



# Artistic Requirements

## New Zealand Grades 2025 V2

Please refer to this for information on category names, requirements, elements, and age groups for the New Zealand grades.

NZ DOMESTIC REGIONALS ONLY: AGE GRADES	
<b>New Entrants</b>	Under 8 years old
<b>Novice 1 and 2</b> <b>Novice Solo Free Dance</b>	8 to 14 years old 8 years old and over
<b>Adult 1 and 2</b>	15 years old and over
NZ NATIONAL CATEGORY: AGE GRADES	
<b>Preliminary</b>	10 years old and over
<b>Intermediate</b>	15 years old and over
<b>Open</b>	15 years old and over
<b>Masters</b>	25 years old and over (NZ) 30 years old and over (Oceania)
<b>Advanced Masters</b>	21 years old and over (NZ) 30 years old and over (Oceania)
NZ NATIONAL CATEGORY - LOOPS ONLY: AGE GRADES	
<b>Tuatahi Loops</b>	8 to 11 years old
<b>Kaiaka Loops</b>	12 years old and over
<b>Mātanga Loops</b>	14 years old and over

**Note:** The age in the list above refers to the age the skater is turning in the year of the competition (that is, in the calendar year being; 1st of January through to and including the 31st of December).

We align with the [World Skate General 2025 Rule Book](#).

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# WORLD SKATE GRADES

## MEDAL TEST REQUIREMENTS

<b>Figures, Solo Dance, Couples Dance, Freeskating, Inline</b>			
<b>World Skate Grade</b>	<b>New Zealand Championships</b>	<b>Oceania Events</b>	<b>International Events</b>
Tots	Discipline Specific Medal #1		
Minis	Discipline Specific Medal #2		
Espoir	Discipline Specific Medal #3		
Cadet	Discipline Specific Medal #3	Discipline Specific Medal #5	
Youth	Discipline Specific Medal #4	Discipline Specific Medal #6	
Junior	Discipline Specific Medal #4	Discipline Specific Medal #6	Discipline Specific Medal #7
Senior	Discipline Specific Medal #5	Discipline Specific Medal #7	Discipline Specific Medal #8

<b>Freeskating Pairs</b>			
<b>World Skate Grade</b>	<b>New Zealand Championships</b>	<b>Oceania Events</b>	<b>International Events</b>
Tots	Free Pairs Medal #1		
Minis	Free Pairs Medal #1		
Espoir	Free Pairs Medal #1		
Cadet	Free Pairs Medal #1	Free Pairs Medal #1	
Youth	Free Pairs Medal #1	Free Pairs Medal #1	
Junior	Free Pairs Medal #1	Free Pairs Medal #2	Free Pairs Medal #3
Senior	Free Pairs Medal #1	Free Pairs Medal #2	Free Pairs Medal #3

<b>Precision</b>			
<b>World Skate Grade</b>	<b>New Zealand Championships</b>	<b>Oceania Events</b>	<b>International Events</b>
Junior	Precision Medal #4	Precision Medal #6	Precision Medal #7
Senior	Precision Medal #5	Precision Medal #7	Precision Medal #8

<b>Quartet</b>			
<b>World Skate Grade</b>	<b>New Zealand Championships</b>	<b>Oceania Events</b>	<b>International Events</b>
Cadet	Any Medal Test #3	Any Medal Test #5	
Junior	Any Medal Test #4	Any Medal Test #6	Any Medal Test #7
Senior	Any Medal Test #5	Any Medal Test #7	Any Medal Test #8

<b>Show</b>			
<b>World Skate Grade</b>	<b>New Zealand Championships</b>	<b>Oceania Events</b>	<b>International Events</b>
Large	Any Medal Test #1	Any Medal Test #4	Any Medal Test #5
Small	Any Medal Test #1	Any Medal Test #4	Any Medal Test #5
Junior	Any Medal Test #1	Any Medal Test #4	Any Medal Test #5

### **2025 World Skate grade requirements:**

<https://www.worldskate.org/artistic/about/regulations/category/1385-artistic-rules-2025.html>

# FIGURES

## REGIONAL ONLY FIGURE GRADES

<b>NEW ENTRANTS FIGURES</b> Under 8 years old <b>2 circuits per figure</b>		<b>No Medal Test Requirement</b>
<b>Group 1</b>		
1a 111a	RFO – LFO Eight RFO – LFO Change Eight	
<b>Note: A rolling start will be accepted. Maximum of three (3) steps prior to strike zone on initial strike.</b>		

<b>NOVICE 1 FIGURES</b> 8 years old to 14 years old <b>2 circuits per figure</b>		<b>No Medal Test Requirement</b>
<b>Group 1</b>		
1a 1c 2a	RFO – LFO Eight RFOI – LFOI Half Eight RFI – LFI Eight	
<b>NOTE: a or c refers to a right foot start.</b>		

<b>NOVICE 2 FIGURES</b> 8 years old to 14 years old <b>2 circuits per figure</b>		<b>No Medal Test Requirement</b>
<b>Group 1</b>		
3a 5a/b 7a	RBO – LBO Eight FOI – FIO Change Eight RFO – LFO Threes	

<b>ADULT 1 FIGURES</b> 15 years old and over <b>2 circuits per figure</b>		<b>No Medal Test Requirement</b>
<b>Group 1</b>		
1a 1c 2a	RFO – LFO Eight RFOI – LFOI Half Eight RFI – LFI Eight	
<b>Skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST skate in Advanced Masters Figures NOT Adult Figures.</b>		

<b>ADULT 2 FIGURES</b> 15 years old and over <b>2 circuits per figure</b>		<b>No Medal Test Requirement</b>
<b>Group 1</b>		
3a 5a/b 2a	RBO – LBO Eight FOI – FIO Change Eight RFI – LFI Eight	

