

**RULES FOR
ARTISTIC SKATING COMPETITIONS**

FREE SKATING

By World Skate Artistic Technical Commission



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1 OWNERSHIP

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2 FREE SKATING

The competition consists of two parts: a short program and a long program of:

Short program

- Junior and Senior 2:45 minutes +/- 5 seconds.
- Cadet and Youth 2:30 minutes +/- 5 seconds.
- Espoir 2:00 minutes +/- 5 seconds.

Long program

- Junior and senior ladies from 4:15 to 4:30 minutes.
- Junior and senior men 4:30 minutes +/- 10 seconds.
- Youth 4:00 minutes +/- 10 seconds.
- Cadet 3:30 minutes +/- 10 seconds.
- **Espoir 3:15 minutes +/- 10 seconds.**
- **Minis 2:45 minutes +/- 10 seconds.**
- **Tots 2:30 minutes +/- 10 seconds.**

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

- Technical content.
- Artistic components.

2.1 Costume requirements

- In all artistic competitive roller-skating events, the costumes for both women and men should be in character with the music but should not be such to cause embarrassment to the skater, judges, or spectators. **Training costumes are not required to be in character; however, all other costume rules apply in training.**
- 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. **Rhinestones, stones, crystals, mirrors, buttons, studs, pearls and half pearls bigger than 4mm in any dimension ARE NOT PERMITTED. Sequins of any size applied or sewn are allowed. All decorative embellishments must be securely fixed with glue or stitched firmly to the fabric.**
- The woman's costume must be constructed to completely cover the, hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hip bone. **Transparent materials ARE PERMITTED ONLY ON THE ARMS, LEGS, SHOULDERS and BACK (above the waistline).**
- 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 **(like sheer material and net) or complete nudity** is not permitted. **Transparent materials ARE PERMITTED ONLY ON THE ARMS AND SHOULDERS.** The man's shirt must not become detached from the waist of the trousers during a performance, to show a bare midriff.
- 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.
- Penalties resulting from the violation of the costume rules will be 1.0.

For costume deductions, referees will take into consideration the opinion of the judges.

2.2 Competitive warm-Up

- Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.
- In free skating the warm-up time is based upon the skating time 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.
- In free skating events, there will normally be no more than six (6) contestants in each warm-up group for cadet, youth, junior, senior and eight (8) for the others.
- The next skater to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athlete/athletes.
- At the conclusion of the warm-up period the first skater will be allowed up to one (1) minute before they have to take the floor.
- For exceptional situations regarding the number of participants and/or time limitations the ATC may decide not to apply this rule.

3 TECHNICAL CONTENT

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

The technical elements that will be evaluated are:

- Jumps.
- Spins.
- Footwork sequences.
- Choreographic sequences.

3.1 Initial definitions

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

Upright
Sit
Camel

All of them will also have their corresponding foot and edge, which will define them. Any change of foot, edge or body position would mean two different positions. There are also *difficult variations* of basic positions. If both are presented together (basic +

variation), we would be dealing with two (2) different positions. For example: Camel + Camel Forward = 2 positions.

- Other spin positions that can be called because they have a base value defined in the system are:

Heel
Broken
Inverted

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

3.2 General

- All attempts will occupy a box in the system, then any subsequent elements will have no value (0).
- The elements in excess will be called by the technical panel, however, will receive no value (0). They are NOT considered an illegal element and will NOT be penalized.
- The same combo jumps and combo spin (position, edge and direction) cannot be presented more than once. If this happens the second combo jump/spin will receive no value. It will NOT be considered an illegal element and will NOT be penalized.
- For every jump of the combination jump a percentage of the basic value will be added.
- Kneeling or laying on the floor is allowed a maximum of once and for maximum of five (5) seconds.
- In the Program element content sheet, it is mandatory to write the start time of footwork sequences and specify where the skater is attempting a Lutz jump.

3.3 Short Program

In all the short programs the same jump can only be presented once with the exception of one (1) jump of the skater's choice which can be presented twice. Where a jump is presented twice, at least one must be in combo.

