

**RULES FOR  
ARTISTIC SKATING COMPETITIONS  
SOLO DANCE**  
By World Skate Artistic Technical Commission

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## 1 OWNERSHIP

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## 2 SOLO DANCE - general definitions

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

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

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

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

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

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

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

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

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

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

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

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

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

## 3 SOLO DANCE

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The solo dance competition consists of one style dance and one free dance.

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

- Technical content.
- Artistic Components.

### 3.1 Costume requirements

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- In all artistic competitive roller skating events (including official training days), the costumes for both women and men should be in character with the music but should not be such so as to cause embarrassment to the skater, judges, or spectators.
- Costumes which are very low cut at the neck, or which show bare midriffs are considered show costumes and are not suitable for championships skating.
- Any piece of the costume including beads, trimmings, feathers, etc. on the costumes must be very securely fixed so as not to cause obstruction to the following contestants.
- The woman's costume must be constructed so that it completely covers the tights (pants), hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hip bone.
- The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimeters below the collarbone. Material with the appearance of nudity is not permitted. The man's shirt must not become detached from the waist of the trousers during a performance, to show a bare midriff.
- The appearance of nudity of a costume is considered a violation of the rules and will be penalized, (this means too much use of body-stocking material which gives the appearance of nudity).
- Props of any nature are not permitted. This means the costume remains the same throughout a performance with no additions during the performance, i.e. no use of props of any kind from beginning to the end.
- The painting of any part of the body is considered a "show" and is not allowed in dance skating.
- Penalties resulting from the violation of the costume rules will be 1.0. At the instruction of the referee, this penalty will be deducted after the score has been assigned.

### 3.2 Competitive warm-Up

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- Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.
- For Compulsory Dances, Style Dance, and Free Dance events, there will normally be no more than six (6) contestants assigned to each warm-up group.
- The warm-up for Compulsory Dances is 2 minutes with music or the length of a track of music. The skaters will have 10 seconds to roll down the floor and then the compulsory music will be played.
- The warm-up for Style Dance shall be four and a half minutes (4:30).
- In free dance the warm-up time is based upon the skating time allotted if time allows, plus two minutes (2:00). The announcer shall inform the contestants when one minute (1:00) remains in their warm-up period.
- The next skater to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athlete.

### 3.3 Junior and Senior

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#### Style dance

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Following are the rules for the style dance.

- The duration of the style dance will be 2:40 minutes +/- 10 seconds.
- The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm.
- One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.
- Rhythms

RHYTHMS
<b>Swing Medley</b> Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
<b>Spanish Medley</b> Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango
<b>Classic Medley</b> Waltz, Classic Polka, March, Galop
<b>Latin Medley</b> Mambo, Salsa, Merengue, Bachata, Bossa nova, Batucada, Cha Cha Cha, Samba, Rumba
<b>Rock Medley</b> Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz
<b>Folk Dance</b> Ethnic Dance
<b>Modern Music Medley</b> Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock
<b>Musical-Operetta Medley</b>

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

1. Straight footwork sequence (will be decided each year by ATC).
2. Circular footwork sequence (will be decided each year by ATC).
3. Cluster sequence.
4. Traveling sequence.

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

#### Free dance

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The duration of the free dance will be 3:00 minutes +/- 10 seconds.

Following are the rules for the free dance:

1. One straight footwork sequence (will be decided each year by ATC).
2. One circular or serpentine footwork sequence (will be decided each year by ATC).
3. One traveling sequence.
4. One cluster sequence
5. Choreographic sequence.

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

### 3.4 Youth

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1. Two (2) compulsory dances.
2. One (1) free dance of 2:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- Two (2) footwork sequences: patterns will be chosen by ATC. Maximum level 4.
- One (1) traveling sequence. Maximum level 3.
- One (1) cluster sequence. Maximum level 3.
- One (1) choreographic footwork sequence.

### 3.5 Cadet

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1. Two (2) compulsory dances.
2. One (1) free dance of 2:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- Two (2) footwork sequences: patterns will be chosen by ATC. Maximum level 3.
- One (1) traveling sequence. Maximum level 2.
- One (1) cluster sequence. Maximum level 1.
- One (1) choreographic sequence.

### 3.6 Espoir

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1. Two (2) compulsory dances.
2. One (1) free dance of 2 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance programme are:

- Two (2) footwork sequences: patterns will be chosen by ATC. Maximum level 2.
- One (1) traveling sequence. Maximum level 2.
- One (1) choreographic footwork sequence.

### 3.7 Minis

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1. Two (2) compulsory dances.
2. One (1) free dance of 1:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- Two (2) footwork sequences: patterns will be chosen by ATC. Maximum level 1.
- One (1) traveling sequence. Maximum level 1.
- One (1) choreographic sequence.

## 4 TECHNICAL ELEMENTS

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### 4.1 Compulsory Dances

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Please refer to World Skate Artistic Dance and Solo Dance Manual 2019 for compulsory dance specifications.

