

FEDERATION of ARTISTIC ROLLER SKATING

CALENDAR of EVENTS 2011



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October 2010

SPECIAL NOTES FOR 2011

TO WIN A CHAMPIONSHIP, SKATERS MUST REACH THE REQUIRED STANDARD MINIMUM MARK IN EACH OF THE CHAMPIONSHIPS AND THIS MUST BE AWARDED BY THE MAJORITY OF THE JUDGES.

THIS RULE ALSO APPLIES FOR THE COMBINED CHAMPIONSHIPS
IF THE STANDARD IS NOT REACHED THEN THE CHAMPIONSHIP WILL NOT BE AWARDED.

The standards are:		Gold Medal	Silver Medal	Bronze Medal
Tots:	<u>Minimum</u>	4.0	3.5	3.0
Minis/Espoir:	<u>Minimum</u>	5.0	4.5	4.0
Cadet/Youth	<u>Minimum</u>	6.0	5.5	5.0
Junior/Senior and Classic	<u>Minimum</u>	6.5	6.0	5.5

IF THE STANDARDS AS LISTED ABOVE ARE NOT REACHED BY THE WINNER, THE CHAMPIONSHIP WILL NOT BE AWARDED.

THE CHAMPIONSHIP WILL THEN BE TREATED AS A COMPETITION, AND MEDALS OR AN AWARD WILL BE GIVEN BUT NOT THE CHAMPIONSHIP TROPHY.

Ages for Championships have been brought into line with the European Rules - see next page
Standards for Championships have also been aligned with the European Federation .

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Tots / Mini / Elementary (Espoir) Championships

Bushfield Centre - Peterborough

26 & 27 March 2011

Tots Championships

Up to 9 years (2002)

Elizabethan Plate for Girls
Buster Plate for Boys

Figures: (1) RFO (2) RFI

Elizabethan Plate for Girls
Caspar Plate for Boys

Free: 2 minutes ± 5 seconds - simple free programme

Elizabethan Bowl for Combined Girls
Moorcroft Trophy for Combined Boys

Nina Wells Trophy

Solo Dance: Glide Waltz 120 4 Sequences
Olympic Foxtrot 104 4 Sequences

Mini Championships

Up to 11 years (2000) Elementary minimum

Denham Trophy for Boys & Girls
Rutterford Trophy for Girls Combined
Mallinson Trophy for Boys Combined

Figures: (2) RFI
(3) RBO
(7) RFO Threes to the Centre

Marson Trophy for Girls
FARS Trophy for Boys

Free: 2.30 minutes ± 10 secs - (*Factor 1.5*)
FULL DETAILS OF ELEMENTS ON PAGE 23

Kent Coastal Bowl

Dance Couples: Glide Waltz 120 4 sequences
Olympic Foxtrot 104 4 sequences ***
Carlos Tango 96 4 sequences

M.K. Shield

Solo Dance: Skaters March 100 4 sequences ***
Olympic Foxtrot 104 4 sequences
City Blues 88 4 sequences

Elementary (Espoir) Championships

Up to 13 years (1998) Preliminary Minimum

Wood Trophy for Ladies
FARS Trophy for Men

Figures: (4) RBI
(5 a) RFOI Change
(9 a/b) FI Three
(10) RFO Double 3

Thirkell Trophy for Ladies
Mallinson for Men

Free: No short programme

Taylor Cup for Ladies & Men's Combined

Long Programme 3 minutes ± 10 secs (*Factor 2*)
FULL DETAILS OF ELEMENTS ON PAGE 23

Galvin Trophy

Dance Couples: Country Polka 100 4 sequences
Canasta Tango 100 4 sequences
Free Dance 2 mins 30 Secs ± 10 secs

M.K. Shield

Solo Dance: Swing Foxtrot 104 4 sequences
Canasta Tango 100 4 sequences
Free Dance 2 Mins

Dances marked with *** are extra to the European requirements

CEPA Age Categories 2011

Single, Pairs, Dance & Solo Dance

	2010		2011	
		1990 & before		1991 & before
Senior				
Junior	19 years	1991	19 years	1992
		1992		1993
		1993		
Youth	16 years	1994	17 years	1994
		1995		1995
Cadet	14 years	1996	15 years	1996
		1997		1997
Espoir	12 years	1998	13 years	1998
		1999		1999
Minis	10 years	2000	11 years	2000
		2001		2001

Cadet / Youth Championships

Haywards Heath

July 29th & 30th 2011

Cadet Championships

Up to 15 years (1996) Bronze Minimum

	Figures:	1 Group	Drawn from Cadet European Figure groups at first practice Page 6
Falconer Cup for Ladies / FARS Trophy for Men			
	Free:	Short Programme 2¼ minutes ±5 seconds <i>(as per Cadet Europeans)</i>	
Lister Cup for Ladies / Robertson Plate for Men			
		Long Programme 3 minutes ± 10 seconds <i>(Factor 3)</i> <i>Regulations Short/Long See page 24</i>	
Armstrong Cup for Ladies Combined			
Ashley Moore Trophy for Men's Combined			
	Dance Couples:	Denver Shuffle	100 4 sequences
Terenzi Trophies		Tudor Waltz	138 4 sequences
		Free Dance 3 minutes ± 10 secs <i>(Factor 1.5)</i> <i>Regulations See page 20 to 22</i>	
	Solo Dance:	Federation Foxtrot	96 4 sequences
M.K. Shield		Siesta Tango	100 4 Sequences
		OSP Jive <i>see pages 12 & 13</i>	
Smith Cups	Pairs:	Details from FARS Office	