Short program Junior and Senior

- Axel - single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump - single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- Footwork sequence maximum forty (40) seconds.

Short program Cadet and Youth

- Axel - single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump - single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- One footwork sequence Youth: maximum level 4, maximum forty (40) seconds. Cadet: maximum level 3, maximum thirty (30) seconds.

Short program Espoir

- Axel - Single.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (only doubles, excluding double Axel. No triples allowed). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump - single or double (cannot be an Axel).
- One (1) combination spin with a maximum two (2) positions. The two positions **MUST** be a sit spin combined with a camel (either outside backward camel or outside forward camel).
- One (1) position spin. **MUST** be a camel spin (either outside backward or outside forward, however it **CANNOT** be the same camel used in the combination).
- One footwork sequence maximum level 3, **maximum thirty (30) seconds**.

3.4 Long program

Long program Junior and Senior

Jumps:

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

Spins:

- **Minimum two (2), maximum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin and **one MUST be a solo spin**. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two broken, maximum two forward heel etc.). The three spins must be different.

Footwork sequences:

- One (1) footwork sequence, **maximum forty (40) seconds**.
- One (1) choreographic sequence.

Long program Youth

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- **Minimum two (2), maximum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin and **one**

MUST be a solo spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed. The three spins must be different.

- One (1) footwork sequence maximum level 4, **maximum forty (40) seconds.**
- One (1) choreographic sequence.

Long program Cadet

- A maximum of eight (8) jumps are allowed excluding connecting one (1) rotations jumps in the combinations.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- **Minimum two (2), maximum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin and **one MUST be a solo spin.** The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed. The three spins must be different.
- One (1) footwork sequence maximum level 3, **maximum thirty (30) seconds.**

Long program Espoir

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (double axel and triples are not allowed)
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- **The technical value will be awarded just to axels and double jumps in the combination.**
- It is mandatory to perform an Axel that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- **Minimum two (2), maximum three (3) spin elements are allowed.** One of them must be a combination spin (maximum four (4) positions) and must include a sit spin **and one MUST be a solo spin.** The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the **three** spins must be different.
- One (1) footwork sequence maximum level 3, **maximum thirty (30) seconds.**

Long program Minis

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- It is mandatory to perform an Axel that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there **MUST** be at least one toe loop element (single or double).

- **Two (2) spin elements must be performed.** One of them **MUST** be a combination spin (maximum three (3) positions) and must include a sit spin. (broken ankle, heel, **and inverted are NOT allowed**). The two spins must be different.
- One (1) footwork sequence maximum level 2, **maximum thirty (30) seconds**.

Long program Tots

- A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- The same jump cannot be presented more than three (3) times.
- **Two (2) spin elements must be performed.** One of them **MUST** be a combination spin (maximum three (3) positions). **ONLY** upright positions and sit positions are allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1. The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, **maximum thirty (30) seconds**.

4 TECHNICAL ELEMENTS

4.1 Jumps

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

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

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

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

Percentages increasing the jumps value

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

- If a jump is executed after the half length of the program, it will have a 10% increase of the basic value **in the long program of the categories Cadet, Youth, Junior and Senior**.
- If a jump is presented in a combination jump, it will have an increase percentage from its basic value:
 - 2% Toeloop and Salchow.
 - 7% Flip, Lutz and Loop.
 - 8% Axel.
 - 9% double Toeloop and double Salchow.
 - 14% double Flip, double Lutz and double Loop.
 - 15% double Axel.
 - 16% triple Toeloop and triple Salchow.
 - 21% triple Flip, triple Lutz and triple Loop.

- 22% triple Axel.
- 23% quad Toe Loop and quad Salchow.
- If the jumps are presented in combination without the use of connecting jumps, the percentages will be:
 - 10% double-double (only for Minis and Espoir).
 - 20% double-triple/triple-double.
 - 30% triple-triple.

Note: Double Axel is considered a 'triple' rotation jump for this purpose.

