

**RULES FOR
ARTISTIC SKATING COMPETITIONS**

DANCE

By World Skate Artistic Technical Commission



**WORLD
SKATE**

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1 OWNERSHIP

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2 DANCE - general definitions

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

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

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

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

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

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

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.

Body movements: the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered, body movements must be performed 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: free pattern, it is allowed to cross the pattern just executed and it has limited time.

3 COUPLE DANCE

This event shall be conducted for teams consisting of two (2) contestants, one male, one female.

The couple dance competition consists of one style dance and one free dance for Junior and Senior and of compulsory dances and free dance for the other categories.

The two (2) scores for compulsory dances, style dance and free dance will be:

- Technical content.
- Artistic components.

3.1 Costume requirements

- In all artistic competitive roller skating events (including official training days), the costumes for both women and men should be in character with the music but should not be such 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.
- 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.
- 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.

3.2 Competitive warm-Up

- 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) contestant teams assigned to each warm-up group.
- The warm-up for Compulsory Dances is two (2) minutes with music or the length of a track of music. The couples will have ten (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 (2:00) minutes. The announcer shall inform the contestants when one (1:00) minute remains in their warm-up period.
- The next couple to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athletes.

- At the conclusion of the warm-up period the first skater will be allowed up to one (1.0) 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.

3.3 Junior and Senior

Style dance

Following are the rules for the style dance.

- The duration of the style dance will be: **3:00** 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 different music selections for the same rhythm; however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two 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
Swing Medley Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
Spanish Medley Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango
Classic Medley Waltz, Classic Polka, March, Galop
Latin Medley Mambo, Salsa, Merengue, Bachata, Bossa nova, Batucada, Cha Cha Cha, Samba, Rumba
Rock Medley Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz
Folk Dance Ethnic Dance
Modern Music Medley Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock
Musical-Operetta Medley

The required elements in a style dance are four (4). There will be always the pattern dance sequence and the lift, the others will change each year and will be chosen by Artistic Technical Commission between:

1. One (1) no hold footwork sequence, **maximum 40 seconds.**
2. One (1) hold footwork sequence, **maximum 40 seconds.**
3. One (1) no hold synchronized cluster sequence.
4. One (1) hold cluster sequence.
5. Synchronized traveling 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 called by the Technical Panel and evaluated by the judges as the required one for the current year.

Free dance

The duration of the free dance will be **3:50 minutes** +/- 10 seconds.

World Skate ATC will require seven (7) elements chosen each year from the following:

1. Stationary lift.
2. Rotational lift.
3. Combo lift.
4. Choreographic lift.
5. No hold footwork sequence, **maximum 40 seconds.**
6. Hold footwork sequence, **maximum 40 seconds.**
7. No hold synchronized cluster sequence.
8. Hold cluster sequence.
9. Synchronized Traveling sequence.

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

3.4 Youth

1. Two (2) compulsory dances.
2. One (1) free dance of **3:30** minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 4, **maximum 40 seconds.**
- One (1) Dance NO Hold Footwork Sequence: maximum level 4, **maximum 40 seconds.**
- One (1) Traveling sequence or no hold cluster sequence. Maximum level 3.
- Two (2) Lifts will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo). Maximum level 4.
- One (1) Choreo lift.

3.5 Cadet

1. Two (2) compulsory dances.
2. One (1) free dance of **3:15** minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 3, **maximum 30 seconds.**
- One (1) No Hold Footwork Sequence: maximum level 3, **maximum 30 seconds.**
- One (1) Traveling sequence. Maximum level 2.
- Two (2) Lifts will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo). Maximum level 3.
- One (1) Choreo lift.

3.6 Espoir

1. Two (2) compulsory dances.
2. One (1) free dance of 3:00 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum **level 2, maximum 30 seconds.**
- One (1) No Hold Footwork Sequence: maximum **level 2, maximum 30 seconds.**
- One (1) Traveling sequence. Maximum level 2.
- Two (2) Lifts will be chosen each year by Artistic Technical Commission (selected by: stationary, rotational or combo). Maximum level 2.
- One Choreo lift.

3.7 Minis

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:

- One (1) Dance Hold Footwork Sequence: maximum level 1, **maximum 20 seconds**.
- One (1) Dance No Hold Footwork Sequence: maximum level 1, **maximum 20 seconds**.
- One (1) Traveling sequence. Maximum level 1.
- One (1) Choreo lift.