# NATIONAL AND INTERNATIONAL FIGURE GRADES

<b>PRELIMINARY FIGURES</b> 10 years old and over  <b>2 circuits per figure</b>		<b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #2 (NZ Championships)	
<b>Group 1</b>		<b>Group 2</b>	
3a/b	BO - BO Eight	4a/b	BI - BI Eight
8a/b	FO - BI Threes	9a/b	FI - BO Threes
11a	RFI - LFI Double Threes	10a	RFO - LFO Double Threes

<b>INTERMEDIATE FIGURES</b> 15 years old and over  <b>2 circuits per figure</b>		<b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #2 (NZ Championships)	
<b>Group 1</b>		<b>Group 2</b>	
10a	RFO - LFO Double Threes	11a	RFI - LFI Double Threes
19a/b	FI - BO Brackets	18a/b	FO - BI Brackets
26a/b	FOI - BOI Change Threes	27a/b	FIO - BIO Change Threes

<b>OPEN FIGURES</b> 15 years old and over  <b>2 circuits per figure</b>		<b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #3 (NZ Championships)	
<b>Group 1</b>		<b>Group 2</b>	
22a/b	<b>FO - BO Counters</b>	21a/b	<b>FI - BI Rockers</b>
12a	RBO - LBO Double Threes	28a/b	FOI - FIO Change Double Threes
32a/b	FOI - BOI Change Brackets	33a/b	FIO - BIO Change Brackets

<b>ADVANCED MASTERS FIGURES</b> 21 years old and over – NZ events 30 years old and over – Oceania events		<b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #2 (NZ Championships) <b>2025:</b> Figure Medal #3 (Oceania events)	
Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST skate in Advanced Masters.			
<b>3 circuits per figure/loop circle</b>			
<b>Group 1</b>		<b>Group 2</b>	
3a/b	BO - BO Eight	5a/b	FOI - FIO Change Eight
5a/b	FOI - FIO Change Eight	9a/b	<b>FI - BO Threes</b>
9a/b	FI - BO Threes	114a/b	<b>FO - FO Loop Circle</b>



<b>MASTERS FIGURES</b> 25 years old and over – NZ events 30 years old and over – Oceania events		<b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #1 (NZ Championships) <b>2025:</b> Figure Medal #2 (Oceania events)	
Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST skate in Advanced Masters.			
<b>3 circuits per figure</b>			
<b>NOTE: a or c refers to a right foot start, b or d refers to a left foot start (eg: 1c RFOI - LFOI Half Eight).</b>			
<b>Group 1</b>		<b>Group 2</b>	
1a/b 2c/d 5a/b	FO - FO Eight FIO - FIO Half Eight FOI - FIO Change Eight	1c/d 2a/b 5a/b	FOI - FOI Half Eight FI - FI Eight FOI - FIO Change Eight

# NATIONAL LOOP GRADES

Loop events shall consist of any skaters who are NOT skating Senior Figures in that year.

<p><b>TUATAHI LOOPS</b> 8 years old to 11 years old</p> <p><b>2 circuits per loop</b></p>		<p><b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #3 (NZ Championships)</p>
<p><b>Group 1</b></p>		
14a 15a 30a/b	RFO – LFO Loops RFI – LFI Loops FOI – FIO Change Loops	

<p><b>KAIKA LOOPS</b> 12 years old and over</p> <p><b>2 circuits per loop</b></p>		<p><b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #3 (NZ Championships)</p>
<p><b>Group 1</b></p>		
14a 15a 30a/b	RFO – LFO Loops RFI – LFI Loops FOI – FIO Change Loops	

<p><b>MĀTANGA LOOPS</b> 14 years old and over</p> <p><b>2 circuits per loop</b></p>		<p><b>Medal Test Requirement:</b> <b>2025:</b> Figure Medal #5 (NZ Championships)</p>	
<p><b>Group 1</b></p>			
16a 31a/b 38a/b	RBO – LBO Loops BOI – BIO Change Loops FO – FI Paragraph Loops	<p><b>Group 2</b></p>	
		17a 31a/b 38a/b	RBI – LBI Loops BOI – BIO Change Loops FO – FI Paragraph Loops
<p>Note: Skaters competing in Youth and Junior Grades may also skate <b>Mātanga</b> Loops only.</p>			

# SOLO DANCE

## REGIONAL ONLY SOLO DANCE COMPULSORY GRADES

<b>NEW ENTRANTS SOLO DANCE</b> Under 8 years old Mapped to Tots (for Rollart only) <b>No Medal Test Requirement</b>	<b>Waltz Sequence</b>	Tempo: 120 Waltz	2 sequences
<b>NOVICE 1 SOLO DANCE</b> 8 years old to 14 years old Mapped to Minis (for Rollart only) <b>No Medal Test Requirement</b>	<b>Waltz Sequence</b> <b>March Sequence</b>	Tempo: 120 Waltz Tempo: 100 March	2 sequences 4 sequences
<b>NOVICE 2 SOLO DANCE</b> 8 years old to 14 years old Mapped to Minis (for Rollart only) <b>No Medal Test Requirement</b>	<b>Glide Waltz</b> <b>Skaters March</b>	Tempo: 120 Waltz Tempo: 100 March	4 sequences 4 sequences
<b>ADULT 1 SOLO DANCE</b> 15 years old and over Mapped to Minis (for Rollart only) <b>No Medal Test Requirement</b>	<b>Waltz Sequence</b> <b>March Sequence</b>	Tempo: 120 Waltz Tempo: 100 March	2 sequences 4 sequences
<b>ADULT 2 SOLO DANCE</b> 15 years old and over Mapped to Minis (for Rollart only) <b>No Medal Test Requirement</b>	<b>Glide Waltz</b> <b>Skaters March</b>	Tempo: 120 Waltz Tempo: 100 March	4 sequences 4 sequences
<b>Skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships are NOT eligible for the above Adult grades.</b>			

# REGIONAL ONLY SOLO FREE DANCE GRADE

<p><b>NOVICE SOLO FREE DANCE</b>                  8 years old and over                  Mapped to Tots (for Rollart only)</p> <p><b>No Medal Test Requirement</b></p>	<p><b>Time:</b> 2:00 minutes +/- 10 seconds</p>
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Artistic Sequence	Travelling	Choreo Sequence
Maximum Level 1 Maximum 30 seconds	Maximum Level 1	Yes

- Artistic Sequence - The four (4) steps and turns that will be counted towards the level are:
  - Inside Three Turn
  - Outside Three Turn
  - Open Mohawk
  - Travelling (one clockwise, one counter-clockwise allowed to be performed, only one (1) will be counted toward the level).
- To achieve a Level 1, four (4) turns or steps MUST be confirmed (each type can ONLY be counted twice) AND skating elements for artistic sequence.