Clarifications

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> • A "saving Toe-Loop" (when a skater uses a toe-loop between jumps in a combination to save the element cause by loss of control), will be considered a stepping out by the judges, with negative QOE to the jump executed just before and the saving Toe-Loop will be called as NO JUMP, occupying a box. • In all the categories except Tots, where axel and doubles (Minis and Espoir) or axel, doubles and triples (Cadet to Senior) can be performed maximum twice. If presented twice, one must be in combination. For example, if the skater falls on the 2F solo jump and then falls again on the 2F supposed to be the first jump of the combo jump, the system will consider the second 2F as a Solo Jump and it will not be considered in the value of the technical content. • A Waltz jump will be accepted as an attempt of the required Axel element. • The Technical Panel may only watch the replay in regular speed to determine the cheat and downgrade on take-off (in general Toe-Loop, Salchow, Loop). • Technical Panel has the authority not to call single jumps that are performed within a transition and have a clear choreographic intent (except Tots and Minis). • Half rotated jumps where the skaters open from their wrapped position in the air and land in an open position (not coded landing) will be called DOWNGRADED.
Combination Jumps	<ul style="list-style-type: none"> • Under-rotated one rotation jumps in between jumps will decrease the quality of the following jump. E.g. 2Lo-Thoren (Under or half rotated)-2S. The 2S will have not good QOE. • Minimum two (2) jumps to call a combination jump. • If in between the doubles and/or the triples there are more than one connecting jump the following double or triple jumps will be scored by the judges: <ul style="list-style-type: none"> - With a QOE of maximum +1 if the number of connecting jumps is two (2). - With a QOE of maximum 0 if the number of connecting jump is three (3). • In general, the combo jump should continue on the same foot as the landing of the preceding jump. • Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score. • In general, there should be at least half a revolution of a jump in the air, a three turn will be allowed before continuing the combination jump.

Lutz Jump	It is responsibility of the technical panel to call the Lutz jump if the required technical characteristics are fulfilled. The technical panel will call 'Lutz No Edge' otherwise and the system will give to the element 50% of its value and the judges will score accordingly to the guidelines.
Calls	All the jumps or combo jump will be called by the technical panel. The system and the referee will check if they will be counted or not based on the limitations rules.
Jumps in excess	When skaters perform more jumps than he/she is allowed, the system will not add the value of the excess jumps executed.

4.2 Spins

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

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

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

General:

- A one-position spin is a spin WITHOUT change of position, foot or edge.
- A combination spin is a spin where the skater changes foot and/or position and/or edge.
- The changing position from a basic position to a difficult position will be considered a change of position e.g. sit spin to sit spin forward is considered a change of position.
- A difficult variation or position of the spins will be counted just once in the whole program. For example, Sideways position for a sit spin will be considered just once as a difficult position in the whole program.
- An upright basic spin position used to exit a one position spin, will not be considered as another spin position no matter how many rotations are executed.
- Adding body movements that alter the equilibrium, and therefore increasing the difficulty of the spin, will be considered as a feature.
- If the spins are performed without any difficult variation, judges MUST NOT give +3.
- For the combination spins, judges will score just one (1) QOE for the whole spin.
- Broken ankle is allowed only for Junior and Senior.
- Combination Spins for Cadet, Youth, Junior and Senior can have maximum five (5) positions, for Espoir maximum four (4) positions and for Minis and Tots maximum three (3) positions.

Difficult entry

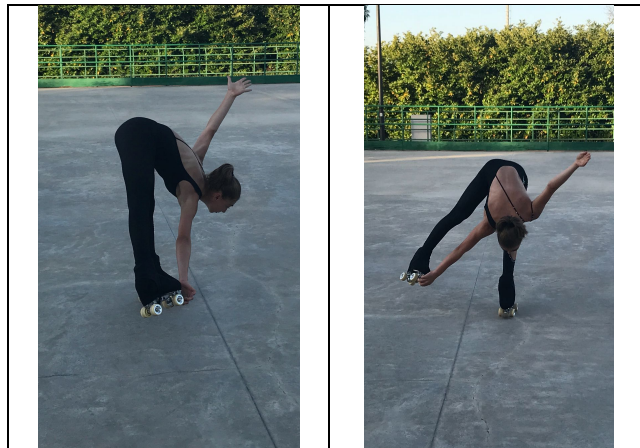
The difficult entries for spins are:

- Fly Camel.
- Butterfly.
- Any acrobatic position that alters the equilibrium and makes the entry into the spin difficult.