3.8 Tots

One (1) free dance of 2:00 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 1. The four (4) steps and turns that will be counted towards the level are: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, **maximum 20 seconds**.
- One (1) Dance No Hold Footwork Sequence: maximum level 1. The four (4) steps that will be counted towards the level are: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, **maximum 20 seconds**.
- Two (2) Choreo poses (same value as Choreo Lifts).

4 TECHNICAL ELEMENTS

In the Program element content sheet, it is mandatory to write the start time of each element.

4.1 No Hold **Footwork** Sequence

Base Level requirements:

- 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 - NoHB	Level 1 - NoH1	Level 2 - NoH2	Level 3 - NoH3	Level 4 - NoH4
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 forwards to backwards 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 and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and the right foot/clockwise. See Clarifications.

Clarifications

- It is allowed to skate on the pattern just executed.
- None of the types of turns 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 one of the skaters 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 (except for level 4), or with both feet to be considered towards the level. For example:**
 - First example Level 2:
 - 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.
- **One (1) rotation jumps and/or spins are not allowed in this footwork sequence.**
- 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.
- **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.**

4.2 Dance Hold Footwork Sequence

Base Level requirements:

- Skaters must include steps/linking steps.
- Skaters must be in hold.
- The pattern is free, it must cover at least $\frac{3}{4}$ of the length of the rink. It has 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.
- The couple must perform a minimum of two (2) different recognized dance positions*.

*Appendix 1 - Recognized dance positions.

Levels

Level Base - HoB	Level 1 - Ho1	Level 2 - Ho2	Level 3 - Ho3	Level 4 - Ho4
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 and three (3) different holds.	Level B AND must perform 8 turns and must include three (3) different features and three (3) different holds.	Level B AND must perform 10 turns and must include four (4) different features and four (4) different holds.

Features

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

Clarifications

- The turns can be executed simultaneously or not. To be evaluated by the technical panel, turns must be executed while the couple is in hold (not during the quick change of position where the couple is in no hold position) except for traveling and loops that if executed simultaneously, can be performed during the quick changes of position and can be counted as turns towards the level e.g:
 - Both of the partners execute travelings or loops;
 - One partner executes a mohawk (two feet turn) the other the loop or the traveling.
- To call the dance positions skaters must perform at least one turn **while in the position** (the other skater can perform any other step).
- During the cluster only the first dance hold will be taken into consideration in counting the dance holds towards the level.
- None of the types of turns can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level but it will be considered in the turns for the cluster.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If one of the skaters puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- 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.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music.

- The release of contact is permitted only for quick changes of hold/position and for the execution of traveling and loops (**regardless if they are executed at the same time or not**).
- The position "hand in hand" is not considered a recognized position.
- The change of position must be:
 - Switching between recognized positions: this happens when the couple changes from a recognized position to another recognized position and during this change one of the partners changes the direction. E.g. Kilian to Waltz, Waltz to Foxtrot, Tango to Tandem etc.
Note: it will not be considered a change of position the transition Kilian to Foxtrot (positions with skaters both side by side and with the same direction) or Waltz to Tango (positions with partners in the opposite direction to each other where they both remain on the same direction).
 - Pass through positions coded: this happens when a couple uses not recognized "creative positions" before assuming a recognized position. In such changes of positions, it is not necessary to have a change of direction.
- **Technical Panel is not allowed to review the element in slow motion.**

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

4.3 Dance Lifts

Kinds of lifts:

- Stationary position.
- Rotational.
- Combination: stationary position + rotational.
- Choreographic.

For all the lifts, the maximum time allowed is ten (10) seconds, except for the combination lift to which the maximum time allowed is fifteen (15) seconds.

It is not allowed to execute lifts at the beginning of the program when the lifted partner is already lifted or finish with a lift where the lifted partner does not exit the lift.

General rules

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

Difficult positions

Difficult position for the lifted partner

- Full split:** when the legs are spread and extended at a straight angle (180°). Supports are free.
- Full biellmann:** position for the lifted partner, the heel of the skate (sustained by the hands **2 or 1**) brought behind the bust (on the sagittal plane) and at the same level as the head or above the head. **Supports are free.** The position must be held without the help of the lifting partner. The free leg and the back should be at less than 90°.
- Full ring:** the upper body is arched backward with one or both heels close to the head (describing a complete circle). **Supports are free.** The position must be held without the help of the lifting partner.

