

NEW ZEALAND ARTISTIC REQUIREMENTS 2017 - 2018

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FIGURES

AREA ONLY FIGURE EVENTS

NEW ENTRANTS FIGURES

Under 8 years

No Medal Test Requirement

2 circuits per figure

Group 1

- 1 RFO – LFO Circle Eight
- 1a RFOI – LFOI Change Eight

NB: A rolling start will be accepted. Maximum of 3 steps prior to strike zone on initial strike.

NOVICE 1 FIGURES

8 years and over

No Medal Test Requirement

2 circuits per figure

Group 1

- 1 RFO – LFO Circle Eight
- 1a RFOI – LFOI Change Eight
- 2 RFI – LFI Circle Eight

NOVICE 2 FIGURES

11 years and over

No Medal Test Requirement

2 circuits per figure

Group 1

- 3 RBO – LBO Circle Eight
- 5a/b FOI – FIO Serpentine
- 7 RFO – LFO Three

Group 2

- 4 RBI - LBI Circle Eight
- 5a/b FOI – FIO Serpentine
- 9a RFI – LBO Threes

NATIONAL FIGURE EVENTS

TINY TOT FIGURES

Under 9 years

2 circuits per figure

Group 1

- | | |
|------|----------------------------|
| 1 | RFO – LFO Circle Eight |
| 2 | RFI – LFI Circle Eight |
| 111a | RFO – LFO Serpentine Eight |

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

Group 2

- | | |
|----|--------------------------|
| 1 | RFO – LFO Circle Eight |
| 1a | RFOI – LFOI Change Eight |
| 2 | RFI – LFI Circle Eight |

PRIMARY FIGURES

9 but not yet 11 years

2 circuits per figure

Group 1

- | | |
|------|------------------------|
| 2 | RFI – LFI Circle Eight |
| 3 | RBO – LBO Circle Eight |
| 5a/b | FOI – FIO Serpentine |

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

Group 2

- | | |
|------|------------------------|
| 2 | RFI – LFI Circle Eight |
| 5a/b | FOI – FIO Serpentine |
| 7 | RFO – LFO Three |

PRELIMINARY FIGURES

11 years and over

2 circuits per figure

Group 1

- | | |
|-------|------------------------|
| 10a/b | FO – FO Double Three |
| 26a/b | FOI – BOI Change Three |
| 18a/b | FO – BI Brackets |

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

Group 2

- | | |
|-------|------------------------|
| 11a/b | FI – FI Double Three |
| 27a/b | FIO – BIO Change Three |
| 19a/b | FI – BO Brackets |

ADVANCED FIGURES

15 years and over

2 circuits per figure

Group 1

- | | |
|-------|---------------------------|
| 23a/b | FI – BI Counter |
| 12a | RBO – LBO Double Three |
| 33a/b | FIO – BOI Change Brackets |

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

Group 2

- | | |
|-------|-------------------------------|
| 21a/b | FO – BO Rocker |
| 28a/b | FOI – FIO Change Double Three |
| 32a/b | FOI – BIO Change Brackets |

ESQUIRE FIGURES

30 years and over

2 circuits per figure

Group 1

- | | |
|------|----------------------------|
| 1 | RFO – LFO Circle Eight |
| 1a | RFOI – LFOI Change Eight |
| 111a | RFO – LFO Serpentine Eight |

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

NATIONAL FIGURE EVENTS (contd.)

MASTERS FIGURES

25 years and over – NZ

30 years and over – Oceania

3 circuits per figure

Group 1

1 RFO – LFO Circle Eight
 2a/b FIO – FIO Change Eight
 5a/b FOI – FIO Serpentine

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2018: Figure Medal #2 (Oceania Qualification)

Group 2

1a/b FOI – FOI Change Eight
 2 RFI - LFI Circle Eight
 5a/b FOI - FIO Serpentine

ADVANCED MASTERS FIGURES

21 years and over – NZ

30 years and over – Oceania

3 circuits per figure

Group 1

3a/b BO – BO Circle Eight
 5a/b FOI – FIO Serpentine
 7a/b FO – FO Threes

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2018: Figure Medal #3 (Oceania Qualification)

Group 2

5a/b FOI – FIO Serpentine
 7a/b FO - FO Threes
 9a/b FI - BO Threes

INTERNATIONAL FIGURE EVENTS

NOTE: ADOPTION OF EUROPEAN ORDER OF SKATE FOR FIGURES IN CADET AND YOUTH GRADES

JUVENILE FIGURES

11 but not yet 13 years

3 circuits per figure/loop

Group 1

9a/b FI - BI Three
19a RFI - LBO Bracket
14 RFO - LFO Loop

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

Group 2

4 RBI - LBI Circle Eight
8a/b FO - BI Three
11 RFI - LFI Double Three

CADET INTERNATIONAL FIGURES

2018: 12 but not yet 15 years

2019: 13 but not yet 15 years

3 circuits per figure/loop

Group 1

12a/b BO - BO Double Three
19a/b FI - BO Bracket
15a/b FI - FI Loop
20a/b FO - BO Rocker

Group 3

19a/b FI - BO Bracket
22a/b FO - BO Counter
16a/b BO - BO Loop
28a/b FOI - FIO Change Double Three

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2018: Figure Medal #5 (Oceania Qualification)

Group 2

18a/b FO - BI Bracket
21a/b FI - BI Rocker
30a/b FOI - FIO Change Loop
28a/b FOI - FIO Change Double Three

Group 4

13a/b BI - BI Double Three
18a/b FO - BI Bracket
30a/b FOI - FIO Change Loop
23a/b FI - BI Counter

YOUTH INTERNATIONAL FIGURES

15 but not yet 17 years

3 circuits per figure/loop

2 circuits per paragraph figure

Group 1

20a/b FO - BO Rocker
33a/b FIO - BIO Change Bracket
16a/b BO - BO Loop
36a/b FO - FI Paragraph Double Three

Group 3

22a/b FO - BO Counter
33a/b FIO - BIO Change Bracket
17a/b BI - BI Loop
36a/b FO - FI Paragraph Double Three

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2018: Figure Medal #6 (Oceania Qualification)

Group 2

21a/b FI - BI Rocker
32a/b FOI - BOI Change Bracket
17a/b BI - BI Loop
29a/b BOI - BIO Change Double Three

Group 4

23a/b FI - BI Counter
32a/b FOI - BOI Change Bracket
30a/b FOI - FIO Change Loop
29a/b BOI - BIO Change Double Three

INTERNATIONAL FIGURE EVENTS (contd.)**JUNIOR FIGURES**

12 but not yet 19 years

Circuits per figure as indicated**Group 1**

- 42a/b Forward Outside Counter combined with Bracket and Inside Counter (3 Circuits)
- 38a/b Forward Outside Paragraph Loop (3 Circuits)
- 36a/b Forward Outside Paragraph Double Three (2 Circuits)

Group 2

- 43a/b Forward Outside Rocker combined with Outside Double Three (3 Circuits)
- 31a/b Backward Outside Change Loop (3 Circuits)
- 40a/b Forward Outside Paragraph Bracket (2 Circuits)

Group 3

- 44a/b Forward Inside Rocker combined with Inside Double Three (3 Circuits)
- 38a/b Forward Outside Paragraph Loop (3 Circuits)
- 40a/b Forward Outside Paragraph Bracket (2 Circuits)

Group 4

- 45a/b Backward Outside Counter combined with Bracket and Inside Counter (3 Circuits)
- 31a/b Backward Outside Change Loop (3 Circuits)
- 37a/b Backward Outside Paragraph Double Three (2 Circuits)

Medal Test Requirement**2018:** Figure Medal #1 (Nationals)**2018:** Figure Medal #6 (Oceania Qualification)**2018:** Figure Medal #7 (International Qualification)**SENIOR INTERNATIONAL FIGURES**

19 years and over

2 circuits per figure, 3 circuits per loop**Medal Test Requirement****2018:** Figure Medal #1 (Nationals)**2018:** Figure Medal #7 (Oceania Qualification)**2018:** Figure Medal #8 (International Qualification)**Group 1**

- 46a/b Forward Outside Double Three combined with Outside Rocker and Backward Double Three Paragraph
- 39a/b Backward Outside Paragraph Loop (3 circuits)
- 47a/b Forward Outside Bracket combined with Inside Counter and Backward Bracket Paragraph

Group 2

- 48a/b Backward Double Three combined with outside Rocker and Forward Double Three Paragraph
- 38a/b Forward Outside Paragraph Loop (3 circuits)
- 49a/b Backward Outside Bracket combined with Inside Counter and Forward Bracket Paragraph

Group 3

- 50a/b Forward Double Three combined with Outside Counter and Backward Double Three Paragraph
- 39a/b Backward Outside Paragraph Loop (3 circuits)
- 51a/b Forward Outside Bracket combined with Inside Rocker and Backward Bracket Paragraph

Group 4

- 52a/b Backward Outside Double Three combined with Outside Counter and Forward Double Three Paragraph
- 28a/b Forward Outside Paragraph Loop (3 circuits)
- 53a/b Backward Outside Bracket combined with Inside Rocker and Forward Bracket Paragraph

For diagrams of the new figures, please see the PDF "[FIRS Figures 40 - 53](#)" on NZ Artistic Website - www.nzartisticrollersports.co.nz and presentations on New Figures with video demonstrations at <http://www.rollersports.org/discipline/artistic/regulations>

LOOP EVENTS

Loop events shall consist of skaters who are not skating Senior International Figures in that year.

PRIMARY LOOPS

9 but not yet 11 years

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2 circuits per loop

Group 1

- 14 RFO – LFO Loop
- 15 RFI – LFI Loop
- 30a/b FOI – FIO Change Loop

PRELIMINARY LOOPS

11 years and over

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2 circuits per loop

Group 1

- 14 RFO – LFO Loop
- 15 RFI – LFI Loop
- 30a/b FOI – FIO Change Loop

ADVANCED LOOPS

13 years and over

Medal Test Requirement

2018: Figure Medal #1 (Nationals)

2 circuits per loop

Group 1

- 16 RBO – LBO Loop
- 31a/b BOI – BIO Change Loop
- 38a/b FO – FI Paragraph Loop

Group 2

- 17 RBI – LBI Loop
- 31a/b BOI – BIO Change Loop
- 38a/b FO – FI Paragraph Loop

NOTE: Skaters competing in Youth and Junior Grades may also skate Advanced Loops only.

COUPLES DANCE

AREAS ONLY COUPLES DANCE – Compulsory Dance

NOVICE 1 COUPLES DANCE 8 years and over

Glide Waltz
Masters Tango

Tempo: 120 Waltz (4 sequences)
Tempo: 100 Tango (4 sequences)

No Medal Test Requirement

NOVICE 2 COUPLES DANCE 11 years and over

Olympic Foxtrot
Swing Waltz

Tempo: 104 Foxtrot (4 sequences)
Tempo: 120 Waltz (4 sequences)

No Medal Test Requirement

NATIONAL COUPLES DANCE – Compulsory Dance

TINY TOTS COUPLES DANCE Under 9 years

Glide Waltz
Masters Tango

Tempo: 120 Waltz (4 sequences)
Tempo: 100 Tango (4 sequences)

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

PRIMARY COUPLES DANCE 9 but not 11 years

Society Blues
Swing Waltz

Tempo: 88 Blues (4 sequences)
Tempo: 120 Waltz (4 sequences)

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

PRELIMINARY COUPLES DANCE 11 years and over

City Blues
Canasta Tango

Tempo: 88 Blues (4 sequences)
Tempo: 100 Tango (4 sequences)

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

ADVANCED COUPLES DANCE 15 years and over

Tudor Waltz
Siesta Tango

Tempo: 144 Waltz (4 sequences)
Tempo: 100 Tango (4 sequences)

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

ESQUIRE COUPLES DANCE 30 years and over

City Blues
'AND' Foxtrot

Tempo: 88 Blues (4 sequences)
Tempo: 104 Foxtrot (4 sequences)

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

NATIONAL COUPLES DANCE – Freedance

PRELIMINARY COUPLES FREEDANCE

Time: 2 minutes 30 seconds +/- 10 seconds

Set Elements that MUST be included:

- One (1) Dance Hold Step Sequence: **Diagonal**
- One (1) Dance No Hold Step Sequence: **Long Axis**
- One (1) Stationary Lift

For regulations, elements and limitations, see **REGULATIONS: JUVENILE, CADET AND YOUTH (pg 16)**

ADVANCED COUPLES FREEDANCE

Time: 3 minutes 30 seconds +/- 10 seconds

Set Elements that MUST be included:

- One (1) Dance Hold Step Sequence: **Serpentine**
- One (1) Dance No Hold Step Sequence: **Long Axis**
- One (1) Stationary Lift
- One (1) Combined Lift

For regulations, elements and limitations, see **REGULATIONS: JUVENILE, CADET AND YOUTH (pg 16)**

INTERNATIONAL COUPLES DANCE- Compulsory Dance

MASTERS COUPLES DANCE

25 years and over - NZ
30 years and over - Oceania

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

2018: Dance Couples Medal #2 (Oceania)

City Blues
Casino Tango

Tempo: 88 Blues (4 sequences)
Tempo: 100 Tango (4 sequences)

Oceania:

(A 3rd dance is skated at Oceania only)

Double Cross Waltz

Tempo: 138 Waltz (4 sequences)

ADVANCED MASTERS COUPLES DANCE

21 years and over - NZ
30 years and over - Oceania

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

2018: Dance Couples Medal #3 (Oceania)

Cha Cha
Collegiate

Tempo: 100 Cha Cha (4 sequences)
Tempo: 92 Foxtrot (2 sequences)

Oceania:

(A 3rd dance is skated at Oceania only)

Mirror Waltz

Tempo: 108 Waltz (2 sequences)

JUVENILE COUPLES DANCE

11 but not yet 13 years

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

- Juvenile Couples Dance is composed of both Compulsory and Freedance events
- Skaters must skate in both events

JUVENILE COUPLES COMPULSORY DANCE

Olympic Foxtrot
Werner Tango

Tempo: 104 Foxtrot (4 sequences)
Tempo: 100 Tango (4 sequences)

JUVENILE COUPLES FREEDANCE

Time: 2 minutes 30 seconds +/- 10 seconds

Set Elements that MUST be included:

- One (1) Dance Hold Step Sequence: **Diagonal**
- One (1) Dance No Hold Step Sequence: **Long Axis**
- One (1) Stationary Lift

General Notes

Please refer to [CERS Solo and Couples Dance Schedule 2018](#) for full rules and explanations for Juvenile, Cadet and Youth Couples Dance

Refer to [CERS Dance Couples and Solo Manual](#) with updated patterns and steps.