Youth Championships

Up to 17 years (1994) Inter Silver Minimum

	Figures:	1 Group	Drawn from Youth European Figure groups at first practice Page 6
Leicester Granby for Ladies FARS Trophy for Men			
	Free:	Short Programme 2¼ minutes ± 5 seconds <i>(as per Youth Europeans)</i>	
Ely Trophy for Ladies Fabb Trophy for Men			
		Long Programme 4 minutes ± 10 seconds <i>(Factor 3)</i> <i>Regulations Short/Long See page 24</i>	
Kallenborn Cup for Ladies Combined			
Ethel Frost for Men's Combined			
	Dance Couples:	Kilian	108 4 sequences
Newgate Cup		European Waltz	120 4 sequences
		Free Dance 3 minutes ± 10 secs <i>(Factor 1.5)</i> <i>Regulations See page 21 to 22</i>	
	Solo Dance:	Terenzi Waltz	168 4 sequences
M.K.Shield		Imperial Tango	104 4 sequences
		Free Dance 2 ½ Mins ± 10 secs <i>(Factor 1.5)</i> <i>Regulations See page 19</i>	
Gladys Frost	Pairs:	Details from FARS Office	

Practice time will be available for these Championships on Thursday July 28th

Junior / Senior Championships

Haywards Heath

July 30th & 31st 2011

Junior Championships

Up to 19 years (1992) **Silver Minimum**

Figures: 1 Group Drawn from Junior European
Clydebank Trophy for Ladies / FARS Trophy for Men Figure groups at first practice Page 6

Free: **Short Programme** 2¼ minutes ±5 seconds
(as per Junior Worlds)
Long Programme 4 minutes ± 10 seconds (Factor 3)
Regulations Short/Long See page 24/25

Sharp Cup for Ladies Combined
Silvester Cup for Men's Combined

Dance Couples: 14 Step 108 4 sequences
Walbra Cups Imperial Tango 104 4 sequences

Original Dance Swing Combination
see pages 18 & 19

Free Dance 3½ minutes ± 10 seconds
Regulations See page 21

Solo Dance: Flirtation Waltz 120 2 Sequences
M.K. Trophy Rocker Foxtrot 104 4 sequences
Solo Free Dance 2½ minutes ±10 seconds
Regulations See page 19

Martin Taylor Cups **Pairs:** **Details from FARS Office**

Senior Championships

12 years & over **Inter-Gold Minimum**

Figures: 1 Group Drawn from Senior European
Dobbins Trophy for Ladies and Men Figure groups at first practice Page 6

Free: **Short Programme** 2¼ minutes ±5 seconds
(as per Senior Worlds)
Long Programme 4 minutes ± 10 seconds (Factor 3)
Regulations Short/Long See page 24/25

Wilson Cup for Ladies Combined
Richardson Cup for Men's Combined

Dance Couples: Paso Doble 112 2 sequences
Faudel Phillips Trophies Westminster Waltz 138 2 sequences

Original Dance Swing Combination
see pages 18 to 19

Free Dance 3½ minutes
Regulations See page 21

Solo Dance: Italian Foxtrot 96 2 sequences
Mike Ward Trophy Iceland Tango 100 2 sequences
Solo Free Dance 2½ minutes ±10 seconds
Regulations See page 19

Free: **Short Programme** 2¼ minutes ±5 seconds
Inline Championships Gold Cup for Men (as per Senior Worlds)

Long Programme 3½ minutes ± 10 seconds (Factor 3)
Regulations Short/Long See page 24/25

Gilbey White Cups **Pairs:** **Details from Fars Office**

Practice time will be available for these Championships on Thursday July 28th

Classic Dance Championships

Haywards Heath

July 30th & 31st 2011

Classic Couples

Over 25 Years

	Dances	Skaters March	100	3 Sequences
Belmar Trophy		Glide Waltz	120	3 Sequences
		Swing Foxtrot	104	3 Sequences

Note: Skaters entering the Senior Dance Championships in 2008, 2009 & 2010 are not eligible for this Event

Classic Solo

Over 25 Years up to 39 Years

	Dances	14 Step	108	3 Sequences
Sammy Samuels Trophy		Swing Foxtrot	104	3 Sequences
		Imperial Tango	104	3 Sequences

Master Solo

Over 40 Years

	Dances	Skaters March	100	3 Sequences
Sherwood Trophy		Glide Waltz	120	3 Sequences
		Canasta Tango	100	3 Sequences

