three (3) steps between the two sequences, the level shall be reduced by one.

If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the cluster has started and the execution of the element continues after the touch down, only the part before the touch down will be considered for the level.

No change of edge is allowed in the first three turns of the cluster.

It is not allowed to use the toe stop to get speed in between the 2 sequences of clusters.

Cluster sequence will be called No Level if both sequences don't contain at least three correct turns.

### Traveling sequences

The first execution of a traveling set must be the one to be called with a level or no level (if the features of the first level are not fulfilled).

The rotations of the traveling should be fast and demonstrate ability to keep control of the body axis.

If one (1) of the sequences is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2).

If the skater falls or there is any interruption during the entry, the execution of the set of traveling or immediately after either sequence, the element is called for what has been done before the interruption or the fall. It will have a no level if the features of level 1 are not fulfilled.

Maximum duration of the traveling is ten (10) seconds.

It is not allowed to use the toe stop to get speed in between the 2 sequences of traveling.

**Set traveling:** minimum two (2) rotations with a maximum of three (3) steps or turns in between.

**Additional features:** the features should be performed correctly and for the entirety of the set to be considered.

- A. At least one hand above the head or on its line.
- B. Crossed hands behind the back and far from it.
- C. Arms crossed in front of the body between the shoulders and waist (can be also one behind and the other in front like a screw).
- D. Free leg crossed in front or crossed behind over the knee line.
- E. Free leg crossed in front or behind under the knee line (pirouettes).
- F. Free skate wheels held by one or two hands.
- G. High free leg stretched lateral or forward.



Level 1 – execution of the two (2) sequences of traveling with two (2) rotations each.

Level 2 – different rotational direction for the two (2) traveling and at least three (3) rotations each + one (1) feature (in one of the sequences).

Level 3 – different rotational direction for the two (2) traveling and at least three (3) rotations each + two (2) features (one each sequence: one with the arm and one with the leg).

Level 4 – different rotational direction for the two (2) traveling and at least four (4) rotations each + three (3) different features (one sequence with one feature free choice, one sequence with two (2) features; one with the arm and one with the leg).

### **LIMITATIONS**

**Dance spin:** a maximum of one (1) spin, with a minimum of two (2) rotations (less than two rotations is not considered a spin).

**Dance jumps:** a maximum of two (2) jumps, of one (1) rotation (no more than one rotation in the air). All the jumps shall not be considered as elements of technical value.

**Stop:** a stop is considered when the skater is stopped for more than three (3) seconds up to a maximum of eight (8) seconds.

A maximum of two (2) stops executed during the entire program for a minimum of three (3) seconds to a maximum of eight (8) seconds each (excluding the beginning and the end).

**Stationary positions:** kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

Stationary positions shall not be considered as elements of technical value, but as artistic value.

**Beginning and end of the program:** the skaters may not exceed eight (8) seconds of being stopped.

### **ARTISTIC COMPONENTS**

Score for the Artistic components will be the sum of four (4) components.

Skating skills.

Transitions.

Performance

Choreography/Composition.

### **PENALIZATIONS**

A deduction of one point (1.0) will be applied to the sum of technical content and artistic impression each time one of the following is executed:

- Style dance: wrong rhythm, number of rhythms less than two (2), rules on the music for the compulsory dance sequence not achieved.
- More than allowed stops.
- More than allowed kneeling or laying on the floor.
- More jumps or dance spins than allowed.



### **General**

- Costume violation
- Time of the program less than the minimum (1.0 for each 10 seconds or part thereof).
- Falls.
- Mandatory element not presented.







## Couple Dance

5-7 Age group								
Free Dance 2:30 minutes +/- 10 seconds		Hold		No Hold			Choreo. poses	
7-9 Age group								
Compulsory		La Vista Cha Cha						
Free Dance 2:30 minutes +/- 10 seconds								
Hold		No Hold		Travelling		Choreo. Lift		
Semi-circle counter clockwise Max. Level 1		2		Long axis Max. Level 2		Max. Level 2		Yes
9-11 Age group								
Compulsory		Denver Shuffle						
Free Dance 2:30 minutes +/- 10 seconds								
Hold	No Hold	Travelling	Cluster	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift	
Long Axis Max. Level 2	Diagonal Max. Level 2	Yes Max. Level 3	-	Yes	Yes Max. Level 3	Yes Max. Level 3		
11-14 Age Group								
Compulsory		Association Waltz						
Free Dance (3 minutes +/- 10 seconds)								
Hold	No Hold	Travelling	Cluster	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift	
Serpentine Max. Level 3	Long axis Max. Level 3	Yes Max. Level 4	-	Yes	Yes Max. Level 4	-	Yes Max. Level 4	
14- 17 Age group								
Style Dance ( 2:50 +/- 10 seconds )								
Rhythm	Hold	No Hold	Travelling	Compulsory	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
Rock Medley	-	Diagonal	-	Double Pattern Blues	-	-	Yes	Yes Hold
Free Dance (3 minutes +/- 10 seconds)								
-	Hold	No Hold	Travelling	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
-	Circle counter-clockwise	-	Yes	Yes	Yes	Yes	Yes	Yes No Hold
Above 17								



Style Dance ( 2:50 +/- 10 seconds )								
Rhythm	Hold	No Hold	Travelling	Compulsory	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
Latin Medley	-	Diagonal	-	Shaken Samba	-	-	Yes	Yes Hold
Free Dance (3 minutes +/- 10 seconds)								
-	Hold	No Hold	Travelling	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
-	Circle clockwise	Long axis	Yes	Yes	Yes	Yes	Yes	-

## TECHNICAL ELEMENTS

### No Hold Step Sequence

The baseline will be selected each year by World Skate ATC and may be performed either:

### General Rules

During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.

It is mandatory to start this element from a stopped position. NOTE: if a skater stops before this element for duration of less than three (3) seconds, it will satisfy the requirement of starting from a stopped position, but it will not be counted as a STOP.

The steps must cover at least 80% of the length of the skating surface.

Stops and go (less than 3 seconds) are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

### Levels

Level 1 - must include at least four (4) turns.

Level 2 - must include at least six (6) turns.

Level 3 - must include at least three (3) turns executed on the right foot and three (3) turns executed on the left foot (six (6) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise.

Level 4 - must include at least four (4) turns executed on the right foot and four (4) turns executed on the left foot (eight (8) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise.

Level 5 - must include at least five (5) turns executed on the right foot and five (5) turns executed on the left foot (ten (10) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti clockwise. Skaters must also perform one (1) cluster.



## Clarifications

- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level but it will be considered in the turns for the cluster.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If one skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.
- It's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. For example, Level 3 can be:
  - o First example
    - Right Bracket.
    - Left Bracket.
    - Right Counter.
    - Left Counter.
    - Right Rocker.
    - Left Rocker.
    - 2 Choctaws (one in each direction).
  - o Second example:
    - Right Bracket.
    - Left Counter.
    - Right Rocker.
    - Left Bracket.
    - Loop Clockwise.
    - Traveling Anticlockwise.
    - 2 Choctaws (one in each direction).
  - o Third example:
    - Loop Clockwise.
    - Loop Anticlockwise.
    - Traveling Anticlockwise.
    - Traveling Clockwise.
    - Right Bracket.
    - Left Rocker.
    - 2 Choctaws (one in each direction).



- For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented, the level can be decreased (max level 2).

Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.

## **Dance Hold Footwork Sequence**

### **General rules**

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- The couple must perform a minimum of two (2) different recognized dance positions\*.
- The release of contact is permitted only for quick changes of hold/position.
- In the circular footwork sequence, circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: from a clear position. The footwork must use the entire width of the skating floor and must begin and end at the same axis point. The circle must be in the center of the skating floor.
- In serpentine footwork sequence, the skaters must begin the sequence on the long axis, from a clear position, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.
- The position "hand in hand" is not considered a recognized position.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

The change of position must be:

- Switching between recognized positions: this happens when the couple changes from a recognized position to another recognized position and during this change one of the partners changes the direction. E.g. Kilian to Waltz, Waltz to Foxtrot, Tango to Tandem etc.

Note: it will not be considered a change of position the transition Kilian to Foxtrot (positions with skaters both side by side and with the same direction) or Waltz to Tango (positions with partners in the opposite direction to each other where they both remain on the same direction).

- Pass through positions coded: this happens when a couple uses not recognized "creative positions" before assuming a recognized position. In such changes of positions, it is not necessary to have a change of direction.

Note: turns executed during the Dance Hold footwork sequence can be the same between the two skaters (e.g. 2 brackets and 2 rockers), or different (e.g. one skater executes a turn and the other a step).



## Levels

- Level 1 – must include at least four (4) turns.
- Level 2 – must include at least six (6) turns.
- Level 3 – must include at least three (3) turns executed on the right foot and three (3) turns executed on the left foot (six (6) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise.
- Level 4 – must include at least four (4) turns executed on the right foot and four (4) turns executed on the left foot (eight (8) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise.
- Level 5 – must include at least five (5) turns executed on the right foot and five (5) turns executed on the left foot (ten (10) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Skaters must also perform one (1) cluster.

## Clarifications

- The turns can be executed simultaneously or not. **To be evaluated by the technical panel, turns must be executed while the couple is in hold (not during the quick change of position where the couple is in no hold position) with the exception of traveling and loops that if executed simultaneously, can be performed during the quick changes of position and can be counted as turns towards the level.**
- To call the dance positions skaters must perform at least one turn (the other skater can perform any other step).
- During the cluster only the first dance hold will be taken into consideration in counting the dance holds towards the level.
- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level but it will be considered in the turns for the cluster.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If one of the skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.
- For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented the level can be decreased.
- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.



## Dance Lifts

### General rules

- The sustaining partner's hands may go above their own head as long as the hips of the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do not go above their own head.
- A dance lift occurs when the partner is lifted in the air for at least two (2) seconds (less than two (2) seconds is not considered a lift).

### Difficult positions

#### Difficult position for the lifted partner

- A. **Full split:** when the legs are spread and extended at a straight angle (180°). Supports are free.
- B. **Full biellmann:** vertical position for the lifted partner, the heel of the skate (sustained by the hand) brought behind the bust (on the sagittal plane) and at the same level as the head or above the head. Total supports maximum three (3). The position must be held without the help of the lifting partner.
- C. **Full ring:** the upper body is arched backward with one or both heels close to the head (describing a complete circle). Total supports maximum three (3). The position must be held without the help of the lifting partner.
- D. **Head upside down:** upside down vertical position for the lifted partner with the head close to the rink. Total supports maximum three (3).
- E. **Cantilever:** the position of the lady is vertical/oblique and cantilevered out: the lady is extended away from the man. Supports are free.
- F. **Balancing:** in a horizontal position. Total supports maximum three (3).
- G. **Leg Lift:** one point of support must be one leg (from the hips to the foot). Total supports maximum three (3).
- H. **Layback:** the lady has a supine position, where the back and one leg are parallel to the floor. Total support maximum three (3).

#### When to consider a change of position of the lifted partner

- A. The lifted partner changes hold and position in a significant way.
- B. The change of hold and position are executed at the same time.
- C. Different positions must be clear and defined.
- D. In a rotational lift, the change of position happens during the rotation itself with no interruptions.
- E. In a rotational lift, the change of position will be considered if the position is held for at least two (2) rotations of the lifted partner.



### Difficult position of the lifting partner

- A. One foot.
- B. Outside, inside or flat spread eagles.
- C. In a bauer inside and outside.
  - D. Bended (sit position) 90° / squat complete.
  - E. One contact arm/hand

### Creative/difficult entry

- a. Unexpected entry.
- b. Entry from difficult transition like a turn, outside mohawk, choctaw, (not from runs).
- c. Creative/difficult entry before the first position (a ½ or 1 rotation assisted jump of the lifted partner) or one rotation in the air (supported by the lifting partner) on the sagittal plane or on the horizontal one.

