

SNIPPET THREE



LET'S LOOK AT FOOTWORK LEVELS.

The New Zealand Artistic Requirements 2019 Have footwork level requirements in most grades of freeskating and solo dance. Footwork sequences are different for choreographic sequences, step sequences, and clusters.

The definition of footwork for freeskating is:

All footwork sequences must be executed according to the character of the music using *advanced* footwork. Each step of the sequence must progress. Short stops in accordance with the music are permitted. The footwork sequence must start from a stopped position or a stop and go. (*The levels expected in NZ are defined the schedule*)

FREESKATING

DEFINITIONS

- One-foot turns: turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (traveling - two full rotations must be executed quickly to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.
- Two feet turns: Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI – RBO, the direction will be considered anticlockwise).
- Steps: are all the technical difficulties that can be executed keeping the same direction or changing direction changing also the foot: toe steps, chasses, change of edge, cross rolls.
- Note: half rotations jumps or one rotation jumps on two feet or one foot is not considered a turn or a step. Skating forward and skating backward is not a change of rotational direction.
- Cluster: sequence of at least three (3) different turns executed on one foot, the three turn will be counted as a turn for the cluster.
- Body movements: the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered during at least in three (3) moments of the all sequence. At least two parts of the body must be used.

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

CLARIFICATIONS

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

For examples www.worldskate.org/artistic/about/regulations/category/262-rule

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

DANCE

DEFINITIONS

Pattern Sequence & Compulsory Dances

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'.

Straight and Circular footwork sequences: for style and free dance.

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 examples www.worldskate.org/artistic/about/regulations/category/262-rule

- 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.

WHAT WOULD YOU LIKE AS A FOCUS FOR SNIPPET 4

Please give your feedback on what is useful and what questions you have.

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There is a lot of information to absorb. For the levels, focus on a level and then reference it to a NZ grade that you might have involvement with.

Coaches also have the resource of the HPCC Team for coaching support.

<https://www.facebook.com/NZHPCC>

How do you eat an elephant?



And we are not far away from Christmas and 2019 when this is all going to happen.

Roller skating in NZ needs every one of you to be a part of this change.