CADET COUPLES DANCE

12 but not yet 15 years

- Cadet Couples Dance is composed of both Compulsory and Freedance events
- Skaters must skate in both events

Medal Test Requirement**2018:** Dance Couples Medal #1 (Nationals)**2018:** Dance Couples Medal #5 (Oceania)**CADET COUPLES
COMPULSORY DANCE****Swing Foxtrot
Siesta Tango**

Tempo: 104 Foxtrot (4 Sequences)

Tempo: 100 Tango (4 Sequences)

**CADET COUPLES
FREEDANCE****Time:** 3 minutes +/- 10 seconds**Set Elements that MUST be included:**

- One (1) Dance Hold Step Sequence: **Circle - Counter Clockwise**
- One (1) Dance No Hold Step Sequence: **Diagonal**
- One (1) Stationary Lift
- One (1) Rotational Lift

General Notes:

Please refer to [CERS Solo and Couples Dance Schedule 2018](#) for full rules and explanations for Juvenile, Cadet and Youth Couples Dance - www.cers.pt

Refer to [CERS Dance Couples and Solo Manual](#) with updated patterns and steps.

YOUTH COUPLES DANCE

15 but not yet 17 years

- Youth Dance is composed of both Compulsory and Freedance Pairs events
- Skaters must skate in both events

Medal Test Requirement**2018:** Dance Medal Couples #1 (Nationals)**2018:** Dance Medal Couples #6 (Oceania)**YOUTH COUPLES
COMPULSORY DANCE****Keats Foxtrot
Imperial Tango**

Tempo: 96 Foxtrot (4 Sequences)

Tempo: 104 Tango (4 Sequences)

**YOUTH COUPLES
FREEDANCE****Time:** 3 minutes +/- 10 seconds**Set Elements that MUST be included:**

- One (1) Dance Hold Step Sequence: **Serpentine**
- One (1) Dance No Hold Step Sequence: **Long Axis**
- One (1) Stationary Lift
- One (1) Combined Lift

General Notes:

Please refer to [CERS Solo and Couples Dance Schedule 2018](#) for full rules and explanations for Juvenile, Cadet and Youth Couples Dance - www.cers.pt

Refer to [CERS Dance Couples and Solo Manual](#) with updated patterns and steps.

GENERAL REGULATIONS FOR JUVENILE, CADET AND YOUTH FREEDANCE COUPLES DANCE (From CERS Schedule - www.cers.pt)

- All steps, turns and changes of edge and position are permitted.
- All skating movements must correspond to the rhythm, music and character of the dance.
- Intricate footwork must be included and must display both originality and difficulty.
- Feats of strength and skill inserted to demonstrate physical prowess are not permitted.
- In the composition of the Freedance, excessive repetition of any movements should be avoided (to keep variety).
- Skating movements such as turns, arabesques, pivots, jumps, lifts, partner separations etc., are permitted in a Freedance program, respecting the rules. A deduction of marks will be made if a Freedance programme exceeds the rules.
- Short, jerky movements are acceptable only when they serve to emphasize the character of the music.

ELEMENTS OF FREEDANCE (COUPLES) – DEFINITIONS AND LIMITATIONS

Dance Hold Step Sequence (DhStSq)

The baseline shall be selected annually by CERS Artistic Technical Committee and endorsed by Skate New Zealand Artistic Committee Requirement Subcommittee and can be performed either:

- Circle clockwise; OR
- Circle counterclockwise; OR
- Serpentine; OR
- Diagonal.

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.
- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the centre of the skating floor.
- In Serpentine step sequence, the skaters must begin the sequence on the long axis, must cross through the centre 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.

* Recognized dance positions: all positions described on the World Skate Artistic Technical Committee rules book, except hand in hand (see recognized positions cited in style dance).

Dance NO Hold Step Sequence (NhStSq)

The baseline shall be selected annually by CERS Artistic Technical Committee and endorsed by SkateNZ Artistic Committee Requirements Sub Committee and may be performed either:

- Along the long axis.
- Diagonal.

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. 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.
- The distance between the skaters during the step sequence must be no greater than four (4) metres. The partner farthest from the baseline may go a maximum of four (4) metres from the baseline and there may be no more than 4 metres between the partners.
- The maximum allowed distance of the skaters from the baseline must be no greater than four (4) metres for the entire sequence.
- No stops are allowed during the execution of this element.

Lifts – Stationary (StLi), Rotational (RoLi) and Combined (CoLi)

The definition of Dance Lift is when the lifted partner is in the air for at least two (2) seconds (less than two (2) seconds IS NOT considered a lift).

- **Stationary position:** a lift where the sustaining partner must maintain the stationary position during the entire lift, being able to perform a maximum of half (½) revolution entering and 1/2 revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds.
- **Rotational:** a lift with unlimited rotations, and with a minimum of One and half (1 1/2) revolutions.
- **Combination:** stationary position and rotational: a lift composed of a free succession, executed during the same lift, of a stationary position and a rotational lift combined with each other.

General Rules

- The lifts will be evaluated based on the ability of one/both skater(s), the creativity and fluidity of the lift, and the technical difficulty of the entrance and exit.
- The maximum duration of each lift is ten (10) seconds for Stationary-Rotational, and twelve (12) seconds for Combination lift.
- 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.
- The sustaining partner may hold the lifted partner's skate and the lifted partner may be supported/sit/lie down on the skate of the sustaining partner.
- The required lifts must be executed while skating.

LIMITATIONS ON FREEDANCE – JUVENILE, CADET AND YOUTH COUPLES DANCE

DANCE LIFTS: in addition to the required lifts, in Cadet, Youth and Juvenile, one (1) more free lift (Choreographic Lift) is allowed for a maximum duration of ten (10) seconds, free number of rotations. In Juvenile it is forbidden to perform Combo Lift, (only Stationary or Rotational).

DANCE SPINS: a maximum of one (1) dance spin, done in hold, with a minimum of two (2) revolutions, (less than two (2) revolutions is not considered a spin). Lifted spins are not permitted.

STOPS: 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 programme 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) metres (excluding the beginning and the end).
- Beginning and end of the programme: the skaters may not exceed eight (8) seconds of being stopped.

Stationary positions

- Kneeling/lying down on the floor is permitted only two (2) times during the entire programme 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 one stop.
- 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 programme:** the skaters may not exceed eight (8) seconds of being stopped.

DANCE JUMPS: A maximum of two (2) jumps each skater, of one (1) revolution each (no more than one revolution in the air; less than one (1) revolution is not considered a dance jump).

SEPARATIONS are permitted:

- At the beginning and the end of the programme 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) metres between the partners.
- For only two (2) times during the program, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of four (4) metres between them.

JUVENILE, CADET, YOUTH COUPLES FREEDANCE - 2018 Set Elements

Element	JUVENILE	CADET	YOUTH
DhStSq	Diagonal	Circle Counter Clockwise	Serpentine
NhStSq	Long Axis	Diagonal	Long Axis
StLi	One (1) Stationary	One (1) Stationary	One (1) Stationary
RoLi		One 1 Rotational	
CoLi			One (1) Combined

DhStSq = Dance Hold Step Sequence, NhStSq = No Hold Step Sequence

StLi = Stationary Lift, RoLi = Rotational Lift, CoLi = Combo Lift

Please refer to [CERS Solo and Couples Dance Schedule 2018](#) for full rules and explanations for Juvenile, Cadet and Youth Couples Dance - www.cers.pt

Refer to [CERS Dance Couples and Solo Manual](#) with updated patterns and steps.

JUNIOR COUPLES DANCE

12 but not yet 19 years

- Junior Couples Dance is composed of both Style Dance and Freedance events
- Skaters must skate in both events

Medal Test Requirement

2018: Dance Couples Medal #1 (Nationals)

2018: Dance Couples Medal #6 (Oceania)

2018: Dance Couples Medal #7 (Worlds)

JUNIOR COUPLES STYLE DANCE

Time: 2.50 minutes +/- 10 seconds

Theme: Classic Medley (Waltz, Classic Polka, March, Gallop)

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 different music selections for the same rhythm.

Required elements in a style dance are four (4), the only elements that will be always used are the Pattern Dance Sequence and the lift, the others will change each year and will be chosen in between:

1. One (1) no hold step sequence
2. One (1) hold step sequence
3. One (1) no hold synchronized cluster sequence
4. One (1) hold cluster sequence
5. One (1) hold synchronized travelling sequence

Fixed elements:

1. One (1) dance lift (the kind of lift will be chosen each year)
2. One (1) pattern dance sequence (compulsory dance)

Note: the first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

JUNIOR COUPLES FREEDANCE **Time:** 3 minutes 30 seconds +/- 10 seconds

FIRS ATC will require seven (7) elements chosen from the following nine (9):

1. Stationary lift.
2. Rotational lift.
3. Combo lift.
4. Choreographic lift.
5. No hold step sequence.
6. Hold step sequence.
7. No hold synchronized cluster sequence.
8. Hold cluster sequence.
9. Synchronized travelling sequence.

GENERAL NOTES AND ELEMENTS OF STYLE DANCE – DEFINITIONS AND LIMITATIONS:

Refer to FIRS website for 2018 rules, definitions and explanations - www.rollersports.org and RollArt Dance Regulations.

SENIOR COUPLES DANCE

19 years and over

- Senior Couples Dance is composed of both Style Dance and Freedance events
- Skaters must skate in both events

Medal Test Requirement**2018:** Dance Couples Medal #1 (Nationals)**2018:** Dance Couples Medal #7 (Oceania)**2018:** Dance Couples #8 (Worlds/International)**SENIOR COUPLES
STYLE DANCE****Time:** 2 minutes 50 seconds +/- 10 seconds**Theme:** Rock Medley (Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz)

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 different music selections for the same rhythm.

Required elements in a style dance are four (4), the only elements that will always be used are the pattern dance sequence and the lift, the others will change each year and will be chosen in between:

1. One (1) no hold step sequence
2. One (1) hold step sequence
3. One (1) no hold synchronized cluster sequence
4. One (1) hold cluster sequence
5. No hold synchronized travelling sequence

Fixed elements:

1. One (1) dance lift (the kind of lift will be chosen each year)
2. One (1) pattern dance sequence (compulsory dance)

Note: the first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

**SENIOR COUPLES
FREEDANCE****Time:** 3 minutes 30 seconds +/- 10 seconds

FIRS ATC will require seven (7) elements chosen from the following nine (9):

1. Stationary lift
2. Rotational lift
3. Combo lift
4. Choreographic lift
5. No hold step sequence
6. Hold step sequence
7. No hold synchronized cluster sequence
8. Hold cluster sequence
9. Synchronized travelling sequence

GENERAL NOTES AND ELEMENTS OF STYLE DANCE – DEFINITIONS AND LIMITATIONS:

Refer to FIRS website for 2018 rules, definitions and explanations - www.rollersports.org and RollArt Dance Regulations.

JUNIOR / SENIOR COUPLES - STYLE DANCE - 2018 Set Elements

	PATTERN DANCE (1 Sequence)	NO HOLD ELEMENT	HOLD STEP SEQUENCE	LIFT (1)	THEME
JUNIOR COUPLES STYLE DANCE	Castel March 100 March	Travelling Sequence	Circle (clockwise)	Rotational	Classic Medley (Waltz, Classic Polka, March, Gallop)
SENIOR COUPLES STYLE DANCE	Midnight Blues 88 Blues	Travelling Sequence	Circle (clockwise)	Rotational	Rock Medley (Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz)

JUNIOR / SENIOR COUPLES - FREEDANCE - 2018 Set Elements

	NO HOLD ELEMENT	HOLD STEP SEQUENCE	NO HOLD ELEMENT	CHOREOGRAPHIC ELEMENT	LIFTS
JUNIOR COUPLES FREEDANCE	Cluster Sequence	Serpentine	Travelling Sequence	Lift	1S, 1R, 1C
SENIOR COUPLES FREEDANCE	Cluster Sequence	Serpentine	Travelling Sequence	Lift	1S, 1R, 1C

Key to abbreviations:-

DhStSq	Dance Hold Step Sequence	CoLi	Combo Lift
NhStSq	No Hold Step Sequence	CiStSq	Circular Step Sequence
StLi	Stationary Lift	SlStSq	Straight Line Step Sequence
RoLi	Rotational Lift	TravSq	Travelling Sequence

Refer to FIRS website for 2018 rules, definitions and explanations - www.rollersports.org and RollArt Dance Regulations.

SOLO DANCE

AREA ONLY SOLO DANCE – Compulsory Dance

NEW ENTRANTS SOLO DANCE **Glide Waltz** Tempo: 120 Waltz (4 sequences)
Under 8 years

No Medal Test Requirement

NOVICE 1 SOLO DANCE **Glide Waltz** Tempo: 120 Waltz (4 sequences)
8 years and over **March Sequence** Tempo: 100 March (4 sequences)

No Medal Test Requirement

NOVICE 2 SOLO DANCE **City Blues** Tempo: 88 Blues (4 sequences)
11 years and over **Progressive Tango** Tempo: 100 Tango (4 sequences)

No Medal Test Requirement

NATIONAL SOLO DANCE – Compulsory Dance

TINY TOTS SOLO DANCE **Swing Waltz** Tempo: 120 Waltz (4 sequences)
Under 9 years **City Blues** Tempo: 88 Blues (4 sequences)

Medal Test Requirement
2018: Solo Dance #1 (Nationals)

PRIMARY SOLO DANCE **Olympic Foxtrot** **Tempo: 104 Foxtrot** (4 sequences)
9 but not yet 11 years **Double Cross Waltz** Tempo: 138 Waltz (4 sequences)

Medal Test Requirement
2018: Solo Dance #1 (Nationals)

PRELIMINARY SOLO DANCE **Southland Swing** Tempo: 92 Blues (4 sequences)
11 years and over **La Vista Cha Cha** Tempo: 100 ChaCha (4 sequences)
(Pattern 2)

Medal Test Requirement
2018: Solo Dance #1 (Nationals)

ADVANCED SOLO DANCE **Keats Foxtrot** Tempo: 96 Foxtrot (4 sequences)
15 years and over **14 Step** Tempo: 108 March (4 sequences)

Medal Test Requirement
2018: Solo Dance #1 (Nationals)

ESQUIRE SOLO DANCE **City Blues** Tempo: 88 Blues (4 sequences)
30 years and over **'AND' Foxtrot** Tempo: 104 Foxtrot (4 sequences)

Medal Test Requirement
2018: Solo Dance #1 (Nationals)

MASTERS SOLO DANCE

25 years and over - NZ
30 years and over - Oceania

City Blues
Casino Tango

Tempo: 88 Blues (4 sequences)
Tempo: 100 Tango (4 sequences)

Medal Test Requirement**2018:** Solo Dance #1 (Nationals)**2018:** Solo Dance #2 (Oceania)

Note: If a skater wishes to compete at Oceania level they need to compete in both events of Masters Compulsory Dance and Masters CSD and hold the required medal test.

ADVANCED MASTERS SOLO DANCE

21 years and over - NZ
30 years and over - Oceania

Cha Cha
Collegiate
(Ladies steps)

Tempo: 100 Cha Cha (4 sequences)
Tempo: 92 Foxtrot (4 sequences)

Medal Test Requirement**2018:** Solo Dance #1 (Nationals)**2018:** Solo Dance #3 (Oceania)

Note: If a skater wishes to compete at Oceania level they need to compete in both events of Advanced Masters Compulsory Dance and Advanced Masters CSD and hold the required medal test.