- D. **Head upside down:** upside down vertical position for the lifted partner with the head close to the rink. Total supports maximum **two (2)**.
- E. **Cantilever:** the position of the lifted partner is vertical/oblique and cantilevered out: the lifted partner is extended away from the lifting partner. Total supports maximum **two (2)**.
- F. **Balancing:** horizontal position of either lifting or lifted partner. The final position of the two partners should be reached with the centre of gravity situated far from the skating foot of the lifting partner. Total supports maximum two (2).
- G. **Leg Lift:** one point of support must be one leg (from the hips to the foot). Total supports maximum **two (2)** including the support on the leg.
- H. **Layback:** the lifted partner is in a supine position (defined by the position of the hips, torso and chest facing upwards while the back is arched) without being supported by the lifting partner above the thigh. Maximum two (2) points of contact allowed.
- I. **Shoulder back:** horizontal position of the lifted partner with just one support given by one shoulder of the lifting partner.

Appendix 2 - Examples difficult positions for the lifted partner.

When to consider a change of position of the lifted partner

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

Difficult position of the lifting partner

- a. One foot.
- b. Outside, inside or flat spread eagles.
- c. In a bauer inside and outside.
- d. Bended (sit position) 90° / complete squat.
- e. One contact arm/hand.

Appendix 3 - Examples of difficult positions of the lifting partner.

Creative/difficult entry

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

Stationary lifts - levels

Base Level requirements:

The lifting partner will not perform any rotation and the lifted partner will stay in a stationary position for at least three (3) seconds. Seconds will start from the definition of the position of the lifted partner. The lifting partner is allowed to do a half rotation to enter the lift and a half rotation to exit. The maximum time allowed for the execution of the stationary lift is ten (10) seconds.

Level Base - StLiB	Level 1 - StLi1	Level 2 - StLi2	Level 3 - StLi3	Level 4 - StLi4
A Stationary Lift that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B and must include two (2) features.	Level B and must include three (3) features.	Level B and must include four (4) features.

Features

1. **Change of position:** each position must be held for at least two (2) seconds.
2. **Difficult entry:** to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the level will be lowered by one (1).
3. **Difficult position of the lifting partner:** it must be kept for at least two (2) seconds in a position if presented with feature number one (1), or three (3) seconds if presented in a one position lift.
4. **Difficult position of the lifted partner:** it must be kept for at least two (2) seconds in a position if presented with feature number one (1), or three (3) seconds if presented in a one position lift.

Rotational lifts - levels

Base Level requirements:

One rotational lift of at least three (3) revolutions of the lifting partner and the lifted partner must be in one position for at least two (2) rotations. The maximum time allowed for the execution of the rotational lift is ten (10) seconds.

Level Base - RtLiB	Level 1 - RtLi1	Level 2 - RtLi2	Level 3 - RtLi3	Level 4 - RtLi4
A Rotational Lift that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B and must include two (2) features.	Level B and must include three (3) features.	Level B and must include four (4) features.

Features

1. **Change of position:** each position must be held for at least for two (2) revolutions. The total number of revolutions should be more than four (4).
2. **Difficult entry:** to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. **Difficult position of the lifting partner:** it must be kept for at least two (2) revolutions in a position if presented with feature number one (1), or three (3) revolutions if presented in a one position lift.
4. **Difficult position of the lifted partner:** it must be kept for at least two (2) revolutions in a position if presented with feature number one (1), or three (3) revolutions if presented in a one position lift.
5. **Number of revolutions:** six (6) revolutions for the lifting partner. The half revolution in the exit will not be considered part of the revolutions.

Combination lifts - levels

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

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

Base Level requirements:

A lift with one (1) stationary position held for two (2) seconds combined with a rotational lift of three (3) revolutions of the lifting partner. The maximum time allowed for the execution of the combination lift is fifteen (15) seconds.

Level Base - CliLiB	Level 1 - CliLi1	Level 2 - CliLi2	Level 3 - CliLi3	Level 4 - CliLi4
A Combo Lift that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B and must include two (2) features and three (3) revolutions by the lifting partner in the rotational.	Level B and must include three (3) features and four (4) revolutions by the lifting partner in the rotational.	Level B and must include four (4) features and five (5) revolutions by the lifting partner in the rotational.

