

ARTISTIC SCHEDULE

AND

REQUIREMENTS

INTERNATIONAL

GRADES

2016/2017

This schedule is valid for the competition year 1 August 2016 until 31 July 2017

Changes are highlighted in red

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Age ranges beside most grades are a guideline for your convenience. Be sure to check the Artistic Rules and Regulations to ensure that your skaters qualify for entry into the grades you wish them to skate.

FIGURES

CADET INTERNATIONAL (12 – under 15 years)

Group 1

22a-b FO-BO Counters (3 circuits)
12a-b BO Double Threes (3 circuits)
30a-b FOI-FIO Change Loops (3 circuits)
18a-b FO-BI Brackets (3 circuits)

Group 2

23a-b FI-BI Counters (3 circuits)
28a-b FOI-FIO Change Double Threes (3 circuits)
30a-b FOI-FIO Change Loop (3 circuits)
19a-b FI-BO Brackets (3 circuits)

NB: International rulings for number of circuits skated will apply

YOUTH INTERNATIONAL (12 – under 17 years)

Group 1

20 a-b FO-BO Rockers (3 circuits)
36a-b FO-FI Paragraph Double Threes (2 circuits)
17 a-b BI Loops (3 circuits)
33 a-b FIO-BIO Change Brackets (3 circuits)

Group 2

23 a-b FI-BI Counters (3 circuits)
29a-b BOI-BIO Change Double Threes (3 circuits)
30 a-b FOI-FIO Change Loops (3 circuits)
32a-b FOI-BOI Change Brackets (3 circuits)

NB: International rulings for number of circuits skated will apply

Group 3

21 a-b FI-BI Rockers (3 circuits)
36a-b FO-FI Paragraph Double Threes (2 circuits)
16 a-b BO Loops (3 circuits)
32a-b FOI-BOI Change Brackets (3 circuits)

NB: International rulings for number of circuits skated will apply

JUNIOR INTERNATIONAL (12 – under 19 years)

Group 1

20 a-b FO-BO Rockers (3 circuits)
37a-b BO-BI Paragraph Double Threes (2 circuits)
31a-b BOI-BIO Change Loops (3 circuits)
40a-b FO-FI Paragraph Brackets (2 circuits)

Group 2

21 a-b FI-BI Rockers (3 circuits)
36a-b FO-FI Paragraph Double Threes (2 circuits)
38a-b FO-FI Paragraph Loops (3 circuits)
40a-b FO-FI Paragraph Brackets (2 circuits)

Group 3

22 a-b FO-BO Counters (3 circuits)
37a-b BO-BI Paragraph Double Threes (2 circuits)
31 a-b BOI-BIO Change Loops (3 circuits)
40 a-b FO-FI Paragraph Brackets (2 circuits)

Group 4

23 a-b FI-BI Counters (3 circuits)
36a-b FO-FI Paragraph Double Threes (2 circuits)
38a-b FO-FI Paragraph Loops (3 circuits)
40a-b FO-FI Paragraph Brackets (2 circuits)

NB: International rulings for number of circuits skated will apply

SENIOR INTERNATIONAL (See rules for entry)

Group 1

20a-b FO-BO Rocker (3 circuits)
37a-b BO-BI Paragraph Double Threes (2 circuits)
38a-b FO-FI Paragraph Loop (3 circuits)
41a-b BO-BI Paragraph Brackets (2 circuits)

Group 2

21a-b FI-BI Rocker (3 circuits)
36a-b FO-FI Paragraph Double Threes (2 circuits)
39a-b BO-BI Paragraph Loop (3 circuits)
40a-b FO-FI Paragraph Brackets (2 circuits)

Group 3

22a-b FO-BO Counter (3 circuits)
37a-b BO-BI Paragraph Double Threes (2 circuits)
38a-b FO-FI Paragraph Loop (3 circuits)
41a-b BO-BI Paragraph Brackets (2 circuits)

Group 4

23a-b FI-BI Counter (3 circuits)
36a-b FO-FI Paragraph Double Threes (2 circuits)
39a-b BO-BI Paragraph Loop (3 circuits)
40a-b FO-FI Paragraph Brackets (2 circuits)

NB: International rulings for number of circuits skated will apply

ADVANCED MASTERS INTERNATIONAL (21 years and over)

Group 1

3 a-b BO Circle eight
5 a-b FOI-FIO Serpentine
7 a-b FO-FO Threes

Group 2

5 a-b FOI-FIO Serpentine
7 a-b FO-FO Threes
9 a-b FI-BO Threes

NB: International rulings for number of circuits skated will apply

MASTERS INTERNATIONAL (25 years and over)

Group 1

1 RFO-LFO Circle eight
2 a/b FIO-FIO Change eight
5 a/b FOI-FIO Serpentine

Group 2

1 a/b FOI-FOI Change eight
2 RFI-LFI Circle eight
5 a/b FOI-FIO Serpentine

NB: International rulings for number of circuits skated will apply

DANCE PAIRS

**CADET
INTERNATIONAL**

(12 – under 15 years)

Tudor Waltz

EASY Paso
Freedance

**144 Waltz (new pattern
In CERS manual)**

104 Paso (new)
2.30 minutes +/- 10 secs

**YOUTH
INTERNATIONAL**

(12 – under 17 years)

Association Waltz

Cha Cha PATIN
Freedance

132 Waltz

112 Cha Cha (new)
3 minutes +/- 10 secs

JUNIOR INTERNATIONAL	<p>Blues</p> <p>Style Dance – Duration 2:40 +/- 10 seconds Spanish Medley – to include 1 sequence of the Harris Tango (tempo 100 +/- 2 BPM)) No hold step sequence – Long Axis Dance Hold Step Sequence – Serpentine Dance Lift - Combination</p> <p>Free Dance – Duration 3 minutes 30 seconds (+ / - 10 seconds) No hold Step Sequence – Diagonal Dance hold step sequence – Circular Clockwise</p>	<p>88 Blues</p> <p>Spanish Medley (Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Gypsy Music, Fandango)</p>	2
SENIOR INTERNATIONAL	<p>Midnight Blues</p> <p>Style Dance – Duration 2:40 +/- 10 seconds Spanish Medley – to include 1 sequences of the Tango Delanco (tempo 104 +/- 2BPM) No hold step sequence – Long Axis Dance Hold Step Sequence – Serpentine Dance Lift - Combination Free Dance Duration - 3 minutes 30 seconds (+ / - 10 seconds) No hold Step Sequence – Diagonal Dance hold step sequence – Circular Clockwise</p>	<p>88 Blues</p> <p>Spanish Medley (Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Gypsy Music, Fandango)</p>	2