NATIONAL CSD**PRIMARY CSD**

Under 11 years

Theme: Disney / Animated Movie**Time:** 1 minute 50 seconds – 2 minutes 40 seconds**Medal Test Requirement****2018:** Solo Dance #1 (Nationals)**MASTERS CSD**

25 years and over - NZ
30 years and over - Oceania

Theme: Middle Eastern (includes Bollywood)**Time:** 1 minute 50 seconds – 2 minutes 40 seconds**Medal Test Requirement****2018:** Solo Dance #1 (Nationals)**2018:** Solo Dance #2 (Oceania)

Note: If a skater wishes to compete at Oceania level they need to compete in both events of Masters Compulsory Dance and Masters CSD and hold the required medal test.

- Must be predominantly forward skating. Two foot turns are permitted to a maximum of ten (10) including forward to backward and backward to forward turns, per circuit of the rink. A penalty of 0.2 in the A mark per additional two-foot turn will be imposed by the referee. Spread eagle is considered a two foot turn. One foot turns are not permitted. A penalty of 0.2 from the A mark per one foot turn will be imposed by the referee.
- Backward skating between turns should be limited to eight (8) beats of 2/4, 4/4 time or 6 beats of 3/4 time. Backwards skating longer than this will be downgraded in the assessment by the judge.

ADVANCED MASTERS CSD

21 years and over - NZ

30 years and over - Oceania

Theme: Middle Eastern (includes Bollywood)**Time:** 1 minute 50 seconds – 2 minutes 40 seconds**Medal Test Requirement****2018:** Solo Dance #1 (Nationals)**2018:** Solo Dance #3 (Oceania)

Note: If a skater wishes to compete at Oceania level they need to compete in both events of Advanced Masters Compulsory Dance and Advanced Masters CSD and hold the required medal test.

- Advanced Masters CSD content is not restricted.

Creative Solo Dance – General Rules

- All CSD is One (1) sequence per circuit of the rink. Two (2) circuits must be completed.
- All CSD is 1 minute 50 seconds to 2 minutes 40 seconds timing from the first movement of the opening and finishing with the last movement of the closing sequence.
- Masters CSD must be predominantly forward skating. Two foot turns are permitted to a maximum of ten (10) including forward to backward and backward to forward turns, per circuit of the rink. A penalty of 0.2 in the A mark per additional two-foot turn will be imposed by the referee. One foot turns are not permitted. A penalty of 0.2 from the A mark per one foot turn will be imposed by the referee.
- Backward skating between turns should be limited to 8 beats of 2/4, 4/4 time or 6 beats of ¾ time. Backward skating longer than this will be downgraded in the assessment by the judge.
- Advanced Masters CSD content is not restricted.

NATIONAL SOLO DANCE - Freedance

PRELIMINARY SOLO FREEDANCE

11 years and over

Medal Test Requirement

2018: Solo Dance #1 (Nationals)

Time: 2 minutes +/- 10 seconds

Note: This event is separate to the Preliminary Compulsory Dance event.

General Notes on Technical Merit

The Freedance should be a simple Freedance with all steps and turns permitted.

Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Set Elements that must be included:

- **One (1) spin with minimum two (2) revolutions in a basic position (upright or sit or camel)**
- **One (1) jump of one (1) revolution**
- **One (1) straight step sequence: Long Axis step sequence**
 - It is mandatory to start this element from a stopped position
 - The steps must cover at least 80% of the length of the skating surface.
 - The maximum allowed distance of the skater from the baseline must be no greater than four (4) metres for the entire sequence.
 - No stops are allowed during the execution of this element.
- **One (1) circular step sequence: Circular step sequence - Counter Clockwise**
 - In the circular step sequence, the skater must begin the sequence at one of the 4 axis points: long or short axis.
 - The footwork must use the entire width of the skating floor and must begin and end on the same axis point.
 - The circle must be in the centre of the skating floor.

Certain freeskating movements such as turns, arabesques, pivots, jumps and spins are permitted with the following limitation:

DANCE SPINS:

- A maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions; in a basic **position** (Upright or Sit or Camel); less than two (2) revolutions is not considered a spin.

DANCE JUMPS:

- A maximum of two (2) jumps, of one (1) revolution (no more than one (1) revolution in the air; less than one (1) revolution is not considered a dance jump).
- Jumps shall not be considered as elements of technical value.

STOPS:

- A stop is considered when the skater stops for more than three (3) seconds up to a maximum of eight (8) seconds.
- A maximum of two (2) stops may be executed during the programme 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 are permitted only two (2) times during the entire programme for a maximum of five (5) seconds each (Including the beginning and end).
- Hands on the floor (ie 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 PROGRAMME:

- The skaters may not exceed eight (8) seconds of being stopped.

ADVANCED SOLO FREEDANCE

15 years and over

Medal Test Requirement

2018: Solo Dance #1 (Nationals)

Time: 2.30 minutes +/- 10 seconds

Note: This event is separate to the Advanced Compulsory Dance event.

General Notes on Technical Merit:

All Steps and turns are permitted. Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Intricate footwork must be included and must display both originality and difficulty.

Set Elements that must be included:

- **One (1) spin with minimum two (2) revolutions**
- **One (1) straight step sequence: Long Axis step sequence**
 - It is mandatory to start this element from a stopped position
 - The steps must cover at least 80% of the length of the skating surface.
 - The maximum allowed distance of the skater from the baseline must be no greater than four (4) metres for the entire sequence.
 - No stops are allowed during the execution of this element.
- **One (1) circular step sequence: Serpentine step sequence**
 - In the Serpentine step sequence, the skater must begin the sequence on the long axis, must cross through the centre 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.
- **One (1) Travelling sequence**
 - A continuous rotational motion comprising of a minimum of a two (2) revolutions sequences of successive three turns, on each foot, in a clockwise and/or counter clockwise direction, for a maximum duration of eight (8) seconds.
 - Clearness of the entering edge (forward, backward, outside, inside). Maximum of three (3) steps/turns to change foot
 - Focus on linear and rotational speed of the element.

Certain Freeskating movements such as turns, arabesques, pivots, jumps and spins are permitted with the following limitation:

DANCE SPINS:

- A maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions; in a basic position (upright or Sit or Camel); less than two (2) revolutions is not considered a spin.

DANCE JUMPS:

- A maximum of two (2) jumps, of one (1) revolution (no more than one (1) revolution in the air; less than one (1) revolution is not considered a dance jump).
- Jumps shall not be considered as elements of technical value.

STOPS:

- A stop is considered when the skater stops for more than three (3) seconds up to a maximum of eight (8) seconds.
- A maximum of two (2) stops may be executed during the programme 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 are permitted only two (2) times during the entire programme for a maximum of five (5) seconds each (Including the beginning and end).
- Hands on the floor (ie 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 PROGRAMME:

- The skaters may not exceed eight (8) seconds of being stopped.

INTERNATIONAL SOLO DANCE - Combined Events

JUVENILE SOLO DANCE

11 but not yet 13 years

Medal Test Requirement

2018: Solo Dance #1 (Nationals)

- Juvenile Solo Dance is composed of both Compulsory and Freedance events
- Skaters must skate in both events

JUVENILE SOLO COMPULSORY DANCE

**Swing Foxtrot
Werner Tango**

Tempo: 104 Foxtrot (4 sequences)
Tempo: 100 Tango (4 sequences)

JUVENILE SOLO FREEDANCE

Time: 2 minutes +/- 10 seconds

General Notes on Juvenile Solo Freedance Category:

- The Freedance should be a simple Freedance with all steps and turns permitted.
- Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Set Elements that must be included:

- One (1) Spin with minimum two (2) revolutions in a basic position (upright or sit or camel)
- One (1) Jump of one (1) revolution
- One (1) Straight Step Sequence: Long Axis Step Sequence
 - It is mandatory to start this element from a stopped position
 - The steps must cover at least 80% of the length of the skating surface.
 - The maximum allowed distance of the skater from the baseline must be no greater than four (4) metres for the entire sequence.
 - No stops are allowed during the execution of this element.
- One (1) Circular Step Sequence: Circular Step Sequence - Counter Clockwise
 - In the Circular Step Sequence, the skater must begin the sequence at one of the 4 axis points: long or short axis.
 - The footwork must use the entire width of the skating floor and must begin and end on the same axis point.
 - The Circle must be in the centre of the skating floor.

Certain Freeskating movements such as Turns, Arabesques, Pivots, Jumps and Spins are permitted with the following limitation:

DANCE SPINS:

- A maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions; in a basic position (Upright or Sit or Camel); less than two (2) revolutions is not considered a spin.

DANCE JUMPS:

- A maximum of two (2) jumps, of one (1) revolution (no more than one (1) revolution in the air; less than one (1) revolution is not considered a dance jump).
- Jumps shall not be considered as elements of technical value.

STOPS:

- A stop is considered when the skater stops for more than three (3) seconds up to a maximum of eight (8) seconds.
- A maximum of two (2) stops may be executed during the programme 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 are permitted only two (2) times during the entire programme for a maximum of five (5) seconds each (Including the beginning and end).
- Hands on the floor (ie 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 PROGRAMME:

The skaters may not exceed eight (8) seconds of being stopped.

CADET INTERNATIONAL SOLO DANCE

2018: 12 but not yet 15 years

2019: 13 but not yet 15 years

Medal Test Requirement

2018: Solo Dance #1 (Nationals)

2018: Solo Dance #5 (Oceania)

- Cadet Solo Dance is composed of both Compulsory and Freedance events
- Skaters must skate in both events

CADET SOLO COMPULSORY DANCE

Keats Foxtrot
Siesta Tango

Tempo: 96 Foxtrot (4 Sequences)
Tempo: 100 Tango (4 Sequences)

CADET SOLO FREEDANCE

Time: 2 minutes +/- 10 seconds

General Notes on Technical Merit Freedance Cadet Category:

- All Steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.
- Intricate footwork must be included and must display both originality and difficulty.

Set Elements that must be included:

- **One (1) Spin with minimum two (2) revolutions**
- **One (1) Jump of one (1) revolution**
- **One (1) Straight Step Sequence: Diagonal**
 - It is mandatory to start this element from a stopped position
 - The steps must cover at least 80% of the length of the skating surface.
 - The maximum allowed distance of the skater from the baseline must be no greater than four (4) metres for the entire sequence.
 - No stops are allowed during the execution of this element.
- **One (1) Circular Step Sequence: Circular Step Sequence - Clockwise**
 - In the circular step sequence, the skater must begin the sequence at one of the 4 axis points: long or short axis.
 - The footwork must use the entire width of the skating surface and must begin and end on the same axis point.
 - The Circle must be in the centre of the skating floor.

Certain Freeskating movements such as Turns, Arabesques, Pivots, Jumps and Spins are permitted with the following limitation:

DANCE SPINS:

- A maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions. Less than two (2) revolutions is not considered a spin.

DANCE JUMPS:

- A maximum of two (2) jumps, of one (1) revolution (no more than one (1) revolution in the air); Less than one (1) revolution is not considered a dance jump.
- Jumps shall not be considered as elements of technical value.

STOPS:

- A stop is considered when the skater stops for more than three (3) seconds up to a maximum of eight (8) seconds.
- A maximum of two (2) stops may be executed during the programme 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 are permitted only two (2) times during the entire programme for a maximum of five (5) seconds each (including the beginning and end).
- Hands on the floor (ie 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 PROGRAMME:

- The skaters may not exceed eight (8) seconds of being stopped.

YOUTH INTERNATIONAL SOLO DANCE

15 but not yet 17 years

Medal Test Requirement

2018: Solo Dance #1 (Nationals)

2018: Solo Dance #6 (Oceania)

- Youth Solo Dance is composed of both Compulsory and Freedance events
- Skaters must skate in both events

YOUTH SOLO COMPULSORY DANCE

Federation Foxtrot
Kent Tango

Tempo: 96 Foxtrot

(4 Sequences)

Tempo: 100 Tango

(4 Sequences)

YOUTH SOLO FREEDANCE

Time: 2 minutes 30 seconds +/- 10 seconds

General Notes on Technical Merit Freedance Youth Category:

- All Steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.
- Intricate footwork must be included and must display both originality and difficulty.

Set Elements that must be included:

- **One (1) Spin with minimum two (2) revolutions**
- **One (1) Straight step sequence: Long Axis Step Sequence**
 - It is mandatory to start this element from a stopped position
 - The steps must cover at least 80% of the length of the skating surface.
 - The maximum allowed distance of the skater from the baseline must be no greater than four (4) metres for the entire sequence.
 - No stops are allowed during the execution of this element.
- **One (1) Circular Step Sequence: Serpentine Step Sequence**
 - In Serpentine step sequence, the skater must begin the sequence on the long axis, 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.
- **One (1) Travelling Sequence**
 - A continuous rotational motion comprising of a minimum of a two (2) revolutions sequences of successive three turns, on each foot, in a clockwise and/or counterclockwise direction, for a maximum duration of eight (8) seconds.
 - Clearness of the entering edge (forward, backward, outside, inside).
 - Maximum of three (3) steps/turns to change foot.
 - Focus on linear and rotational speed of the element.

Certain Freeskating movements such as Turns, Arabesques, Pivots, Jumps and Spins are permitted with the following limitation:

DANCE SPINS:

- A maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions. Less than two (2) revolutions is not considered a spin.

DANCE JUMPS:

- A maximum of two (2) jumps, of one (1) revolution (no more than one (1) revolution in the air; Less than one (1) revolution is not considered a dance jump.
- Jumps shall not be considered as elements of technical value.

STOPS:

- A stop is considered when the skater stops for more than three (3) seconds up to a maximum of eight (8) seconds.
- A maximum of two (2) stops may be executed during the programme 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 are permitted only two (2) times during the entire programme for a maximum of five (5) seconds each including the beginning and end).
- Hands on the floor (ie 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 PROGRAMME:

The skaters may not exceed eight (8) seconds of being stopped.

JUVENILE, CADET, YOUTH SOLO FREEDANCE - 2018 SET ELEMENTS

Element	JUVENILE	CADET	YOUTH
CiStSq	Circle Counter Clockwise	Circle Clockwise	Serpentine
SIStSq	Long Axis	Diagonal	Long Axis
TravSq			Min 4 x 3 turns each foot
Dance Spin	One (1)	One (1)	One (1)
Dance Jump	One (1)	One (1)	

CiStSq = Circular Step Sequence, SIStSq = Straight Line Step Sequence, TravSq = Travelling Sequence

Key to abbreviations:-

CiStSq **Circular Step Sequence**

SIStSq **Straight Line Step Sequence**

TravSq **Travelling Sequence**

Please refer to [CERS Solo and Couples Dance Schedule 2018](http://www.cers.pt) for full rules and explanations for Juvenile, Cadet and Youth Solo Dance. (www.cers.pt)

JUNIOR SOLO DANCE

12 but not yet 19 years

- Junior Solo Dance is composed of both Style Dance and Freedance events
- Skaters must skate in both events

Medal Test Requirement**2018:** Solo Dance Medal #1 (Nationals)**2018:** Solo Dance Medal #6 (Oceania)**2018:** Solo Dance Medal #7 (Worlds/International)**JUNIOR SOLO STYLE DANCE****Time:** 2 minutes 40 seconds +/- 10 seconds**Theme:** Spanish Medley (Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango)

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.