### Levels for stationary lifts

This is a lift where the lifting partner will not perform any rotation and where the lifted partner will stay in a stationary position for at least three (3) seconds. Seconds will start from the definition of the position of the lifted partner. It is allowed for the lifting partner to do a half rotation to enter the lift and a half rotation to exit.

Level 1 - the lifted partner is lifted for at least three (3) seconds.

- Level 2 -
  - o One (1) change of position (two (2) positions) for the lifted partner (each position held for at least two (2) seconds), or;
  - o The lifting partner holds a difficult position for at least three (3) seconds, or;
  - o The lifted partner holds a difficult position for at least three (3) seconds.
- Level 3 -
  - o One (1) change of position (two (2) positions held at least for two (2) seconds each) + a difficult position for the lifting partner or;
  - o One (1) change of position (two (2) positions held at least for two (2) seconds each), one of the two (2) must be a difficult position to be held for at least two (2) seconds.
- Level 4 - same as level 3 but with a creative/difficult entry.

Level 5 - One (1) change of position (two (2) positions held at least for two (2) seconds each), one of the two (2) must be a difficult position to be held for at least two (2) seconds + difficult position for the lifting partner for at least two (2) seconds + creative/difficult entry.





### Levels for rotational lifts

This is a lift where the couple must rotate for at least three (3) rotations to get a level 1. The numbers of rotations to count are those of the lifting partner.

Level 1 – at least three (3) rotations of the lifting partner

- Level 2 – at least four (4) rotations of the lifting partner + a position of the lifted partner held for at least three (3) rotations and a creative/difficult entry.
- Level 3 – at least four (4) rotations of the lifting partner + the lifted partner in a difficult position held for at least three (3) rotations.
- Level 4 –
  - o At least five (5) rotations of the lifting partner + the lifted partner in a difficult position held for four (4) rotations or;
  - o At least five (5) rotations of the lifting partner + executing a change of position (two (2) positions), one of the positions must be difficult and must be held for at least two (2) rotations.
- Level 5 –
  - o Same as level 4 + a creative/difficult entry + at least six (6) rotations of the lifting partner.

### Levels for combination lifts

This lift is a combination of a stationary lift and a rotational lift.

It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.

Level 1 – the lifted partner is lifted for at least two (2) seconds in a static position and the lifting partner executes two (2) rotations before or after the static position. During the rotational part, the lifted partner is in one position for at least one (1) rotation.

- Level 2 –
  - o The lifted partner executes one (1) change of position (two (2) positions), each held for at least two (2) seconds. During the rotational part the lifted partner is in one position for at least one (1) rotation. Or;
  - o One (1) difficult position of the lifted partner for at least two (2) seconds. During the rotational part the lifted partner is in one different position for at least one (1) rotation.
- Level 3 –
  - o One (1) change of position (two (2) positions) kept for at least two (2) seconds each + the lifting partner holds a difficult position for at least two (2) seconds + at least three (3) rotations of the lifting partner before or after to the stationary position of the lifted partner. During the rotational part the lifted partner is in one different position for at least two (2) rotations.
  - o One (1) difficult position for at least two (2) seconds + the lifting partner holds a difficult position for at least two (2) seconds + at least three (3) rotations of the lifting partner before or after the stationary position of the lifted partner. During the rotational part the lifted partner is in one position for at least two (2) rotations.
- Level 4 –
  - o Same as level 3 + four (4) rotations in rotational + creative/difficult entry. For option 1 during the rotational part the lifted partner is in one different position for at least three (3) rotations. For option 2 during the rotational part the lifted partner is in one position for at least three (3) rotations.
- Level 5 –
  - o The lifted partner holds a difficult position for at least two (2) seconds and executes one (1) change of position, the two (2) positions must be kept for at least two (2) seconds each. The lifting partner holds a difficult position for at least two (2) seconds and



executes at least five (5) rotations and the lift must start with a creative/difficult entry. During the rotational part the lifted partner is in one difficult position for at least four (4) rotations.

- o The lifted partner holds two (2) difficult positions for at least two (2) seconds each, while the lifting partner holds a difficult position for at least two (2) seconds and executes at least five (5) rotations. The lift must start with a creative/difficult entry. During the rotational part the lifted partner is in one position for at least four (4) rotations.

### **Clarifications for lifts**

- Each type of difficult position, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.
- It is allowed, during the stationary lift, to execute a half rotation of the lifting partner to change position.
- The difficult positions required for the levels will be considered from when the position is clear and defined.
- For both the stationary and rotational lift, the final position of the lifted partner should be reached quickly.
- A lift that does not achieve the requirements of level 1, will be called as 'No level' and will occupy a box in the system.

### **Choreographic lift**

The choreographic lift will have a set value of two (2) points (there are no levels). Judges will give their QOE based on the characteristics listed in the table (refer to section 6. QOE).

- The choreographic lift will be inserted to enhance or underline a part of the choreography.
- It cannot last more than ten (10) seconds.
- Can be used during a stop.
- Supports are free.

### **Pattern Dance Sequence**

#### **General rules**

- Must adhere to the diagram/pattern provided by World Skate ATC.
- The BPM of the piece of music selected for the Pattern Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / -2 BPM.

There can be an introduction before the beginning of the pattern dance sequence, and also after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it MUST remain constant for the entirety of the pattern dance sequence.

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:



- The rhythms used.
- The number of BPM of the Pattern Dance Sequence(s).
- It should be specified when the music for the compulsory dance starts and when it finishes.

If in the event that these rules are not observed, there shall be a deduction of 1.0 from the total score.

- Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of World Skate ATC) and finish with the first step of the dance (step 1) required by the rules.
- Must maintain the same steps/recognized positions\*/holds of the dance and respect the required timing of each step.

\* **A recognized position** is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other. The recognized positions and holds required by the rules may include choreographic movements of the upper body (with the other arm free from hold) to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

### Levels for Compulsory Dances

For the pattern dance sequence in the style dance and for the compulsory dances for Youth, Cadet, Espoir and Minis, there will be four (4) levels depending how the key points have been executed. If the compulsory dance requests two (2) sequences, the levels will be applied twice, once for each sequence.

Level 1 - 75% of sequence/section is completed by both partners.

- Level 2 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) or two (2) key points is/are correctly executed.
- Level 3 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 - sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

If less than 75% of the sequence is completed by both partners, the call by the Technical Panel will be 'No Level'.



## Clusters sequences

### No Hold Synchronized Cluster Sequences

- The couple must introduce two (2) sequences of clusters separated by a maximum of three (3) dance steps or two feet turns (no one foot turns).
- The sequences **MUST** be the same for both partners.
- The skaters have not to be in hold but skating alone. They should be as close as possible, and they are free to use whatever turn they want (except for where the choice of formation requires otherwise. For example, if the couple performs a cluster sequence in mirror image of each other).
- Each sequence must start with at least three (3) different turns.
- If the skaters, after the second sequence remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per the separation rules.

### Hold Synchronized Clusters Sequences

- The couple must introduce two (2) sequences of clusters separated by a maximum of three (3) dance steps or two feet turns (no one foot turns).
- The couple can never break the hold during the execution of the sequences. The holds must be a recognized hold. Hand in hand cannot be used except for during the execution of loops and traveling.
- During the three (3) steps between the two sequences the couple can use creative holds and also hand in hand hold.
- For each sequence, the first three (3) turns must be different.
- Partners can execute different turns within the sequences or the same turns.
- The foot used for the two sequences can be the same.
- The two sequences can be performed with the same turns.
- It is allowed for the couple to execute the three steps between the sequences in a no hold position however, before the first turn of the second sequence, they must be in dance hold.

## Levels

Level 1 - the two (2) clusters are correctly executed with no interruption.

- Level 2 - one of the two (2) clusters contains four (4) turns, the first three (3) of them must be different.

Level 3 - the two (2) clusters contain four (4) turns each, the first three (3) of them, for each cluster, must be different and a one (1) of the sequences must start from a difficult entry.

- Level 4 - the two (2) clusters contain four (4) turns each, the first three (3) of them, for each cluster, must be different and both sequences must start from a difficult entry.



### Clarifications for synchronized clusters sequences

- Difficult entry for a cluster sequence: choctaw, inabauer, spread eagle, little hop or jump.
- The difficult entries should be before the first turn of the sequence. In the case it is presented before the second sequence, the difficult entry must be the step preceding the first turn of the second sequence and will be counted as the final of the three steps allowed.
- The two partners must execute the same difficult entries.
- If there is a clear stop before the second sequence, the level shall be reduced by one.
- If there are more than three (3) steps between the two sequences, the level shall be reduced by one.
- If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the cluster has started and the execution of the element continues after the touch down, only the part before the touch down will be considered for the level.
- No change of edge is allowed in between the first three turns of the cluster.
- It is not allowed to use the toe stop in between the 2 sets of clusters.
- Depending on the number of recognized and correct steps the skaters are executing, the level will increase or decrease accordingly.
- The cluster sequence will be NO LEVEL if at least three turns are not correct and recognizable.

### Traveling sequences

- The first execution of a traveling set must be the one to be called with a level or no level if the features of the first level are not fulfilled.
- The rotations of the traveling should be fast and demonstrate ability to keep the control of the body axis.
- If the skater falls or there is any interruption during the entry, the execution of the set of traveling or immediately after either sequence, the element is called for what has been done before the interruption or the fall. It will have a no level if the features of level 1 are not fulfilled.
- If one (1) of the sequences is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2).
- Maximum duration of the traveling is ten (10) seconds.
- It is not allowed to use the toe stop in between the 2 sequences of traveling.
- If the skaters after the second sequence of the traveling, remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per the separation rules.

**Set traveling:** minimum two (2) rotations with a maximum of three (3) dance steps or turns in between.

**Additional features:** the features should be performed correctly and for the entirety of the set to be considered.



- A. At least one hand above the head or on its line
- B. Crossed hands behind the back and far from it.
- C. Arms crossed in front of the body between shoulders and waist (can be also one behind and the other in front like a screw).
- D. Free leg crossed in front or crossed behind over the knee line.
- E. Free leg crossed in front or behind under the knee line (pirouettes).
- F. Free skate wheels held by one or two hands.
- G. High free leg stretched lateral or forward.

### Levels

Level 1 – execution of the two (2) sequences of traveling with two (2) rotations each.

- Level 2 – different rotational direction for the two (2) traveling and at least three (3) rotations each + one (1) feature (in one of the sequences).
- Level 3 – different rotational direction for the two (2) traveling and at least three (3) rotations each + two (2) features (one each sequence: one with the arm and one with the leg).
- Level 4 – different rotational direction for the two (2) traveling and at least four (4) rotations each + three (3) different features (one sequence with one feature of free choice, one sequence with two (2) features, one of the arm and one of the leg).

### Choreographic pose

The Choreographic pose is a held position of the couple that creates an interesting or artistic design in space.

The choreographic pose will have a set value of two (2) points (there are no levels). Judges will give their QOE based on the characteristics listed in the table (refer to section 6. QOE). It is a held position of the couple that creates an interesting or artistic design in space.

- The choreographic pose will be inserted to enhance or underline a part of the choreography.
- It cannot last more than five (5) seconds.
- Supports are free.

### LIMITATIONS

**Dance lifts:** no additional lift is permitted.

**Dance spin:** a maximum of one (1) dance spin, done in hold with a minimum of two (2) rotations. Less than two (2) rotations is not considered a spin. Lifted spins are not permitted.

**Stop:** a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds. A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and the end).



**Stationary positions:** kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end).

If both partners are on the floor at the same time, it shall be considered as once. Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown. Stationary positions shall not be considered as elements of technical value, but of artistic value.

**Beginning and end of the program:** the skaters may not exceed eight (8) seconds of being stopped.

**Dance jumps:** a maximum of two (2) jumps (each skater) of one (1) rotation each (no more than one rotation in the air). Jumps shall not be considered as elements of technical value.