Features

- Change of position:** each position must be held for at least for two (2) revolutions if executed in the rotational or two (2) seconds if executed in the stationary.
- Difficult entry:** to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
- Difficult position of the lifting partner:** if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for two (2) seconds if presented with feature (1), three (3) seconds otherwise.
- Difficult position of the lifted partner:** if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for two (2) seconds in the stationary part if presented with feature (1), three (3) seconds otherwise.

Clarifications for lifts

- Each type of difficult position/**entry**, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.
- It is allowed, during the stationary lift, to execute a half rotation of the lifting partner to change position.
- The difficult positions required for the levels will be considered from when the position is clear and defined. **The stopwatch will not be started to time the difficult positions until the position is clear and defined.**
- For both the stationary and rotational lift, the final position of the lifted partner should be reached quickly.
- It is allowed during the combo lift, to present the two (2) stationary positions that are not in succession, like in the example: stationary 1 - rotational - stationary 2.**

Choreographic lift

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

- The choreographic lift will be inserted to enhance or underline a part of the choreography.
- The lift must be done in movement, not in a stopped position.**
- It cannot last more than ten (10) seconds.
- Supports are free.

4.4 Compulsory Dances

Please refer to World Skate artistic Dance and Solo Dance Manual 2020 for compulsory dance specifications.

The number of opening beats to be used for all dances must not exceed 24 beats of music, if this happens 0.5 point penalization will be applied.

During the competitions, the three (3) tracks of each dance must be used.

Pattern Dance Sequence

This element consists of one (1) sequence of a complete compulsory dance selected by World Skate Artistic Technical Commission, 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 Artistic Technical Commission.
- 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 Pattern Dance Sequence(s).
- It should be specified when the music for the compulsory dance starts and when it finishes.

If in the event that these rules are not observed, 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/recognized positions*/holds of the dance and respect the required timing of each step.

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

Levels

For the pattern dance sequence in the style dance and for the compulsory dances for Youth, Cadet, Espoir and Minis, there will be five (5) 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
Base	75%	/	/
1	100%	No more than 4 beats	1
2	100%	No more than 4 beats	2
3	100%	Not interrupted	3
4	100%	Not interrupted	4

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

If the compulsory sequence is missed or not completed, it will be called "No Level" with no other penalty, however the components would not score highly.

4.5 Clusters sequences

No Hold Synchronized Cluster Sequences

Base Level No Hold Cluster requirements:

- The couple must introduce two (2) set of clusters separated by a maximum of **four (4)** dance steps or two feet turns (**no** one foot turns).
- The sets **MUST** be the same for both partners. The skaters have not to be in hold but skating alone. They should be as close as possible, and they are free to use whatever turn they want (except for where the choice of formation requires otherwise. For example, if the couple performs a cluster sequence in mirror image of each other).
- **The cluster has a time limit depending on the category.**
- Each set must start with at least three (3) different turns.
- **Both sets must be different: it is possible to use the same turns in each set but in a different order.**
- **For Base Level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.**

- If the skaters, after the second set remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per the separation rules.

Levels

Level Base - CISqB	Level 1 - CISq1	Level 2 - CISq2	Level 3 - CISq3	Level 4 - CISq4
A cluster sequence that meets the basic requirements and calling specifications. Maximum 15 seconds.	Level B and must include one (1) feature. Maximum 15 seconds.	Level B AND one of the sets must perform 4 turns and must include one (1) feature. Maximum 20 seconds.	Level B AND the skater must perform 4 turns in the two sets and must include two (2) different features. Maximum 20 seconds.	Level B AND the skater must perform 4 turns in the two sets and must include three (3) different features. Maximum 20 seconds.

Features

1. **Difficult entries in both sets.**
 - a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Jump of ½ rotation or one (1) complete rotation.
 - b. The two difficult entries must be different.
 - c. Only Choctaws from forwards to backwards will be considered.
2. **Body movements:** skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be different.
3. **Different feet:** one set must be executed on the right foot and one set on the left foot.