# NATIONAL AND INTERNATIONAL SOLO DANCE COMPULSORY GRADES

<p><b>PRELIMINARY SOLO DANCE</b> 10 years old and over Mapped to Espoir Intermediate</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Solo Dance Medal #2 (NZ Championships)</p>	<p><b>G-Reggae</b> <b>Skaters March</b></p>	<p>Tempo: 84 Reggae Tempo: 100 March</p>	<p>4 sequences 4 sequences</p>
<p><b>INTERMEDIATE SOLO DANCE</b> 15 years old and over Mapped to Cadet Intermediate</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Solo Dance Medal #2 (NZ Championships)</p>	<p><b>Cumbia Argentina</b> <b>Little Waltz</b></p>	<p>Tempo: 92 Cumbia Tempo: 132 Waltz</p>	<p>4 sequences 4 sequences</p>
<p><b>OPEN SOLO DANCE</b> 15 years old and over Mapped to Senior Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Solo Dance Medal #3 (NZ Championships)</p>	<p><b>Dench Blues (Double Pattern)</b> <b>Rocker Foxtrot</b></p>	<p>Tempo: 88 Blues Tempo: 104 Foxtrot</p>	<p>4 sequences 4 sequences</p>
<p><b>ADVANCED MASTERS SOLO DANCE</b> 21 years old and over - NZ events 30 years old and over - Oceania events Mapped to Minis</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Solo Dance Medal #2 (NZ Championships) <b>2025:</b> Solo Dance Medal #3 (Oceania events)</p>	<p><b>Werner Tango</b> <b>Hickory Hoedown</b></p>	<p>Tempo: 100 Tango Tempo: 104 Hoedown</p>	<p>4 sequences 4 sequences</p>
<ul style="list-style-type: none"> <li>• Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.</li> <li>• Skaters can skate in Advanced Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.</li> </ul>			

<p><b>MASTERS SOLO DANCE</b>                  25 years old and over - NZ events                  30 years old and over - Oceania events                  Mapped to Minis</p> <p><b>Medal Test Requirement:</b>  <b>2025:</b> Solo Dance Medal #1                  (NZ Championships)  <b>2025:</b> Solo Dance Medal #2 (Oceania events)</p>	<p><b>Double Cross Waltz</b>  <b>Rhythm Blues</b></p>	<p>Tempo: 138 Waltz                  Tempo: 92 Blues</p>	<p>4 sequences                  4 sequences</p>
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- Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.
- Skaters can skate in Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

<p><b>MASTERS SOLO STYLE DANCE</b>                  25 years old and over - NZ events                  30 years old and over - Oceania events                  Mapped to Youth Intermediate</p> <p><b>Medal Test Requirement:</b>  <b>2025:</b> Solo Dance Medal #1                  (NZ Championships)  <b>2025:</b> Solo Dance Medal #2 (Oceania events)</p>	<p><b>Time:</b> 2:15 minutes +/- 10 seconds</p> <p><b>Theme:</b> <b>Rock Medley (1950's &amp; 1960's)</b>                  Jive, Boogie Woogie, Rock &amp; Roll, Blues, Jazz, Soul</p> <p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>• <b>Pattern Dance:</b> <b>Rhythm Blues - 92 Blues</b>                      2 sequences - one (1) circuit of the floor</li> <li>• <b>Footwork Sequence:</b> Maximum Level 1, Maximum 30 seconds</li> </ul>
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- The variety of steps and turns that can be counted towards the four (4) steps required for Level 1 are:
  - Inside Three Turn
  - Outside Three Turn
  - Cross in Front
  - Open Mohawk
  - **Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)**
  - Closed Mohawk (forward to backward)
  - Choctaw (forward to backward).
- There is no limit to the number of features attempted, however no features are required to be confirmed to achieve Level 1. To achieve a Level 1, four (4) turns or steps, chosen by the skater from the seven (7) listed above, MUST be confirmed and each type can ONLY be counted twice.

- Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.
- Skaters can skate in Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events. Masters and Advanced Masters Skaters are expected to focus on QOE scores rather than level achievements.

# NATIONAL AND INTERNATIONAL SOLO FREE DANCE GRADES

<p><b>PRELIMINARY SOLO FREE DANCE</b>                  10 years old and over                  Mapped to Espoir Intermediate</p> <p><b>Medal Test Requirement:</b>  <b>2025:</b> Solo Dance Medal #2 (NZ Championships)</p>	<p><b>Time:</b> 2:30 minutes +/- 10 seconds</p> <p><b>Note:</b> This event is separate to the Preliminary Compulsory Solo Dance event.</p>
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Artistic Sequence	Dance Step Sequence	Travelling	Choreo Stop
Maximum Level 1 Maximum 30 seconds	Maximum Level 1 Maximum 30 seconds	Maximum Level 1	Yes

<p><b>INTERMEDIATE SOLO FREE DANCE</b>                  15 years old and over                  Mapped to Cadet Intermediate</p> <p><b>Medal Test Requirement:</b>  <b>2025:</b> Solo Dance Medal #2 (NZ Championships)</p>	<p><b>Time:</b> 3:00 minutes +/- 10 seconds</p> <p><b>Note:</b> This event is separate to the Intermediate Compulsory Solo Dance event.</p>
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Artistic Sequence	Dance Step Sequence	Travelling	Choreo Stop	Cluster
Maximum Level 2 Maximum 30 seconds	Maximum Level 2 Maximum 30 seconds	Maximum Level 2	Yes	Maximum Level 1 Maximum 15 seconds