#### **Separations:**

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners
- **Style dance:** for only one (1) time during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between the partners (except where prohibited by the rules).
- **Free dance:** for only two (2) times during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between them.
- For quick changes of position/hold between the partners during the entire program.





## APPENDIX 1 - recognized couple positions



- A. Waltz
- B. Kilian/Kilian Reverse
- C. Tandem
- D. Foxtrot
- E. Promenade
- F. Tango
- G. Hand in hand
- H. Cross arms

## **In Line**

The competition consists of two parts: a short program and a long program for all age groups above 14 years of age and Long program for all age groups below 14 years.

The score for the short program and the long program will consist of two parts:

- Technical content.
- Artistic components.

### **Age group wise requirement:**

#### **Long Program – 7 to 9 Years age groups - Ladies and men: 2.00 minutes +/- 10 seconds**

Jumps: Maximum 3 jump elements.

- Maximum 1 combinations of 2 jumps
- Only 1 rotation jump or Waltz jump are allowed, on their own or in combination.
- The same jump cannot be repeated more than twice.

Spins: Maximum 2 spins. There must be one spin of each of the following types in the program:

- One Solo Spin
- One Combo Spin (Maximum 2 positions)

The same position (basic position with the same foot and edge cannot be repeated

Footwork Sequence: Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal. Maximum level 1.

Choreo Sequence: Maximum one choreographic sequence that occupies at least 50% of the rink.

#### **Long Program 9-11 age group Ladies and men: 3.00 minutes +/- 10 seconds**

**1. Jumps:** Maximum 4 jump elements. - Maximum 2 combinations of 2 jumps

Axel is Compulsory.

The same jump cannot be repeated more than twice. If a jump is repeated twice, at least one of them must be in a combo.



## 2. Spins: Maximum 3 spins

- One Solo Spin - 4 revolutions compulsory. (Marks breakup according to the base value and variations) (Camel compulsory)
- One Combo Spin (Maximum 2 positions) - 2 revolutions each spin compulsory. (Sit Compulsory)

The same position (basic position with the same foot and edge cannot be repeated more than twice).

**3. Footwork Sequence:** Maximum one step line with one of the 4 basic designs: Straight Line / Circle /Serpentine/ Diagonal - Maximum level 3- All step lines must start from a stationary position

None of the types can be counted more than twice.

**4. Choreography Sequence:** Maximum one choreographic sequence that occupies at least 50% of the rink.

### Age Group: 11 to 14 year

#### **Short Program -2:15 minutes +/- 5 seconds**

1. One (1) Single Axel (1A).
2. One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total
3. One (1) Solo Jump preceded by steps(Variation): Single, Double or Triple. There must not be a pause between the steps and the start of the jump. Axel-type jump is not allowed in this item.
4. One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.
5. One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit.
6. One (1) Steps sequence - Serpentine

#### **Long Program:Ladies and men: 3.30 minutes +/- 10 seconds**

1. Jumps: Maximum 5 jump elements. - Maximum 2 combinations of 2- 5 jumps (Inclusive of Connecting Jumps)

Axel is Compulsory. At least one of the jumps must be a double. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo.

## 2. Spins: Maximum 3 spins

- One Solo Spin - 4 revolutions compulsory. (Marks breakup according to the base value and variations) (Camel/Class A compulsory)
- One Combo Spin (Maximum 5 positions) - 2 revolutions each spin compulsory. (Sit Compulsory)

The same position (basic position with the same foot and edge cannot be repeated more than twice).

**3. FootworkSequence:** Maximum one step line with one of the 4 basic designs: Straight Line / Circle /Serpentine/ Diagonal - Maximum level 4. All step lines must start from a stationary position.



4. **ChoreographySequence:** Maximum one choreographic sequence that occupies at least 50% of the rink.

**Age Group: 14 to 17 years**

**Short Program 2:30 minutes +/- 5 seconds)**

1. One (1) Single Axel (1A).

2. One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total

3. One (1) Solo Jump preceded by steps(Variation): Single, Double or Triple. There must not be a pause between the steps and the start of the jump. Axel-type jump is not allowed in this item.

4. One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.

5. One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit.

6. One (1) Steps sequence – Serpentine

**Long Program:Ladies and men: 4.00 minutes +/- 10 seconds**

**1. Jumps**

Maximum 7 jump elements. - Maximum 3 combinations of 2- 5 jumps (Inclusive of Connecting Jumps)

Axel is Compulsory.

At least two of the jumps must be a double. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo.

**2. Spins**

Maximum 4 spins

- Two Solo Spin - 4 revolutions compulsory. (Marks breakup according to the base value and variations) (Camel/Class A/Upright). - One spin with variation Compulsory.

- One Combo Spin (Maximum 5 positions) - 2 revolutions each spin compulsory.

The same position (basic position with the same foot and edge cannot be repeated more than twice).

3. **FootworkSequence:** Maximum one step line with one of the 4 basic designs: Straight Line / Circle /Serpentine/ Diagonal. All step lines must start from a stationary position.

4. **ChoreographySequence:** Maximum one choreographic sequence that occupies at least 50% of the rink.



### **Age Group: Above 17 years**

#### **Short Program 2:30 minutes +/- 5 seconds)**

1. One (1) Single Axel (1A).
2. One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total
3. One (1) Solo Jump preceded by steps(Variation): Single, Double or Triple. There must not be a pause between the steps and the start of the jump. Axel-type jump is not allowed in this item.
4. One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.
5. One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit.
6. One (1) Steps sequence - Serpentine

#### **Long Program: Ladies 4:00 minutes +/- 10 seconds Men from 4:00 to 4:30 minutes**

1. Jumps: Maximum 7 jump elements. - Maximum 3 combinations of 2- 5 jumps (Inclusive of Connecting Jumps) Axel is Compulsory.

At least three (3) of the jumps must be a double. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo.

2. Spins: Maximum 4 spins

- Two Solo Spin - 4 revolutions compulsory. (Marks breakup according to the base value and variations) (Camel/Class A/Upright) - One spin with variation Compulsory.

- One Combo Spin (Maximum 5 positions) - 2 revolutions each spin compulsory.

The same position (basic position with the same foot and edge cannot be repeated more than twice).

3. FootworkSequence: Maximum one step line with one of the 4 basic designs: Straight Line / Circle /Serpentine/ Diagonal. All step lines must start from a stationary position.

4. ChoreographySequence: Maximum one choreographic sequence that occupies at least 50% of the rink.



## ARTISTIC COMPONENTS

Score for the artistic impression will be the sum of four (4) components.

- Skating skills.
- Transitions.
- Performance
- Choreography/composition.

## TECHNICAL CONTENT

The technical content is the sum of the values given to each technical element presented by the skater. The technical elements to be evaluated are:

- Jumps (Jump Only or Combo Jump)
- Spins (Solo Spin or Combo Spin)
- Footwork sequence (Diagonal, circle, serpentine or straight line)
- Choreographic sequences (with a free pattern)

### Initial Definitions

- **Solo Jump:** Any jump with recognised entry, exit and flight phase. This is an isolated jump, i.e. it is done on its own.

- **Combo Jump:** At least two consecutive jumps in which the landing edge of the first one is the entry edge of the second one. Any change of edge or foot would mean the breakup of the combination, and would be considered as two Solo Jumps. The Jump Sequence therefore disappears.

- **Jump Element:** Solo Jump or Combo Jump.

- **Connecting Jumps (No jumps):** These are single-turn jumps within the combo jump, which is why they are called "connecting jumps". They will have no value and will have the code "NJ" (No jump). However, the first and last jump of a combo will be "called", and will therefore count towards the total sum of the combo even if they are single-turn jumps. For example: 1Lo+1Lo or 2T+NJ+1S.

- **Position in a spin:** The "position" of a spin is defined by its edge, foot and body posture. The basic positions are:

Upright:

When the skating leg is extended or slightly bent but the body is not parallel to the ground.



#### Sit:

The hip of the supporting leg must not be above the height of the knee of the supporting leg. The line forming the quadriceps part of the supporting leg may be at a maximum height parallel to the ground.

#### Camel:

Body parallel to the ground and free leg behind with knee or skate tip higher than hip level.

#### Heel:

This is a spin in Camel position but executed on the heel, i.e., lifting two of the wheels of the supporting skate and making the rotations on a single wheel.

#### Inverted

This is a spin in Camel position but with the body face up (in inverted position). Given the difficulty of completing this position with line skates, the following minimums must be met to call the inverted spin: at least 80% of the trunk, both shoulders and at least one hip must face upwards and be parallel to the floor.

All of them will also have their corresponding foot and edge, which will define them. Any change of foot, edge or body position would mean two different positions. There are also difficult variations of basic positions. If both are presented together (basic + variation), we would be dealing with two (2) different positions. For example: Camel + Camel Forward = 2 positions.

- Solo Spin: Single position spin with one edge and one specific foot.
- Combo Spin: Any spin in which there are at least two positions (with or without change of foot, edge or body posture). For example: Camel (Left foot) + Camel (Right foot).
- Features: These are positive characteristics (particularities or features) that will increase the base value of an element.

#### General

- The elements in excess will not be counted and will not lead to any penalty.
- All attempts will occupy a "specific" space in the system. If any of the elements already attempted are repeated, the first of the two will be taken into consideration and the second will be cancelled with the symbol \*.
- The same jump cannot be presented more than twice. If it happens the value of the third jump will not be added to the Technical Content and a symbol \* will appear.
- The same basic position, with or without difficult variation and the same foot and edge, cannot be presented more than twice (i.e. Camel Right Backward Outside in a basic position and Camel Right Backward Outside in a difficult variation forward, are counted as twice. If it happens the value of the third spin will not be added to the Technical Content and a symbol \* will appear.





- A difficult variation of the spins will be counted just once in the whole program. For example, Sideway position for a sit spin will be considered just once as difficult position in the whole program. The second one will be ignored.
- For every jump of the combination jump a percentage of the basic value will be added.
- The elements can be carried out in any order.
- Kneeling or laying on the floor is allowed maximum once and for maximum five (5) seconds.

### Short program

- There will be no penalty if the skater does not carry out one of the compulsory elements.

### Long Program

- There will be no penalty if any of the compulsory elements are not performed (not seen or intuited). However, if a skater replaces a compulsory element with a different element, the latter will be invalidated. In this case, if there is any doubt as to which element has been substituted for the one considered "compulsory", the criterion for annulment will be that of invalidating the element of least value. In addition, there will be a penalty for any "Mandatory item not submitted" (see section 7).
- The invalidated elements will only affect each scoring section: jump elements, spins, step sequences or choreographic sequences. Any excess in the number of elements allowed in a section will therefore not affect the rest. For example: If a skater performs six (6) jump elements instead of five (5), this will not result in the final spin being cancelled (if this becomes the 11th element of a maximum of 10 per program).

## TECHNICAL ELEMENTS

### Jumps

Jumps will have some special considerations in Inline Artistic Skating:

- Landing from jumps may be slightly assisted by the toe stop (tip of the toe or brake). This assistance will consist of simply cushioning the impact of the skate on the ground (lasting no more than one second) rather than complete support, in order to prevent the skater from losing his or her balance. The end result will be: 1st toe stop, and 2nd complete footbed.
- The entry of the jumps may not, in any case, have a greater anticipation than the quarter turn. If this were the case, the judges would issue a negative QOE (see negative QOE table), or the Technical Panel could even devalue its base value.
- Loop jump: Use of the brake is permitted in take-off. Furthermore, entry on two feet using the right tip of the skate (in the case of a right-handed skater) for propelling at the moment of take-off is allowed. In this case, the jump will be called as a Loop, but will have an intermediate value between the Flip and the Toe-loop and will be marked with the symbol "i". **If, on the other hand, the Loop is entered on one foot and jumped without brake assistance (except in the case of 3Lo, where such assistance is allowed), the jump will receive the full credit.**





- Jumps with 1 rotation that are part of a combo (connecting Jumps) will therefore have no value. Other jumps with one rotation, either by themselves or as the first and last jump in a combo, will be called as such (For example: 1Lo+ NJ+2T+NJ+1S)

- **Under-rotated:** Jumps that are missing quarter a turn or less will be considered Under-rotated. It will be 30% less than the base value for singles and doubles, and 20% less for triples and quadruples.