The elements to perform will be always four (4). There will be always be the Pattern Dance sequence, the others will change each year and will be chosen in between:

1. Straight Step Sequence (will be decided each year).
2. Circular Step Sequence (will be decided each year).
3. Cluster Sequence (see couple dance).
4. Travelling Sequence (see couple dance).

Required Elements Junior Solo Style Dance 2018:-

- | | |
|---------------------------------|---|
| 1. One pattern dance sequence:- | Argentine Tango (96 Tango) Man's Steps |
| 2. Straight Step Sequence:- | Long Axis |
| 3. Step Sequence:- | Cluster Sequence |
| 4. Ability Element:- | Travelling Sequence |

JUNIOR SOLO FREEDANCE**Time:** 3 minutes +/- 10 seconds

Following the rules for the freedance:

1. One (1) Straight Step Sequence (will be decided each year) **2018: Diagonal**
2. One (1) Circular or Serpentine Step Sequence (will be decided each year) **2018: Serpentine:**
3. One (1) Travelling Sequence (see Couple Dance)
4. One (1) Cluster Sequence (see Couple Dance)
5. Choreographic step sequence.

Required Elements Junior Solo Freedance 2018:-

- | | |
|-----------------------------------|-------------------|
| 1. Straight Step Sequence:- | Diagonal |
| 2. Circular Step Sequence:- | Serpentine |
| 3. Cluster Sequence:- | Required |
| 4. Travelling Sequence:- | Required |
| 5. Choreographic Element:- | Required |

PLEASE SEE GENERAL NOTES, ELEMENTS OF FREE DANCE – DEFINITIONS AND LIMITATIONS

Refer to FIRS website for [2018 rules, definitions and explanations](#) and [RollArt Dance Regulations](http://www.rollersports.org) at www.rollersports.org

SENIOR SOLO DANCE

19 years and over

- Senior Solo Dance is composed of both Style Dance and Freedance events
- Skaters must skate in both events

Medal Test Requirement**2018:** Solo Dance Medal #1 (Nationals)**2018:** Solo Dance Medal #7 (Oceania)**2018:** Solo Dance Medal #8 (Worlds/International)**SENIOR SOLO STYLE DANCE****Time:** 2 minutes 40 seconds +/- 10 seconds**Theme:** Swing Medley (Foxtrot, Quickstep, Swing, Charleston, Lindy Hop)

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.

The elements to perform will be always four (4). There will always be the Pattern Dance sequence, the others will change each year and will be chosen in between:

1. Straight Step Sequence (will be decided each year).
2. Circular Step Sequence (will be decided each year).
3. Cluster Sequence (see Couple Dance).
4. Travelling Sequence (see Couple Dance).

Required Elements Senior Solo Style Dance 2018:-

- | | |
|---------------------------------|-------------------------------------|
| 1. One pattern dance sequence:- | Italian Foxtrot (96 Foxtrot) |
| 2. Straight Step Sequence:- | Long Axis |
| 3. Step Sequence:- | Cluster Sequence |
| 4. Ability Element:- | Travelling Sequence |

SENIOR SOLO FREEDANCE**Time:** 3 minutes +/- 10 seconds**Following the rules for the freedance:**

1. One (1) Straight Step Sequence (will be decided each year).
2. One (1) Circular or Serpentine Step Sequence (will be decided each year).
3. One (1) Travelling Sequence (see Couple Dance).
4. One (1) Cluster Sequence (see Couple Dance).
5. Choreographic Step Sequence.

Required Elements Senior Solo Freedance 2018:-

- | | |
|-----------------------------------|-------------------|
| 1. Straight Step Sequence:- | Diagonal |
| 2. Circular Step Sequence:- | Serpentine |
| 3. Cluster Sequence:- | Required |
| 4. Travelling Sequence:- | Required |
| 5. Choreographic Element:- | Required |

PLEASE SEE GENERAL NOTES, ELEMENTS OF FREE DANCE – DEFINITIONS AND LIMITATIONS

Refer to FIRS website for 2018 rules, definitions and explanations and RollArt Dance Regulations at www.rollersports.org

JUNIOR / SENIOR SOLO STYLE DANCE - 2018 SET ELEMENTS

	Pattern Dance (1 sequence)	Straight Step Sequence	Ability element	Step Sequence	Theme
JUNIOR SOLO STYLE DANCE	Argentine Tango 96 Tango (Man's steps)	Long Axis ¹	Travelling Sequence ²	Cluster Sequence ³	Spanish Medley (Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango)
SENIOR SOLO STYLE DANCE	Italian Foxtrot 96 Foxtrot	Long Axis ¹	Travelling Sequence ²	Cluster Sequence ³	Swing Medley (Foxtrot, Quickstep, Swing, Charleston, Lindy Hop)

JUNIOR / SENIOR SOLO FREEDANCE - 2018 SET ELEMENTS

	Straight Step Sequence	Circular Sequence	Travelling	Cluster	Choreographic Step Sequence
JUNIOR SOLO FREEDANCE	Diagonal ¹	Serpentine ¹	Travelling Sequence ²	Cluster Sequence ³	Choreographic Sequence ⁴
SENIOR SOLO FREEDANCE	Diagonal ¹	Serpentine ¹	Travelling Sequence ²	Cluster Sequence ³	Choreographic Sequence ⁴

JUNIOR/SENIOR STYLE DANCE & FREEDANCE GENERAL NOTES:-

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

³Cluster Sequence: The skater must introduce two (2) sequences of clusters separated by a change of foot (one step). Each sequence must contain at least three (3) different turns. 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.

⁴Choreographic Step Sequence: This step 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, ina bauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.

The sequence must start from a stopped position from a long side to the other long side of the skating surface.

There is not a set pattern to follow.

The time to do this step sequence is maximum 20 seconds.

No Stop is allowed during the sequence.

Steps with change of foot: mohawks, choctaws, inverted mohawks, inverted choctaws

Step: all the technical difficulties that are executed keeping the same direction as, steps on toe stops, chassé, cross chassé, change of edges, cross rolls, cut-step, crosses, runs etc. Note: half rotations or one rotation jumps on two feet or one foot is not considered a step or a turn.

¹Step Sequences: for the circular, serpentine, straight line, diagonal step sequences it is not allowed to cross the pattern just executed or to cross it.

Timing: all steps, movements, actions must be danced in the timing of the music. For the pattern dance it is mandatory to achieve the correct timing to reach the relevant level.

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

²Travelling Sequence: Minimum two (2) rotations with a maximum of three (3) steps in between. It is mandatory that in each set the entry edge and foot of the turns must be different. Maximum duration of the traveling eight (8) seconds.

For full details and further explanation of the above please see pg 71 of [WorldSkate 2018 Rule Book](#) and [Roll Art Dance pdf](#) from www.rollersports.org

FREESKATING SINGLES

AREA ONLY FREESKATING EVENTS

NEW ENTRANTS

FREESKATING

Under 8 years

Time: Up to 2 minutes

No Medal Test Requirement

NOTES:

- No Referee Penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

COMPULSORY ELEMENTS

- The routine must contain a spiral for at least a ¼ of the length of the rink, any edge. This may be on a curve or straight. Minimum Ten (10) metres on one foot.

NOVICE FREESKATING

8 years and over

Time: 1minute 30 seconds - 2 minutes

No Medal Test Requirement

NOTES:

- No Referee Penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges.
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

COMPULSORY ELEMENTS

- The routine must contain a spiral for at least a ¼ of the length of the rink, any edge. This may be on a curve or straight. Minimum Ten (10) metres on one foot.

NATIONAL FREESKATING EVENTS

ATHLETE WITH DISABILITY FREESKATING

COMPULSORY ELEMENTS

No compulsory elements

Time: Up to 2 minutes

No Medal Test Requirement

TINY TOTS FREESKATING

Under 9 years

Medal Test Requirement

2018: Freeskating Medal #1

Up to 2 minutes

COMPULSORY ELEMENTS

Jumps

- Tiny Tot skaters must perform at least two (2) different jumps of one (1) revolution or less. These may be done as single items or as a part of a combination of jumps. Maximum one (1) revolution + single Axel.
- Maximum number of jumps = ten (10)
- Combinations of more than five (5) jumps are not permitted

Spins

- Tiny Tot skaters must perform any two (2) different one (1) or two (2) foot upright spins. Presentation as single spins, or as change, combination or jump change spins is acceptable

Compulsory step sequence

- The routine must include a straight-line step sequence incorporating primary, secondary or advanced level of footwork and a "loop step" with the free leg in wrapped position (like a double three starting on the outer back edge) – must be good quality. Straight line is down or parallel to the long axis

Compulsory Spiral

- The routine must contain a spiral for at least a ¼ of the length of the rink, any edge. This may be on a curve or straight. Minimum ten (10) metres on one foot.

Footwork

- Any amount of footwork and linking steps at any level is permitted but must be of good quality.

BONUS AND PENALTIES AWARDED BY REFEREE

Bonuses

- Extreme flexibility choreographic sequence +0.2 to A Mark

Penalties

- ~~Each fall~~ ~~-0.2 from B Mark~~

NOTES:

- For Tiny Tot Freeskating, the emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.
- 'Bad' execution of Toe Loop (Mapes), pumps in spins and omitted compulsory content will be downgraded by the judges (no compulsory referees' penalties in this event ~~except for falls~~).

PRELIMINARY FREESKATING

11 years and over

Time: 2.30 minutes +/- 5 seconds**Medal Test Requirement****2018:** Freeskating Medal #1Refer to General Notes for Freeskating
for additional information**COMPULSORY ELEMENTS****Jumps**

- The programme must have at least a Toe Loop (mapes) element, either single, and/or double. They may be executed as a single jump or as part of a combination.

Spins

- There are no compulsory spin elements. The routine may contain any B,C,D,E, class single, combination, change, jump change spins. "A" class heel, broken ankle, or inverted camel are not permitted. Layover camel, jump camel and jump sit spin are permitted.

Compulsory Step Sequence

- The routine must include a diagonal step sequence of secondary and/or advanced level of footwork.

Footwork

- Any amount of footwork and linking steps at any level is permitted. Must be good quality.

Choreographic Sequence

- The routine must have one (1) spiral sequence with a minimum of 2 positions fully utilising the long axis of the rink surface and a minimum of the short axis. The pattern should be a **serpentine** with at least two (2) bold curves. If the pattern does not conform to the above there will be a deduction of -0.2 in the "A" mark by the referee. Extreme controlled flexibility with free leg more than 150 degree from the floor for at least two (2) seconds in at least one position will be rewarded by the referee with a bonus of 0.2 in the "A" mark.

BONUS AND PENALTIES AWARDED BY REFEREE**Bonuses**

- Extreme flexibility choreographic sequence +0.2 to A Mark

Penalties

- Each compulsory element not attempted -0.5 from A Mark (2019 onwards)
- Incorrect pattern in spiral sequence -0.2 from A Mark (2019 onwards)
- Kneeling or lying on floor during routine -0.3 from B Mark (2019 onwards)
- Kneeling or lying on floor at the beginning or end of the routine for more than 5 seconds -0.3 from B Mark (2019 onwards)
- ~~Each fall~~ -0.2 from ~~B Mark~~
- Every ten (10) seconds or part thereof under minimum time -0.2 from A & B Mark (2019 onwards)

NOTES:

- Referees' penalties for pumps in spins, bad Toe Loop (Mapes) and unbalanced routine are not applied in this event. These errors will be downgraded by the judges.

ADVANCED FREESKATING

15 years and over

Medal Test Requirement

2018: Freeskating Medal #1

Time: 3 minutes 30 seconds +/- 10 seconds

Refer to General Notes for Freeskating for additional information

COMPULSORY ELEMENTS

Jumps

- The programme must have at least a Toe Loop (mapes) element, either single, and/or double. They may be executed as a single jump or as part of a combination.

Spins

- There MUST be at least two (2) spins, one of which MUST be a combination.
2019 onwards: If the skater does not perform a combination spin, a deduction of -0.5 will be applied from the A Mark. If the skater performs less than two (2) spins, a deduction of -0.5 will be applied from the A Mark. Any spin with a pump on the entry is considered a poor spin and will be penalised by the referee -0.2 from the A mark each and every time.

Step sequence

- Skaters MUST include at least two (2) different step sequences chosen from either Diagonal, Circular or Serpentine. Must include advanced footwork. Each step sequence not performed will be given a deduction of -0.5 from the A Mark.

Unbalanced routine

- Routines that do not have 2 different elements between two (2) of the spin elements will be penalized by the referee 0.5 from the "B" mark.

BONUS AND PENALTIES AWARDED BY REFEREE

Penalties

- | | |
|---|---------------------------------------|
| • Each set element (footwork) not attempted | -0.5 from A Mark (2019 onwards) |
| • Each jump of same type and rotation performed more than three (3) times. If the skater performs the same jump three (3) times at least one must be in combination | -0.3 from A Mark (2019 onwards) |
| • Each combination jump performed more than once | -0.3 from A Mark (2019 onwards) |
| • Programmes not containing a combination spin | -0.5 from A Mark (2019 onwards) |
| • Programmes not containing two spins | -0.5 from A Mark (2019 onwards) |
| • Pump in spin | -0.3 from A Mark (2019 onwards) |
| • Kneeling or lying on floor during routine | -0.3 from B Mark (2019 onwards) |
| • Kneeling or lying on floor at the beginning or end of the routine for more than five (5) seconds | -0.3 from B Mark (2019 onwards) |
| • Costume violation | -0.5- -1.0 from B Mark (2019 onwards) |
| • Unbalanced programme | -0.5 from B Mark (2019 onwards) |
| • Each fall | -0.2 from B Mark |
| • Every ten (10) seconds or part thereof under minimum time | -0.2 from A & B Mark (2019 onwards) |

NOTES:

- A jump of the same kind (type and rotation) with the exception of one (1) Revolution jumps or less, can be performed no more than three (3) times in the whole programme. If the skater performs the same jump three (3) times, at least one (1) must be in combination.
 - 2019 onwards:** If the skater performs the same jump (type and rotation) more than three (3) times, a deduction of -0.3 from the A mark will be applied.
 - 2019 onwards:** All combination jumps MUST be different. If a skater performs the same combination jumps more than once, a deduction of -0.3 from the A Mark will be applied.
- Referees' penalties for pumps in spins, 'Bad' execution of Toe Loop (Mapes), and unbalanced routine are not applied in this event. These errors will be downgraded by the judges.
- 2019 onwards:** Programmes that do not have two (2) different elements between two (2) of the spin elements will be penalised by the referee -0.5 from the "B" Mark

MASTERS FREESKATING

21 years and over

Time: 2 minutes +/- 5 seconds

Medal Test Requirement

2018: Freeskating Medal #1

Refer to General Notes for Freeskating for additional information

- No requirements
- Vocals allowed

INTERNATIONAL FREESKATING EVENTS

PRIMARY FREESKATING

9 but not yet 11 years

Medal Test Requirement

2018: Freeskating Medal #1

Time: 2.30 minutes +/- 10 seconds

Refer to General Notes for Freeskating for extra information

COMPULSORY ELEMENTS

Jumps

- Maximum of 10 jumps of one (1) revolution + Axel, Double Toe Loop (Mapes) and Double Salchow will be allowed in programme
- Maximum of two (2) jump combinations are allowed. The number of jumps within the combination cannot be more than four (4)
- It is mandatory to perform an Axel type jump (Waltz jump or single Axel) that can be executed also in combination
- Axel and doubles cannot be presented more than three (3) times, if the skater presents one (1) of these jumps three (3) times, one (1) of these must be in combination..
- The programme **MUST** have at least a Toe Loop (Mapes) element, either single, and/or double **and a Lutz element (See Rule 147), single, both executed as a single jump or in a combination..** They may be executed as a single jump or as part of a combination. 'Bad' execution of Toe Loop will incur a -0.2 penalty from the A Mark.
- **2019:** Compulsory Lutz element. They may be executed as a single jump or as part of a combination.
For each wrong execution of Lutz edge; the jump will get the value of a Flip.