**MASTERS
INTERNATIONAL**

La Vista ChaCha – Pattern 2
Dutch Waltz
City Blues

100 Cha Cha
138 Waltz
88 Blues

**ADVANCED MASTERS
INTERNATIONAL**

Casino March (short)
Coronation Waltz
Southland Swing

100 March
120 Waltz
92 Blues

STYLE DANCE

The duration will be 2:40 +/- 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.

STYLE DANCE REQUIRED ELEMENTS

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

1.	ONE PATTERN DANCE SEQUENCE (COMPULSORY DANCE)
	This element consist of one (1) sequence of a complete compulsory dance selected by CIPA that covers the entire skating surface, or two (2) sequences of a complete compulsory dance with a pattern that covers half of the skating floor. No stops are allowed in the execution of this element. Must adhere to the diagram/pattern provided by FIRS Artistic Technical committee The BPM of the piece of music selected for the Compulsory Dance Sequence inserted in the Style Dance may vary from that required, within the range of +2/-2 BPM (see FIRS Artistic Technical Committee rule book 2016 for further information)
2.	ONE (1) NO HOLD STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Along the long axis Diagonal (see FIRS Artistic Technical Committee rule book 2016 for further information)
3.	ONE (1) DANCE HOLD STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Circle clockwise Circle Counter Clockwise Serpentine Diagonal (see FIRS Artistic Technical Committee rule book 2016 for further information)
4.	ONE (1) DANCE LIFT
	The typology of the lift will be selected annually by CIPA, with a maximum duration of ten (10) seconds and may be performed either: Stationary position Rotational Combination (see FIRS Artistic Technical Committee rule book 2016 for further information)
	LIMITATIONS
	Dance Lifts – additional lifts are not permitted
	Dance Spin – Maximum of one (1) dance spin in hold with minimum of two (2) revolutions. Lifted spins not permitted
	Stop – is where at least one skater is stopped for more than three (3) seconds up to a maximum of eight (8) seconds. A maximum of two (2) stops during the programme. Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire programme for a maximum of five (5) seconds each.
	Beginning and end of the programme: the skaters may not exceed eight (8) seconds being stopped nor

	may they exceed a maximum allowed distance of five (5) meters between them.
	Dance Jumps (Jump/Assisted Jump) – Maximum of two (2) jumps, each skater, of one (1) revolution each A maximum of two (2) assisted jumps, a maximum of one (1) revolution for the partner who jumps and half (1/2) revolution for the supporting partner
	Separations: Permitted at beginning and end of programme for maximum of eight (8) seconds and maximum of five (5) meters between the partners During the stop where the separation is for a maximum of eight seconds and for a maximum distance of five (5) meters For only one (1) time during the programme, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of five (5) meters between the partners (except where prohibited by the rules) For quick changes of position/hold between the partners

NB: In the YOUTH INTERNATIONAL, JUNIOR INTERNATIONAL, SENIOR INTERNATIONAL grades the Freedance is part of the combined event for Dance pairs and as such is listed in the event under the heading Dance Pairs.

FREE DANCE

3 minutes 30 seconds (+/- 10 seconds)

FREE DANCE REQUIRED ELEMENTS

1	ONE (1) NO HOLD STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Along the long axis Diagonal (see FIRS Artistic Technical Committee rule book 2016 for further information)
2	ONE (1) DANCE HOLD STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Circle clockwise Circle Counter Clockwise Serpentine Diagonal (see FIRS Artistic Technical Committee rule book 2016 for further information)
3	THREE (3) DANCE LIFTS
	Three (3) required dance lifts with a maximum duration of eight (8) seconds, one for each typology selected from: Stationary position Rotational Combination (see FIRS Artistic Technical Committee rule book 2016 for further information)
	LIMITATIONS
	Dance Lifts: in addition to the three (3) required lifts, two (2) free lifts selected from the three (3) typologies mentioned for the required lifts, are permitted for a maximum duration of eight (8) seconds each
	Dance Spin – Maximum of one (1) dance spin in hold with minimum of two (2) revolutions. Lifted spins not permitted
	Stop – is where at least one skater is stopped for more than three (3) seconds up to a maximum of eight (8) seconds. A maximum of two (2) stops during the programme. Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire

	programme for a maximum of five (5) seconds each.
	Beginning and end of the programme: the skaters may not exceed eight (8) seconds being stopped nor may they exceed a maximum allowed distance of five (5) meters between them.
	Dance Jumps (Jump/Assisted Jump) – Maximum of two (2) jumps, each skater, of one (1) revolution each A maximum of two (2) assisted jumps, a maximum of one (1) revolution for the partner who jumps and half (1/2) revolution for the supporting partner
	Separations: Permitted at beginning and end of programme for maximum of eight (8) seconds and maximum of five (5) meters between the partners During the stop where the separation is for a maximum of eight seconds and for a maximum distance of five (5) meters For only one (1) time during the programme, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of five (5) meters between the partners (except where prohibited by the rules) For quick changes of position/hold between the partners

For further details on Style Dance and Free Dance please see the CIPA publications on these. They can be downloaded at www.nzartisticrollersports.org
Dance Patterns, music and videos for the Cadet and Youth Dances can alternatively be downloaded at www.cers.pt

SOLO DANCE

INTERNATIONAL GRADES

CADET INTERNATIONAL SOLO

(12 – under 15 years)

Tudor Waltz

EASY Paso

Freedance – 2.30 minutes +/- 10 seconds with required elements as per HOA rules

144 Waltz (new pattern in CERS Manual)

104 Paso (new)

YOUTH INTERNATIONAL SOLO

(12 – under 17 years)