<p><b>OPEN SOLO FREE DANCE</b>                  15 years old and over                  Mapped to Senior Intermediate</p> <p><b>Medal Test Requirement:</b>  <b>2025:</b> Solo Dance Medal #3 (NZ Championships)</p>	<p><b>Time:</b> 3:30 minutes +/- 10 seconds</p> <p><b>Note:</b> This event is separate from the Open Compulsory Solo Dance event.</p>
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Artistic Sequence	Dance Step Sequence	Travelling	Choreo Stop	Cluster
Maximum Level 3 Maximum 40 seconds	Maximum Level 3 Maximum 30 seconds	Maximum Level 3	Yes	Maximum Level 3 Maximum 20 seconds

<p><b>MASTERS SOLO FREE DANCE</b>                  21 years old and over - NZ events                  30 years old and over - Oceania events                  Mapped to Espoir Intermediate</p> <p><b>Medal Test Requirement:</b>  <b>2025:</b> Solo Dance Medal #2 (NZ Championships)  <b>2025:</b> Solo Dance Medal #3 (Oceania events)</p>	<p><b>Time:</b> 2:30 minutes +/- 10 seconds</p>
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<b>Artistic Sequence</b>	<b>Dance Step Sequence</b>	<b>Travelling</b>	<b>Choreo Stop</b>
Maximum Level 2 Maximum 30 seconds	Maximum Level 2 Maximum 30 seconds	Maximum Level 2 Maximum 15 seconds	Yes Maximum 15 seconds

- Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise the ability to perform at Advanced Masters level.
- Skaters can skate in Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.
- Masters and Advanced Masters Skaters are expected to focus on QOE scores rather than level achievements.



# COUPLES DANCE

## REGIONAL ONLY COUPLES COMPULSORY DANCE GRADES

<p><b>NOVICE COUPLES DANCE</b> 8 years old and over Mapped to Minis</p> <p><b>No Medal Test Requirement</b></p>	<p><b>Waltz Sequence</b> <b>March Sequence</b></p>	<p>Tempo: 120 Waltz Tempo: 100 March</p>	<p>2 sequences 4 sequences</p>
<p><b>Couples in this grade may be comprised of any two skaters regardless of gender.</b></p>			

<p><b>ADULT COUPLES DANCE</b> 15 years old and over Mapped to Minis</p> <p><b>No Medal Test Requirement</b></p>	<p><b>Glide Waltz</b> <b>Skaters March</b></p>	<p>Tempo: 120 Waltz Tempo: 100 March</p>	<p>4 sequences 4 sequences</p>
<p><b>Couples in this grade may be comprised of any two skaters regardless of gender.</b></p>			
<p>Skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST skate in Advanced Masters.</p>			

# NATIONAL AND INTERNATIONAL COUPLES COMPULSORY DANCE AND FREE DANCE GRADES - SEPARATE EVENTS

**Note: These are all separate events**

<p><b>PRELIMINARY COUPLES COMPULSORY DANCE</b> 10 years old and over Mapped to Espoir Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #2 (NZ Championships)</p>	<p><b>G-Reggae Skaters March</b></p>	<p>Tempo: 84 Reggae Tempo: 100 March</p>	<p>4 sequences 4 sequences</p>
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<p><b>PRELIMINARY COUPLES FREE DANCE</b> 10 years old and over Mapped to Espoir Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #2 (NZ Championships)</p>	<p><b>Time:</b> 2:15 minutes +/- 10 seconds</p>
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Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Stop	Stationary Lift
Maximum Level 1 Maximum 40 seconds	Maximum Level 1 Maximum 30 seconds	Maximum Level 1	Yes	Maximum Level 1

<p><b>INTERMEDIATE COUPLES COMPULSORY DANCE</b> 15 years old and over Mapped to Cadet Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #2 (NZ Championships)</p>	<p><b>Cumbia Argentina Little Waltz</b></p>	<p>Tempo: 92 Cumbia Tempo: 132 Waltz</p>	<p>4 sequences 4 sequences</p>
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<p><b>INTERMEDIATE COUPLES FREE DANCE</b> 15 years old and over Mapped to Cadet Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #2 (NZ Championships)</p>	<p><b>Time:</b> 2:30 minutes +/- 10 seconds</p>
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Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Stop	Stationary Lift
Maximum Level 1 Maximum 40 seconds	Maximum Level 1 Maximum 30 seconds	Maximum Level 1	Yes	Maximum Level 1

<p><b>OPEN COUPLES COMPULSORY DANCE</b> 15 years old and over Mapped to Senior Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #3 (NZ Championships)</p>	<p><b>Dench Blues (Double Pattern) Rocker Foxtrot</b></p>	<p>Tempo: 88 Blues Tempo: 104 Foxtrot</p>	<p>4 sequences 4 sequences</p>
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<p><b>OPEN COUPLES FREE DANCE</b> 15 years old and over Mapped to Senior Basic</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #3 (NZ Championships)</p>	<p><b>Time:</b> 3:30 minutes +/- 10 seconds</p>
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Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Stop	Stationary Lift
Maximum Level 2 Maximum 40 seconds	Maximum Level 2 Maximum 30 seconds	Maximum Level 2	Yes	Maximum Level 2

<p><b>ADVANCED MASTERS COUPLES COMPULSORY DANCE</b> 21 years old and over - NZ events 30 years old and over - Oceania events Mapped to Espoir</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #2 (NZ Championships) <b>2025:</b> Dance Couples Medal #3 (Oceania events)</p>	<p><b>Werner Tango Hickory Hoedown</b></p>	<p>Tempo: 100 Tango Tempo: 104 Hoedown</p>	<p>4 sequences 4 sequences</p>
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- Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.
- Skaters can skate in Advanced Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