Hold Clusters Sequences

Base Level Hold Cluster requirements:

- The couple must introduce two (2) set of clusters separated by a maximum of four (4) dance steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns.
- The cluster has a time limit depending on the category.
- The couple can never break the hold during the execution of the sequences, the holds can be recognized or not.
- Each set must start with at least three (3) different turns.
- Partners can execute different turns within the set or the same turns.
- It is allowed for the couple to execute the four steps between the sets in a no hold position however, before the first turn of the second sequence, they must be in dance hold.
- Both sets must be different: it is possible to use the same turns in the sets but in a different order.
- For Base level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.

Levels

Level Base - HCISqB	Level 1 - HCISq1	Level 2 - HCISq2	Level 3 - HCISq3	Level 4 - HCISq4
A cluster sequence that meets the basic requirements and calling specifications. Maximum 15 seconds.	Level B and must include one (1) feature. Maximum 15 seconds.	Level B AND in one of the sets the skater must perform 4 turns and must include one (1) feature. Maximum 20 seconds.	Level B AND the skater must perform 4 turns in both sets and must include two (2) different features. Maximum 20 seconds.	Level B AND the skater must perform 4 turns in both sets and must include three (3) different features. Maximum 20 seconds.

Features

1. **Difficult entries in both sets.**
 - a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Assisted Jump.
 - b. The two difficult entries must be different.
 - c. Only Choctaws from forwards to backwards will be considered.
2. **Different feet:** one set must be executed on the right foot and one set on the left foot.
3. **Loops or Travelings.**
 - a. The couple need to introduce a minimum of one loop or one traveling in each set of the cluster.
 - b. As a minimum, in one set a loop or travelling will be performed by the man and in one set a loop or traveling will be performed by the lady.

Clarifications for clusters sequences

- If there is a full stop before the first/second set or the skater uses the toe stop to get speed between the two sets, the level shall be reduced by one.
- If there are more than **four (4)** steps between the two sets, the level shall be reduced by one (1).
- 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.
- Cluster sequence will be called No Level if both sets don't contain at least three correct turns.
- **If the skater/s executes more turns than required for the maximum level of the category, the level will be lowered by 1.**
- **The features and turns will be timed as part of the allowed time. All the features and turns done after the maximum allowed time will not be counted for the level.**
- **Technical Panel is not allowed to review the cluster element in slow motion.**

For difficult entries:

- Difficult entry for a cluster sequence: choctaw, ina bauer, spread eagle, **jump (only for No Hold Cluster), assisted jumps (only for Hold Cluster).**
- The difficult entries must precede immediately the first turn of the set. In 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 **four** steps allowed. The difficult entries will be considered as part of the time limit.
- The two partners must execute the same difficult entries for no hold cluster, **however for the hold cluster they may be different.**
- **For feature No.1 difficult entries in both sets; the difficult entries must be different means that both man and lady cannot perform the same difficult entry in the two sets.**
- **Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not possible to execute a change of edge before the first turn.**
- **Jumps. They must be very clear to be considered as difficult entries and the turns of the set must begin immediately after the edge is taken.**

4.6 Traveling sequences

Base Level Traveling requirements:

- Two (2) sets of a minimum of two (2) rotations with a maximum of three (3) steps or turns in between.
- Maximum duration of the traveling is ten (10) seconds.

Levels

Level Base - TrB	Level 1 - Tr1	Level 2 - Tr2	Level 3 - Tr3	Level 4 - Tr4
A traveling sequence that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B AND each set must be of three (3) rotations and must include two (2) features from two different groups. One of the sets must be in different direction.	Level B AND each set must be of three (3) rotations and must include three (3) features, from three different groups. One of the sets must be in different direction.	Level B AND each set must be of four (4) rotations and must include four (4) features. At least three of the four features must be taken from different groups. One of the sets must be in different direction.

Features

Group 1

- a. Difficult entry in the element:
 - i. Spread Eagles/Ina Bauer (minimum of 6 wheels): it is not allowed to change the edge before starting rotation;
 - ii. Jump must be of minimum $\frac{1}{2}$ revolution (180°) - maximum 1 revolution (360°): landing edge must be entry edge to the traveling;
 - iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- b. Set of travelings performed side by side with the two skaters rotating in opposite directions (mirror).
- c. Third traveling set.
 - i. Must be of minimum three (3) rotations maximum four (4).
 - ii. Must be executed within the ten (10) seconds allowed.
 - iii. Before the third traveling a maximum of three (3) steps or turns can be performed.