Association Waltz

Cha Cha PATIN

Freedance – 2.30 minutes +/- 10 seconds with required elements as per HOA rules

132 Waltz

112 Cha Cha (new)

JUNIOR INTERNATIONAL	<p>Terenzi Waltz</p> <p>Style Dance – Rock Medley – to include 1 sequence of the Blues (tempo 88 +/- 2 BPM) Duration 2:20 +/- 10 seconds Straight step sequence – Diagonal</p>	<p>168 Waltz</p> <p>Rock Medley – Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz</p>	4
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	<p>Circular step sequence – Serpentine</p> <p>Solo Free Dance 2 minutes 30 seconds + / - 10 seconds) Set elements as per FATC rules for SFD Straight step sequence – Long Axis Circular step sequence – Circular Counter Clockwise</p>		
SENIOR INTERNATIONAL	<p>Argentine Tango</p> <p>Style Dance – Rock Medley – to include 1 sequence of the Midnight Blues (tempo 88 +/-2 BPM) Straight step sequence – Diagonal Circular step sequence – Serpentine</p> <p>Solo Free Dance 2 minutes 30 seconds + / - 10 seconds) Set elements as per FATC rules for SFD Straight step sequence – Long Axis Circular step sequence – Circular Counter Clockwise</p>	<p>96 Tango</p> <p>Rock Medley – Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz</p>	2

ADVANCED MASTERS INTERNATIONAL SOLO

<p>Spring Blues Delicado</p> <p>CSD theme</p>	<p>92 Blues 100 Schottische</p> <p>Disco</p>
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MASTERS INTERNATIONAL SOLO

<p>Olympic Foxtrot Denver Shuffle</p> <p>CSD theme</p>	<p>96 Foxtrot 100 Polka</p> <p>Disco</p>
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CREATIVE SOLO DANCE – MASTERS & ADVANCED MASTERS (Oceania Rules)

All CSD is 1 sequence per circuit of the rink. Two circuits must be completed

All CSD is 1 minute 50 seconds to 2 minutes 40 seconds timing from the first movement of the opening and finishing with the last movement of the closing sequence.

Masters CSD must be predominantly forward skating. Two foot turns are permitted to a maximum of ten (10) including forward to backward and backward to forward turns, per circuit of the rink. A penalty of 0.2 in the A mark per additional two foot turn will be imposed by the referee. One foot turns are not permitted. A penalty of 0.2 from the A mark per one foot turn will be imposed by the referee.

Backward skating between turns should be limited to 8 beats of 2/4, 4/4 time or 6 beats of ¾ time. Backwards skating longer than this will be downgraded in the assessment by the judge.

Advanced Masters CSD content is not restricted

For rules for CSD and assessment of CSD please refer to the Oceania Solo Dance manual or the NZ Solo Dance manual

STYLE DANCE

The duration will be 2:20 +/- 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.

STYLE DANCE REQUIRED ELEMENTS

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

1.	ONE PATTERN DANCE SEQUENCE (COMPULSORY DANCE)
	This element consist of one (1) sequence of a complete compulsory dance selected by CIPA that covers the entire skating surface, or two (2) sequences of a complete compulsory dance with a pattern that covers half of the skating surface Must adhere to the diagram/pattern provided by FIRS Artistic Technical committee The BPM of the piece of music selected for the Compulsory Dance Sequence inserted in the Style Dance may vary from that required, within the range of +2/-2 BPM (see FIRS Artistic Technical Committee rule book 2016 for further information)
2.	ONE (1) STRAIGHT STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Along the long axis Diagonal (see FIRS Artistic Technical Committee rule book 2016 for further information)
3.	ONE (1) CIRCULAR STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Circle clockwise Circle Counter Clockwise Serpentine (see FIRS Artistic Technical Committee rule book 2016 for further information)
	LIMITATIONS
	Dance Spin – Maximum of one (1) dance spin with minimum of two (2) revolutions. Less than two (2) revolutions is not considered a spin
	Dance Jumps – Maximum of two (2) jumps, of one (1) revolution each (no more than one revolution in the air). All the jumps shall not be considered as elements of technical value.
	Stop – is where the skater is stopped for more than three (3) seconds up to a maximum of eight (8) seconds. A maximum of two (2) stops during the programme. Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire programme for a maximum of five (5) seconds each.
	Beginning and end of the programme: the skaters may not exceed eight (8) seconds being stopped

SOLO FREEDANCE - JUNIOR AND SENIOR INTERNATIONAL GRADES ONLY

Vocal music is permitted

2 minutes 30 seconds +/- 10 seconds

FREE DANCE REQUIRED ELEMENTS

1	ONE (1) STRAIGHT STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Along the long axis Diagonally It is mandatory to start this element from a stopped position. Steps must cover at least 80% of the skating surface. No stops are allowed during the execution of this element (see FIRS Artistic Technical Committee rule book 2016 for further information)
2	ONE (1) CIRCULAR STEP SEQUENCE
	The baseline will be selected each year by CIPA and may be performed either: Circle clockwise Circle Counter Clockwise Serpentine No stops are allowed during the execution of this element (see FIRS Artistic Technical Committee rule book 2016 for further information)
3	ONE (1) DANCE SPIN
	One (1) spin with a minimum of two (2) revolutions (less than two revolutions will not be considered a spin), in which the skater must achieve a vertical position on an edge, then and only then can they make any variations to the exit (for example: on the toe stop) (see FIRS Artistic Technical Committee rule book 2016 for further information)
4	ONE (1) ROTATIONAL TURN SEQUENCE
	A continuous rotational motion comprising of a minimum of a two revolution sequence of successive three turns, on each foot, in a clockwise and/or counter clockwise direction, for a maximum duration of eight (8) seconds. (see FIRS Artistic Technical Committee rule book 2016 for further information)
	LIMITATIONS
	Dance jumps: a maximum of two (2) jumps, of one (1) revolution (no more than one revolution in the air; less than one revolution is not considered a jump). Jumps shall not be considered as elements of technical value.
	Dance Spin – Maximum of one (1) spin in addition to the required spin, with minimum of two (2) revolutions (less than 2 revolutions is not considered a spin)
	Stop – is considered when a skater is stopped for more than three (3) seconds up to a maximum of eight (8) seconds. A maximum of two (2) stops during the programme (excluding the beginning and the end). Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire programme for a maximum of five (5) seconds each (including the beginning and end). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown. Stationary positions shall not be considered as elements of technical value, but as artistic value.
	Beginning and end of the programme: the skaters may not exceed eight (8) seconds being stopped.