<p><b>MASTERS COUPLES COMPULSORY DANCE</b> 25 years old and over - NZ events 30 years old and over - Oceania events Mapped to Minis</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #1 (NZ Championships) <b>2025:</b> Dance Couples Medal #2 (Oceania events)</p>	<p><b>Double Cross Waltz Rhythm Blues</b></p>	<p>Tempo: 138 Waltz Tempo: 92 Blues</p>	<p>4 sequences 4 sequences</p>
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- Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.
- Skaters can skate in Masters for Compulsories and Masters for Free Dance, or Masters Style Dance – but NOT both - provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

<p><b>MASTERS COUPLES FREE DANCE</b> 21 years old and over - NZ events 30 years old and over - Oceania events Mapped to Minis Intermediate</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #2 (NZ Championships) <b>2025:</b> Dance Couples Medal #3 (Oceania events)</p>	<p><b>Time:</b> 2:30 minutes +/- 10 seconds</p>
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<p><b>Dance Hold Footwork Sequence</b></p>	<p><b>No Hold Footwork Sequence</b></p>	<p><b>Travelling</b></p>	<p><b>Choreo Stop</b></p>
<p>Maximum Level 2 Maximum 40 seconds</p>	<p>Maximum Level 1 Maximum 30 seconds</p>	<p>Maximum Level 2 Maximum 15 seconds</p>	<p>Yes Maximum 15 seconds</p>

- Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.
- Skaters can skate in Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

<p><b>MASTERS COUPLES STYLE DANCE</b></p> <p>25 years old and over - NZ events 30 years old and over - Oceania events Mapped to Youth Intermediate Style Dance</p> <p><b>Medal Test Requirement:</b> <b>2025:</b> Dance Couples Medal #1 (NZ Championships) <b>2025:</b> Dance Couples Medal #2 (Oceania events)</p>	<p><b>Time:</b> 2:30 minutes +/- 10 seconds</p> <p><b>Theme:</b> <b>Rock Medley (1950's &amp; 1960's)</b> Jive, Boogie Woogie, Rock &amp; Roll, Blues, Jazz, Soul</p>
<p><b>Requirements:</b></p> <ul style="list-style-type: none"> <li>● <b>Pattern Dance: Rhythm Blues - 92 Blues</b> - 2 sequences - one (1) circuit of the floor</li> <li>● <b>Dance Hold Footwork Sequence: Maximum Level 1, Maximum 40 seconds</b></li> </ul>	
<ul style="list-style-type: none"> <li>● The variety of steps and turns that can be counted towards the four (4) steps required for Level 1 are: <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Cross in Front</li> <li>○ Open Mohawk</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)</li> <li>○ Closed Mohawk (forward to backward)</li> <li>○ Choctaw (forward to backward).</li> </ul> </li> <li>● There is no limit to the number of features attempted, however no features are required to be confirmed to achieve Level 1. To achieve a Level 1, four (4) turns or steps, chosen by the skater from the seven (7) listed above, MUST be confirmed and each type can ONLY be counted twice.</li> </ul>	
<ul style="list-style-type: none"> <li>● Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships MUST nominate in the Advanced Masters grade, if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters grade may be requested to the Artistic Committee for reasons which compromise ability to perform at Advanced Masters level.</li> <li>● Skaters can skate in Masters for Compulsories and Masters for Free Dance, or Masters Style Dance, but NOT both – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.</li> </ul>	

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules for Artistic Skating Competitions Manuals 2025](#).

For compulsory dance patterns and specifications, refer to the [World Skate Dance and Solo Dance Book 2025](#).

# FREESKATING

## REGIONAL ONLY FREESKATING GRADES

<p><b>NEW ENTRANTS FREESKATING</b> Under 8 years old Mapped to Tots Intermediate</p>	<p><b>Time:</b> 2:00 minutes +/- 10 seconds</p>	<p><b>No Medal Test Requirement</b></p>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• A maximum of eight (8) jumps of one (1) rotation are allowed including waltz jump.</li> <li>• Maximum two (2) jumps combinations are allowed. The number of jumps within a combination cannot be more than two (2).</li> <li>• The same jump cannot be presented more than two (2) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Two (2) spin elements must be performed. One (1) of them <b>MUST</b> be a combination spin (maximum three (3) positions). One (1) has to be a solo spin.</li> <li>• <b>ONLY</b> upright positions are allowed.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>• The different turns (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Open Mohawk</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)</li> </ul> </li> <li>• To achieve a Level 1, four (4) turns or steps <b>MUST</b> be confirmed (each type can <b>ONLY</b> be counted twice) <b>AND</b> Body Movement (high, medium or low).</li> </ul> <p><b>NOTES: Referee Penalties: 1.0 deduction for every two (2) falls (please note, costume violation rules will apply).</b></p>		

<b>NOVICE 1 FREESKATING</b> 8 years old to 10 years old Mapped to Tots Intermediate	<b>Time:</b> 2:00 minutes +/-10 seconds	<b>No Medal Test Requirement</b>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• A maximum of eight (8) jumps of one (1) rotation are allowed including Waltz jump.</li> <li>• Maximum two (2) jumps combinations are allowed. The number of jumps within a combination cannot be more than two (2).</li> <li>• The same jump cannot be presented more than two (2) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Two (2) spin elements must be performed. One (1) of them MUST be a combination spin (maximum three (3) positions). One (1) has to be a solo spin.</li> <li>• ONLY upright positions are allowed.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>• The different turns (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include:           <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Open Mohawk</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)</li> </ul> </li> <li>• To achieve a Level 1, four (4) turns or steps MUST be confirmed (each type can ONLY be counted twice) AND Body Movement (high, medium or low).</li> </ul> <p><b>NOTES: Referee Penalties: 1.0 deduction for every two (2) falls (please note, costume violation rules will apply).</b></p>		