Difficult variations for basic spins

Upright position:

- a. Forward: torso leaning forward.



- b. Layback is the position in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional. The use of the toe stop is allowed.

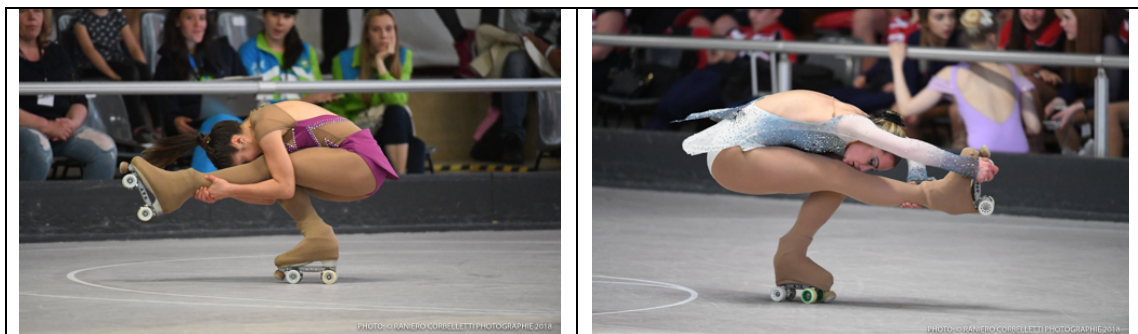


- c. Sideways. The use of the toe stop is allowed.



Sit position:

- a. Sit forward: free leg straight forward with the torso completely laid on the leg.



- b. Sit sideways: free leg sideways. To be considered difficult position, the free leg must be stretched as close to perpendicular as possible (at a minimum 45°) from the skating leg.



- c. Sit behind: free leg behind.



Camel position:

- a. Biellmann: skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. The use of the toe stop is allowed. The degrees between the back and the hamstring of the free leg must be less than 90.



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



- d. Inverted: this is a Camel position but with the body face up (in inverted position). Shoulders should be at the same distance from the floor and at the same height as the hips. Free leg position must be held in place no lower than the height of the shoulders to create an arched position.



- e. Bryant (for inverted camel).