#### Pattern Dance Sequence

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This element consists of one (1) sequence of a complete compulsory dance selected by World Skate ATC, that covers the entire surface of the skating floor, or two (2) sequences of a complete compulsory dance with a pattern that covers half of the skating floor.

#### General rules

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

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

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

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

**For example:** *A piece of waltz music has an introduction with a tempo of 148 BPM; but during the skating of the Starlight Waltz the tempo must be within the range of 166 to 170 BPM (168 BPM +/- 2); remaining constant throughout the sequence; and after the pattern dance sequence is completed the tempo changes to 128 BPM.*

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

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

If in the event that these rules are not observed, World Skate ATC shall give a deduction of 1.0 from the Total Score.

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

## Levels

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

LEVEL	SEQUENCE / SECTION	INTERRUPTION time	KEY POINTS
1	75%	/	/
2	100%	No more than 4 beats	1 or 2
3	100%	No more than 4 beats	3
4	100%	Not interrupted	4

- Level 1 - 75% of sequence/section is completed.
- Level 2 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) or two (2) key points is correctly executed.
- Level 3 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 - sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

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

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

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

### Levels

LEVEL	TURNS	CHOCTAW Different directions	CLUSTER	BODY MOVEMENTS
1	4	/	/	/
2	6	/	/	/
3	6: 3 right, 3 left	2	/	Yes
4	8: 4 right, 4 left	2	/	Yes
5	10: 5 right, 5 left	2	1	Yes

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

### Clarifications

- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level but it will be considered in the turns for the cluster.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.



- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.
- It's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. For example, Level 3 can be:
  - First example:
    - Right Bracket.
    - Left Bracket.
    - Right Counter.
    - Left Counter.
    - Right Rocker.
    - Left Rocker.
    - 2 Choctaws (one in each direction).
  - Second example:
    - Right Bracket.
    - Left Counter.
    - Right Rocker.
    - Left Bracket.
    - Loop Clockwise.
    - Traveling Anticlockwise.
    - 2 Choctaws (one in each direction).
  - Third example:
    - Loop Clockwise.
    - Loop Anticlockwise.
    - Traveling Anticlockwise.
    - Traveling Clockwise.
    - Right Bracket.
    - Left Rocker.
    - 2 Choctaws (one in each direction).
- For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented, the level can be decreased (max level 2).
- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- For Straight Line sequences (long Axis and Diagonal) the footwork sequence MUST start from a stopped or a stop and go (less than 3 seconds stop) position.
- In the circular footwork sequence, circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: from a clear position. The footwork must use the entire width of the skating floor and must begin and end at the same axis point. The circle must be in the center of the skating floor.
- In serpentine footwork sequence, the skaters must begin the sequence on the long axis, from a clear position, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

### 4.3 Choreographic Sequence

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- Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.
- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, in a bauer,

spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.

- The sequence must start from the long side of the skating surface in proximity of the transversal axis (near 5 or 6 meters of the axis so it is not confused with a diagonal) and it must arrive on the other long side of the skating surface.
- It is allowed to skate on the pattern just executed.
- The sequence must start from a stopped position or a stop and go position.
- There is not a set pattern to follow.
- The time to do this sequence is maximum thirty (30) seconds.
- No stops (from 3 to 8 seconds) are permitted during the sequence.
- It has a fixed value of three (3) points.

#### 4.4 Clusters sequences

- The skater must introduce two (2) sequences of clusters separated by a maximum of three (3) steps or two feet turns (no one foot turns).
- Each sequence must start with at least three (3) different turns.

#### Levels

LEVELS	URNS - FIRST SET	URNS - SECOND SET	DIFFICULT ENTRY
1	3	3	/
2	4/3	3/4	/
3	4	4	Yes, in one of the sequences
4	4	4	Yes, in both sequences

- Level 1 - the two (2) clusters are correctly executed with no interruption.
- Level 2 - one of the two (2) clusters contains four (4) turns, three (3) of them must be different.  
Level 3 - the two (2) clusters contain four (4) turns, three (3) of them, for each cluster, must be different and one of the sequences must start from a difficult entry.
- Level 4 - the two sequences contain four (4) turns, three (3) of them, for each cluster, must be different and both sequences must start from a difficult entry.

#### Clarifications

- Difficult entry for a cluster sequence: Choctaw, Ina Baur, Spread Eagle, Little Hop or Jump.
- The difficult entry should be before the first turn of the set. In the case it is presented before the second sequence, the difficult entry must be the step preceding the first turn of the second sequence and will be counted as the final of the three steps allowed.
- If there is a full stop before the second sequence, the level shall be reduced by one.
- If there are more than three (3) steps between the two sequences, the level shall be reduced by one.
- If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the cluster has started and the execution of the element continues after the touch down, only the part before the touch down will be considered for the level.
- No change of edge is allowed in the first three turns of the cluster.
- It is not allowed to use the toe stop to get speed in between the 2 sequences of clusters.
- Cluster sequence will be called No Level if both sequences don't contain at least three correct turns.