For further details on Style Dance and Free Dance please see the CIPA publications on these. They can be downloaded at www.rollersports.org

Dance Patterns, music and videos for the Cadet and Youth Dances can alternatively be downloaded at www.cers.pt

SOLO FREEDANCE - CADET AND YOUTH INTERNATIONAL GRADES ONLY

Vocal music is permitted

2 minutes 30 seconds +/- 10 seconds

Set elements that must be included in the solo free dance

- One (1) spin with a minimum of two (2) revolutions (less than two revolutions will not be considered a spin), in which the skater must achieve a vertical position on an edge, then and only then can they make any variations to the exit (for example: on the toe stop)
- One recognized jump of one (1) revolution (no more than one (1) revolution)
- One diagonal step sequence – extending as near as possible to the diagonal of the skating surface
- One straight line step sequence commencing from standing start – along the long axis of the rink extending as near as possible the full length of the skating surface.

Limitations

- The total number of spins must not exceed 2 (two) including the set element. To be classed as a spin there must be a minimum of two (2) revolutions (less than two revolutions will not be considered a spin), in which the skater must achieve a vertical position on an edge, then and only then can they make any variations to the exit (for example: on the toe stop)
- Small dance jumps are permitted but must not exceed more than one revolution, with the total number of jumps not exceeding 3 (three) including the set jump

Deductions

- A penalty of 0.5 in the A mark will be deducted by each judge for an element not performed
- A free dance program which contains more than the above number of spins or jumps will be penalised by the judges, for each violation 0.2 from the A mark
- In all circumstances the deductions listed in the current CIPA guidelines will be applied

FREESKATING REQUIREMENTS (INTERNATIONAL) 2016-2017

GENERAL RULES FOR SET ELEMENTS - SHORT PROGRAM – ALL GRADES

1. The single elements listed may also be skated in combination jumps or spins.
2. The elements must be skated in the listed order. Elements skated out of order will carry a penalty of 0.5 from the “B” Mark
3. The six listed elements must not be repeated. No additional elements may be skated. Each additional element attempted will carry a penalty of 0.5 from the "B" mark with no credit given to the "A" mark.
4. An element not attempted will carry a penalty of 0.5 taken from the "A" mark.
5. More than 5 jumps in the jump combination will attract a penalty of 0.5 from the “A” mark.
6. Any single spin with more than one position will be given a deduction of 0.5 from the “A” mark
7. Any spin combination with more than three positions will be given a deduction of 0.5 from the “A” mark.
8. Jumps in the step sequence in any short program are NOT allowed.
9. FALLS – A fall leading to a penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s. The penalty is 0.2 from the B mark by the referee for each and every fall
10. It is allowed to do acrobatic movements (back flips, cartwheel, etc.) once.

ADDITIONAL PENALTIES – SHORT PROGRAMME – ALL GRADES

1. All spins performed with additional hitching (entrance, change of position or change of foot) of the employed foot (pumping) will be considered a poor quality spin, and therefore any spin performed this way will be penalised by the referee 0.3 in the “A” mark for each executed spin.
2. If the skater falls during the travelling for the spin, the spin (both single and combination) is considered attempted. It cannot be repeated because it would be considered an additional element.
3. Please read CIPA information with regard to execution of the Mapes (Toe-Loop) as the toe assisted jump or the Combination jump in the short program (CIPA manual 6.10.03 Toe-Loop/Mapes)
4. Poorly executed (Mapes) Toe Loop, presented as the toe assisted jump or in the combination jump, will be downgraded by the judges in accordance with CIPA rule 6.10.03 and penalized by the referee, 0.5 from the A mark. This also refers to the Combination jump.

CIPA Freeskating rule FR 6.10.03

TOE-LOOP (MAPES)

The **GOOD** execution of the element:

A Toe Loop (Mapes) performed with a turn of the toe stop of no more than one-quarter of a rotation or less, whilst the employed foot is on the floor and the body position is a maximum of one-quarter turned without opening the left arm/shoulder. This will be given full value and considered a good execution.

The **FAIR** execution of the element:

A Toe Loop (Mapes) performed with a turn of the toe stop of more than one-quarter of a rotation whilst the employed foot is on the floor, and the body position is a maximum of one-quarter turned without opening the left arm/shoulder. This will be given half the value of No 1 above.

The **BAD** execution of the element (Open Toe Loop)

A Toe Loop (Mapes) performed with a turn of the toe stop of more than one-quarter of a rotation whilst the employed foot is on the floor and the body position is turned more than one-quarter and the left arm/shoulder is open

CIPA Freeskating rule FR6.10.01 SPINS

General

All spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered poor quality spin.

CADET FREE SKATING

Short Program 2 minutes 15 seconds (+/- 5 seconds)
Long Program 3 minutes 30 seconds (+/- 10 seconds)

SHORT PROGRAM - SET ELEMENTS (Men & Ladies)

- 1. JUMP ELEMENT (Axel, Combination Jump, or Toe-assisted Jump)**
- 2. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)**
- 3. SPIN ELEMENT (Single Spin or Combination Spin)**
- 4. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)**
- 5. STEP SEQUENCE**
- 6. SPIN ELEMENT (Single Spin or Combination) (alternate to 3)**

To clarify No 1, 2 and 4 above – skaters must perform one of each category of jump in the order of their choice as 1, 2 or 4.

No 3 and 6 above – skaters can choose to skate the single spin third or last and the combination spin third or last.