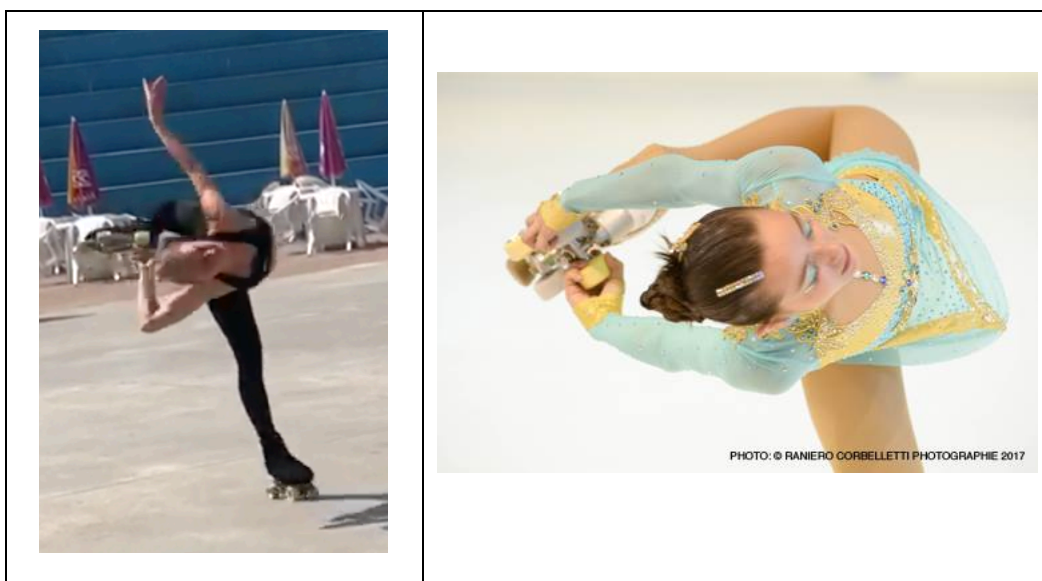


f. Difficult free leg position:

- Camel forward. Camel position with the free leg held. The foot can be held with the corresponding hand or the opposite hand. The foot of the free leg must be raised as much as possible in relation to the pelvis and the back must be arched and decidedly higher than the pelvis. The rotation can be either inside or outside edge. It can be done on either foot.



- Camel sideways. Camel position with the free leg held. The position must be resembling a “donut”, with the foot and knee of the free leg at the same height as the head. The shoulders must be rotated until they are “almost” perpendicular to the floor.



One position spin

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

One position spin with more than six (6) rotations will have an additional 20% of the value of the spin, **except for Inverted that will get the additional value with more than four (4) rotations.**

A difficult entry will have 15% more on the value of the spin. **For a combo spin, the 15% will be applied to the first position only, if it is confirmed.**

Upright position:

- a. Forward -> + 2 points.
- b. Layback -> + 1 point.
- c. Sideways -> + 2 points and 50% on the value of the spin.
- d. Upright heel -> + 50%

Sit position:

- a. Sit sideways -> + 20% on the value of the spin.
- b. Sit forward -> + 30% on the value of the spin.
- c. Sit behind -> + 60% on the value of the spin.

Camel position:

- a. Biellmann -> + 2 points plus 80% of the value of the Camel.
- b. Torso sideways -> + 70% of the value.
- c. Layover -> + 20% on the value of the spin -> 30% for heel.
- d. Bryant -> + 25% on the value of the spin (on the inverted value).
- e. Difficult free leg position -> + 20% for camel, 50% for heel.
 - o Camel forward.
 - o Camel sideways.

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

Combination spins

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

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

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

Difficult variations

SPIN	ADDITIONAL VALUE
More than 6 rotations (only one position spin), inverted 4 rotations	20%
Difficult entry	15% (on the first position only if performed on combo)
Upright position	
Forward	2 points
Layback	1 point
Sideways	2 points and 50% (on the basic Upright value)
Upright heel	50%
Sit position	
Sit sideways	20%
Sit forward	30%
Sit behind	60%
Camel position	

Biellmann	2 points and 80% (on the basic Camel value)
Torso sideways	70%
Layover camel	20%
Layover heel	30%
Bryant	25% (on the Inverted value)
Difficult free leg position camel (forward, sideways)	20%
Difficult free leg position heel (forward, sideways)	50%
Combination spin	
Sit spin in between two camels position spins	15% on the sit spin and the positions executed after
Change of foot executed by a jump	15% on the positions executed after
Both directions immediately following each other in sit or camel	20% on the positions executed after