- **Half-rotated:** Jumps that are missing more than a quarter and less than a half turn will be considered Half-rotated. It will be 50% less than the base value for singles and doubles, 40% less for triples and 30% less for quadruples.

- **Downgraded:** Jumps that are missing half a turn or more will be called Downgraded. They will receive the same base value as their counterpart jump of a lower rotation: For example 3S = 2S.

All jumps where there is a half-turn anticipation or higher in take-off will be considered Downgrades (e.g. Toe-Walley = Toe-loop downgrade).

- Jumps missing less than a quarter turn will receive the full base value, but will be evaluated with a negative QOE by the judging panel.

- In the combo jumps, each of them (as long as they are not connected, i.e. No Jump) will receive a QOE that will be evaluated by the judges. For example: 2T (+1) + NJ + 2S (+1).

- The former "Jump Sequences" (two jumps linked together by a step or a turn or a jump) disappear. They will be considered as two (2) single jumps linked by a transition (meaning they will be taken into account in the components section)

### Percentages increasing the jumps value

The following will be applied to all the situations when the jumps will have the basic value increased by a percentage:

- If a jump is executed after the half length of the program, it will have a 10% increase of the basic value.

- If a jump is presented in a combination jump, it will have an increase percentage from its basic value:

- o 2% Toe-loop and Salchow.
- o 7% Flip, Lutz and Loop.
- o 8% Axel.
- o 9% double Toe-loop and double Salchow.
- o 14% double Flip, double Lutz and double Loop.
- o 15% double Axel.



- o 16% triple Toe-loop and triple Salchow.
- o 21% triple Flip, triple Lutz and triple Loop.
- o 22% triple Axel.
- o 23% quad Toe-loop and quad Salchow.

• If the jumps are presented in combination without the use of connecting jumps, the percentages will be:

- o 10% double-double.
- o 20% double-triple/triple-double.
- o 30% triple-triple.

### Clarifications

A "saved Toe-Loop" (when a skater uses a toe-loop between jumps in a combo to save the element due to loss of control) will be considered a stepping out with a negative QOE for the immediately preceding jump; this saved Toe-Loop will be called NO JUMP, and will take up a space

**Under-rotated** jumps between jumps will decrease the quality of the next jump. e.g. double Loop-Thoren / Euler (under-rotated) - double Salchow - the double Salchow will not have a good QOE.

- Minimum two (2) jumps for a combo jump to be called.
  - If there are single-turn jumps between doubles and/or triples, the next double or triple will be evaluated by the judges with the following particularity: o No more than +1 if the number of jumps in a rotation is two (2). No more than 0 if the number of jumps in a rotation is three (3).

The technical panel is responsible for calling the **Lutz jump** if the technical characteristics have been achieved (external edge). Otherwise the base value will be decreased (between the Flip and the Toe-loop).

Whenever a skater makes a Thoren jump / Euler (Half Loop) to score (rather than as a linking jump), this will always be called a Loop (1Lo) and will count as such for the purposes of the maximum number of repetitions of the same jump.

### Spins

A spin will be considered completed when the skater complies with the following rules:

- Solo Spin: Minimum two (2) continuous rotations in the position already reached to be called.
- Combo Spin: Minimum two positions with the correct rotation and posture. Each position must have a minimum of one (1) continuous rotation with the required body posture already reached in order to be called. If there is a change of foot, there must be a minimum of two (2) rotations per foot.



Any spin or position that does not reach the required minimum number of turns or does not reach the required body posture will be considered No Value. If one of them does not reach the established minimums in a three-position combo spin, it will be considered a "No-Confirmed" position, but the rest of the positions will still count. For example: Camel - Sit No-Confirmed- Camel = Camel + Camel.

The levels of the spins disappear and each position will have a base value that will be added, in the case of a Combo Spin, to the other positions. This value may, however, be increased by applying various "Features" (bonuses)

### General specifications

- The rotational axis of each position can be assisted by the toe stop (the brake), or oscillate between the first wheel and the toe stop, due to the difficulty of marking an edge with the line skate and the high angular friction produced from having the wheels attached to a fixed, non-flexible axle. For this reason, inline artistic skating spins will generally lack edge, meaning judges must focus their attention on the correct execution of the position (from a postural perspective) and the number of rotations achieved by the skater.
- The number of rotations in Upright position is unlimited at the end of any Solo Spin, and should not be considered a change of position. This will apply as long as the exit Upright is in basic position and there is no difficult variation of the position or change of foot. In the case of the Combo Spin, the Upright spin will be called whenever it goes between two other positions, or when it is done at the end of the spin but with a difficult variation and not in basic position.
- Body movements that significantly affect balance, increasing the difficulty of the spin, should be considered a feature for QOEs.
- The judges **MUST NOT** give +3 if the spins are executed without difficult variations.
- For a Combo Spin, the judges give a single QOE for all positions.
- The free leg flexion will not be considered a difficult variation of the basic position for the Inverted spin.
- The Biellmann position will be considered a difficult variation of the Camel and not of the Upright.

### Solo Spin

Depending on the characteristics of the spin, the bonus the technical panel will apply will be as follows:

- A single-position spin with more than six (6) rotations will have an additional 20% of the value of the spin.
- A single-position spin with a difficult entry will have an additional 15% of the value of the spin. Difficult entry means any movement affecting the equilibrium point during the centering and/or preparation phase: For example: Spirals (Charlotte) during the centering phase; Fly (jump entry) with the landing position already reached in the air (Camel or Sit); and Travelling with the free leg supported behind the back during the movement, and even during the centering phase.



- Difficult variations in the Upright spin:
  - o Forward: 30% of the base value of the spin
  - o Layback: + 2 bonus points
  - o Sideways: +2 bonus points
  - o Upright heel: 50% of the value of the spin
  
- Difficult variations in the Sit spin:
  - o Forward: 20% of the base value of the spin
  - o Sideways: 30% of the base value of the spin
  - o Behind: 60% of the base value of the spin
  
- Difficult variation in the Camel spin:
  - o Biellmann: + 2 points plus 80% of the value of the Camel spin
  - o Torso Sideways: 70% of the value of the spin
  - o Layover: 20% of the base value of the spin
  - o Forward: 20% of the base value
  - o Sideways: 20% of the base value
  
- Difficult variations in the Heel spin:
  - o Layover: +30% of the base value of the spin
  - o Forward or Sidewas: 40% of the value of the spin

#### Difficult variation of the Inverted spin:

- o Bryant: 25% of the base value of the spin

• Despite this positions, any variation which is not included in this manual could be considered as a feature if it is adding body movements that alter the equilibrium, and therefore increasing the difficulty of the spin. The Technical Panel should be able to make this decision. However, the base value could not be increased more than 20%.

#### **Combo spin**

Combo spins will be considered to be whenever there is a change of edge, foot, position or jump. The maximum number of positions in a combo spin is five (5).

The Technical Panel will call each position during the Combo Spin, and the system will add up the values of each position called.

The judges will give a QOE for the whole combo spin.



The value of the Combo Spin can be increased in two ways:

- Due to the features achieved in each position. The increase will be in the value of each item, before the overall sum. In the case of a difficult entry, the value to be increased will be that of the first position.

- Due to the order and way these positions take place. In the following cases, the increase in value will be the total sum of all positions:

- o Sit Spin between two Camel spins and/or Heel and/or Inverted: + 15% of the value of the combo.

- o Change of foot executed in jump: + 15% of the value of the combo.

- o Both directions immediately after each other in Sit, Camel, Heel or Inverted positions: + 20% of the value of the combo.

### Clarifications

#### No Spin:

- Fall before the spin (travelling), or during the execution of the first position of a combo.
- Required position (compulsory) not achieved or not performed.
- Position not reached correctly, as defined
- Less than two (2) rotations for a single position spin, and less than one (1) rotation per position within a combo. If there is a change of foot, there must be at least two (2) rotations on each foot.

In combo spins, each position or minimum number of rotations not reached will be called the 'No-Confirmed' (N) position. If at the end of a combo spin there is only one confirmed position, the result will be NO SPIN.

#### Combo Spin:

- If one of the positions of a Combo Spin is No-Confirmed and the rest are confirmed, the spin will be called but the judges' QOE will not be above 0.
- When a position is compulsory (e.g. Sit Spin in the short program) and the skater does not achieve this position, the whole combo spin will be called NO SPIN.

All positions considered "extras" (the sixth position of a combined position) or "repetitions" (the third time they are performed during the program) will initially be called by the technical panel, but the Controller will later invalidate them using the symbol \*.



To reach any position (basic or difficult variation) the skater may not exceed the minimum number of rotations established for a spin to be called. In other words: One (1) rotation in the Combo Spin and two (2) rotations in the Solo Spin. If this rule is not met, the preparation and position will be considered TWO (2) different positions and the final result will have an effect on the overall computation of the program (e.g. if a Solo Spin becomes a Combo Spin).

- For example 1: If a skater does two turns in Camel position to prepare a Heel, the spin will be called: Combo Spin (Camel confirmed + Heel confirmed).
- For example 2: In a combo spin, if a skater takes more than one turn to prepare a Camel Forward, the spin will be called: Camel + Camel Forward, and will therefore be two (2) positions and not one.

#### **Difficult Position:**

For the judges to consider a difficult position as QOE +, it must involve a significant variation of the equilibrium point, with muscle stretching and tension. e.g. Inverted - Bryan, involving the arms and free leg and trunk.

Any choreographic moves that do not affect balance when executing the spin will not be considered a difficult position, although the judges may take them into account in order to give a QOE + to this basic position.

**Falls:** in a solo spin, the spin will be called only if the two (2) rotations were executed. In a combo spin, the positions achieved before the fall, will be called, except the one that caused the fall

#### **Footwork Sequence:**

- All step lines must start from a stationary position, i.e. at least two seconds without any skate movement. However, arm and body movements are allowed during this position.
- All kinds of steps and turns are permitted in both forward and reverse directions (going back along the same path). Any of the patterns can be used in the Long program, while World Skate will establish the type of pattern to be used each year in the short programme.
- The mandatory step sequence can only include one (1) jump of one (1) maximum rotation (including unrecognized jump) for the short and long program. Any extra jump will be considered an illegal element and will be penalised as such.
- For the short and long program, the mandatory footwork sequence can include just one (1) jump of maximum one (1) rotation (even if not a recognized jump). An extra jump or more than one (1) rotation jump will be considered an illegal element and will be penalized as such.



## Definitions

**One-foot turns:** turns are all the technical difficulties listed and that involve a change of direction on the same foot: travelling (travelling - two full rotations must be executed quickly to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.

**Two feet turns:** Mohawks, Choctaws.

**Steps:** are all the technical difficulties that can be executed keeping the same direction or changing direction changing also the foot: toe steps, chasses, change of edge, cross rolls.

Note: half rotations jumps or one rotation jumps on two feet or one foot is not considered a turn or a step. Skating forward and skating backward is not a change of rotational direction.

**Cluster:** sequence of at least three (3) different turns executed on one foot, the three turn will be counted as a turn for the cluster. No change of edge is allowed. Change of edge will be allowed after the 3rd turn if skaters choose to perform a more than three (3) turns cluster.

**Body movements:** the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered during at least in three (3) moments of the all sequence. At least two parts of the body must be used.