All the above elements must be performed

NOTES ON SET ELEMENTS

- 1. AXEL**
Must be single
- 2. COMBINATION JUMP**
Minimum of three (3) jumps, maximum five (5) jumps, to include at least one axel and/or one jump with two (2) revolutions. (NO MORE THAN TWO REVOLUTIONS)
- 3. TOE ASSISTED JUMP**
Single or Double

4. SINGLE SPIN

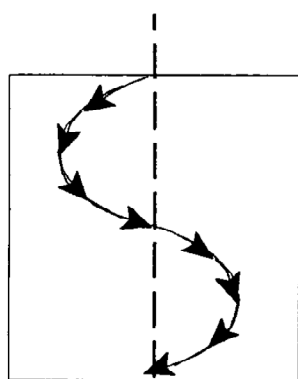
Select from the following list (entry & exit optional)

- A Class Inverted Camel (any edge)
- Heel Camel (forward or backward)
- Layover Camel (any edge)
- Jump Camel
- Jump Sit
- Broken ankle camel is not allowed**
- B Class OB Camel
- IB Camel
- OB Sit Spin
- C Class IB Sit Spin
- OF Sit Spin
- Cross foot spin
- OF Camel

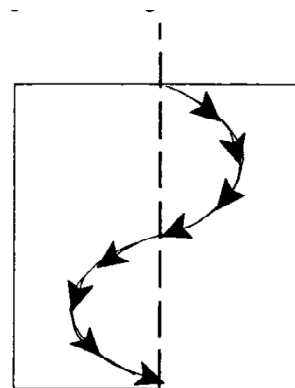
5. COMBINATION SPIN

Two (2) or three (3) positions with or without change of foot. Must include a sit spin (any edge). At least three (3) revolutions in each position. Entry & exit is optional

6 STEP SEQUENCE – SERPENTINE PATTERN “A” or “B” ADVANCED FOOTWORK



“A” Pattern



“B” Pattern

Start at any end of the skating floor and progress in two (2) bold curves of not less than one half (1/2) of the width of the skating floor. Finish at the opposite end of the skating floor. Advanced footwork must be used.

Footwork step sequence must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **NO RECOGNISED JUMPS WITH AN APPARENT TAKEOFF ARE ALLOWED IN ANY STEP SEQUENCE.**

SET ELEMENTS MUST BE SKATED IN THE LISTED ORDER. ONLY THE ABOVE LISTED SET ELEMENTS CAN BE INCLUDED IN THE SHORT PROGRAM - THIS MEANS NO EXTRA ELEMENTS. YOU CANNOT REPEAT ANY JUMP IN THE SHORT PROGRAM WHEN THERE HAS BEEN A VISIBLE PREPARATION.

CADET LONG PROGRAM SET ELEMENTS (see after Inline)

YOUTH FREESKATING

Short Program 2 minutes 15 seconds (+/- 5 seconds)
Long Program 3 minutes 30 seconds (+/- 10 seconds)

SHORT PROGRAM - SET ELEMENTS (Men & Ladies)

1. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
2. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
3. SPIN ELEMENT (Single Spin or Combination Spin)
4. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
5. STEP SEQUENCE
6. SPIN ELEMENT (Single Spin or Combination) (alternate to 3)

To clarify No 1, 2 and 4 above – skaters must perform one of each category of jump in the order of their choice as 1, 2 or 4.

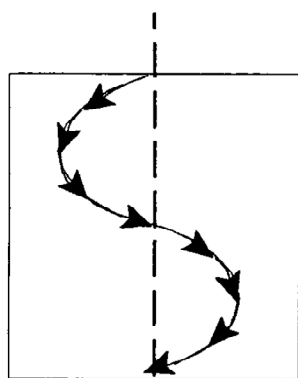
No 3 and 6 above – skaters can choose to skate the single spin third or last and the combination spin third or last.

All the above elements must be performed

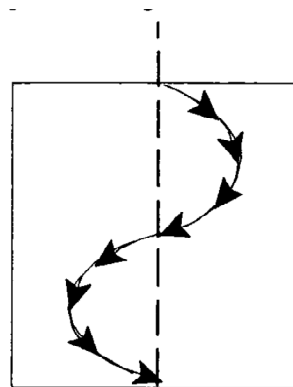
NOTES ON SET ELEMENTS

1. **AXEL**
Must be single
2. **COMBINATION JUMP**
Minimum of three (3) jumps, maximum five (5) jumps, including one jump with two (2) revolutions.
(NO MORE THAN TWO REVOLUTIONS)
3. **TOE ASSISTED JUMP**
Single or Double
4. **SINGLE SPIN**
Select from the following list (entry & exit optional)
A Class Inverted Camel (any edge)
 Heel Camel (forward or backward)
 Layover Camel (any edge)
 Jump Camel
 Jump Sit
 Broken ankle camel is not advised for young skaters
B Class OB Camel
 IB Camel
 OB Sit Spin
5. **COMBINATION SPIN**
Two (2) or three (3) positions with or without change of foot. Must include a sit spin (any edge). At least three (3) revolutions in each position. Entry & exit is optional

6 STEP SEQUENCE – CIRCULAR PATTERN “A” or “B” ADVANCED FOOTWORK



“A” Pattern



“B” Pattern

Start at any end of the skating floor and progress in two (2) bold curves of not less than one half (1/2) of the width of the skating floor. Finish at the opposite end of the skating floor. Advanced footwork must be used.

Footwork step sequence must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **NO RECOGNISED JUMPS WITH AN APPARENT TAKEOFF ARE ALLOWED IN ANY STEP SEQUENCE.**

SET ELEMENTS MUST BE SKATED IN THE LISTED ORDER. ONLY THE ABOVE LISTED SET ELEMENTS CAN BE INCLUDED IN THE SHORT PROGRAM - THIS MEANS NO EXTRA ELEMENTS. YOU CANNOT REPEAT ANY JUMP IN THE SHORT PROGRAM WHEN THERE HAS BEEN A VISIBLE PREPARATION.

YOUTH LONG PROGRAM SET ELEMENTS (see after Inline)

JUNIOR & SENIOR FREE SKATING

Short Program 2 minutes 15 seconds (+/- 5 seconds)
Long Program 4 minutes (+/- 10 seconds)

SHORT PROGRAM - SET ELEMENTS (Men & Ladies)

1. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
2. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
3. SPIN ELEMENT (Single Spin or Combination Spin)
4. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
5. STEP SEQUENCE
6. SPIN ELEMENT (Single or Combination Spin)

To clarify No 1, 2 and 4 above – skaters must perform one of each category of jump in the order of their choice as 1, 2 or 4.