Clarifications

ITEM	CLARIFICATION
Spin - not confirmed (no value)	<ul style="list-style-type: none"> Fall before the spin (traveling), or during the execution where the minimum required rotations have not been met. Required position not fulfilled. Less than three (3) rotations in the position required for one position spin and less than two (2) rotations for spin within a combination spin. If the spin does not achieve the correct position the technical panel will call the spin followed by not confirmed (no spin).
Basic positions	<p>Following are the positions requirements for the spin to be considered:</p> <ul style="list-style-type: none"> Upright: are those in which the body remains in a standing position Sit: the hips cannot be higher than the knee of the skating leg. Camel (also for Heel, Broken): free leg position (knee and heel) must not be under the hip.
Spins combination	<ul style="list-style-type: none"> If one of the position/spin of the combination is not confirmed, the spin will be called but overall the spin cannot get more than 0 as QOE from the judges. In a spin combination, if only one (1) of the positions is confirmed by the technical panel, the whole spin will receive no value. If the position before and after a difficult change is not confirmed (no spin), the difficult change will be called but no bonus value will be applied. For the features sit in between camel and difficult change, at the point of any position not confirmed after the feature, the bonus value will stop being applied. If after changing foot the axis of the spin travels in an evident way, judges must consider it as a poor-quality combination spin. For the two combos to be 'different' the skaters cannot perform the same type of spins (foot/edge/direction) consecutively in both combos. For an upright spin to be called and counted as a position at the end of a combination spin it must show either: a recognized difficult variation in position or a clear artistic position with legs in a pirouette or crossed position and the arms in a clear artistic position.
Mandatory positions	<ul style="list-style-type: none"> In both, the long and short program, where a mandatory position is required, and is not attempted, the skater will be penalized by one (1.0) point.

	<ul style="list-style-type: none"> Where a position is mandatory and the skater does not achieve this position, the whole combination will receive NO VALUE. In the long program: if the mandatory sit is attempted in both combinations but never confirmed, then the combination with the lesser value will receive NO VALUE. In the long program: if the mandatory sit is attempted only once and is not confirmed then the whole combination will receive NO VALUE.
Entry	<ul style="list-style-type: none"> If a skater executes more than two (2) rotations on entry, this position will be called, so even if the spin is one position spin, the spin will use the box as a combination spin.
Difficult positions/ variations	<ul style="list-style-type: none"> The difficult position to be considered by the judges as positive QOE must involve an important change in the equilibrium, with muscular stretch, tension. E.g. Inverted spin changed Bryant where both arms and free leg are involved. Choreographic movement during the execution of the spin will not be considered a difficult position but can be considered positively in the judges' QOE. Technical panel will confirm the difficult position only if it is held for at least two (2) rotations. Inverted position spin where the skater bends the free leg to aid in reaching the minimum number of rotations, the judge will give a QOE of -2 to -3 (see table 5.2). Upright heel will be considered a difficult position for an upright spin. There is no limit to the number of difficult positions/variations used, however, the same difficult position/variation will be counted a maximum once in each program. If the position after a difficult entry is not confirmed (no spin), the difficult entry will not be confirmed.
Jump entry or jump change of foot	<p>The jump spin should get one of the following positions in the air:</p> <ul style="list-style-type: none"> Sit position. Butterfly split: body, arms and legs straight and are parallel to the floor. Landing on the toe-stop is permitted. Flying Camel. For a difficult change to be confirmed both, the spin before and the spin after the difficult change must be confirmed.
Calls	<ul style="list-style-type: none"> All the spins or combo spin will be called by the technical panel. The system and the referee will check if each spin/position will be counted or not based on the limitations rules. Falls: in a solo spin, the spin will be confirmed only if the three (3) rotations were executed. In a combo spin, the positions achieved for two (2) rotations before the fall, will be confirmed. Attempt of Broken were the skater doesn't succeed in lifting up the two wheels (inside or outside) will be called Camel.
Spins in excess	When skaters perform the same spin more than twice, the system will not add the value of the excess spins executed.

4.3 Footwork Sequence

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 rotation 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. At least two parts of the body must be used.

Base Level Features:

- Skaters must include steps/linking steps.
- The pattern is free, it must cover at least $\frac{3}{4}$ of the length of the rink. It has a time limit depending on the category.
- It MUST start from the short side of the rink and it must arrive on the opposite short side of the rink.

Levels

Level Base - StB	Level 1 - St1	Level 2 - St2	Level 3 - St3	Level 4 - St4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).	Level B AND must perform 6 turns and must include two (2) different features.	Level B AND must perform 8 turns and must include three (3) different features.	Level B AND must perform 10 turns and must include four (4) different features.