Level:

- Level 1 - must include at least four (4) one foot turns.
- Level 2 - must include at least six (6) one foot turns.
- Level 3 - must include at least three (3) one foot turns executed on the right foot and three (3) one foot turns executed on the left foot (six (6) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.
- Level 4 - must include at least four (4) one foot turns executed on the right foot and four (4) one foot turns executed on the left foot (eight (8) one foot turns in total). Skaters must add two (2) Choctaws, one in clockwise and the other in anti-clockwise direction.
- Level 5 - must include at least five (5) one foot turns executed on the right foot and five (5) one foot turns executed on the left foot (ten (10) one foot turns in total). Skaters must add two (2) Choctaws, one in clockwise and the other in anti-clockwise direction. Skater must also perform one (1) cluster.

## Clarifications

- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level.
- The steps of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be





considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.

- For level 3, 4 and 5 it's mandatory the use of body movements feature at least three (3) moments of the sequence. This means that if this feature is not presented the level can be decreased.
- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- The footwork sequence **MUST** start from a stopped or a stop and go (less than 3 seconds stop) position. If not, the Technical Panel will start to count when they realize the footwork sequence is started.
- Quick stops are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

### **Choreographic Sequence**

The Choreographic Sequence is a succession of steps, turns and skating movements that represent a choreographic high point of the program, in which the skater demonstrates his or her maximum expressive capacity, interpreting and skating according to the character of the music.

All kinds of technical elements such as steps, splits, camel turns, pivots, inabauer, jumps, fast turns can be used.

The sequence has a fixed value of 2.0. The technical panel will call the execution and the judges will give the relevant QOE.

The sequence should start from a stationary position and should cover the entire rink from one short side to the other short side.

There is no set pattern to follow, but it should include some elements:

- An element of equilibrium, performed on one foot, in which the free leg is raised at least to hip height (for example: A camel) The position must be maintained for at least 3 seconds or over 10 metres.
- A skating element in which there is a demonstration of balance, but with the possibility of having both feet on the ground (For example: a spread eagle). The position must be maintained for at least 3 seconds or 10 meters.
- A creative jump (maximum half rotation and must not be recognised) or choreographic leap.

Turns and steps can also be included apart from these elements (e.g. Mohawks, threes, brackets, etc.), pivots (such as Canadians on any edge) or heel steps.

### **PENALIZATIONS**

A deduction of one point (1.0) will be applied to the sum of technical content and artistic impression each time one of the following is executed:

- More than one (1) rotation jump or more than one (1) jump in the footwork sequence.
- Kneeling or laying on the floor more than once or more than maximum five (5) seconds.
- In the long program, if the sit spin is not executed, 1.0 point of penalization will be applied.





## General

- Costume violation
- Time of the program less than the minimum (1.0 point each 10 secs or part thereof).
- Falls (1.0 point per fall in Cadets, Youth, Junior and Senior; 0.5 points per fall in Tots, Mini and Espoir).
- Missing mandatory element (1.0 point per missing element).

## Positive QOE

Judges should score their QOE using the following guidelines:

- 0 when skaters achieve the basic characteristics of the element.
- +1 when skaters fulfill 1 - 2 features.
- +2 when skaters fulfill 3 - 4 features.
- +3 when skaters fulfill 5 - 6 features.

The definition of a feature is: a typical **quality** or an **important part** of a technical element. Some of the features are:

### Jumps:

Very good height and length

Very good extension during landing and/or original and creative exit.

- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

### Spins:

Good ability in centering the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

- Good speed and acceleration during the execution.
- Difficult entry (e.g. fly camel, butterfly).
- Difficult variations of positions or original positions.
- Balanced number of rotations for each position (combination spins).
- Number of rotations much higher than the minimum.
- Matching the execution of the element with the music structure.
- Difficult travelling.



#### Footwork Sequence:

Deep and clean edges (including entry and exit from change of directions).

- Clearness and precision.
- Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, and free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body and the body base line needs to move.
- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Creativity and originality.

#### Choreo sequence:

New steps, new steps sequence.

- Intricate pattern.
- Originality.
- Variety.
- Musicality.
- Matching with the theme and music.
- Clear movements.
- Good energy.
- Good control and involvement of the whole body.



**Negative QOE**

Errors for which the QOE MUST be the one listed	Values	Errors for which QOE can vary	Values
<b>JUMPS</b>			
Downgrade (<<<<)	-3	No speed, no height, no length, wrong position in the air	-1 or -2
Fall	-3	Underrotated (<)	-1
Landing on two feet or wrong foot	-3	Take off technically not corrected (Incorrect take-off and excessive anticipation)	-1 or -2
Stepping out	-2 or -3	No fluidity and rhythm between the jumps of a combination	-1 or -2
Two hands on the floor during landing	-3	Not clean landing (bad position)	-1 or -2
Double three or half toe-loop after landing	-2 or -3	Long preparation	-1
		A free hand or leg on landing	-1
		Half-rotated (<<)	-2
<b>SPINS</b>			
Two hands on the floor to avoid the fall	-3	Poor position, slow movements	-1 to -3
Sit spin two feet exit	-3	Change of foot poorly executed (brake, clean edges)	-1 to -3
Fall	-3	Moving / not centralized	-2 or -3
		Hand or free leg on the floor to avoid the fall	-2 or -3
		Pumping	-2
		Poor travelling	-1
		Change of foot with traveling axis	-2
<b>FOOTWORK SEQUENCE</b>			
Fall	-3	Wrong pattern	-1 to -3
		Stumble	-1 or -2
		Out of time (No synced with music)	-1 or -2
		Poor in speed and acceleration	-1
		Poor in edges	-2
<b>CHOREO FOOTWORK SEQUENCE</b>			
Fall	-3	Lack of musicality	-1 to -3
		Stagger and Stumbel	-1 or -2
		Out of time (No synced with music)	-1 or -2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2



## Pair Skating

### GENERAL

This event shall be conducted for teams consisting of two contestants, one male and one female. Pairs competitions consist of two parts: a short program and a long program for all age groups above 11 years of age

#### Short Program:

- Additional elements will not be considered and will not be penalized.
- The lifts take-offs must be different in all the programs.

The score for the short program and the long program for pairs skating will consist of two parts:

- Technical content.
- Artistic components

### ARTISTIC COMPONENTS

Score for the artistic impression will be the sum of four (4) components. For each one of the components judges should award a score between 0.25 and 10.

- Skating skills.
- Transitions.
- Performance.
- Choreography/composition.

### 4 TECHNICAL CONTENT

The technical content is the sum of the values given to each technical element presented by the pair. The pairs technical elements are:

- Lifts.
- Side by side jumps.
- Side by side spins.
- Throw jumps.
- Twist jump.
- Contact spins.
- Death spirals.
- Footwork sequences. The pattern of the footwork sequence can be diagonal, serpentine, circular, straight line (on the long axis of the rink).



## Age Group wise requirement:

### 5 to 7

Long - 1:50 minutes +/- 10 seconds

- One (1) throw jumps.
- One (1) side by side jumps elements no combination.
- Maximum one (1) side by side spin.
- One (1) footwork sequence to be chosen from serpentine, circle, diagonal, straight line.

### 7 to 9

Long - 2:00 minutes +/- 10 seconds

- Two (2) throw jumps
- Maximum one (1) contact spin. The element can be performed as one position, with minimum of three rotations.
- Two (2) side by side jumps elements no combination.
- Maximum one (1) side by side spin.
- One (1) footwork sequence to be chosen from serpentine, circle, diagonal, straight line.
- One (1) one position lift (no rotations).

### 9 to 11

Long - 2:30 minutes +/- 10 seconds.

- Two (2) throw jumps (Axel/double)
- Maximum one (1) contact spin. The element can be performed as a solo or combination spin, with minimum of three rotations.
- One (2) side by side jumps elements. One (1) must be single axel or any double; the other has to be a combination jump (not more than three (3) jumps).
- Maximum one (1) side by side spin combination position.
- One (1) death spiral
- One (1) footwork sequence to be chosen from serpentine, circle, diagonal, straight line.
- Two (2) one position lifts (no more than four (4) rotations of the man).

### 11 to 14

Short 2:00 min +/- 5 seconds

- A throw jump (Single axel or any double).
- One contact spin (pull around camel).
- One side by side jump (no combination)- any jump.
- One side by side spin (camel minimum 3 rotations).
- One death spiral.

### 14 to 17 ( junior group CIPA)

Short 2:45 minutes +/- 5 seconds

- A twist jump or throw jump (set each year by ATC).
- One contact spin (one position spin or a combination spin. Set each year by ATC).
- One side by side jump (no combination).
- One side by side spin (one position spin or a combination spin. Set each year by ATC).
- One death spiral (Inside for 2019).





- One footwork sequence (Serpentine for 2019).
- One (1) one position lifts of no more than four (4) rotations for the man - press lift

- One footwork sequence (Serpentine for 2019).

Two (2) one position lifts of no more than four (4) rotations for the man.

## Long Programme : 4:30 minutes +/- 10 seconds

- Two (2) throw jumps.
- One (1) twist jump.
- Maximum one (1) contact spin (set each year by ATC). The element can be performed as a solo or combination spin, with minimum of three rotations.
- Two (2) side by side jumps elements. One (1) must be a single axel or any double jump; the other has to be a combination jump (not more than four (4) jumps).
- Maximum one (1) side by side spin combination position
- One (1) death spiral
- One (1) footwork sequence to be chosen from serpentine, circle, diagonal, straight line.
- Two (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one (1) combination lift with no more than eight (8) rotations of the man.
- One choreographic sequence (holding hands; pattern is free)

Maximum two (2) throw jumps.

- One (1) twist jump.
- Maximum one (1) contact spin (set each year by ATC). If the element to be performed is a combination spin, the combination should contain a maximum four (4) positions.
- Two (2) side by side jumps elements. One (1) must be a single jump; the other can be a combination jump (not more than four (4) jumps). The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only doubles and triples in the combination will have a value).
- Maximum one (1) side by side spin, combination spin
- One (1) death spiral (inside for 2019).
- One (1) footwork sequence to be chosen from serpentine, circle, diagonal, straight line.

Two (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one (1) combination lift with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions).

The lifts take-offs must be different.



## above 17 (senior CIPA)

Short 2:45 minutes +/- 5 seconds

Long : 4:30 minutes +/- 10 seconds

A twist jump or throw jump (throw jump for 2019)

- Maximum two (2) throw jumps.

- One (1) twist jump.

- One contact spin (one position spin for 2019).

- Maximum one (1) contact spin (one position spin for 2019). If the element to be performed is a combination spin, the combination should contain a maximum four (4) positions.

- One side by side jump (no combination).

- Two (2) side by side jumps elements. One (1) must be a single jump; the other can be a combination jump (not more than four (4) jumps). The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only doubles and triples in the combination will have a value).

- One side by side spin (combination spin for 2019).

- Maximum one (1) side by side spin-combination for 2019

- One death spiral (Inside for 2019).

- One (1) death spiral ((Inside for 2019).

- One footwork sequence (serpentine for 2019).

- One (1) footwork sequence to be chosen from serpentine, circle, diagonal, straight line.

One (1) one position lifts of no more than four (4) rotations for the man.

Three (3) lifts: one (1) one position lift (no more than four (4) rotations of the man) and two (1) combination lift with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions).

One combination lift of no more than 8 rotations (maximum two position change for lady; total 3 positions)

The lifts take-offs must be different.



## TECHNICAL ELEMENTS

### Side by side jumps

Side by side jumps will be evaluated as for free skating by both the technical panel and judges.

Some clarifications:

- If the number of rotations is different for the two partners (e.g. man executes a double axel and the lady an axel) the technical panel will call the jump with less value.
- If one skater executes an under rotated jump and the other a complete jump, the technical panel will call an under rotated jump anyway.
- In general, whatever is the error, it will be considered as if it has been done by both skaters.

### Side by side spins

Side by side spins for pairs will be evaluated with the same values of free skating.

Some clarifications:

- If the skaters execute different spins (e.g. the man a heel spin and the lady just a camel), the technical panel will call the spin with less value.
- In general, whatever is the error, it will be considered as if it has been done by both skaters.