<b>NOVICE 2 FREESKATING</b> 11 years old to 15 years old Mapped to Tots Intermediate	<b>Time:</b> 2:00 minutes +/-10 seconds	<b>No Medal Test Requirement</b>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• A maximum of eight (8) jumps of one (1) rotation are allowed including Waltz jump.</li> <li>• Maximum two (2) jumps combinations are allowed. The number of jumps within a combination cannot be more than two (2).</li> <li>• The same jump cannot be presented more than two (2) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Two (2) spin elements must be performed. One (1) of them MUST be a combination spin (maximum three (3) positions). One (1) has to be a solo spin.</li> <li>• ONLY upright positions are allowed.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>• The different turns (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include:           <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Open Mohawk</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)</li> </ul> </li> <li>• To achieve a Level 1, four (4) turns or steps MUST be confirmed (each type can ONLY be counted twice) AND Body Movement (high, medium or low).</li> </ul> <p><b>NOTES: Referee Penalties: 1.0 deduction for every two (2) falls (please note, costume violation rules will apply).</b></p>		

<b>ADULTS FREESKATING</b> 15 years old and over Mapped to Tots Intermediate	<b>Time:</b> 2:00 minutes +/- 10 seconds	<b>No Medal Test Requirement</b>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• A maximum of eight (8) jumps of one (1) rotation are allowed including Waltz jump.</li> <li>• Maximum two (2) jumps combinations are allowed. The number of jumps within a combination cannot be more than two (2).</li> <li>• The same jump cannot be presented more than two (2) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Two (2) spin elements must be performed. One (1) of them MUST be a combination spin (maximum three (3) positions). One (1) has to be a solo spin.</li> <li>• ONLY upright positions are allowed.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>• The different turns (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Open Mohawk</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)</li> </ul> </li> <li>• To achieve a Level 1, four (4) turns or steps MUST be confirmed (each type can ONLY be counted twice) AND Body Movement (high, medium or low).</li> </ul> <p><b>NOTES: Referee Penalties: 1.0 deduction for every two (2) falls (please note, costume violation rules will apply).</b></p>		



# NATIONAL AND INTERNATIONAL FREESKATING GRADES

<b>PRELIMINARY FREESKATING</b> 10 years old and over Mapped to Espoir Basic	<b>Long Programme only</b> <b>Time:</b> 2:15 minutes +/- 10 seconds	<b>Medal Test Requirement:</b> <b>2025:</b> Freeskating Medal #2 (NZ Championships)
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• A maximum of ten (10) jumps are allowed including Waltz jump. Only one (1) rotation jumps, and Axel are allowed.</li> <li>• Maximum two (2) jumps combinations are allowed. If performing two combinations, one can be no more than four (4) jumps and the other combination NOT more than two (2) jumps.</li> <li>• It is mandatory to perform a Toe Loop element (single rotation), solo or in combination.</li> <li>• Axel cannot be presented more than twice. If presented twice, one (1) must be in combination.</li> <li>• The same one rotation jump cannot be presented more than three (3) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Maximum two (2) spin elements are allowed. One (1) of them MUST be a combination spin (maximum three (3) positions) and MUST include a sit spin. One (1) MUST be a solo spin.</li> <li>• ONLY upright and sit positions are allowed.</li> <li>• The same spin (basic position, foot and edge) cannot be presented more than two (2) times.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>• The four (4) steps and turns that will be counted towards the level include:             <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three turn</li> <li>○ Open Mohawk</li> <li>○ Closed Mohawk (forward to backward)</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level).</li> </ul> </li> </ul>		

<b>INTERMEDIATE FREESKATING</b> 15 years old and over Mapped to Cadet Intermediate	<b>Long Programme only</b> <b>Time:</b> 2:45 minutes +/- 10 seconds	<b>Medal Test Requirement:</b> <b>2025:</b> Freeskating Medal #2 (NZ Championships)
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• Maximum twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, Double Toe Loop and Double Salchow are allowed.</li> <li>• Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).</li> <li>• It is mandatory to perform an Axel that can be presented also in combination.</li> <li>• It is mandatory to perform a Toe Loop element (single or double), solo or in combination.</li> <li>• Axel and doubles cannot be presented more than twice. If presented twice, one (1) must be in combination.</li> <li>• The same one rotation jump cannot be presented more than three (3) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Minimum two (2), maximum three (3) spin elements are allowed. All the spins MUST be different. One (1) of them MUST be a combination spin (maximum four (4) positions) and MUST include a sit spin. One (1) MUST be a solo spin. If two (2) combinations are presented, one (1) of maximum four (4) positions and one (1) of maximum three (3) positions.</li> <li>• All spins are permitted except Broken, Heel and Inverted.</li> <li>• It is mandatory to perform a Camel spin on any edge (solo or in combination).</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 2, Maximum 30 seconds.</li> </ul>		

<b>OPEN FREESKATING</b> 15 years old and over Mapped to Senior Intermediate	<b>Long Programme only</b> <b>Time:</b> 3:00 minutes +/- 10 seconds	<b>Medal Test Requirement:</b> <b>2025:</b> Freeskating Medal #3 (NZ Championships)
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• Maximum eight (8) jumps are allowed excluding connecting one rotation jumps in the combinations (Double Axel and triples are NOT allowed).</li> <li>• Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4) including the connecting jumps.</li> <li>• It is mandatory to perform an Axel jump (single) that can be presented also in combination.</li> <li>• It is mandatory to perform a Loop, single or double, solo or in combination.</li> <li>• Axel and doubles cannot be presented more than twice. If presented twice, one (1) must be in combination.</li> <li>• The same one rotation jump as an item of technical value cannot be presented more than three (3) times.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Minimum two (2), maximum three (3) spin elements are allowed. One (1) of them MUST be a combination spin (maximum four (4) positions) and MUST include a sit spin. One (1) MUST be a solo spin.</li> <li>• If two (2) combinations are presented, one (1) of maximum four (4) positions and one (1) of maximum three (3) positions. The spins MUST be different.</li> <li>• All spins are permitted except Broken and Inverted.</li> <li>• It is mandatory to perform a Camel spin on any edge (solo or in combination).</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 3, Maximum 30 seconds.</li> </ul>		