Spins

- The routine **can only** include a maximum of two (2) spin elements.
- One (1) single upright spin OR combination of any upright spins (this spin cannot include other positions than upright).
- One combination spin, maximum three (3) positions (not broken ankle, not heel, not inverted)

Step Sequence/footwork

- There must be one (1) step sequence (circle or line/diagonal or serpentine) of the skater's choice to include: three (3) consecutive brackets AND a minimum of one (1) counter OR rocker AND one (1) "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** The sequence can include just one (1) jump of maximum one (1) revolution (even if not recognised jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence **MUST** start from a clear standing position.

Choreographic Sequence

- The routine **MUST** have one spiral (**arabesque**) sequence with a minimum of two (2) positions fully utilising the long axis of the rink surface and a minimum one-half (½) the short axis. The pattern should be serpentine with at least two (2) bold curves. **2019 onwards:** If the pattern does not conform to the above there will be a deduction of -0.2 in the "A" mark given by the referee.
- Extreme CONTROLLED flexibility with free leg more than 150 degree from the floor for at least two (2) seconds in at least one position will be rewarded by the referee with a BONUS of +0.2 in the "A" mark.

Remember! The program must follow the rule 132 of the "Well balanced Free Skating Program"

Please Note: Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of -0.5 point in "B" mark given by the Referee

Each Element not attempted will have a deduction of -0.5 in the "A" mark given by Referee

BONUS AND PENALTIES AWARDED BY REFEREE**Bonuses**

- Good execution of wrapped free leg in the “loop step” +0.2 to A Mark
- Extreme flexibility choreographic sequence +0.2 to A Mark
- Fully rotated Axel or double with no touch down, step out or fall +0.2 to A Mark

Penalties

- Each compulsory element not attempted -0.5 from A Mark (2019 onwards)
- ‘Bad’ toe loop (mapes) -0.2 from A Mark
- Compulsory Lutz wrong edge -0.2 from A Mark (2019 onwards)
- Pump in spin -0.2 from A Mark
- Incorrect pattern in spiral sequence -0.2 from A Mark (2019 onwards)
- Extra elements (each) -0.5 from B Mark (2019 onwards)
- Unbalanced routine -0.5 from B Mark (2019 onwards)
- Kneeling or lying on floor during routine -0.3 from B Mark (2019 onwards)
- Kneeling or lying on floor at the beginning or end of the routine for more than 5 seconds -0.3 from B Mark (2019 onwards)
- Costume Violation -0.5-1.0 from B Mark
- ~~Each fall~~ ~~-0.2 from B Mark~~
- Every ten seconds or part thereof under minimum time -0.2 from A & B Mark (2019 onwards)

NOTES:

- For Primary Freeskating, the emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented. This programme needs to follow the rules for well balanced freeskating programme.
- **Clarification:** Jump element is, Solo Jump or Jump combination. Example: Double Lutz-Loop-Double Toe Loop as a combination is ONE Jump Element and Double Flip is ONE Jump Element as well.
- **Combination Jump:** is a series of two (2) or more jumps where the landing edge of the first jump is the take-off edge for the second jump.
- A bonus of 0.2 in the “A” mark will be awarded by the referee for the execution of the following jumps with CLEAN FULL rotation without any touch down, stepping out or a fall in Axel, Double Toe Loop and Double Salchow

JUVENILE FREESKATING

11 but not yet 13 years

Medal Test Requirement**2018:** Freeskating Medal #1**Time:** 3 minutes +/- 10 seconds

Refer to General Notes for Freeskating for extra information

COMPULSORY ELEMENTS**Jumps**

- A maximum of SEVEN (7) Jumps of Max. Jumps of 2 revolutions (no double axel and triples!) are allowed excluding the connecting one (1) rotation Jumps in the combination.
- Maximum of 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 type jump (Waltz jump or single) that can be executed also in combination
- Axel and doubles cannot be presented more than three (3) times, if the skater presents one (1) of these jumps three (3) times, one (1) of these MUST be in combination.
- The programme MUST have at least a Toe Loop (mapes) element, either single, and/or double, and a Lutz element single. They may be executed as a single jump or as part of a combination. A deduction of -0.2 from the “A” mark will be given by the Referee for an OPEN toe loop. **2019 onwards:** A deduction of -0.2 from the “A” mark will be given by the Referee for the wrong execution of the Lutz edge (compulsory Lutz). The jump will get the value of a flip.
- **Clarification:** Combination Jumps is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.
- A bonus of 0.2 in A Mark given by the Referee will be awarded for CLEAN (full rotation without any touch down, stepping out or a fall) execution of ALL the following types of double jumps: Toe Loop, Salchow, Flip, Lutz and Loop.

Spins

- Maximum three (3) spin elements can be performed, however a minimum of two (2) must be performed:
 - One (1) Position Spin without change of foot or edge (no broken ankle)
 - One (1) Combination Spin, maximum five (5) positions (no broken ankle)
 - One (1) Sit Spin or Combination of any Sit Spins (this spin cannot include any other position than sit)

Step Sequence/Footwork

- There must be one (1) Step Sequence (circle or line/diagonal or serpentine) of the skater's choice to include: Three (3) consecutive brackets, and a minimum of one (1) Counter OR Rocker and One Choctaw and one (1) "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.
- The sequence can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence **MUST** start from a clear standing position.

Choreographic Sequence

- The routine **MUST** have one (1) Spiral (Arabesque) sequence with a minimum of two (2) positions fully utilising the long axis of the rink surface and a minimum **one-half** of the short axis. The pattern should be a Serpentine with at least two (2) bold curves. If the pattern does not conform to the above there will be a deduction of -0.2 in the "A" mark by the referee. Extreme **CONTROLLED** flexibility with free leg more than 150 degree from the floor for at least two (2) seconds in at least one (1) position will be rewarded by the referee with a **bonus of 0.2 in the "A" mark by the referee.**

BONUS AND PENALTIES AWARDED BY REFEREE**Bonuses**

- | | |
|---|----------------|
| • Fully rotated double with no touch down, step out or fall | +0.2 to A Mark |
| • Good wrap of free leg on loop step | +0.2 to A Mark |
| • Extreme flexibility choreographic sequence | +0.2 to A Mark |

Penalties

- | | |
|--|-------------------------------------|
| • Compulsory element not attempted | -0.5 from A Mark (2019 onwards) |
| • 'Bad' Toe Loop (mapes) | -0.2 from A Mark |
| • Compulsory Lutz wrong edge | -0.2 from A Mark (2019 onwards) |
| • Pump in spin | -0.2 from A Mark |
| • Spiral pattern not serpentine | -0.2 from A Mark |
| • Extra elements (each) | -0.5 from B Mark (2019 onwards) |
| • Unbalanced programme | -0.5 from B Mark (2019 onwards) |
| • Kneeling or lying on floor during routine | -0.3 from B Mark (2019 onwards) |
| • Kneeling or lying on floor at the beginning or end of the routine for more than five (5) seconds | -0.3 from B Mark (2019 onwards) |
| • Each fall | -0.2 from B Mark |
| • Every ten (10) seconds or part thereof under minimum time | -0.2 from A & B Mark (2019 onwards) |
| • Costume violation | -0.2 from A & B Mark |

NOTES:

- A bonus of 0.2 in the "A" mark will be awarded by the referee for the execution of the following jumps with CLEAN FULL rotation without any touch down, stepping out or a fall in Double Toe Loop, Double Salchow, Double Flip, Double Lutz and Double Loop.

INTERNATIONAL FREESKATING EVENTS (cont'd)

For full rules for these events, please refer to:

- [CERS Freeskating 2018](#) from [CERS.pt](#) (Cadet and Youth), or
- [FIRS World Skate Artistic Rule Book 2018](#) from [rollersports.org](#) (Junior and Senior)

CADET FREESKATING

2018: 12 but not yet 15 years
2019: 13 but not yet 15 years

Short Programme

2.30 minutes +/- 5 seconds

Long Programme

3.30 minutes +/- 10 seconds

Medal Test Requirement

2018: Freeskating Medal #1 (Nationals)

2018: Freeskating Medal #5 (Oceania)

YOUTH FREESKATING

15 but not yet 17 years

Short Programme

2.30 minutes +/- 5 seconds

Long Programme

4 minutes +/- 10 seconds

2018: Freeskating Medal #1 (Nationals)

2018: Freeskating Medal# 6 (Oceania)

JUNIOR FREESKATING

12 but not yet 19 years

Short Programme

2.45 minutes +/- 5 seconds

Long Programme

4.15 – 4.30 minutes (Ladies)
4.30 minutes +/- 10 seconds (Men)

2018 Freeskating Medal #1 (Nationals)

2018: Freeskating Medal #6 (Oceania)

SENIOR FREESKATING

19 years and over

Short Programme

2.45 minutes +/- 5 seconds

Long Programme

4.15 – 4.30 minutes (Ladies)
4.30 minutes +/- 10 seconds (Men)

2018 Freeskating Medal #1 (Nationals)

2018 Freeskating Medal #7 (Oceania)

INLINE FREESKATING

Junior & Senior

Short Programme

2.30 minutes +/- 10 seconds

Long Programme

3.30 minutes +/- 10 seconds (Ladies)
4.00 minutes +/- 10 seconds (Men)

2018 Freeskating Medal #1 (Nationals)

INTERNATIONAL FREESKATING SHORT + LONG

Please Refer to CERS Rules [Free Skating 2018](#)

SHORT PROGRAMME – CADET & YOUTH FREESKATING

Duration: 2:30 minutes +/- 5 secs

The elements to be skated in the short programme must be as listed below:

- Axel – single, double or triple
- Jumps combination from two (2) to four (4) jumps.
- Toe assisted jump – single, double or triple
- One position spin.
- One combination spin. One of the spins in the combination must be a sit spin. Maximum five (5) positions
- Step sequence (**2018: Straight Line executed on long axis**): CERS Artistic Committee will communicate the pattern every year (Circle, Diagonal, Serpentine, Straight Line), see appendix 1. Can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an additional element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed. The Step Sequence must start from a clear standing position.

In Short Programme of Cadet & Youth Categories, a broken ankle spin is not allowed!!

General:

- All the above elements must be performed. The order of execution of the elements is free.
- An element not attempted will carry a penalty of -0.5 from the “A” mark
- The single elements listed above may also be skated in the combination jumps or spins. The same jump cannot be presented more than twice.
- No additional elements may be skated. The six listed elements must not be repeated. Each additional element attempted or repeated will carry a penalty of -0.5 from the “B” mark with no credit given to the “A” mark.
- If a skater falls during a jump combination and stands up and continues, it will be considered as an extra element. If there is a “step out” between the jumps, the combination will not have any value but there will not be a penalization of an extra element. If two (2) jumps are presented correctly in combination before the fall or before the step out, the combination will be considered as executed.
- **If it is clear that the intention is to perform an element it will be considered an attempt.**
- Any ONE POSITION spin with more than one position will be given a deduction of -0.5 from the “A” mark.
- Any spin combination with more than five positions will be given a deduction of -0.5 from the “A” mark.
- Any jumps combination of more than four (4) jumps will be given a deduction of -0.5 from the “A” mark.

In the Short Programme judges will give EVERY TOE LOOP ELEMENT (any rotations) executed like “3. third execution” (Rule 146), ONLY THE minimum value (0,6) in the A-mark and the Referee will penalize the bad execution of the element by -0,5 points in the A mark.

In the Short Programme, All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot (“pumping”) will be considered a poor quality spin. Therefore in any programme spins performed in this way will be penalized -0.3 points in the “A” mark by the Referee for EACH executed Spin.

It is allowed to do acrobatic movements (Back Flips, Cartwheel, etc.) once.

Falls (Short Programme):

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by -0.2, on each and every occasion. This amount will be deducted from the “B” mark.

CADET LONG PROGRAMME

Long Programme: 3.30 mins. +/- 10 sec.

See General Notes for Freeskating for additional information

Jumps:

- A maximum of eight (8) Jumps are allowed excluding the connecting one (1) rotation Jumps in the combination.
- 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 jump (single, double or triple) that can be executed also in combination.
- Axel, doubles and triples cannot be presented more than three times. If presented twice, one must be in combination.
- In the programme there must be at least a Toe Loop element, single &/or double &/or triple, 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.

Clarification: Combination Jumps: is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

Spins:

- Maximum three (3) spin elements can be performed, however minimum 2 must be performed:
 - One Position Spin.
 - One Combination Spin (maximum five (5) positions), must include a Sit Spin.
 - One Combination Spin (maximum three (3) positions).
- The same spin cannot be presented more than twice in the whole performance.
- A One-Position Spin is a spin without change of position, or change of foot or change of edge.
- A Combination Spin is a spin where the skater changed foot and/or position and/or edge, the revolutions for each spin MUST be at least two (2).
- The number of revolutions in upright position to complete any spin (Camel or Sit) it is not limited and it should not be considered as difficulty as a change of position.
- **In Cadet Long Programme, a broken ankle spin is not allowed!!**

Footwork:

- In the long programme is required to perform one (1) Step Sequence (Circle, Diagonal, Straight line, Serpentine), which can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence MUST start from a clear standing position.

Remember! The programme must follow the rule of the "Well balanced Free Skating Programme"

Unbalanced Routine:

- Routines that do not have 2 different elements between two (2) of the spin elements will be penalized by the referee 0.5 from the "B" Mark
- Any spin with the pump on the entry is considered a poor spin and will be penalized by the referee 0.3 from the A mark each and every time.

YOUTH LONG PROGRAMME

Long Programme: 4.00 mins. +/- 10 sec.

Jumps:

- A maximum of 9 Jumps are allowed excluding the connecting one (1) rotation Jumps in the combination.
- Maximum three (3) Jumps combinations are allowed. The number of the jumps within the combination cannot be more than five (5) including the connecting jumps.
- It is mandatory to perform an Axel jump (single, double or triple) that can be executed also in combination.
- Axel, doubles and triples cannot be presented more than three times. If presented twice, one must be in combination
- *In the programme there MUST be at least a Toe Loop element, single &/or double &/or Triple, 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:

- Maximum three (3) spin elements can be performed, however minimum. 2 must be performed:
 - One (1) Position Spin.
 - One (1) Combination Spin (maximum five (5) positions), must include a Sit Spin.
 - One (1) Combination Spin (maximum three (3) positions).
- The same Spin cannot be presented more than twice in the whole performance.
- A one (1) Position Spin is a spin without change of position, or change of foot or change of edge.
- A Combination Spin is a spin where the skater changed foot and/or position and/or edge, the revolutions for each spin MUST be at least two (2).
- The number of revolutions in upright position to complete any spin (Camel or Sit) it is not limited and it should not be considered as difficulty as a change of position.