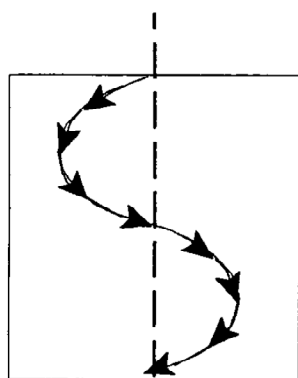
No 3 and 6 above – skaters can choose to skate the single spin third or last and the combination spin third or last.

All the above elements must be performed

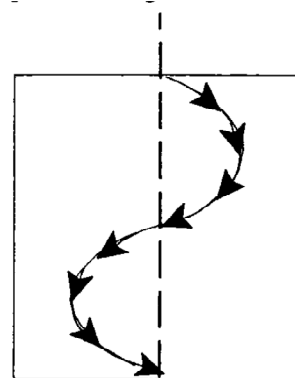
NOTES ON SET ELEMENTS

1. **AXEL**
Can be single, double or triple
 2. **COMBINATION JUMP**
Minimum of three (3) jumps, maximum five (5) jumps, including one jump with two (2) revolutions.
(NO MORE THAN TWO REVOLUTIONS)
 3. **TOE ASSISTED JUMP**
Single, Double or Triple
 4. **SINGLE SPIN**
Select from the following list (entry & exit optional)
A Class Inverted Camel (any edge)
 Heel Camel (forward or backward)
 Layover Camel (any edge)
 Jump Camel
 Jump Sit
 Broken ankle camel (forward or backward)
- Broken ankle camel is not advised for young skaters**
5. **COMBINATION SPIN**
Two (2) or three (3) positions with or without change of foot. Must include a sit spin (any edge). At least three (3) revolutions in each position. Entry & exit is optional

6 **STEP SEQUENCE – SERPENTINE PATTERN “A” or “B” ADVANCED FOOTWORK**



“A” Pattern



“B” Pattern

Start at any end of the skating floor and progress in two (2) bold curves of not less than one half (1/2) of the width of the skating floor. Finish at the opposite end of the skating floor. Advanced footwork must be used.

Footwork step sequence must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **NO RECOGNISED JUMPS WITH AN APPARENT TAKEOFF ARE ALLOWED IN ANY STEP SEQUENCE.**

SET ELEMENTS MUST BE SKATED IN THE LISTED ORDER. ONLY THE ABOVE LISTED SET ELEMENTS CAN BE INCLUDED IN THE SHORT PROGRAM - THIS MEANS NO EXTRA ELEMENTS. YOU CANNOT REPEAT ANY JUMP IN THE SHORT PROGRAM WHEN THERE HAS BEEN A VISIBLE PREPARATION.

JUNIOR/ SENIOR LONG PROGRAM SET ELEMENTS (see after Inline)

INLINE FREE SKATING

Short Program 2 minutes 15 seconds (+/- 5 seconds)

Long Program 3 minutes 30 seconds (+/- 10 seconds)

SHORT PROGRAM - SET ELEMENTS (Men & Ladies)

1. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
2. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
3. SPIN ELEMENT (Single Spin or Combination Spin)
4. JUMP ELEMENT (Axel, Combination Jump or Toe Assisted Jump)
5. STEP SEQUENCE
6. SPIN ELEMENT (Single or Combination Spin)

To clarify No 1, 2 and 4 above – skaters must perform one of each category of jump in the order of their choice as 1, 2 or 4.

No 3 and 6 above – skaters can choose to skate the single spin third or last and the combination spin third or last.

All the above elements must be performed

NOTES ON SET ELEMENTS

1. **AXEL**
Can be single OR double
2. **COMBINATION JUMP**
Minimum of three (3) jumps, maximum five (5) jumps, including one jump with two (2) revolutions.
(NO MORE THAN TWO REVOLUTIONS)
3. **TOE ASSISTED JUMP**
Single or Double
4. **SINGLE SPIN**
Select from the following list (entry & exit optional)
A Class Inverted Camel (any edge)
 Heel Camel (forward or backward)
 Layover Camel (any edge)
 Jump Camel
 Jump Sit
 Broken ankle camel (forward or backward)

Also
 Camel (any edge)
 Sit Spin (any edge)

Broken ankle camel is not advised for young skaters

4.	<p>There MUST be at least two (2) spins, one of which MUST be a combination</p> <ul style="list-style-type: none"> • If the skater does not perform a combination spin, a deduction of 0.5 will be applied from the A Mark • If the skater performs less than two (2) spins, a deduction of 0.5 will be applied from the A Mark
5.	<p>Spins MUST be evenly distributed throughout the program, this means that between at least two of the spin elements in the long program there should be a minimum of two other different Elements (at least one step sequence and one jump element). Correct example: Spin element – Jump element – Step Sequence – Spin element – Spin Element. A deduction of 0.5 in general will be deducted by the referee in the B mark for a program that is not well balanced. The steps type must be either the diagonal, circular or serpentine. The jump may be performed separately, inserted into the step sequence or at the conclusion of the step sequence. If it is inserted into the step sequence there must be no preparation and the take-off must be directly from a step / turn in the sequence and the landing edge must be on one foot and continue directly into the next step / turn. If performed at the end of the sequence the turn of edge must originate from the last step / turn of the step / turn.</p>
6.	<p>All spins performed with additional hitching (entrance, change of position or change of foot) of the employed foot (pumping) will be considered a poor quality spin, and therefore any spin performed this way will be penalised by the referee 0.3 in the “A” mark for each executed spin.</p>
7.	<p>If the skater falls during the travelling for the spin, the spin is considered attempted. If immediately repeated would go against the well balanced programme rule.</p>
8.	<p>FALLS – A fall leading to a penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s. The penalty is 0.2 from the B mark by the referee for each and every fall</p>
9.	<p>It is allowed to do acrobatic movements (back flips, cartwheel, etc.) once.</p>
10.	<p>Doubles and triple jumps: if the skater presents one jump for three times one of these must be in combination.</p>