### Contact spins

A contact spin will be considered accomplished when the skaters complete a minimum of three (3) rotations for a one position contact spin and two (2) rotations for a combination contact spin. The technical panel will consider the spin when the basic characteristics are fulfilled.

Following is the list of contact spins classes that can be called by the technical panel.

DESCRIPTION
Outer back upright
Inside back upright
Face to face inner back sit
Face to face outer back sit
Hazel spin
Catch at waist
Kilian camel spin
Lay Over Camel
Tango position camel spin (man on the RFI, woman on the LBI)
Impossible camel
Reverse lay over camel (man's leg over the woman)
Impossible sit (sleeping beauty)

The spins are listed from the easiest to the most difficult.





### **Bonus for difficult variations**

Following are the bonuses called by technical panel on spins' variations:

- Difficult entry - > plus 10% on the value of the spin.
- Difficult position of the man -> plus 10% on the value of the spin.
- Difficult position of the lady -> plus 10% on the value of the spin.
- Four (4) or more rotations -> plus 10% on the value of the spin (just for one position spin).
- In Kilian Camel or Tango Camel where the man passes the leg over the woman -> plus 10% on the value of the spin.
- Sit-Camel position (the man in a sit position holding the lady in a camel position)-> plus 10% on the value of the spin.
- For impossible and impossible sit, the twist of the woman or a difficult position of the woman -> plus 25% on the value of spin even in combination.

### **Difficult variations for combination contact spins**

- Difficult entry - > plus 10% on the value of the whole combination spin.
  - Difficult change of position in combination -> plus 10% on the positions following the change.
    - o Complete rotation of the lady on her axis parallel to the floor. \*
    - o Lady passing over the man's back \*

Difficult change of positions for a Combo Contact spin:

\* These difficult changes will be called only if the change between one position and the other happens within one rotation of the man.

### **Clarifications**

- To call a one position contact spin the skaters must perform at least three (3) rotations.
- To call a spin in the combination spin, one of the positions **MUST** have at least two (2) rotations, if not it will be called **NO SPIN**.
- Maximum four (4) positions can be performed in a combination contact spin.
- If the pair executes a difficult variation or a difficult entry and the previous and the following spin is a no spin, the bonus will not be applied.
- Difficult position bonus will be applied only if the difficult position is held for two (2) rotations.
- The bonus for leg passage over the woman will be applied only if the man's leg passes over the woman at least three (3) times.
- In a combination spin, the system will add up the values of the single spins, called by technical panel. •



## Death spirals

Spirals can be:

- Camel spirals: there will be just one level.
- Death spirals: there will be four (4) levels.

The concept of pivot must be always held.

## Levels

- Level 1 - correct execution of the basic death spiral.
- Level 2 - basic + one (1) feature.
- Level 3 - basic + two (2) features.
- Level 4 - basic + three (3) features.

## Features

- Difficult entry (preceding the commencement of the element): split sideways position of the lady, sit traveling of the lady.
- Change of hold (change of hand between man and woman) - there must be at least a half (1/2) rotation before and after the change to be considered as a feature.
- More than one (1) rotation (one feature for each added complete rotation).
- Difficult position of the lady: ring position, skate hold.
- Left hold of the man.
- Left hold of the lady (or right on the inside death spiral).
- Difficult position of the man.

## Footwork sequences

For the short and long program, the mandatory footwork sequence can include just one (1) jump of maximum one (1) rotation (even if not a recognized jump). An extra jump will be considered an illegal element and will be penalized as such.

## Definitions

**One foot Turns:** turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (two full rotations must be executed quickly to be considered as such otherwise will be considered three turns), three turns, brackets, loops, counters, rockers.

**Two feet turns:** Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI - RBO, the direction will be considered anticlockwise).

**Steps:** are all the technical difficulties that can be executed keeping the same direction or changing direction changing also the foot: toe steps, chasses, change of edge, cross rolls.

**Cluster:** set of at least three different turns executed on one foot, the three turn will be counted as a turn for the cluster.



**Body movements:** the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered during at least three (3) moments of the sequence. At least two parts of the body must be used. To be considered as a body movement, the body base line needs to move

### Levels

- Level 1 - must include at least four (4) turns.
- Level 2 - must include at least six (6) turns.
- Level 3 - must include at least three (3) turns executed on the right foot and three (3) turns executed on the left foot (six (6) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise.
- Level 4 - must include at least four (4) turns executed on the right foot and four (4) turns executed on the left foot (eight (8) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise.
- Level 5 - must include at least five (5) turns executed on the right foot and five (5) turns executed on the left foot (ten (10) turns in total). Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Skaters must also perform one (1) cluster.

### Clarifications

- The turns can be executed simultaneously or not.
- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level but it will be considered in the turns for the cluster.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If one of the skaters puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.
- It's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level.

For example, Level 3 can be: o First example:

- Right Bracket.
- Left Bracket.
- Right Counter.
- Left Counter.
- Right Rocker.
- Left Rocker.
- 2 Choctaws (one in each direction).



o Second example: ▪ Right Bracket.

- Left Counter.
- Right Rocker.
- Left Bracket.
- Loop Clockwise.
- Traveling Anticlockwise.
- 2 Choctaws (one in each direction).

o Third example: ▪ Loop Clockwise.

- Loop Anticlockwise.
- Traveling Anticlockwise.
- Traveling Clockwise.
- Right Bracket.
- Left Rocker.
- 2 Choctaws (one in each direction).

For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented, the level can be decreased.

- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- The footwork sequence **MUST** start from a stopped or a stop and go (less than 3 seconds stop) position. If not, the Technical Panel will start to count when they realize the footwork sequence is started.
- Quick stops are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.
- For level 3,4,5 the couple must use holds for at least 1/3 of the footwork sequence.

### 5.7 Lifts

- The minimum rotations for a lift to be called is three (3).
- If the pair executes a take-off but the girl does not get to her position and the lift fails, the technical panel will call the lift which will have a no value (0) and will occupy a box in the system as an element performed.
- If the pair executes more rotations than allowed, technical panel will call the lift; features presented in the illegal part will be not considered. Judges will have to score negative QOE and the couple will be penalized 1.0 from the total.
- It is permitted to perform a half rotation to enter the lift and half a rotation to exit the lift.



Lifts list and in order of difficulty:

DESCRIPTION
Axel and Axel Around the back
Flip
Low Kennedy
Low Militano
Airplane
Reversed Loop
Pancake
Press
Cartwheel
Pancake Twist Airplane
Kennedy
Militano
Reversed Cartwheel
Spin Pancake

### Levels

- Level 1 - correct execution of the lift.
- Level 2 - basic + 1 feature.
- Level 3 - basic + 2 features.
- Level 4 - basic + 3 features.
- Level 5 - basic + 4 features.

**Note:** for Axel, Axel Around the back, Low Militano, Low Kennedy the maximum level is 4.

### Features for one position lifts

#### **Axel - Flip - Low Militano - Low Kennedy: features**

- Difficult variation in the take-off.
- Toe assisted take off with side split around the back - Flip Difficult Entry.
- One handed.
- Difficult kind of rotation.
- Difficult variation of the lady's position.
- Difficult variation in landing.

#### **Airplane - features**

- Difficult variation in the take-off.
- No handed by the woman.
- Difficult kind of rotation.
- One handed by the man.
- Left handed by the man.
- Difficult variation of the lady's position.
- Difficult variation in landing.



**Reversed Loop – features**

- Difficult variation in the take-off.
- No handed by the woman.
- Difficult kind of rotation.
- Difficult variation of the lady's position.
- Difficult variation in landing.

**Press – features**

- Difficult variation in the take-off.
- One handed.
- Difficult kind of rotation.
- Difficult variation of the lady's position (side split, lay out, Militano position).
- Difficult variation in landing.

**Pancake – features**

- Difficult variation in the take-off.
- No handed by the woman.
- Difficult kind of rotation.
- One handed by the man.
- Left hand hold by the man.
- Difficult variation of the lady's position.
- Difficult variation in landing.

**Kennedy – features**

- Difficult variation in the take-off (take-off with the skaters skating forward is to be considered a difficult variation).
- One handed.
- Difficult kind of rotation.
- Difficult variation of the lady's position (side split, lay out).
- Difficult variation in landing.

**Militano – features**

- Star position of the lady. In this case, the no hand by the lady feature is included and will not be added as an extra feature.



Reversed lady position.

- Difficult variation in the take-off.
- No handed by the woman.
- Difficult kind of rotation.
- Difficult variation of the lady's position.
- Difficult variation in landing.

#### **Reversed cartwheel and Cartwheel - features**

- Difficult variation in the take-off.
- No handed by the woman.
- Difficult kind of rotation.
- Difficult variation of the lady's position (side split) or T position.
- Difficult variation in landing.

#### **Spin pancake - features**

- Difficult variation in the take-off.
- No handed by the woman.
- Difficult kind of rotation.
- One hand hold by the man.
- Left arm hold by the man.
- Difficult variation of the lady's position.
- Difficult variation in landing.

#### **Lifts combination**

The combination lift will be called by the technical panel for those lifts, which present a change of positions and/or holds.

The take-off of the first lift of the combination is to be called, because it is the take-off that gives the real difficulty to the combination.

#### **Levels**

At each level, there is a corresponding percentage that will be calculated depending on the value of the lift used for the take-off.

The "Combo Level 1" will be called if there is only one (1) change of position.

- Level 1 - value of the level 1 of the lift of take-off + 20%.
- Level 2 - 1 feature -> level 1 + 20% of level 1 of the lift of take-off.
- Level 3 - 2 features -> level 2 + 20% of level 1 of the lift of take-off.
- Level 4 - 3 features -> level 3 + 20% of level 1 of the lift of take-off.
- Level 5 - 4 features -> level 4 + 20% of level 1 of the lift of take-off.



**Note:** For Axel, Axel Around the back, Low Militano and Low Kennedy take offs for Combo lifts, the maximum level is 4.

### Combination lifts - features

- Difficult variation in the take-off.
- No handed
- No handed by the man
- No handed by the woman.
- Difficult kind of rotation. To apply this feature, the rotation should be at least of one rotation and a half (1 ½).
- Change of direction of rotation during the execution. To apply this feature, before and after the change of direction, the pair must have executed at least one rotation and a half (1 ½).
- Left hand hold by the man (where it is not required by the basic position, e.g. Reverse Cartwheel)
- Difficult variation of the lady's position.
- Difficult variation in landing.
- Change position for the lifts under the head, will be given a feature for each change after the first included in the call of the Combo Lift.
  - Change of position, in general when the lady changes the axis for the lifts above the head.
    - o Pancake Twist Airplane.
    - o Change from Cartwheel to Layback position of the lady.
    - o Change from Cartwheel to Kennedy.
    - o Change from Pancake to Militano.
    - o Change from Militano to Cartwheel.

### Clarifications

- The difficult variations in landing will be considered only if the technical characteristics of the element performed are respected.
- “No handed” or “one handed by the man” or “one handed by the woman” feature will be called when it is kept for at least one and a half (1 ½) rotations.
- Combination lift: “no hand” or “one handed by the man” or “one handed by the woman” feature will be called only if the no hand is held for at least two (2) positions.
- Combination lift: only one of difficult take-off or difficult landing can be counted towards the level. It means that if the couple performs a difficult take off and a difficult landing the technical panel will call JUST one feature.
- A complete rotation of the lady on one axis without touching the partner with the body, can be considered a difficult variation in landing.





- One hand hold landing can be considered a difficult variation in landing.
- In the short program, the maximum number of positions is three (3), in the long program it is four (4) positions.
- Difficult variation or a change of position will be counted only if the previous position and the following position are held for at least one and a half (1 ½) rotations.
- If the pair does only one position for the combination lift, and don't even try to change the position, it will be considered a one position lift and will occupy a box.
- Star position of the woman will be considered a "difficult position" in the combination lift, only if it is performed after the Militano take off.
- Holding the skate (ring position, Biellman position), must be considered a difficult position of the lady.