<b>MASTERS FREESKATING</b> 21 years old and over Mapped to Minis Long Programme in RollArt for scoring framework purposes only.	<b>Long Programme only</b> <b>Time:</b> 2:45 minutes +/- 10 seconds	<b>Medal Test Requirement:</b> <b>2025:</b> Freeskating Medal #1 (NZ Championships) <b>2025:</b> Freeskating Medal #2 (Oceania events)
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>• A Maximum of twelve (12) jumps of one (1) rotation, including Waltz Jump. Within the twelve (12) jumps, Axel, Double Toe Loop and Double Salchow are allowed.</li> <li>• Maximum two (2) jumps combinations are allowed.</li> <li>• The number of jumps within the combination cannot be more than five (5).</li> <li>• It is mandatory to perform an Axel type jump that can be presented in combination.</li> <li>• Axel and doubles cannot be presented more than twice. If presented twice, one (1) MUST be in combination.</li> <li>• The same single rotation jump cannot be presented more than three (3) times.</li> <li>• In the program, there MUST be at least one (1) Toe Loop element (single or double).</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>• Two (2) spin elements MUST be performed. One (1) of them MUST be a combination spin up to four (4) positions. Broken Ankle, Heel, and Inverted are NOT allowed. The two (2) spins MUST be different.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>• One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>• The variety of steps and turns that can be counted towards the four (4) steps required for Level 1 are: <ul style="list-style-type: none"> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Cross in Front</li> <li>○ Open Mohawk</li> <li>○ Travelling (one clockwise and one counter-clockwise allowed to be performed, only one (1) will be counted toward the level)</li> <li>○ Closed Mohawk (forward to backward)</li> <li>○ Choctaw (forward to backward).</li> </ul> </li> <li>• There is no limit to the number of features attempted, however no features are required to be confirmed to achieve Level 1. To achieve a Level 1, four (4) turns or steps, chosen by the skater from the seven (7) listed above, MUST be confirmed and each type can ONLY be counted twice.</li> </ul>		

# ARTISTIC INLINE

## REGIONAL ONLY INLINE GRADE

<b>OPEN INLINE</b> No age limit Mapped to Tots Inline	<b>Long Programme only</b> <b>Time: 2:00 minutes +/- 10 seconds</b>	<b>No Medal Test Requirement</b>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>● Maximum five (5) jumps are allowed.</li> <li>● Maximum one (1) combination of two (2) jumps.</li> <li>● ONLY one (1) rotation jumps, Waltz jump and single Axel are allowed, on their own or in combination.</li> <li>● The same jump cannot be presented more than twice. If a jump is presented twice, at least one (1) of them MUST be in a combination.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>● Maximum two (2) spin elements.</li> <li>● ONLY Upright, Sit or Camel positions are allowed.</li> <li>● There MUST be one (1) spin of each of the following types: -             <ul style="list-style-type: none"> <li>○ One (1) Solo Spin.</li> <li>○ One (1) Combination Spin (Maximum three (3) positions).</li> </ul> </li> <li>● A position with the same base value (with the same foot and edge) cannot be presented more than twice.  <b>NOTE:</b> In a Combination Spin, minimum two (2) rotations per position.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>● One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>● To achieve Level 1, skaters MUST have one (1) of each of four (4) steps and turns confirmed:             <ul style="list-style-type: none"> <li>○ Cross in Front</li> <li>○ Inside Three Turn</li> <li>○ Outside Three Turn</li> <li>○ Open Mohawk.</li> </ul> </li> </ul> <p><b>Choreographic Sequence:</b></p> <ul style="list-style-type: none"> <li>● One (1) choreographic sequence, Maximum 30 seconds.</li> <li>● It MUST include one (1) “clear” and “visible” skating element (Ina bauer, spread eagle, camel position, artistic upright position on one (1) foot, etc).</li> </ul>		

# FREESKATING PAIRS

## NATIONAL FREESKATING PAIRS GRADES

<p><b>PRELIMINARY FREE PAIRS</b> 10 years old and over Mapped to Espoir Basic</p>	<p><b>Long Programme only</b> <b>Time:</b> 2:30 minutes +/- 10 seconds</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Free Pairs Medal #1 (NZ Championships)</p>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>One (1) side by side jump (solo, NOT in combination). ONLY single jumps are allowed including the Waltz Jump.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>One (1) contact spin (one (1) position). Selected from upright positions.</li> <li>One (1) side by side one position spin. Selected from upright and sit positions.</li> <li>One (1) contact figure with base value of 2.0. LIFTS ARE NOT ALLOWED.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> <li>The four (4) steps and turns that will be counted towards the level include: <ul style="list-style-type: none"> <li>Inside Three Turn</li> <li>Outside Three Turn</li> <li>Open Mohawk</li> <li>Travelling (one clockwise and one counter-clockwise allowed).</li> </ul> </li> </ul>		
<p><b>INTERMEDIATE FREE PAIRS</b> 15 years old and over Mapped to Cadet Basic</p>	<p><b>Long Programme only</b> <b>Time:</b> 2:30 minutes +/- 10 seconds</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Free Pairs Medal #1 (NZ Championships)</p>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>One (1) Throw Jump OR One (1) Twist Jump of maximum one (1) revolution.</li> <li>One (1) side by side jump (solo, NOT in combination). ONLY single jumps, single Axel and double jumps are allowed.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>One (1) contact spin (one (1) position). Impossible Camel, Impossible Sit and Reverse Layover are NOT allowed.</li> <li>One (1) side by side one position spin. Heel, Broken Ankle and Inverted are NOT allowed.</li> <li>One (1) Spiral: angel (camel) BO.</li> <li>One (1) lift: one (1) position lift (NO overhead lifts allowed. No more than four (4) rotations of the man).</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>One (1) footwork sequence, Maximum Level 1, Maximum 30 seconds.</li> </ul>		
<p><b>OPEN FREE PAIRS</b> 15 years old and over Mapped to Senior Basic</p>	<p><b>Long Programme only</b> <b>Time:</b> 3:30 minutes +/- 10 seconds</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Free Pairs Medal #1 (NZ Championships)</p>
<p><b>Jumps:</b></p> <ul style="list-style-type: none"> <li>One (1) Throw Jump OR One (1) Twist Jump of maximum two (2) revolutions.</li> <li>One (1) side by side jump, Solo or Combination of maximum four (4) jumps including the connecting jumps. Only single jumps, single Axel and double jumps are allowed. Single rotation connecting jumps will be called as NJ and receive no value.</li> </ul> <p><b>Spins:</b></p> <ul style="list-style-type: none"> <li>One (1) contact spin (one (1) position). Impossible Camel, Impossible Sit and Reverse Layover are NOT allowed.</li> <li>One (1) side by side one (1) position spin. All spins are permitted except Broken Ankle and Inverted.</li> <li>One (1) Spiral: angel (camel) BO or Death Spiral (outside).</li> <li>One (1) lift: one (1) position lift (no more than four (4) rotations of the man. Reverse Cartwheel (all types) and Spin Pancake are NOT allowed.</li> </ul> <p><b>Footwork Sequence:</b></p> <ul style="list-style-type: none"> <li>One (1) footwork sequence, Maximum Level 2, Maximum 30 seconds.</li> </ul>		