INTERNATIONAL MINI PRECISION

OCEANIA RULES

Program of up to 3 minutes
No compulsory requirements

INTERNATIONAL PRECISION

FIRS-ATC RULES

GENERAL RULES

1. A team will consist of 12 minimum/ 24 maximum skaters
2. Each team will be permitted 30 seconds for the positioning before the commencement of the performance. Once the team is ready for the music to commence the team captain must raise their hand to advise the announcer.
3. Neither portable or hand held props shall be used
4. The following limitations shall be enforced:
No jumps exceeding half a revolution
No spins exceeding one revolution
No lifts are permitted except during the choreographic stop
5. Vocal music shall be permitted

At least three well defined variations of music and tempo are required
7. Stationary (stopping or standing) positions during the performance are not allowed.
8. Costume rules – see Artistic rules and regulations

**The following elements MUST be included in the programme.
These elements may be repeated without penalty:**

Must have at least 3 well defined variations of music and tempo

1. **CIRCLE MANOEUVRE**
 - One circle manoeuvre must consist of only one (1) circle revolving in either a clockwise or counter clockwise direction, or may be a combination of both directions. A minimum of two (2) revolutions is required.
 - **One multiple circle with a minimum of one rotation**
2. **LINE MANOEUVRE**
 - One line MUST be a Single line along the short axis and move down the long axis for at least $\frac{3}{4}$ of the length of the rink.
 - **One line must be a single line along the long axis and move down the short axis for at least $\frac{3}{4}$ of the length of the rink**
 - **One separated line in maximum 2 segments (parallel or adjacent) which moves along the diagonal axis**

3. **BLOCK MANOEUVRE:** The number of lines in the block must not exceed six (6) and must be not less than four (4)
- One block using at least two (2) different axes
 - One open block – no hold (in any type of configuration) which moves along the longitudinal axis (straight line):
 - This block must begin from a stop position (maximum 3 seconds) and come to a stop (maximum of 3 seconds)
 - It must travel the entire length of the floor
 - Elements which MUST BE mandatory incorporated in the block;
 - A visible change of edge
 - A Choctaw or Mohawk
 - A double three turn
 - A bracket
 - These elements can be performed with additional steps
4. **WHEEL MANOEUVRE**
- One wheel must consist of a three (3) or more spoke pinwheel revolving in either a clockwise or counterclockwise direction. A minimum of two (2) revolutions is required.
 - One wheel manoeuvre of parallel wheels made up of two or more extensions/spokes. Minimum one rotation
 - One wheel with more than one pivot. Two or more wheels side by side. Minimum one rotation
5. **INTERSECTING MANOEUVRE**
Any type of intersection is permitted (splicing or pass through).
- One manoeuvre in which each skater must pass through any intersecting point only once.
 - At least 2 partial intersections where one part of the skaters intersect and the rest of the group performs another figure
6. **CHOREOGRAPHIC STOP**
- A clear visible choreographic stop (10 seconds max) must be incorporated within the programme (not at the beginning or end). This will characterise and reinforce the musical theme even more.
 - A lift can be implemented during the choreographic stop. This lift may be performed by the group and not only 2 skaters.

GENERAL RULES FOR SET ELEMENTS

1. Set elements may be skated in any order.
2. Any type of handhold or combination of handholds can be used. However - at least 3 different handholds must be shown
3. All elements may incorporate forward and/or backward skating.
4. Footwork is permitted during any element.
5. Set elements may be repeated.
6. Additional elements may be used.

JUDGING PRECISION

Judging for Precision will always take place on the LONG SIDE of the rink.

PRECISION – COMPULSORY DEDUCTIONS			
1	Set Elements not attempted	1.0	By the Referee - A mark
2	Set elements attempted but not performed correctly	0.5	By the Referee – A mark
3	Jumps of more than ½ revolution or spins with more than 1 revolution	0.4	By the Referee - A mark per element
4	Lifts of any kind - with the exception of the choreographic stop	0.4	By the Referee - A mark per lift
5	Break in execution of manoeuvres	0.2-0.4	By the Referee - A mark
6	Less than 3 different handholds	0.4	By the Referee – A mark
7	Falls		
	Small Down and right up for one skater	0.2	By the Referee - B mark
	Medium Either one skater down for a prolonged time or down and up for more than one skater	0.6	By the Referee - B mark
	Major More than one skater for a prolonged time	0.8 – 1.0	By the Referee - B mark

Rules and deductions in accordance with CIPA regulations for World Championship in the same competitive year

INTERNATIONAL SHOW SKATING

FIRS – ATC RULES

LARGE GROUPS, SMALL GROUPS, QUARTETS

TECHNICAL REGULATIONS

1. Three different events will be held for Large groups, Small groups and Quartets.
2. Large and Small groups will skate a programme of duration minimum 4 minutes, maximum 5 minutes +/- 10 seconds. Timing starts with the first movement.
Quartets will skate a programme of duration 3 minutes +/- 10seconds
3. Small groups - Each group must be composed of a minimum of 6 and maximum of 12 skaters.
Large groups - Each group must be composed of a minimum of 16 and maximum of 30 skaters.
Quartets – Each group must be composed of 4 skaters