In Youth Long programme, a Broken Ankle Spin is not allowed!!

Footwork:

- In the long programme is required to perform one (1) Step Sequence (Circle, Diagonal, Straight line, Serpentine), which can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence MUST start from a clear standing position.

Remember! The programme must follow the rule of the "Well balanced Free Skating Programme"

Unbalanced routine

- Routines that do not have 2 different elements between two (2) of the spin elements will be penalized by the referee 0.5 from the "B" mark. Any spin with the pump on the entry is considered a poor spin and will be penalised by the referee. 0.3 from the A mark each and every time.

Penalties CADET & YOUTH Long Programme – by referee

From	For	Amount
A Mark only	Each set element (footwork) not attempted	-0.5
	Each jump (type/rotation), other than single revolution jumps, performed more than three (3) times. If the skater performs the same jump three (3) times at least one must be in combination.	-0.3
	Each Combination Jump performed more than once	-0.3
	Programmes not containing a Combination Spin	-0.5
	Programmes containing less than two (2) spins	-0.5
	Pump in spin	-0.3
B Mark only	Kneeling or lying on floor during routine	-0.3
	Kneeling or lying on the floor	

From:	For:	Amount:
A Mark only	Kneeling or lying on floor at the beginning or end of the routine for more than five (5) seconds	-0.3
	Costume violation	-0.5 to -1.0
	Each fall	-0.2
	Unbalanced programme	-0.5
A & B Mark	Every 10 seconds or part thereof under minimum time	-0.2 from A & B

JUNIOR & SENIOR FREESKATING

Short Programme	2 minutes 45 seconds +/- 5 seconds
Long Programme - Ladies	4 minutes 15 seconds to 4 minutes 30 seconds
Long Programme - Men	4 minutes 30 seconds +/- 10 seconds

Penalties JUNIOR and Senior as per [FATC Rule Book](#) and maybe downloaded from the FIRS www.rollersports.org

JUNIOR AND SENIOR FREESKATING SHORT PROGRAMME - GENERAL RULES

Short Programme Set Elements

1. Order of Elements **MUST** be provided with entries for Area Championships and confirmed at Team Managers meeting at Nationals. No penalties will be applied if the skater changes the order.
2. Kneeling or laying on the floor is allowed once only and for a maximum of five (5) seconds
3. The same jump cannot be performed more than twice.
4. Required Elements:
 1. Axel – single, double or triple.
 2. Jumps Combination from two (2) to four (4) jumps including linking jumps (one rotation)
 3. Toe Assisted Jump.
 4. One Position Spin.
 5. One Combination Spin. One of the spins must be a Sit Spin. Maximum five (5) positions.
 6. Step sequence, **2018: Straight line** executed on the long axis. The step sequence must start from a standing position.

From:	For:	Amount:
A-mark only	Each set element (footwork/spin) not attempted	-0.5
	More than four (4) jumps in a combination	-0.5
	For programmes containing less than two (2) spins	-0.5
	Pump in spin	-0.3
	Bad execution of mapes as single jump and in combination jump	-0.5
B-mark only	Items skated out of order	-0.5
	Each additional Element	-0.5
	Fall in jump combination and another jump	-0.5
	Fall in spin or entry to spin and then continuation of spin	-0.5
	Recognised jumps in step sequence	-0.5
	Each fall	-0.2
	Kneeling or lying on floor more than once or for longer than 5 secs during routine	-0.3
	Costume violation	-0.5- -1.0
A & B Mark	Every 10 seconds or part thereof under minimum time	-0.2 from A & B

LONG PROGRAMME REQUIREMENTS (Junior & Senior Men & Ladies Freeskating)

- Order of Elements **MUST** be provided with entries for Area Championships and confirmed at Team Managers meeting at Nationals. No penalties will be applied if the skater changes the order.

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.
- It is mandatory to perform an Axel jump 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.

Step sequences:

- There must be a Step Sequence (Serpentine, Circle, Diagonal, Straight Line).
- **The Step Sequence must start from a standing position**
- A choreographic step sequence. **This step sequence is free. The skaters must demonstrate the ability to skate to and interpret the music using technical elements such as : steps, arabesque, pivot, ina bauer, spread eagles, (Not declared), one rotation jumps, quick spins. The sequence must start from a standing position and must take the whole rink from one short side to the other short side of the skating surface. There is no set pattern to follow.**

GENERAL NOTES FOR FREESKATING

*See notes for each grade for any compulsory requirements or restrictions for Freeskating events.

- Vocal music is permitted for all Freeskating and Inline Freeskating events in all Freeskating grades. Obscene words in any language will carry a penalty of -2.0 from the "B" mark at the discretion of the referee.
- Acrobatic movements (back flips, cartwheel etc.) are allowed once in any Freeskating programme

Falls

- Referee's penalty of -0.2 per fall will apply to all international Freeskating events (Cadet, Youth, Junior, Senior, **and, from 2019 Juvenile**)
- A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, and will be penalised by -0.2 by the referee, on each and every occasion. This amount will be deducted from the "B" mark

Long programme vs short programme

- All events not specifically marked as short programme will be regarded as long programme for application of Referee's penalties except as noted below

Pumps in spins

- Referee's penalties for pumps in spins will not be applied to New Entrants, Novice, Tiny Tot, Preliminary, Primary, **Masters** and Inline events
- Referee's penalties for pumps in spins will be applied to all short programmes (Cadet, Youth, Junior, Senior), and long programmes for Juvenile, Cadet, Youth, Advanced, Junior, Senior
- Pumps in spins are errors and the item will receive less credit from the judges in all other events

Unbalanced program

- Referee's penalties for unbalanced programme will not be applied to New Entrants, Novice, Tiny Tot, Preliminary, **Masters, Short Programme** and Inline events.
- Referee's penalties for unbalanced programme will be applied to **Primary, Juvenile**, Cadet, Youth, Advanced, Junior Long Programme and Senior Long Programme events. **Penalty for Primary and Juvenile will be applied from 2019 onwards.**
- One (1) example of at least a recognized Step Sequence and a Jump between two (2) Spin elements MUST be completed to avoid penalty for an unbalanced routine. E.g. Spin, Step Sequence, Jump, Spin.
- A deduction of -0.5 will be deducted in the B mark by the Referee for a programme that is not well balanced for the following events: **Primary, Juvenile, Cadet, Youth, Advanced, Junior Long Programme and Senior Long Programme. Penalty for Primary and Juvenile will be applied from 2019 onwards.**

Bad Mapes (Toe Loop)

- Referee's penalty is applied by the REFEREE for bad Mapes (**Toe Loop**) in the International grades (Cadet, Youth, Junior, Senior). **Penalty for Primary and Juvenile will be applied from 2019 onwards.**
- An open Toe Loop (Mapes) is an error and the item will receive less credit from the judges in all other events. See guide for description of Toe Loop (Mapes) takeoff.

Acrobatic Movements (back flips and cartwheels etc): Acrobatic movements are allowed once in the short and long program.

Double and Triple Jumps. If the skater presents one jump three times, at least one must be in combination

Additional Content SHORT PROGRAM

- Penalty of 0.5 from the B mark for additional content will be applied by the Referee if a skater **FALLS DOWN** during a combination jump and then gets up and continues with another jump. If there is a "step out" between jumps the combination will have no value but there will not be a penalty for an extra element. If three jumps are presented correctly before the fall or step out the combination will be considered as executed.

Note:

- The bad mapes, pumps in spins, unbalanced routine and all other errors will be downgraded by the judges in the assessment of the program FOR ALL LEVELS.
- A jump is not permitted in the step sequence in the SHORT program but may be integrated into the step sequence in the LONG program.
- All Freeskating performances will receive credit for quality of performance including quality of edge, roll and movement over the floor, quality and variety of content items, Choreography, difficulty and inventiveness or entry into items and musical interpretation.
- All Freeskating performance will be rewarded on quality and not quantity of elements.
- Elements that are executed poorly with insufficient rotation either in Jumps or Spins will receive less credit
- Elements that are approached and completed with spontaneity and with the minimum of obvious preparation will receive higher credit.
- Please present the Freeskating performances in such a way to get the most credit for the items the skater can do.
- A jump double or triple jump of the same kind (type and rotation with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole program.
- If the same jump is performed three times, one MUST be in combination.
- If the skater performs the same jump (type and rotation) more than three (3) times, or three (3) times and one is not in combination, a deduction of 0.3 from the “A” mark will be applied.
- All the combination jumps MUST be different.
- If a skater performs the same combination jumps more than once, a deduction of 0.3 from the “A” mark will be applied.
- There MUST be at least two (2) spins, one of which MUST be a combination.
- If the skater does not perform a combination spin, a deduction of 0.5 will be applied from the “A” mark.
- If the skater performs less than two (2) spins a deduction of 0.5 will be applied from the “A” mark.
- Spins MUST be evenly distributed throughout the program, this means that between at least two (2) of the spin elements in the long program there should be at least two other different elements (at least one step sequence AND one jump element). Correct example: Spin Element-Jump Element-Step Sequence-Spin Element-Spin Element.
- A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well balanced.
- It is allowed to do acrobatic movements (back flips, Cartwheel, etc once.
- Double and Triple jumps: If the skater presents one jump for three (3) times, one of these MUST be in combination.

Spin Classes

Class A Spin	Class B Spin	Class C Spin
Inverted Camel (any edge)	BO Camel (Arabesque)	FO Camel
Heel Camel (forward or backward)	BI Camel (arabesque)	BI Sit spin
Broken Ankle (forward or backward)	BO Sit Spin	FO Sit Spin
Lay Over Camel (any edge)	FI Sit Spin	Crossed Foot Spin
Jump Camel		
Jump Sit		

FREESKATING PAIRS

NATIONAL FREESKATING PAIRS

PRIMARY FREESKATING PAIRS

9 but not yet 11 years

See general rules and requirements for free skating pairs

Time: 1 minute 30 seconds - 2 minute 30 seconds

A maximum of three (3) lifts will be allowed, with a maximum of four (4) rotations on any lift;

No overhead lifts are permitted.

Lifts to choose from:

- lutz lift
- flip lift
- passover axel
- round the back
- swing lift (one rotation)
- bucket lift (hip carry or pull through)
- and split lift

Routine must contain a minimum of one (1) of the following items;

- contact pairs spins
- side by side shadow spin
- side by side shadow jump
- sequence of shadow footwork
- sequence of contact footwork.

A death spiral does not count as one of the required spins but may be attempted

All lift takeoffs by the girl shall be recognised jump takeoffs. The boy must lift the girl to her accepted lift position as quickly as possible

NOTE: The rotation of the lift starts when the man begins to turn and is completed when the man stops turning.

At the discretion of the team, other pairs items may also be included, with major emphasis placed on artistic impression and programme.

PRELIMINARY FREESKATING PAIRS

11 years and over

Time: 2 minutes **30** seconds (+/- 5 seconds)**Medal test requirements:****2018:** Freeskating Medal Test #1 (Nationals)**LIFTS ***** No overhead lifts are permitted *******

Maximum of four (4) permitted - choose from following list:

- Lutz lift – Reverse Split
- Flip lift – Full Split
- Passover Axel
- One Arm Passover Axel
- Around the back lift
- Swing lift
- Bucket lift
- Split lift

CONTACT SPINS

- Two (2)

SHADOW SPIN

- One (1) side by side
- Must be a single spin - No combination spin - No change of foot

SHADOW JUMP

- One (1) side by side - No combination jump

FOOTWORK

- At least one sequence

ADVANCED FREESKATING PAIRS

15 years and over

Time: 3 minutes 30 seconds +/- 10 seconds**Medal test requirements:**

2018: Freeskating Medal Test #1 (Nationals)

LIFTS

- Maximum of four
- ***** Overhead lifts are permitted *****
MUST HAVE TWO HAND CONTACT FOR THE MAN AND THE LADY

CONTACT SPINS

- Two spins one of which may be a death spiral

TWIST LIFT &/OR THROW JUMP

- Maximum of one of each allowed
- Maximum of two revolutions for the lady

SIDE BY SIDE SPINS

- One allowed
- May be single spin or combination spin - No change of foot.

SIDE BY SIDE JUMP

- One permitted - No combination jumps.

FOOTWORK

- At least one sequence covering 3/4 of the diagonal of the rink.

All lifts must have a recognised jump take - off (i.e. mapes, flip, lutz)

The MAN must lift the LADY to her accepted lift position as quickly as possible.

NO ADDITIONAL CONTENT IS ALLOWED - PENALTY NO CREDIT FOR THE 'A' MARK, 0.5 FROM THE 'B' MARK .

CONTENT FAILING TO CONFORM TO THE LISTED REQUIREMENTS WILL INCUR A 0.5 PENALTY FROM THE 'A' MARK

GENERAL RULES - PAIRS SET ELEMENTS – SHORT PROGRAM

- The elements may be skated in any order.
- No additional elements may be skated.
- The 8 listed elements must not be repeated. Each additional element attempted will carry a penalty of 0.5 from the "B" mark with no credit given to the "A" mark.
- An element not attempted will carry a penalty of 0.5 from the "A" mark.

FALLS - The complete loss of balance involving body contact with the skating surface will receive a penalty of 0.2 for each fall. The fall of both partners at the same time will receive a penalty of 0.3 This penalty will be deducted from the "B" mark.

SINGLE POSITION LIFT - More than four (4) rotations for the man with the woman aloft 0.5 penalty from the "A" mark.

COMBINATION LIFT - More than eight (8) rotations from take - off to landing 0.5 penalty from the "A" mark.

SHADOW SPIN - Must not be a combination spin. More than one (1) position 0.5 penalty from the "A" mark.