The first change of position is what makes the lift a 'combination' and therefore is not counted as a 'change of position' for the level, unless the change of position involves a change of axis.

### Twist

The technical panel will call the element specifying the level and also the number of rotations. **Levels**

- Level 1 – correct execution of the element.
- Level 2 – basic + 1 feature.
- Level 3 – basic + 2 features.
- Level 4 – basic + 3 features.

### Features

- Lady's split (each leg to at least 45° from her body axis).
- Original/difficult position of the lady during the twist.
- Catching the lady at her waist without her using hands/arms or any other part of her body to touch the man.
- Difficult take off (steps/clear skating movements executed by both partners just before the take-off of the twist).
- Man's arms under the line of his shoulders or at least at the shoulders' height after throwing the lady in the air.

### Clarifications

- Man's arm on the side at least at the shoulders height after throwing the lady in the air. To apply this feature the following should happen:
  - o The man has stretched the arms during the lift of the lady in the air;
  - o The man after lowering the arms, lifts them above the line of his shoulders to catch the lady for landing.



### Choreographic sequence

- This sequence is free.
- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps, quick spins.

The sequence must start from a stopped or stop and go position and must take the whole rink from a short side to the other short side of the skating surface. If the element is not started by a stop position, judges will not have the complete view of the element.

- There is not a set pattern to follow.

### Lift Judging Points

- Toe stops must not be used by the man during any part of the lift; he should use tight, close mohawk turns.
- All lift take-offs by the woman must consist of recognized and accepted jump entrance techniques; two-foot take-offs should be penalized.
- The woman must ascend from the skating surface to the apex of the lift without interruption and in a smooth, continuous manner.
- Both partners must use equal effort on the take-offs of all lifts.
- The woman's lift position should be executed cleanly: splitting legs to full extension and without bent knees, toes pointed, assuming a steady body position and in control throughout.
- As long as the maximum number of allowable rotations are not exceeded, the team should receive more credit for a lift when the woman demonstrates her ability to sustain a lift position. Less credit should be awarded to any lift or part of a lift when the woman loses her position or is forced to come down early. A lift must be completed from take-off to landing.
- When executing combination lifts, each position in the combination must be held one rotation and a half (1 ½) before changing to the next position.
- The man's shoulders cannot be used to assist the woman in exiting a lift. The descent of the woman cannot be interrupted from the highest point of the lift to the final landing position.
- Less credit shall be given to a lift if the woman taps her free foot or uses her toe stops on any lift landings.
- If a lift attempt fails, full credit should not be given if the man lowers the woman to his shoulders and lifts her up again to save the lift. However, in only the World Class division, if the man intentionally lifts the woman to his shoulders and then lifts her overhead, this should be given full credit if executed properly. During all lifts, the man's arms must remain in the locked position.
- Unintentional lowering of the woman by the man, thus breaking the continuity of the lift, must be penalized.
- Twist Lutz lifts must be executed with good height and with all rotations completed in the air to receive full credit. Teams landing in a face-to-face position shall receive greater credit than those landing in a position facing the same direction.

On all lift landings, both partners must retain good posture, i.e. strong, straight backs, fully extended free legs, toes pointed down and out and with body positions matching as closely as possible.



- Lift landings must also be executed as softly as possible-the woman should be placed onto the skating surface rather than letting her “free fall” to the landing position.
- Except in the World Class division, adagio-type movements at the end of any lift are strictly prohibited.

### **Spin Judging Points**

- Completing solid pairs spins is an art unto itself. Unfortunately, when formulating many pairs skating programs, the value of spins is often overlooked. Well-executed pairs spins, accomplished with good body positioning, are a big asset to any pairs skating program, regardless of level. All too often, it seems that the built-in excitement of extension lifts overshadows the value of spins.
- Good body positioning during pairs spins is frequently lacking. When executing a pairs spin, the team should strive to maintain the best possible body positions at all times. In order for the judge to fully evaluate a pairs spin, each partner should maintain the body positions involved long enough to allow the judge a clear view of the entrance edge, the spinning edges, the spinning positions (minimum of two rotations per position), and the exit edge.
- The body rotations of pairs camel spins should be matched so that, when executed, the pair seems a mirror image. The arch of the back and the curve of the neck should be identical, and both free legs should exit the spin position at the same time. If the woman is undersized for the man, the legs and body will not be evenly matched. When this occurs, score for artistic impression should reflect this inequity.
- When executing a combination pairs spin, each change of position must be held for two (2) full rotations. The change from one position to another is not counted as a rotation.
- Use of the toe stops during any part of a pairs spin is a fault in execution and must be penalized.



## **FREE Skating**

The competition consists of two parts: a short program and a long program for all age groups above 14 years of age. For other groups there will be only one program.

The score for the short program and the long program will consist of two parts:

- Technical content.
- Artistic components.

### **TECHNICAL CONTENT**

The technical content is the sum of the values given to each technical element presented by the skater. To consult the values of the individual elements, please refer to the Excel spreadsheet.

The technical elements that will be evaluated are:

- Jumps.
- Spins.
- Footwork sequences. The pattern of the footwork sequence can be diagonal, serpentine, circular, straight line (on the long axis of the rink).

### **ARTISTIC COMPONENTS**

Score for the artistic impression will be the sum of four (4) components. For each one of the components judges should award a score between 0.25 and 10.

- Skating skills.
- Transitions.
- Performance
- Choreography/composition.

### **Age group wise requirement:**

**5 -7 age group 2:30 +/- 10 sec**

#### **Jumps**

A maximum of four (4) jumps of one (1) rotation are allowed including Waltz jump.

Maximum one (1) jumps combination are allowed.

The number of jumps within the combination cannot be more than three (3).



## Spins

Maximum two (2) spin elements must be performed. Two foot (with not more than four wheels on the ground) and upright positions. The two spins must be different.

### Footwork sequences:

One (1) footwork sequence maximum level 1.

### One (1) choreographic sequence in the following manner :

- a) Start the sequence from the short side of the rink followed by four half circles - "C"
  - b) The four 1/2 circles are to be finished with Cross pulls in short side of the skating rink
  - c) four more 1/2 circles are to be performed - not identical as done the first time finished by cross pulls on the other side of the skating rink
  - d) both edges ( inside and outside) , both directions ( forward and backward) and each leg need to be used
- Note: cover maximum length and width of the skating surface - Skate with clean edges on 1/2 circles performed - Cross pulls performed on both sides have to be in different directions (forward and backward)

**7 to 9 years - 3:00 +/- 10 sec**

## Jumps

A maximum of seven (7) jumps are allowed with no less than 1 rotation.

Maximum one (1) jumps combinations are allowed.

The number of jumps within the combination cannot be more than five (5).

## Spins

Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum three (3) positions). (no broken ankle, heel, or inverted). The two spins must be different.

### Footwork sequences:

One (1) footwork sequence maximum level 2.

One (1) **choreographic sequence.**



**9 to 11 years: 3 minutes +/- 10 sec**

### **Jumps**

A maximum of eight (8) jumps are allowed (excluding connecting jumps) Double axel and triples not allowed

Maximum two (2) jump combinations are allowed.

The number of jumps within the combination cannot be more than five (5).

It is mandatory to perform an Axel that can be presented also in combination.

Axel and doubles cannot be presented more twice.

### **Spins**

Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum three (3) positions) and must include a sit spin. The same kind of spin cannot be performed twice in the whole program. Broken Ankle is not allowed and the two spins must be different.

### **Footwork sequences:**

One (1) footwork sequence maximum level 3.

One (1) choreographic sequence.

**11 to 14 Years: 3 minutes +/- 10 seconds**

### **Jumps**

Max. Jumps of 2 revolutions (no double axel and triples!) A total of twelve (12) jumps will be allowed, from which two (2) combinations can be executed (from 2 to 5 Jumps).

In the programme there **MUST** be at least a Toe Loop element, single and/or double, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an Open Toe Loop.

### **Spins**

Can perform only maximum three (3) Spins: Upright spins, Sit spins Any Camel spins (no Broken Ankle!). Combination spins are free from the spins listed above. One Spin must be a Single Sit Spin OR Combination of any Sit Spins (This Spin cannot include other positions than Sit).



### Footwork sequences:

There must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice, to include- three (3) consecutive brackets, AND - one "loop step" (double three with wrapped free leg). A good execution of the wrapped free leg will receive a BONUS of 0,2 in the "A" mark by the Referee.

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves. Extreme CONTROLLED flexibility (the position of the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a BONUS of 0,2 in the "A" Mark, by the Referee.

### 14 to 17 ( junior group World Skate)

Short 2:45 minutes +/- 5 seconds

Axel - single, double or triple

- Jumps combination from two (2) to four (4) jumps including linking jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump - single, double, triple... (Cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- Footwork sequence (set by ATC each year - serpentine for 2019)

Long (ladies :4:15 to 4:30 minutes / Men : 4:30 minutes +/- 10 seconds

Jumps:

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations. • The number of jumps within the combination cannot be more than five (5) including the connecting jumps. • The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.





- Axel, doubles and triples cannot be presented more than twice. If presented, one must be in combination.

#### Spins:

- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two broken, maximum two forward heel etc.). The two spins must be different.

#### Footwork sequences:

- One (1) footwork sequence.
- One (1) choreographic sequence.

#### **above 17 (senior World Skate)**

Short 2:45 minutes +/- 5 seconds

Axel – single, double or triple.

- Jumps combination from two (2) to four (4) jumps including linking jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump – single, double, triple... (Cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- Footwork sequence (set by ATC each year)

Long (ladies :4:15 to 4:30 minutes / Men : 4:30 minutes +/- 10 seconds

#### Jumps:

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.



- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented, one must be in combination.

### Spins:

- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two broken, maximum two forward heel etc.). The two spins must be different.

### Footwork sequences:

- One (1) footwork sequence.
- One (1) choreographic sequence.

### Definitions

- Solo jump: any jump with recognised entry, exit and flight phase. This is an isolated jump, i.e. it is done on its own.
- Combo jump: at least two consecutive jumps in which the landing edge of the first one is the entry edge of the second one. Any change of edge or foot would mean the breakup of the combination and would be considered as two Solo Jumps. The Jump Sequence therefore disappears.
- Jump element: solo jump or combo jump.
- Connecting jumps (no jumps): these are single-rotation jumps within the combo jump, which is why they are called "connecting jumps". They will have no value and will have the code "NJ" (no jump). However, the first and last jump of a combo will be called, and will therefore count towards the total sum of the combo even if they are single-rotation jumps. For example: 1Lo+1Lo or 2T+NJ+1S.
- Position in a spin: the position of a spin is defined by its edge, foot and body posture. The basic positions are:

Upright - are those in which the body remains in a standing position

Sit: the hips cannot be higher than the knee of the skating leg.

Camel: free leg position (knee and heel) must not be under the hip.

All of them will also have their corresponding foot and edge, which will define them. Any change of foot, edge or body position would mean two different positions. There are also difficult variations of basic positions. If both are presented together (basic + variation), we would be dealing with two (2) different positions. For example: Camel + Camel Forward = 2 positions.

Solo spin: single position spin with one edge and one specific foot.



- Combo spin: any spin in which there are at least two positions (with or without change of foot, edge or body posture). For example: Camel (Left foot) + Camel (Right foot).
- Features: these are positive characteristics (particularities or features) that will increase the base value of an element.

### General

- The elements in excess will not be counted and will not lead to any penalty.
- All attempts will occupy a box in the system, then any subsequent elements will have no value (0).
- The same jump cannot be presented more than twice. If it happens the value of the third jump will not be added to the Technical Content.
- The same combo jump cannot be presented more than once. If this happens a penalty of one point will be applied.
- The same spin (e.g. two heels forward, two inverted, two camels forward, two camels backward etc.) cannot be presented more than twice. If it happens the value of the third spin will not be added to the Technical Content.
- A difficult variation or position of the spins will be counted just once in the whole program. For example, Sideways position for a sit spin will be considered just once as a difficult position in the whole program.
- For every jump of the combination jump a percentage of the basic value will be added.
- Kneeling or laying on the floor is allowed a maximum of once and for maximum of five (5) seconds.