Group 2

- a. Elbow(s) at least level with or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Core of body is shifted off of vertical axis or torso twisted at least 45 degrees.
- d. Clasped hands behind the back and far from it.
- e. Arms, one behind and the other in front like a screw.
- f. Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45 degree angle from the vertical).
- d. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

Clarifications

- The first execution of a traveling sequence must be the one to be called with a level or no level (if the features of the base level are not fulfilled).
- If one (1) of the sets is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling sequence will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2). If **two (2)** of the sets are executed with clear three turns than the level will be no higher than **Level Base**.
- If the skater falls or there is any interruption during the entry, the execution of the sequence or immediately after either set, 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 base are not fulfilled.

- If there is a full stop **in between the sets**, the level shall be reduced by one.
- If there are more than three (3) steps/turns between the sets, the level shall be reduced by one (1).
- **The rotations of the traveling should be fast and demonstrate ability to keep control of the body axis.**
- If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the traveling 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.
- If the skater/s will execute more revolutions required by the maximum level of their category, the turns in excess will be considered in counting the three steps/turns they are allowed in between the two sets. **In the second set, ½ a revolution in excess is accepted as an exit from the element, if the excess is more than this, the level will be reduced by one (1) for each added turn.**
- Features should be performed correctly and for the entirety of the set to be considered and must be different to be counted to the level.
- **Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set.**
- **The features turns and connecting steps will be timed as part of the allowed time. All the features and turns done after the maximum time is reached will not be counted for the level.**
- **Features from Group 2 or Group 3 can be presented during the third set of traveling (Group 1 - c). One of these additional features may be included in the features to get the level.**

4.7 Chorographic pose

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

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

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

5 LIMITATIONS

Dance lifts: no additional lift is permitted.

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

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

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

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

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

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

The required jumps used as features of the technical elements will be counted in the two (2) allowed.

Separations permitted:

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

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
SEQUENCES/ SECTIONS OF COMPULSORY/ PATTERN DANCE	-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 holds	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart and its repetition	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
DANCE LIFTS	-3	-2	-1	Base	+1	+2	+3
Entry/exit	Shaky/dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless

Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuou s weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
CHOREO LIFT	-3	-2	-1	Base	+1	+2	+3
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effor tless
Music	Not coherent with the music and choreography	No choreographi c reason Poor in originality	Good but meaningless	Some coherence with the music and choreography	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
CHOREO POSE	-3	-2	-1	Base	+1	+2	+3
Execution	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Music	Not coherent with the music and choreography	No choreographic reason Poor in originality	Good but meaningless	Some coherence with the music and choreograph y	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
STEP SEQUENCES	-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 bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent /variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe-pushing Just in one part of the sequence	Wide stepping or one on two feet or toe- pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Spacing between partners (not touching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
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
SYNCHRONIZED CLUSTERS	-3	-2	-1	Base	+1	+2	+3
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 bold
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Synchronization	Absolutly missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality.	Good musicality	Very good musicality	Clever and exquisite
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
TRAVELING SEQUENCES	-3	-2	-1	Base	+1	+2	+3
Entry/ Completion	Awkward/ off balance	Hesitant/ lack 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
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Rotational speed	Very slow	Slow	Variable	Normal	Good	Fast	Very fast
Synchronization	Absolutly missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Position of the free leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically wrong	Controlled and basic positions	Good control and position	Very Good control and position	Clever and very controlled position

Falls: in addition to the deduction to the sum at the end of the program, the judges should apply a negative QOE like this: -2 for the fall of one (1) skater, -3 for the fall of two (2) skaters.

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

8 PENALIZATIONS

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

8.1 By the referee

Style dance: wrong rhythm, number of rhythms less than two (2), rules on the music for the compulsory dance sequence not achieved.	1.0 point
No correct BPM for the Style Dance Pattern sequence	1.0 point
More than the allowed separations	1.0 point
More jumps (number or rotations) or dance spins than allowed.	1.0 point
Kneeling or laying on the floor more than twice or more than maximum five (5) seconds (including beginning and end).	1.0 point
Stopping more than twice or more than maximum eight (8) seconds (excluding beginning and end) or being separated more than 4m during a stop.	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 point
Compulsory dance: the number of opening beats to be used for all dances must not exceed 24 beats of music.	0.5 point
Music with inappropriate or expletive lyrics in any language	1.0 point
Fall of one skater	1.0 point
Fall of two skaters	2.0 points