INTERNATIONAL FREE PAIRS

CADET FREE PAIRS

Short Programme: 2 minutes 15 seconds +/- 5 seconds
Long Programme: 3 minutes 30 seconds +/- 10 seconds

Medal test requirement

2018: Freeskating Medal Test #1 (Nationals)
2018: Freeskating Medal Test #1 (Oceania)

CADET SHORT PROGRAMME - SET ELEMENTS

1. **THROW JUMP** 2018: Axel Paulsen
2. **CONTACT SPIN** 2018: Hazel spin
3. **ONE SHADOW JUMP** 2018: Double salchow OR Double Toe Loop jump
4. **ONE SHADOW SPIN** 2018: Sit Spin BI
 - Prepared with the threes sequence
 - Min three (3) revolutions
5. **STEP SEQUENCE** 2018: straight line
6. **ONE POSITION LIFT** 2018: Flip Lift Reversed Split Position
 - Minimum three (3), Maximum four (4) rotations for the man
 - Adiagio type movements at the end of the lift are not allowed

General rules about execution and construction of the Short Programme are the same as Senior Pairs Short Programme

CADET LONG PROGRAMME - SET ELEMENTS

The rules listed below MUST be followed

1. **SINGLE JUMP OR THROW JUMP**
 - Prepared from footwork or choreographic movements
 - The last step must be the starting foot of the Single Jump or Throw Jump
2. **DEATH SPIRAL**
 - Free choice
3. **SEQUENCE OF SPIRALS**
 - Minimum one (1) of the three (3) required positions must be maintained by both at least for three (3) seconds.
4. **ONE (1) STEP SEQUENCE**
 - Diagonal, Circular or Serpentine
5. **MAXIMUM TWO (2) LIFTS**
 - Single or in Combinations
 - No overhead lifts like Axel, Flip Reversed Split position, Around the back lift, etc
 - Each combination lift must not exceed eight (8) rotations of the Man
 - Single Position Lift must not exceed four (4) rotations
 - Choreographic movements are NOT allowed at the exit

OPTIONAL:

6. **Throw Jumps allowed** - Maximum two rotations
7. **Individual Spins** - Single or in combination. Free choice (no broken ankle)
8. **Contact Spin/s** - Free choice. Can be in combination.
9. **Individual Jumps** - Single or in combination. Free choice.
10. **Choreographic movement**, like little dance lift, are allowed.

FORBIDDEN: Impossible Spins (all types), and Spin around over the head camel with the ladies in an inverted position.

CADET LONG PROGRAMME - PENALTIES

- Each set element not included will carry a penalty of 0.5 from "A" mark
- Each additional lift or for each lift more than 4 (four) or 8 (eight) rotations will carry a penalty of 0.5 from the "B" mark
- Each fall (one skater) penalty 0.2 from the "B" mark
- Each fall (both skaters) penalty 0.3 from the "B" mark

YOUTH FREE PAIRS

Short Programme: 2 minutes 15 seconds +/- 5 seconds

Long Programme: 3 minutes 30 seconds +/- 10 seconds

Medal test requirement

2018: Freeskating Medal Test #1 (Nationals)

2018: Freeskating Medal Test #1 (Oceania)

YOUTH SHORT PROGRAMME - SET ELEMENTS

1. **THROW JUMP** 2018: Double Salchow OR Double Rittberger
2. **CONTACT SPIN** 2018: Pull around camel, free entrance
3. **ONE SHADOW JUMP** 2018: Double Toe Loop jump
4. **ONE SHADOW SPIN** 2018: Camel BO
 - Prepared with the threes sequence
 - Min three (3) revolutions
5. **DEATH SPIRAL** 2018: FI or BO
 - Any edge, at least one revolution
6. **STEP SEQUENCE** 2018: straight line
7. **ONE POSITION LIFT** 2018: Press Lift
 - Minimum three (3), Maximum four (4) rotations for the man
 - Adiagio type movements at the end of the lift are not allowed

General rules about execution and construction of the Short Programme are the same as Senior Pairs Short Programme

YOUTH LONG PROGRAMME - SET ELEMENTS

The rules listed below **MUST** be followed

8. **SINGLE JUMP OR THROW JUMP**
 - Prepared from footwork or choreographic movements
 - The last step must be the starting foot of the Single Jump or Throw Jump
9. **DEATH SPIRAL**
 - Free choice
10. **SEQUENCE OF SPIRALS**
 - Three (3) different positions
 - Positions of the partners can also be different with minimum one (1) change of edge and direction
 - The partners must always hold each other
 - Partners could use cross pulls between the second and the third position
 - Minimum one (1) of the three (3) required positions must be maintained by both at least for three (3) seconds.
11. **ONE (1) STEP SEQUENCE**
 - Diagonal, Circular or Serpentine
12. **MAXIMUM TWO (2) LIFTS**
 - Single or in Combinations
 - No overhead lifts like Reverse Cartwheel (all type) and all Lifts where the Ladies during the take-off make a spin with the head down, like Spin Pancake and Similar Lifts.
 - Each combination lift must not exceed eight (8) rotations of the Man
 - Single Position Life must not exceed four (4) rotations
 - Choreographic movements are NOT allowed at the exit

OPTIONAL:

13. **Throw Jumps allowed** - Two rotations and Double Axel allowed
14. **Individual Spins** - Single or in combination. Free choice (no broken ankle)
15. **Contact Spin/s** - Free choice. Can be in combination.
16. **Individual Jumps** - Single or in combination. Free choice.
17. **Choreographic movement**, like little dance lift, are allowed.

FORBIDDEN: Impossible Spins (all types), and Spin around over the head camel with the ladies in an inverted position.

YOUTH LONG PROGRAMME - PENALTIES

- Each set element not included will carry a penalty of 0.5 from "A" mark
- Each additional lift or for each lift more than 4 (four) or 8 (eight) rotations will carry a penalty of 0.5 from the "B" mark
- Each fall (one skater) penalty 0.2 from the "B" mark
- Each fall (both skaters) penalty 0.3 from the "B" mark

JUNIOR FREE PAIRS

Penalties JUNIOR and Senior as per [FATC Rule Book](#) and maybe downloaded from the FIRS www.rollersports.org

Short Programme: 2.30 minutes +/- 5 seconds

Long Programme: 4 minutes +/- 10 seconds

Medal test requirement

2018: Freeskating Medal Test #1 (Nationals)

2018: Freeskating Medal Test #2 (Oceania)

2018: Freeskating Medal Test #3 (Worlds)

SHORT PROGRAMME - SET ELEMENTS

1. A TWIST JUMP OR THROW JUMP

2018 throw jump

2. ONE DEATH SPIRAL

2018 outside edge - at least one (1) revolution.

3. ONE CONTACT SPIN

Any combination. Each change of position must be held for at least two (2) revolutions.

The change from one (1) position to another is not counted as a revolution.

4. TWO (2) DIFFERENT ONE-POSITION LIFTS

Maximum four (4) rotations of the man Adagio type movements at the end of the lift are not allowed.

5. ONE SIDE BY SIDE JUMP

No combination. Must be a recognised jump. Must be at least single Axel or a jump with two (2) rotations.

6. ONE SIDE BY SIDE SPIN

2018: one position spin. Must be a recognised spin. Minimum of three (3) revolutions.

Any shadow spin with more than one (1) position will be given a penalty of -0.5 from the "A" mark.

7. ONE STEP SEQUENCE

2018 straight line

8. TWO (2) ONE POSITION LIFTS

No more than four (4) rotations for the man.

General rules for Short programme:

- All the lift take-offs must be different in each program.
- The elements may be skated in any order.
- No additional elements may be skated.
- The listed elements must not be repeated.
- Each additional element attempted will carry a penalty of .5 from the B mark with no credit given to the A mark.
- An element not attempted will carry a penalty of .5 from the A mark.
- Any one position lift with more than four (4) rotations will be given a deduction of 0.5 from the A mark.
- Any combination lift with more than eight (8) rotations will be given a deduction of 0.5 from the A mark.
- The step sequence MUST start from a standing position.

JUNIOR FREESKATING PAIRS LONG programme – COMPULSORY ELEMENTS

1. 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) revolutions of the man and no more than three (3) change of positions of the lady (4 positions).
2. One (1) step sequence to be chosen from serpentine, circle, diagonal, straight line.
3. The couple MUST INCLUDE at least one (1) death spiral inside edge (2018). Maximum one (1) twist throw jump
4. Maximum two (2) throw jumps
5. Two (2) side by side jumps elements. One must be a single jump; the other can be a combination jump (not more than four (4) jumps), including connecting jumps.
6. Maximum two (1) contact spins. If it is a combination spin the combination should contain maximum four (4) positions (2018 one position spin).
7. Maximum two (1) side by side spins (2018 combination).

General for Junior long programme

- Each additional lift or for the one (1) position lift with more than four (4) rotations or for a combination lift with more than ten (10) rotations will carry a penalty of .5 from the B mark with no credit given to the A mark.
- Each set element not included will carry a penalty of .5 from the A mark.
- The lifts take-offs must be different.
- The step sequence MUST start from a standing position.

SENIOR INTERNATIONAL FREESKATING PAIRS

Short Programme: 2 minutes 45 seconds (+/- 5 seconds)

Long Programme: 4 minutes 30 seconds (+/- 10 seconds)

Medal test requirements:

2018: Freeskating Medal Test #1 (Nationals)

2018: Freeskating Medal Test #2 (Oceania)

2018: Freeskating Medal Test #3 (Worlds)

SHORT PROGRAMME - SET ELEMENTS

1. DEATH SPIRAL

Outside edge - at least one revolution.

2. CONTACT SPIN

Any combination spin. Each change of position must be held for at least two (2) revolutions. The change from one position to another is not counted as a revolution.

3. ONE POSITION LIFT

Maximum four (4) rotations of the man.

4. COMBINATION LIFT

No more than eight (8) rotations of the man and no more than two (2) changes of position for the lady (3 positions).

5. ONE SIDE BY SIDE JUMP

No combination. Must be a recognised jump

6. ONE SIDE BY SIDE SPIN

One position spin. Must be a recognised spin. Minimum three (3) revolutions.

Any side by side spin with more than (1) position will be given a penalty of -0.5 from the "A" mark.

7. STEP SEQUENCE

2018 Straight line

8. ONE THROW JUMP OR TWIST LIFT

2018 throw jump

In the twist lift, immediately after take-off, the woman can attempt either a full extension or a full split before rotating. The latter will be given more credit. On landing both partners can be rolling backwards or can be in a frontal position. The latter will be given more credit.

General:

- All the lift take-offs must be different in each program.
- The elements may be skated in any order.
- No additional elements may be skated.
- The listed elements must not be repeated.
- Each additional element attempted will carry a penalty of .5 from the B mark with no credit given to the A mark.
- An element not attempted will carry a penalty of .5 from the A mark.
- Any one position lift with more than four (4) rotations will be given a deduction of 0.5 from the A mark.
- Any combination lift with more than eight (8) rotations will be given a deduction of 0.5 from the A mark.
- The step sequence MUST start from a standing position.

LONG PROGRAMME – COMPULSORY ELEMENTS

1. Maximum three (3) lifts. one (1) one position lift (no more than four (4) rotations of the man) and two (2) combination lifts with no more than ten (10) revolutions of the man and no more than three (3) change of positions of the lady (4 positions).
2. One (1) step sequence to be chosen from serpentine, circle, diagonal, straight line.
3. The couple MUST INCLUDE at least one (1) death spiral inside edge (2018). Maximum one (1) twist throw jump
4. Maximum two (2) throw jumps
5. Two (2) side by side jumps elements. One must be a single jump; the other can be a combination jump (not more than four (4) jumps), including connecting jumps.
6. Maximum two (1) contact spins. If it is a combination spin the combination should contain maximum four (4) positions (2018 one position spin).
7. Maximum two (1) side by side spins (2018 combination).

General for Senior long programme

- Each additional lift or for the one (1) position lift with more than four (4) rotations or for a combination lift with more than ten (10) rotations will carry a penalty of .5 from the B mark with no credit given to the A mark.
- Each set element not included will carry a penalty of .5 from the A mark.
- The lifts take-offs must be different.
- The step sequence MUST start from a standing position.

NATIONAL INLINE FREESKATING

OPEN NATIONAL INLINE FREESKATING

Any age

Time: Up to 2 minutes 30 seconds

Medal test requirements:

2018: Freeskating Medal Test #1 (Nationals)

Recommended content includes:-

- 2 spins
- 4 jump elements
- 1 footwork sequence
- Choreographic step sequence

INTERNATIONAL INLINE FREESKATING

INLINE SHORT PROGRAMME - JUNIOR AND SENIOR

Time: Short Programme - Junior and Senior- 2 minutes 15 seconds +/- 5 seconds

Time: Long Programme - Junior - 3 minutes 30 seconds +/- 10 seconds

Long Programme - Senior - 4 minutes +/- 10 seconds

SHORT PROGRAMME - SET ELEMENTS (Men & Ladies)

- One Axel Paulsen type jump (single/double/triple)
- One double/triple jump immediately preceded by connecting steps and/or other comparable Freeskating movement
- One Jump Combination consisting of a double jump, triple jump or quadruple jump and a single or double or triple jump.
- One Flying spin (one position only without change of foot) with a minimum of four (4) revolutions in basic position.
- One spin with only one position
 - **Men:** Camel spin or sit spin with only one change of foot, (the position must be different to the flying spin landing position), minimum of six (6) revolutions in the basic position
 - **Ladies:** lay back (or sideways) spin, minimum of four (4) revolutions in the required positions
- One spin combination with only one change of foot and the three (3) basic positions with a minimum of six (6) revolutions in total
- One step sequence fully utilising the floor surface.

Programme Components are only judged in:

- Skating Skills
- Transitions
- Performance
- Composition
- Interpretation Factor for the programme component is >
 - For men – -0.5
 - For Ladies – -0.5

Deduction for fall is -1.0 from Total programme Score (TPS)

Prohibited Element: Any type of somersault – deduction 2.0 from TPS

The Panel's points for each Programme Component is then multiplied by a factor as follows:

MEN	SHORT	0.5	FREESKATING	1.4
LADIES	SHORT	0.5	FREESKATING	1.2

In all spins, short and long programme the required number of rotations is in the required position

INLINE LONG PROGRAMME – JUNIOR

Long Programme: 3 minutes 30 seconds (+/- 10 seconds)

Jumps

- Maximum of six (6) jumps for ladies & men
- One must be an Axel type jump
- There may be up to two (3) jump combinations or sequences. One (1) jump combination can contain up to three (3) jumps and the other can contain only two (2) jumps. A jump sequence can contain any number of jumps but only the two (2) most difficult jumps will be counted. A same jump with a different number of rotations will be counted as another jump
- Only two (2) jumps with two (2) or more revolutions can be repeated. The repetition must be in a jump combination or in a jump sequence.

Spins

- There must be a maximum of three (3) spins of a different nature (different name)
- One (1) spin must be a spin combination with change of foot (minimum of six (6) revolutions in total). This spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total: or without a change of foot then a minimum of four (4) revolutions is required in total.
- One (1) flying spin or spin with flying entrance. The spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total, or without a change of foot then a minimum of four (4) revolutions is required in total
- One (1) spin in a basic position only (with no change of position). The spin with no change of position can be executed with a change of foot then a minimum of six (6) or without a change of foot then a minimum of four (4) revolutions is required in total.
- Flying entrance is allowed for all spins.

Footwork Sequence

- One (1) piece of footwork fully utilising the surface

Choreographic sequence

- The choreographic sequence must fully utilise the skating surface for a minimum of fifteen (15) seconds. The element must be the choreograph highlight of the programme and must contain
 - At least one (1) gliding element on each foot, like but not limited to Spirals, Arabesques, Spread Eagles, Ina Bauers... or any creative gliding position
 - Creative jumps: small hops do not fulfil this requirement
- The two (2) requirements must be included in a strong choreographic style and should be executed according to the character of the music. Listed jumps including in the Choreographic Sequence will not be called and will not occupy the jump box element. The pattern is not restricted, but the sequence must be clearly visible with a beginning and an end.
- This element is called ChSq1 (choreographic sequence confirmed) or ChSq0 (if not confirmed)
- The Technical Panel identifies the Choreographic sequences which commences with the first skating movement and is concluded with the preparation for the next element (if not the last element in the program). It can be performed before or after the step sequence.