## 4.5 Traveling sequences

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

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

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

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

**Appendix 1 - Traveling features examples.**

### Levels

LEVELS	FIRST SEQ ROTATIONS	SECOND SEQ ROTATIONS	DIFFERENT ROTATIONAL DIRECTION	FEATURE
1	2	2	/	/
2	3	3	Yes	1 / in one of the sequences
3	3	3	Yes	2 / 1 each, one with arm and one with leg
4	4	4	Yes	3 / 1 with 1 feature free choice, 1 sequence with 2 one of arm and one of leg

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

## 5 LIMITATIONS

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

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

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

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

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

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

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

## 6 QOE

Judges will score each technical element with the QOE and will give from -3 to +3 taking into consideration the following guidelines for each technical element.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
<b>SEQUENCES/ SECTIONS OF PATTERN DANCE</b>	-3	-2	-1	Base	+1	+2	+3
Quality/ correctness of edges/ steps/ turns for the whole pattern dance element	40% or less clean edges/steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/steps / turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/steps / Turns with no major error	90% clean edges/step / Turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct tracking and restart and its repetition (if required)	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
<b>FOOTWORK SEQUENCES</b>	-3	-2	-1	Base	+1	+2	+3
Edges/sureness	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerab le speed and constant flow	Considerable speed effortlessly and fluidly
Footwork	Two feet or both toe- pushing	Wide stepping / 1 or 2 feet /	Variable	Generally correct	Correct	Clean and neat	Clean and effortless

		toe-pushing					
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>CLUSTER SEQ</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Entry/completion	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Edges	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>TRAVELING SEQUENCES</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Entry/completion	Awkward/off balance	Hesitant/lac k of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Connecting steps footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Rotational speed	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>CHOREO STEP SEQ</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Musicality, phrasing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Variety, originality, musicality	No variety, no originality, no musicality	Poor in variety, originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
Steps, turns	Very flat, shaky, stumble	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
Energy, control	Completely uncontrolle, no energy	Some lack of control and energy	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Involvement, movements	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movements and involvement	Very good movement s and involvement	Completely involved and fine movements

Falls: in addition to the deduction to the sum at the end of the program, the judges should apply a QOE of -3 for the fall of the skater.

## 7 ARTISTIC COMPONENTS

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

- Skating skills.
- Transitions.
- Performance

- Choreography/Composition.

Compulsory dance for Youth, Cadet, Espoir and Mini, judges will score two (2) components: skating skill and performance.

#### **Categories and artistic impression**

- Senior: four (4) components from a minimum of 0.25 to a maximum of 10.0.
- Junior: four (4) components from a minimum of 0.25 to a maximum of 9.0.
- Youth: four (4) components from a minimum of 0.25 to a maximum of 8.0
- Cadet, Espor, Minis: four (4) components from a minimum of 0.25 to a maximum of 7.0.

## **8 PENALIZATIONS**

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

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

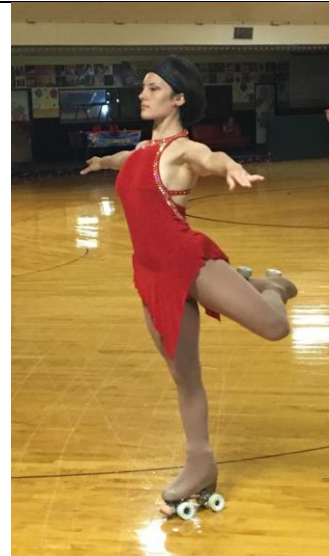
#### **General**

- Costume violation (see 3.1).
- Time of the program less than the minimum (1.0 for each 10 seconds or part thereof).
- Falls.
- Mandatory element not presented.

## 9 APPENDIX 1 - Traveling features examples

<p>A. At least one hand above the head or on its line</p>	
<p>B. Crossed hands behind the back and far from it</p>	
<p>C. Arms crossed in front of the body between shoulders and waist (can be also one behind and the other in front like a screw)</p>	

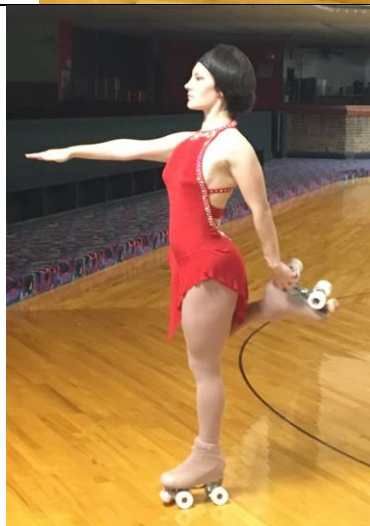
D. Free leg crossed in front or crossed behind over the knee line



E. Free leg crossed in front or behind under the knee line (pirouettes)



F. Free skate wheels held by one hand





G. High free leg stretched lateral or forward