## TECHNICAL ELEMENTS

### Jumps

A jump will be considered **Under rotated** if the number of rotations is incomplete by less than  $\frac{1}{4}$  of a rotation. It will be indicated with the symbol "<". The system will decrease the basic value of the jump by 30% for jumps of one (1) single rotation and doubles, and by 20% for triples and quadruples rotations jumps.

A jump will be considered **Half rotated** if the number of rotations is incomplete by anywhere between  $\frac{1}{4}$  to a  $\frac{1}{2}$  of a rotation. It will be indicated with the symbol "<<". The system will decrease the basic value of the jump by 50% for one (1) single rotation jumps and double jumps, by 40% to triple jumps and by 30% for quadruples jumps.

A jump will be considered **Downgraded** if more than  $\frac{1}{2}$  a rotation is incomplete of the total required rotations. It will be indicated with the symbol "<<<". The system will give the value of the jump of one rotation less, e.g. triple Salchow downgraded will get the value of a double Salchow.

The same (<<<) will be applied to those jumps that can be cheated at the take-off like the Toe-Loop. The Toe-Walley will be called and counted as Toe-Loop.

### Percentages increasing the jumps value

The following will be applied to all the situations when the jumps will have the basic value increased by a percentage:



- If a jump is executed after the half length of the program, it will have a 10% increase of the basic value.

- If a jump is presented in a combination jump, it will have an increase percentage from its basic value:

- o 2% Toeloop and Salchow.
- o 7% Flip, Lutz and Loop.
- o 8% Axel.
- o 9% double Toeloop and double Salchow.
- o 14% double Flip, double Lutz and double Loop.
- o 15% double Axel.
- o 16% triple Toeloop and triple Salchow.
- o 21% triple Flip, triple Lutz and triple Loop.
- o 22% triple Axel.
- o 23% quad Toe Loop and quad Salchow.

- If the jumps are presented in combination without the use of connecting jumps, the percentages will be:

- o 10% double-double (only for below 9 years group).
- o 20% double-triple/triple-double.
- o 30% triple-triple

Clarifications :

Jumps:

A “saving Toe-Loop” (when a skater uses a toe-loop between jumps in a combination to save the element cause by loss of control), will be considered a stepping out by the judges, with negative QOE to the jump executed just before and the saving Toe-Loop will be called as NO JUMP, occupying a box.

- If there is a clear attempt of Double or Triple but the jump ends to be a single jump, Technical Panel will call the single jump.

Combination Jump:

Under-rotated single jumps in between jumps will decrease the quality of the following jump. E.g. double Loop-Thoren/ Eular (Under or half rotated)-double Salchow – the double Salchow will have not good QOE.

- Minimum two (2) jumps to call a combination jump.
- If in between the doubles and/or the triples there are more than one connecting jump the following double or triple jumps will be scored by the judges:
  - With a QOE of maximum +1 if the number of connecting jumps is two (2).
  - With a QOE of maximum 0 if the number of connecting jump is three (3).



**Lutz Jump:** It is responsibility of the technical panel to call the Lutz jump if the required technical characteristics are fulfilled (outside edge). The technical panel will call Flip jump otherwise.

When skaters perform more jumps than he/she is allowed, no marks will be given for the excess jumps executed.

### **Spins**

A spin will be considered accomplished when the skater completes a minimum of three (3) rotations for one position spin and two (2) rotations for a combination spin. The technical panel will call the spin when the basic characteristics are fulfilled.

The three (3) basic positions for the spins are:

- Upright spins.
- Sit spins.
- Camel spins.

**General:**

- A one-position spin is a spin **WITHOUT** change of position, foot or edge.
- The changing position from a basic position to a difficult position will be considered a change of position e.g. sit spin to sit spin forward is considered a change of position.
- A combination spin is a spin where the skater changed foot and/or position and/or edge.
- Upright spin position used to exit a one position spin, will not be considered as another spin position no matter how many rotations are executed.
- Adding body movements that alter the equilibrium, and therefore increasing the difficulty of the spin, will be considered as a feature.
- If the spins are performed without any difficult variation, judges **MUST NOT** give +3.
- For the combination spins, judges will score just one (1) QOE for the whole spin.
- Broken ankle is allowed only for Junior and Senior.

### **Difficult entry**

The difficult entries for spins are:

- Fly Camel.
- Butterfly.

### **Difficult variations for basic spins**

#### **Upright position:**

- a. Forward: torso leaning forward
- b. Layback is the position in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional. The use of the toe stop is allowed.
- c. Sideways. The use of the toe stop is allowed.



**Sit position:**

- a. Sit forward: free leg straight forward with the torso completely laid on the leg.
- b. Sit sideways: free leg sideways.
- c. Sit behind: free leg behind.

**Camel position:**

a. Biellmann: skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. The use of the toe stop is allowed.

b. Torso sideways. The skater must be in a complete split position. The use of the toe stop is allowed.

c. Layover.

d. Bryant (for inverted camel).

e. Difficult free leg position: o Camel forward. Camel sideways

**One position spin**

Depending on the difficult variations listed in the previous paragraph, bonus will apply as follow by the technical panel:

One position spin with more than six (6) rotations will have an additional 20% of the value of the spin.

A difficult entry will have 15% more on the value of the spin.

**Upright position:**

a. Forward -> + 30% of the value of the spin.

b. Layback -> + 1 point.

c. Sideways -> + 2 points and 50% on the value of the spin.

d. Upright heel -> + 50%

**Sit position:**

a. Sit sideways -> + 20% on the value of the spin.

b. Sit forward -> + 30% on the value of the spin.

c. Sit behind -> + 60% on the value of the spin.

**Camel position:**

a. Biellmann -> + 2 points plus 80% of the value of the Camel.

b. Torso sideways -> + 70% of the value.

c. Layover -> + 20% on the value of the spin -> 30% for heel.

d. Bryant -> + 25% on the value of the spin (on the inverted value).

e. Difficult free leg position -> + 20% for camel, 50% for heel. o Camel forward.

o Camel sideways.



**All the difficult variations, to be called, must be clear for at least two (2) rotations, both in one position spin or combination spin.**

### **Combination spins**

We will consider a spin, a combination spin, when a change of edge, foot, position or jumps are executed.

The technical panel will call each single position in the combination spin and the system will add the values of each single spin called.

Depending on how the positions and/or the changes of edges and foot are performed, the spins in the combination will receive a value increased by a percentage as follows:

- Sit spin in between two camel's position spins -> 15% on the sit spin and the positions executed after.
- Change of foot executed by a jump or butterfly -> 15% on the positions executed after the change of foot.
- Both directions immediately following each other in sit or camel -> 20% on the positions executed after the change of direction.

### **Clarifications:**

No marks for spin :

Fall before the spin (traveling), or during the execution where the minimum required rotations have not been met.

- Required position not fulfilled.
- Less than three (3) rotations in the position required for one position spin and less than two (2) rotations for spin within a combination spin.
- If the spin does not achieve the correct position the technical panel will call the spin followed by NO SPIN

### **Spin Combination:**

Combination spin will be called if the number of rotations in each position is at least two (2).

- If one of the position/spin of the combination is NO SPIN, the spin will be called but overall the spin cannot get more than 0 as QOE from the judges.
- In a spin combination, if only one (1) of the positions is confirmed by the technical panel, the whole spin will receive no value.
- Where a position is mandatory (for example for the short program) and the skater does not achieve this position, the whole combination will be called NO SPIN.
- If the position after a difficult entry is not recognized (no spin), the difficult entry will not be called.
- If the position after a difficult change is not recognized (no spin), the difficult change will not be called.
- If after changing foot the axis of the spin travels in a evident way, judges must consider it as a poor quality combination spin

Entry: If a skater executes more than two (2) rotations on entry, this position will be called, so even if the spin is one position spin, the spin will use the box as a combination spin.



### **Difficult Position:**

The difficult position to be considered by the judges as positive QOE must involve an important change in the equilibrium, with muscular stretch, tension. E.g. Inverted spin changed Bryant where both arms and free leg are involved.

- Choreographic movement during the execution of the spin will not be considered a difficult position but can be considered positively in the judges' QOE.
- Technical panel will call the difficult position only if it is held for at least two (2) rotations.
- Inverted position spin - where the skater bends the free leg to aid in reaching the minimum number of rotations, the judge will give a QOE of -3 (see table 5.2).
- Upright heel will be considered a difficult position for an upright spin.
- Maximum two features (difficult positions, difficult entry, difficult change, number of rotations) will be counted on each spin (one position and combo spin).

The same difficult position will be counted a maximum once in each program.

**Jump Entry :** The jump spin should get one of the following position in the air:

- Sit position.
- Butterfly split: body, arms and legs straight and are parallel to the floor. Landing on the toe-stop is permitted.

**Falls:** in a solo spin, the spin will be called only if the three (3) rotations were executed. In a combo spin, the positions achieved before the fall, will be called, except the one that caused the fall.

When skaters perform more than twice the same spin, marks will not be given for the excess spins executed.

### **FootWork :**

Level 1 - must include at least four (4) one foot turns.

- Level 2 - must include at least six (6) one foot turns.
- Level 3 - must include at least three (3) one foot turns executed on the right foot and three (3) one foot turns executed on the left foot (six (6) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.
- Level 4 - must include at least four (4) one foot turns executed on the right foot and four (4) one foot turns executed on the left foot (eight (8) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.
- Level 5 - must include at least five (5) one foot turns executed on the right foot and five (5) one foot turns executed on the left foot (ten (10) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise. Skater must also perform one (1) cluster.





## Clarifications

- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.
- It's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level

For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented the level can be decreased.

- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- The footwork sequence **MUST** start from a stopped or a stop and go (less than 3 seconds stop) position. If not, the Technical Panel will start to count when they realize the footwork sequence is started.
- Quick stops are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

## Choreographic Sequence

- This footwork sequence is free.
- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps, quick spins.
- The sequence must start from a stopped position or a stop and go and must take the whole rink from a short side to the other short side of the skating surface. If the element is not started from a stop position, judges will not have the complete view of the element.
- There is not a set pattern to follow.
- Stops are permitted.
- The sequence doesn't have any time limit.

## Features for:

### Jumps:

Very good height and length.



Very good extension during landing and/or original and creative exit.

- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

### **Spins:**

Good ability in centering the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

- Good speed and acceleration during the execution.
- Difficult entry (e.g. fly camel, butterfly).
- Difficult variations of positions.
- Balanced number of rotations for each position (combination spins).
- Number of rotations much higher than the minimum.
- Matching the execution of the element with the music structure.
- Difficult traveling.

### **Footwork Sequence:**

Deep and clean edges (including entry and exit from change of directions).

- Clearness and precision.

Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.

- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Creativity and originality.



### **ChoreoSequence :**

New steps, new steps sequence.

Intricate pattern.

- Originality.
- Variety.
- Musicality.
- Matching with the theme and music.
- Clear movements.
- Good energy.
- Good control and involvement of the whole body.

### **PENALIZATIONS**

A deduction of one point (1.0) will be applied to the sum of technical content and artistic impression each time one of the following is executed:

- More than one (1) rotation jump or more than one (1) jump in the footwork sequence.
- Kneeling or laying on the floor more than once or more than maximum five (5) seconds.
- In the long program, if the sit spin is not executed, 1.0 point of penalization will be applied.
- Executing the same combo jump more than once, 1.0 point of penalization will be applied.

### **General**

- Time of the program less than the minimum (1.0 point each 10 secs or part thereof).
- Falls.
- Missing mandatory element.