4. Pairs Skating elements are not allowed. However, skating will be assessed depending on the performance of the whole group.
5. Movements or steps performed in stationary positions are allowed. However, programs with constant movement and choreography will receive more credit than programmes with excessive stationary movements. The Referee will advise the judges if this happens and a deduction from "A" mark and from "B" mark will be made by the referee, depending on the length during the whole of the programme. Choreography must commence within 15 seconds after the music has started.
6. A Show performance may not include more than **4 typical precision elements**: e.g. a circle, a wheel is allowed; or from each mentioned manoeuvre are 4 allowed: e.g. 4 circles, etc!
 - Circle : a group of skaters standing or revolving about a common centre each equidistant from the centre: the circle can rotate either clockwise or counter clockwise, forward or backward. There are open circles (the skaters do not have contact with one another) and closed circles (the skaters hold onto each other in a variety of ways such as hand to hand, shoulder to shoulder or catch waist as in a train).
 - Closed circles with more than 1 rotation are recognized as a typical precision element.
 - Wheel: a straight line revolving about a common axis in the centre of the line: usually there is an equal number of skaters on each side of the axis, the wheel can rotate clockwise or in a counter clockwise direction.
 - The quantity of spokes goes from two spokes to six or more; the variation in wheels are recognized in Parallel-Pinwheels, S-Pinwheels, Step-in-Wheels and Travelling-Wheels: any of these mentioned wheels with more than 1 rotation are recognized as typical precision element.
 - Line manoeuvres & Blocks in all forms have no limitations.
 - Combination of elements will be counted like one element.
 - Jumps with more than one revolution will not be allowed. Only upright and sit spins without traveling are allowed
 - A quartet shall not be made up of two couples, pairs or dance but four skaters acting as a group. All jumps with one rotation plus single axel, double toe loop and double salchow are allowed. Spins are allowed except spins of Class A
7. The main performance of a show group must be "Show", not "Precision". Show teams give in their performance expression of show elements; so audience and judges are aware of a theme matching the title of a performance; (Precision teams give in their performance expression of a technical standard).
8. There shall be no restrictions on the choice of music but skating must be in tune with the music chosen.
9. Participants not on roller skates shall not be allowed. At the start of the programme ALL skaters MUST be on the floor. No Skater is allowed to leave the floor during the performance.
10. THEATRICAL PROPS: No set decorations are permitted. No frames, panels, carpets, scenery, independent theatrical wings, flats or structures of any size, kind of materials, will be permitted, even if carried by skaters themselves.
11. ACCESSORIES AND OBJECTS: Accessories which can be carried by an individual skater are permitted. It is also permitted to position objects or props quickly, along the side of the rink, but only just before the start of the performance. In order to avoid disorder and confusion, once they are picked up they must not be left, abandoned or thrown outside the rink. It is important that skaters should demonstrate their ability to use the accessories appropriate and skate well at the same time. It is permitted for skaters to pass objects from one to another and place them on the

skating surface, but only so long as the skater maintains physical contact with any skater is allowed only once during the programme for maximum of 10 seconds.

12. Costume rules for show competitions: In all show competitive roller skating events (including official training), the costume for both women and men should be in character with the music, but should not be so as to cause embarrassment to the skaters, judges or spectators. Women's costumes must be constructed so that it completely covers the tights (pants), hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hipbone. Please see rules for Costumes for full regulations
13. International Show team skating will be for skaters who are at least 12 years of age or older as of January 1 of the year of the Championships.
14. Referee's deduction: 0.5 from the "A" mark for each time a prop is not used correctly. If an object falls on the floor no penalty will be incurred, but will be considered as a negative point in the general impression of the programme. If an object falls on the floor no penalty will be incurred, but it will be considered as a negative point in the general impression of the programme.
15. Fog machines and personal spotlights are not allowed
16. A short explanation of not more than 25 words must be attached to the entry describing the performance. These descriptions will be given to the judges and announced as the group is entering the floor.

Entry & Exit on the floor

For Large and Small groups a maximum of Forty (40) seconds are allowed for entry onto the rink and positioning of objects or props (as per the above rules).

For Quartets, a maximum of twenty (20) seconds are allowed for entry onto the rink and the positioning of objects or props (as per the above rules)

A penalty of 0.3 from "A" mark if the entry takes longer than the permitted time.

Only skaters who are taking part in the performance are permitted to bring objects onto the rink, and then only when their group is called: (NOT for example, while the marks of the preceding group are being announced). The Organisers must ensure that this rule is strictly applied.

While waiting for marks at the end of a performance, and in the shortest time possible, the group must collect all materials used during their show and ensure the smooth flow of the whole competition is not delayed in any way. The floor must be left absolutely clean for the next performance until the next one team is called will be 40 seconds.

A maximum time of fifteen (15) seconds of music is allowed before the first movement of a single skater of a group. The deduction of exceeding the time will be 0.2 from "B" mark.

No skater is allowed to leave the skating floor during performance.

JUDGING SHOW

Two marks will be awarded. The first mark for programme content. The following aspects shall be considered by the judges for the programme:

- a. Technical difficulties: skating skills, steps, speed, lifts, jumps, spins
- b. The Theme of the programme and its design: its composition and programme style, technical structure of the programme, its use of space, the use of skating elements and their variety, compatibility, coherence and unit, originality, rhythm and its variation.
- c. Group technique: group manoeuvres, formations, blocks, ranks, changes and transitions, intersections, harmony of movement and unison.

The second mark for Presentation. The following aspects shall be considered by judges:

- a. Expressiveness and interpretation: artistic and kinaesthetic ability, quality and control of movements, the varied, use of energy, theatricality

- b. The accomplishment of the Theme: costumes, make-up, hairstyles and props. The effectiveness of performance, the involvement of the skaters in the programme, the projection to the judges and public.
- c. General impression: precision, harmony, synchronisation and rhythmic flow

Judging for Show skating will always take place on the LONG SIDE OF THE RINK.

SCORING SHOW

Special consideration by the judges for the following marking system

LARGE GROUPS:

A MARK

- Idea (theme) choreography and group technique 60%
- Technical difficulties of the skating and related movements 40%

B MARK

- General Impression 40%
- The accomplishment of the theme (idea) 30%
- Expressiveness and interpretation 30%

SMALL GROUPS AND QUARTETS

A MARK

- Idea (theme) choreography and group technique 50%
- Technical difficulties of the skating and related movements 50%

B MARK

- General Impression 40%
- The accomplishment of the theme (idea) 30%
- Expressiveness and interpretation 30%

Please see the current FIRS-ATC rules for further rules on Show skating or contact the Artistic Secretary for a copy.

Also see the "Show Guidelines" issued by FIRS-ATC. All are available on the SkateNZ website www.nzartisticrollersports.co.nz

Under Artistic – Downloads – Current FIRS-ATC rules otherwise an electronic copy can be obtained via the Artistic secretary