Features

1. **Body movements:** three (3) different body movements are required.
2. **Choctaws:** skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
3. **Cluster:** To be considered as a feature all the turns presented in the cluster must be confirmed.
4. **Turns on different feet:** turns required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. See Clarifications.

Clarifications

- It MUST start from a stopped or a stop and go position. If not, the Technical Panel will start to count when they realize the footwork sequence is started.
- 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 feature number 1: movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
- For feature number 4 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:
 - First example:
 - Right Bracket.
 - Left Bracket.
 - Right Counter.
 - Left Counter.
 - Right Rocker.
 - Left Rocker.
 - Second example:
 - Right Bracket.
 - Left Counter.
 - Right Rocker.
 - Left Bracket.
 - Loop Clockwise.
 - Traveling Anticlockwise.
 - Third example:
 - Loop Clockwise.
 - Loop Anticlockwise.
 - Traveling Anticlockwise.
 - Traveling Clockwise.
 - Right Bracket.
 - Left Rocker.
- 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.
- Quick stops are permitted if they need to characterize the music.
- It can include just one (1) jump of maximum one (1) rotation (even if not a recognized jump). An extra jump will be considered an illegal element and will be penalized as such.
- If the skater/s present more turns than required for the maximum level of the category, the level could be lowered by 1.
- Technical Panel is not allowed to review the element in slow motion.

4.4 Choreographic Sequence

The Choreographic sequence will have a fixed value of 2.0.

- The 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, quick spins.
- The technical panel will call the element and judges will give their QOE.
- The sequence must start from a stopped position or a stop and go and must take the whole rink from a short side to the other short side of the skating surface. If the element is not started from a stop position, judges will not have the complete view of the element.
- There is not a set pattern to follow.
- Stops are permitted.
- The sequence doesn't have any time limit.

5 QOE

Judges must score the QOE for each technical element called. To determine the final QOE, judges should consider the good features of the element and decrease in case of errors. Following are some of the guidelines for the judges to determine the right QOE to score.

5.1 Positive QOE

Judges should score their QOE using the following guidelines:

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

Features

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

JUMPS
<ul style="list-style-type: none">• Very good height and length.• Very good extension during landing and/or original and creative exit.• Difficult and/or unexpected take off.• Clear, recognizable steps and skating movements executed just before the takeoff.• Difficult and artistic position in the air and/or late start of rotation.• Very good fluidity and horizontal speed in taking off and landing.• Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).• Matching the execution of the element with the music structure.
SPINS
<ul style="list-style-type: none">• Good ability in centering the spin quickly.• Good control of the spin during its execution (entry, rotation, exit, change of foot/position).• Good speed and acceleration during the execution.• Difficult entry (e.g. fly camel, butterfly).• Difficult variations of positions.• Balanced number of rotations for each position (combination spins).• Number of rotations much higher than the minimum.• Matching the execution of the element with the music structure.• Difficult traveling.
FOOTWORK SEQUENCE
<ul style="list-style-type: none">• Deep and clean edges (including entry and exit from change of directions).• Clearness and precision.• Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.• Good energy of execution.• Good speed and acceleration during the execution.• Matching the execution of the element with the music structure.• Creativity and originality.

CHOREO SEQUENCE
<ul style="list-style-type: none"> • New steps, new steps sequence. • Intricate pattern. • Originality. • Variety. • Musicality. • Matching with the theme and music. • Clear movements. • Good energy. • Good control and involvement of the whole body.

5.2 Negative QOE

The following table shows on the left-hand side errors for which the QOE MUST be the one listed and on the right-hand side errors for which the judges must decrease their score if the error described occurs.