8.2 By the technical panel

Missing mandatory element	1.0 point
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9 APPENDIX 1 - recognized couple positions



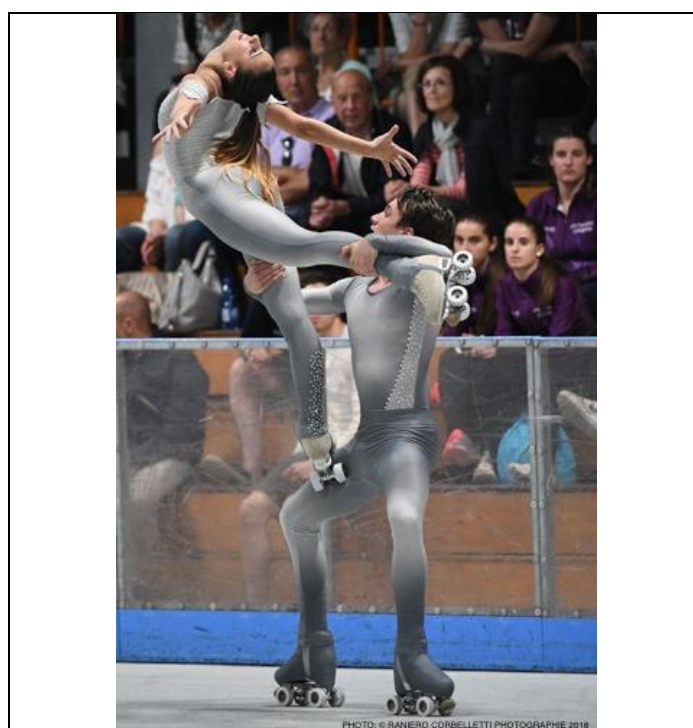
- A. Waltz
- B. Kilian/Kilian Reverse
- C. Tandem
- D. Foxtrot
- E. Promenade
- F. Tango
- G. Hand in hand
- H. Cross arms

10 APPENDIX 2 - examples of difficult positions for the lifted partner

A. Full ring.



B. Cantilever.



11 APPENDIX 3 - examples of difficult positions of the lifting partner

A. Outside, inside or flat spread eagles.



12 APPENDIX 4 - Traveling features examples

Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).



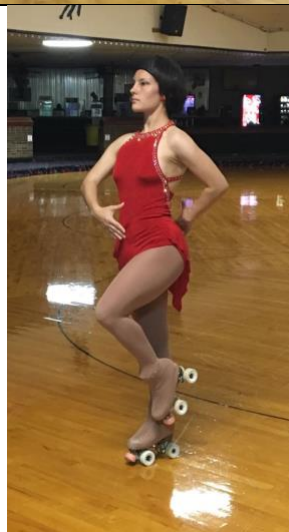
Clasped hands behind the back and far from it.



Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).



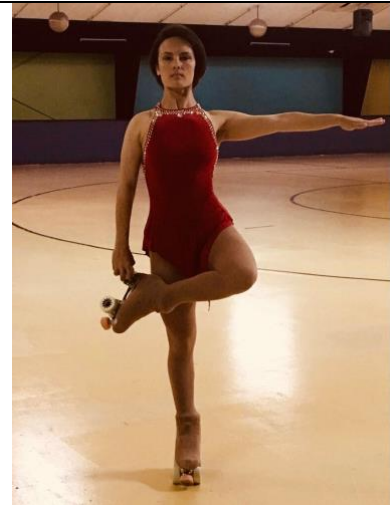
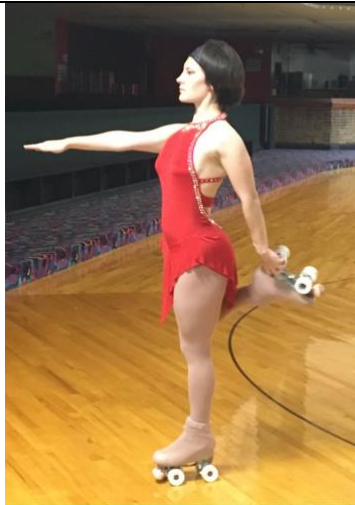
Arms: one behind and the other in front like a screw.



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



Free skate wheels held by one hand.



High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