# PRECISION SKATING

## REGIONAL ONLY PRECISION TEAMS

<p><b>NOVICE PRECISION</b> 8 – 16 skaters of any age Mapped to Junior in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>• One (1) Block - Linear</li> <li>• One (1) Circle - Rotating</li> <li>• One (1) Intersection</li> </ul>	<p><b>Time:</b> 2:00 to 3:00 minutes</p>	<p><b>No Medal Test Requirement</b></p>
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## NATIONAL MINI PRECISION TEAMS

<p><b>OPEN MINI PRECISION</b> 4 – 8 skaters of any age Mapped to Junior in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>• One (1) Line - Linear</li> <li>• One (1) Wheel - Rotating</li> <li>• One (1) Intersection</li> <li>• One (1) Move Element</li> <li>• One (1) No Hold Element</li> </ul>	<p><b>Time:</b> 2:00 to 3:00 minutes</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Precision Medal #1 (NZ Championships)</p>
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<p><b>MASTERS MINI PRECISION</b> 4 – 8 skaters, 21 years old and over Mapped to Junior in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>• One (1) Line - Linear</li> <li>• One (1) Wheel - Rotating</li> <li>• One (1) Intersection</li> <li>• One (1) Move Element</li> <li>• One (1) No Hold Element</li> </ul>	<p><b>Time:</b> 2:00 to 3:00 minutes</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Precision Medal #1 (NZ Championships)</p>
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# NATIONAL PRECISION TEAMS

All participants MUST belong to a club, which is a member of a National Federation. Groups may consist of individuals belonging to different clubs. All participants MUST be approved by the New Zealand Federation.

<p><b>OPEN PRECISION</b></p> <p>8 – 16 skaters of any age Mapped to Junior in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>● One (1) Line - Linear</li> <li>● One (1) Wheel - Rotating</li> <li>● One (1) Intersection</li> <li>● One (1) Move Element</li> <li>● One (1) No Hold Element</li> </ul>	<p><b>Time:</b> 2:00 to 3:00 minutes</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Precision Medal #1 (NZ Championships)</p>
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<p><b>MASTERS PRECISION</b></p> <p>8 – 20 skaters, 21 years old and over Mapped to Junior in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>● One (1) Line - Linear</li> <li>● One (1) Wheel - Rotating</li> <li>● One (1) Intersection</li> <li>● One (1) Move Element</li> <li>● One (1) No Hold Element</li> </ul>	<p><b>Time:</b> 2:00 to 3:00 minutes</p>	<p><b>Medal Test Requirement:</b> <b>2025:</b> Precision Medal #1 (NZ Championships)</p>
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# QUARTETS

## REGIONAL ONLY QUARTETS

<p><b>NOVICE QUARTETS</b>          4 skaters (Maximum 1 reserve)          No Age Restrictions          Mapped to Cadet in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>• One (1) Line Element</li> <li>• One (1) Travelling Sequence</li> <li>• One (1) Creative Element</li> </ul>	<p><b>Time:</b> 3:00 minutes +/- 10 seconds</p>	<p><b>No Medal Test Requirement</b></p>
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## NATIONAL QUARTETS

<p><b>OPEN QUARTETS</b>          4 skaters (Maximum 1 reserve)          No Age Restrictions          Mapped to Cadet in RollArt for scoring framework purposes only</p> <p><b>REQUIRED ELEMENTS 2025:</b></p> <ul style="list-style-type: none"> <li>• One (1) Line Element</li> <li>• One (1) Cluster Element</li> <li>• One (1) Creative Element</li> </ul>	<p><b>Time:</b> 3:00 minutes +/- 10 seconds</p>	<p><b>Medal Test Requirement:</b>  <b>2025:</b> Artistic Medal (any discipline) #1          (NZ Championships)</p>
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# SHOW GROUPS

## NATIONAL SHOW GROUPS

<p><b>OPEN SMALL SHOW GROUPS</b>          6 – 15 skaters (Maximum 2 reserves)          No Age Restrictions</p>	<p><b>Time:</b> 3:30 to 4:00 minutes</p>	<p><b>Medal Test Requirement:</b>  <b>2025:</b> Artistic Medal (any discipline) #1          (NZ Championships)</p>
<p><b>OPEN LARGE SHOW GROUPS</b>          16 – 30 skaters (Maximum 2 reserves)          No Age Restrictions</p>	<p><b>Time:</b> 3:30 to 4:00 minutes</p>	<p><b>Medal Test Requirement:</b>  <b>2025:</b> Artistic Medal (any discipline) #1          (NZ Championships)</p>