Errors for which the QOE MUST be the one listed	Values	Errors for which QOE can vary	Values
JUMPS			
Downgrade (<<<)	-3	No speed, no height, no length, wrong position in the air	-1 or -2
Fall	-3	Underrotated (<)	-1
Landing on two feet or wrong foot	-3	Half rotated (<<)	-2
Stepping out	-2 or -3	Take off technically not corrected	-1 or -2
Two hands on the floor during landing	-3	No fluidity and rhythm between the jumps of a combination	-1 or -2
Double three or half toe-loop after landing	-2 or -3	Not clean landing (wrong position/wrong edge/toe-stop)	-1 or -2
Direct and prolonged landing on toe-stop	-3	Long preparation	-1
		Hand or free leg on the floor at landing	-1
		Lutz No Edge	-2
SPINS			
Two hands on the floor to avoid the fall	-3	Wrong positions, slowness	-1 to -3
Sit spin two feet exit	-3	Change of foot not correctly executed: entry/exit curve, toe-stops, and edges	-1 to -3
Inverted with bended leg to get to minimum rotations	-2 or -3	Moving / not centralized	-2 or -3
Sit Spin without verticalization before descending to the sit position (solo spin or first spin of a combo)	-2	Hand or free leg on the floor to avoid the fall	-2 or -3
Fall	-3	Pumping	-2
		Bad traveling	-1
		Sit spin toe stop exit	-2
		Change of foot with traveling axis	-2
		Poor control (entry, rotation, exit, position)	-2
FOOTWORK SEQUENCE			
Fall	-3	Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in speed and acceleration	-1
		Poor in edges	-2

CHOREO FOOTWORK SEQUENCE			
Fall	-3	Lack of musicality	-1 to -3
		Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2
		Poor in originality	-1

6 ARTISTIC COMPONENTS

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

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

6.1 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, Espoir, Minis, Tots: four (4) components from a minimum of 0.25 to a maximum of 7.0.

7 PENALIZATIONS

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

7.1 By the referee

More than one (1) rotation jump or more than one (1) jump in the footwork sequence	1.0 point
Kneeling or laying on the floor more than once or more than maximum five (5) seconds	1.0 point
Mandatory position in a spin element not attempted	1.0 point
Costume violation (with opinion of judges)	1.0 point
Time of the program less than the minimum	0.5 point each 10 secs or part thereof
The time from the start of the music and the first movement is more than 10 seconds	0.5 points
Music with inappropriate or expletive lyrics in any language	1.0 point
Falls	1.0 point

7.2 By the technical panel

Missing mandatory element	1.0 point
Illegal element	1.0 point

8 GENERAL ON FREE SKATING Jumps description










f Forward	 Split
b Backward	 Outside
o Outside	 Inside
i Inside	 Right Outside
T Rotation in the sense of three turn (natural rotation)	 Left Inside
C Rotation in the sense of counter turn (counter rotation)	 Revolution of 360° in the air
! Toe push	 Revolution of 180° in the air
X Symbol for crossed feet (Mazurka)	

Figure	Number	Description	Factor	Denomination
	1	fo ½ Tbo	1	Three Jump (Waltz Jump)
	2a	fo 1 ½ Tbo	4	Axel Paulsen
	2b	fo 2 ½ Tbo	7	Double Axel Paulsen
	2c	fo 3 ½ Tbo	10	Triple Axel Paulsen
	5a	bi 1 Tbo	2	Salchow
	5b	bi 2 Tbo	4	Double Salchow
	5c	bi 3 Tbo	6	Triple Salchow
	7a	bi! 1 Tbo	3	Flip
	7b	bi! 2 Tbo	5	Double Flip
	7c	bi! 3 Tbo	8	Triple Flip

	8	bo 1 Tbo	2	Half Loop (Thoren)
	9a	bo 1 Tbo	3	Loop
	9b	bo 2 Tbo	5	Double Loop
	9c	bo 3 Tbo	8	Triple Loop
	10a	bo! 1 Tbo	2	Toe-Loop
	10b	bo! 2 Tbo	3	Double Toe-Loop
	10c	bo! 3 Tbo	6	Triple Toe-Loop
	11	bf! ½ Tif	2	Split
	13a	bo ! 1 Tbo	4	Lutz
	13b	bo ! 2 Tbo	6	Double Lutz
	13c	bo ! 3 Tbo	8	Triple Lutz