The Choreographic Sequence is included in the Senior Free Programme

Programme Components are judged in:

- Skating Skill
- Transitions
- Performance/execution
- Choreography/Composition
- Interpretation

Deduction for fall -1.0 from total programme score

Deduction for any type of acrobatic movement -1.0 from TPS

INLINE FREE PROGRAMME – SENIOR

Long Programme: 4 minutes (+/- 10 seconds)

Jumps

- Maximum of seven (7) jumps for ladies & men
- One must be an Axel type jump
- There may be up to three (3) jump combinations or sequences. Only one (1) jump combination can contain up to three (3) jumps and the other can contain only two (2) jumps.
- A jump sequence can contain any number of jumps but only the two (2) most difficult jumps will be counted. A same jump with a different number of rotations will be counted as another jump
- Only two (2) jumps with two (2) or more revolutions can be repeated. The repetition must be in a jump combination or in a jump sequence

Spins

- There must be a maximum of three (3) spins of a different nature (different name)
- One (1) spin must be a spin combination with change of foot (minimum of six (6) revolutions in total). This spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total: or without a change of foot then a minimum of four (4) revolutions is required in total.
- One (1) flying spin or spin with flying entrance. The spin can be executed with a change of foot then a minimum of six (6) revolutions is required in total, or without a change of foot then a minimum of four (4) revolutions is required in total
- One (1) spin in a basic position only (with no change of position). The spin with no change of position can be executed with a change of foot then a minimum of six (6) **revolutions is required** or without a change of foot then a minimum of four (4) revolutions is required in total.
- Flying entrance is allowed for all spins

Footwork

- There must be a maximum of One (1) step sequence fully utilising the surface

Choreographic sequence

- There must be a Choreographic Sequence
- The choreographic sequence must fully utilise the skating surface for a minimum of fifteen (15) seconds. The element must be the choreograph highlight of the programme and must contain:
- At least one (1) gliding element on each foot, like but not limited to Spirals, Arabesques, Spread eagles, Ina Bauers... or any creative gliding position
- Creative jumps: small hops do not fulfill this requirement
- The two (2) requirements must be included in a strong choreographic style and should be executed according to the character of the music. Listed jumps including in the Choreographic Sequence will not be called and will not occupy the jump box element. The pattern is not restricted, but the sequence must be clearly visible with a beginning and an end.
- This element is called ChSq1 (choreographic sequence confirmed) or ChSq0 (if not confirmed)
- The Technical Panel identifies the Choreographic sequences which commences with the first skating movement and is concluded with the preparation for the next element (if not the last element in the programme). It can be performed before or after the step sequence.

The Choreographic Sequence is included in the Senior Free Programme

Programme Components are judged in:

- Skating Skill
- Transitions
- Performance/execution
- Choreography/Composition
- Interpretation

Deduction for fall -1.0 from total programme score

Deduction for any type of acrobatic movement -1.0 from TPS

The Panel's points for each programme Component is then multiplied by a factor as follows

MEN	SHORT	0.5	FREESKATING	1.4
LADIES	SHORT	0.5	FREESKATING	1.2

PRECISION

PRECISION SKATING - NATIONAL GRADES

GENERAL RULES

- Male and female may skate on the same team.
- Each team may have reserves, listed as such on the team entry, the maximum being four (4).
All reserves must take the floor during the warm-up and be capable of skating as a replacement at the time of the event.
- The grading of a Precision team is determined by the age of the majority of the skaters.
Where the team is evenly split it is to skate in the higher grade.

MINI PRECISION TEAMS

There will be 2 NATIONAL GRADES of MINI PRECISION teams:

OPEN MINI PRECISION	Team of 4 – 8 skaters of any age Music: up to 3 minutes Medal Test Requirement 2018 Artistic Medal (any discipline) #1 (Nationals)
MASTERS MINI PRECISION	Team of 4 – 8 skaters , 21 years of age and over Music: up to 3 minutes Medal Test Requirement 2018 Artistic Medal (any discipline) #1 (Nationals)

PRECISION TEAMS

There will be 2 NATIONAL GRADES of Precision Skating Teams:

OPEN PRECISION	Team of 8 – 16 skaters of any age Music: up to 3 minutes Medal Test Requirement 2018 Artistic Medal (any discipline) #1 (Nationals)
MASTERS PRECISION	Team of 8 – 20 skaters , 21 years of age and over Music: up to 3 minutes Medal Test Requirement 2018 Artistic Medal (any discipline) #1 (Nationals)

PRECISION RULES

GENERAL RULES

1. Each team will be permitted thirty (30) seconds for the positioning before the commencement of the performance. Once the team is ready for the music to commence the team captain must raise their hand to advise the announcer.
2. Neither portable or hand held props shall be used
3. Vocal music shall be permitted
4. Costume rules – see Artistic rules and regulations
5. Minimum age - 12 years to skate in an international competition.

JUDGING PRECISION

Two marks are awarded on a scale of 0 -10 as for artistic skating. The full values indicate the general ability of the team. Additional marks of point nine (9) may be added to further differentiate between the Teams. The first mark (A) is for COMPOSITION. The second mark (B) is for PRESENTATION.

A. COMPOSITION

In the marking for composition the following shall be considered:

1. Originality of elements
2. Difficulty of the programme
3. Difficulty of connecting steps and their suitability to the music
4. Variety of the elements and formations, overall balance of choreography and utilization of the entire floor
5. Placement of the manoeuvres and formations in the utilization of the surface

B. PRESENTATION

In the marking of presentation the following shall be considered:

1. Unison and synchronization of elements by team members
2. Ability of team members to sustain the same level of performance throughout the programme
3. Carriage and style
4. Cleanness and sureness
5. Speed and flow using strong edges
6. Smoothness of transitions without hesitation
7. Interpretation of character and rhythm of the music
8. Variety of music, correct selection in relation to skaters
9. Orderly entry and exit from floor
10. Neatness of appearance, including costumes
11. Harmonious composition of programme and conformity to the music

SCORING PRECISION

Judging for Precision will always take place on the LONG SIDE of the rink.

INTERNATIONAL PRECISION

Please refer to [World Skate Rule Book 2018](#) Precision Section (Pages 74-85) for full rules, information and definitions www.rollersports.org

- The programme is **4:30 minutes +/- 10 seconds**.
- The order of the elements must be presented to the ATC 15 days before the competition.

Medal test requirements:

2018: Artistic Medal (any discipline) #1 (Nationals)

2018: Precision Medal #4 (Oceania)

2018: Precision Medal #6 (Worlds)

Grade	Team Numbers	Age	Permitted Reserves
International	16	12 years on 1 January of skating year.	Unlimited

Required element	2018 specific information
Line Manoeuvre: <ul style="list-style-type: none"> • One (1) Linear line element. • The line MUST be a single line along the long axis and move down the short axis for at least three quarters ($\frac{3}{4}$) of the length of the rink. 	
Travelling elements: <ul style="list-style-type: none"> • One (1) Travelling Circle; OR • One (1) Travelling Wheel 	Wheel
Rotating elements: <ul style="list-style-type: none"> • One (1) Rotating Circle; OR • One (1) Rotating Wheel 	Circle
Blocks: <ul style="list-style-type: none"> • One (1) Linear Block 	
Intersections: <ul style="list-style-type: none"> • Two (2) intersections 	
No hold Element (Block) <ul style="list-style-type: none"> • One (1) 	
Combined element (fixed value): <ul style="list-style-type: none"> • One (1) • All skaters must participate in the element and MUST interact with each other • Choice of Block, Circle, Intersection, Line and Wheel 	
Choreographic stop (fixed value): <ul style="list-style-type: none"> • One (1) stop of maximum ten (10) seconds of all the skaters during which they perform choreographic movements. • They can perform a group lift 	

GENERAL RULES FOR SET ELEMENTS

- Set elements may be skated in any order.
- Any type of hand hold or combination of hand holds can be used. However at least three (3) different hand holds must be shown.
- All elements may incorporate forward and/or backward skating.
- Footwork is permitted during any element.
- Set elements may be repeated.
- Additional elements may be used.

SHOW and GROUP SKATING

CLUB SHOW CHALLENGE

Group: minimum of 4 skaters of any age

Music: 4 – 5 minutes +/- 10 seconds

REGULATIONS FOR CLUB SHOW CHALLENGE

The main emphasis for the Club Show skating challenge will be skating and entertainment value. Participants must be members of the Affiliated Club that is being represented, and a registered member of the New Zealand Federation of Roller Sports (Inc) This membership may be the Class 5 Supporters membership if not already a New Zealand Federation of Roller Sports member.

Entry is allowed direct to the New Zealand Artistic Roller Sports Championships, ie there is no requirement for teams to qualify through Areas.

A team name must be provided on the entry form. At the New Zealand Artistic Roller Sports Championships a Challenge trophy will be awarded to the winning team.

TECHNICAL REGULATIONS

1. Duration of performance – minimum 4 minutes, maximum 5 minutes +/- 10 seconds. Time to start with the first movement.
2. A minimum of four (4) skaters of any age.
3. Freeskating and Pairs skating are allowed. However, skating will be assessed on the performance of the whole group.
4. There will be no restriction on the choice of music, but skating must be in tune with the music chosen.
5. Movements or steps performed in stationary positions are allowed. However, programmes with excessive stationary movements will be given less credit. Choreography must commence within Ten (10) seconds after the music has started.
6. The main performance of a show group must be Show, not Precision. If there are Precision elements they must be performed in the character of a show.
7. All participants must be on skates.
8. Only hand held or portable props are permitted.
9. Fog machines, water or personal spotlights are not permitted.

MARKING

The event will be judged by two (2) commissioned judges and one (1) invited judge and their decision will be final.

Criteria for evaluation will be:

- a) Creativity
- b) Entertainment

Entry & Exit on the floor:

- A maximum of forty (40) seconds are allowed for entry onto the rink.
- A penalty of up to -0.3 from "A" mark if the entry takes longer than the permitted time may be applied.
- It is Optional to provide:-
A short explanation of not more than twenty five (25) words may be attached to the entry describing the performance. These descriptions will be given to the judges and announced as the group is entering the floor. If you do wish to submit this description it is to be done at the Team Managers' Meeting, along with skaters' name.

INTERNATIONAL SHOW GRADES

Please refer to FIRS PDF document '[New Show Skating Guidelines PDF](#)' for complete rules and explanations www.rollersports.org

QUARTETS AND SHOW GROUPS

Quartet Duration: 3 minutes +/- 10 secs

Time starts from first movement of one of the skaters

Small and Large Show Group Duration 4 minutes to 5 minutes +/- 10 seconds

Time starts from first movement of one of the skaters

Medal Test Requirement

2018: Artistic Medal (any discipline) #1 (Nationals)

2018: Artistic Medal (any discipline) #4 (Oceania)

2018: Artistic Medal (any discipline) #6 (Worlds)

RULES FOR SHOW SKATING

Three different events will be held for Large groups, Small groups and Quartets

- **LARGE** group must be composed with a minimum of sixteen (16) skaters to maximum of thirty (30) skaters.
- **SMALL** group must be composed with a minimum of six (6) skaters to maximum of twelve (12) skaters
- **QUARTET** must be composed of four (4) skaters. Quartets will have a space on the registration form for a reserve athlete that will have to pay the registration.
They shall not be made up of two couples, pairs or dance but four skaters acting as a group.
All jumps with one rotation plus single axel, double toe loop (mapes) and double salchow are allowed.
Spins are allowed except spins of Class A.

SHOW GROUP SPECIFIC RULES

- Movements or steps performed in stationary positions are allowed. However, programs with constant movement and choreography will receive more credit than programmes with excessive stationary movements. The Referee will advise the judges if this happens and a deduction from A mark and from B mark will be made by the referee, depending on the length during the whole of the programme. Choreography must commence within 15 seconds after the music has started.
- A Show performance may not include more than four (4) typical precision elements: e.g. a Circle, a Wheel is allowed; or from each mentioned manoeuvre are four (4) allowed: e.g. 4 circles, etc.
 - Circle: A group of skaters standing or revolving about a common centre each equidistant from the center: the circle can rotate either clockwise or counter clockwise, forward or backward. There are open circles (the skaters do not have contact with one another) and closed circles (the skaters hold onto each other in a variety of ways such as hand to hand, shoulder to shoulder or catch waist as in a train).
 - Closed circles with more than one (1) rotation are recognized as a typical precision element.
 - Wheel: a straight line revolving about a common axis in the center of the line: usually there is an equal number of skaters on each side of the axis, the wheel can rotate clockwise or in a counterclockwise direction. The quantity of spokes goes from two (2) spokes to six (6) more; the variation in wheels are recognized in.

- Parallel-Pinwheels, S-Pinwheels, Step-in-Wheels and Travelling-Wheels: any of these mentioned wheels with more than one (1) rotation are recognized as typical precision element.
- Line manoeuvres & Blocks in all forms have no limitations.
- *Combination of elements will be counted as one element.*
- For Large and Small groups jumps with more than one (1) revolution will not be allowed. Only upright and sit spins without travelling are allowed.
- A quartet shall not be made up of two (2) couples, pairs or dance, but four (4) skaters acting as a group. All jumps with one rotation plus single Axel, Double Toe Loop and Double Salchow are allowed. Spins are allowed except spins of Class A.
- The main performance of a show group must be “Show”, not “Precision”. Show teams give in their performance expression of show elements; so audience and judges are aware of a theme matching the title of a performance; precision teams give in their performance expression of a technical standard.
- There shall be no restrictions on the choice of music but skating must be in tune with the music chosen.
- Participants not on roller skates shall not be allowed. At the start of the programme all skaters must be on the floor. No skater is allowed to leave the floor during the performance.
- Theatrical props: No set decorations are permitted. No frames, panels, scenery, independent theatrical wings, flats or structures of any size, kind of materials, will be permitted, even if carried by skaters themselves.
- Accessories and Objects: Accessories which can be carried by an individual skater are permitted. It is also permitted to position objects or props quickly, along the side of the rink, but only just before the start of the performance. In order to avoid disorder and confusion, once they are picked up they must not be left, abandoned or thrown outside the rink. It is important that skaters should demonstrate their ability to use the accessories appropriately and skate well at the same time. It is permitted for skaters to pass objects from one to another and place them on the skating surface, but only so long as the skater maintains physical contact with the object(s). Leaving any object or prop on the floor out of contact with any skater is allowed only once during the programme for maximum of ten (10) seconds.
Referee's deduction: -0.5 from the A mark for each time a prop is not used correctly.
If an object falls on the floor no penalty will be incurred, but it will be considered as a negative point in the general impression of the programme.
- Fog machines and personal spotlights are not allowed.
- Costume Rules – see SR 3.11 in [World Skate Rule Book 2018](http://www.rollersports.org) from www.rollersports.org
- When sending entries for small or large show groups and quartets, a short explanation of not more than 25 words in ENGLISH must be attached to the entries describing the performance. These descriptions will be given to the Judges and announced by the speaker as the group is entering in the floor.