Note: Skaters entering the Senior Solo Dance Championships in 2008, 2009 & 2010 are not eligible for these Events

NEW COMPETITION: NOT A CHAMPIONSHIP Over 25 Years
Classic Duo's Rhythm Blues 92 Siesta Tango 100 3 Sequences each Dance

Precision Championships

Haywards Heath , W. Sussex

30th & 31st July 2011

Precision Teams:

Imperial Bowl

Teams to consist of a minimum of 12 to a maximum of 24 skaters.
5 minutes duration with five compulsory elements:

Circle Movement, Line Manoeuvre
Block Manoeuvre, Wheel Manoeuvre Intersecting Manoeuvre

Full Details of the above precision compulsory movements are available via the FARS office

Figure Groups

Cadet Figure Championships

Figures:	Group 1	13	19 a/b	15	20 a/b
	Group 2	18 a/b	21 a/b	30 a/b	28 a/b
	Group 3	19 a/b	22 a/b	16	28 a/b
	Group 4	13	18 a/b	30 a/b	23 a/b

Youth Figure Championships

Figures:	Group 1	20 a/b	33 a/b	16	36 a/b
	Group 2	21 a/b	32 a/b	17	29 a/b
	Group 3	22 a/b	33 a/b	17	36 a/b
	Group 4	23 a/b	32 a/b	30 a/b	29 a/b

Junior Figure Championships

Figures:	Group 1	20 a/b	37 a/b	31 a/b	40 a/b
	Group 2	21 a/b	36 a/b	38 a/b	40 a/b
	Group 3	22 a/b	37 a/b	31 a/b	40 a/b
	Group 4	23 a/b	36 a/b	38 a/b	40 a/b

Senior Figure Championships

Figures:	Group 1	20 a/b	37 a/b	38 a/b	41 a/b
	Group 2	21 a/b	36 a/b	39 a/b	40 a/b
	Group 3	22 a/b	37 a/b	38 a/b	41 a/b
	Group 4	23 a/b	36 a/b	39 a/b	40 a/b

Novice / Preliminary / Bronze Competitions

Alfreton

26th & 27th February 2011

Novice Category

Beadle Trophy for Ladies
Thompson Trophy for Men

No qualification required
Trophies for Combined only

Figures: (5) RFOI Change
(7) RFO Threes to Centre

Free: **Set Elements** * BI Upright Spin, Salchow, Three Jump / Toe Loop combination and a simple step sequence $\frac{3}{4}$ the length of the rink
45 Seconds to complete all Elements

See page 11 section 15 for details

Free Programme: 2 minutes \pm 5 seconds

Dance Couples: Glide Waltz 120 4 sequences
Swing Foxtrot 104 4 sequences

Buick Cups

** Set Elements will only be required if there are more than 10 competitors in any event*

Preliminary Category

Caton Trophy for Ladies
Caton Trophy for Men

Elementary & Preliminary Medallists
Trophies for Combined only

Figures: (4) RBI
(9 a/b) RFI Three

Free: **Set Elements:** * FO Upright Spin, BI Sit Spin, Salchow, Loop jump, Combination of three (3) jumps one of which must be a Salchow
Diagonal Step Sequence

60 Seconds to complete all Elements

See page 11 section 15 for details

Free Programme: 2 minutes \pm 5 seconds

Dance Couples: Skaters March 100 4 sequences
Kleiner Waltz 138 4 sequences
Siesta Tango 100 4 sequences

W.J. Lord Trophies

** Set Elements will only be required if there are more than 10 competitors in any event*

Bronze Category

Allworthy Cup for Ladies
Lancaster Cup for Men

Inter Bronze & Bronze Medallists
Trophies for Combined only

Figures: (11 a/b) FI Double Threes
(18 a/b) FO Bracket
(15) RFI Loop

Free: 3 minutes \pm 10 seconds (*Factor 1.5*)

Dance Couples: 14 Step 108 4 sequences
Association Waltz 132 2 sequences
Imperial Tango 104 4 sequences

Blyth Cup

Free Dance 2 minutes \pm 5 seconds (*Factor 1.5*)

Closed Marking will be used for all these Competitions

Open Challenge (No minimum Standard)

Peterborough Saturday December 3rd 2011

Solo Skaters	Letitia Nutting Trophy for Ladies Potts Trophy” for Girls	Leon Lister Trophy” for Men Moorcroft Trophy for Boys up to 14 Years (1994)
	Show Number: Not less than 2 minutes and no more than 3 minutes Maximum	
Couples	“Brooks Challenge”	Lady and Gentleman A Show Number: Not less than 3 minutes and no more than 4 minutes maximum
Club Show	“Moorcroft Shield”	Open to Affiliated Clubs. A show number with 6 or more skaters. Not less than 3 minutes and no more than 5 minutes maximum

These events may have “Guest Judges” as the Competitions are based on “Show and Entertainment and not on Technical ability

Novelty Couples Costume Number Two skaters as a couple in costume
Denver Shuffle 100 Rhythm Blues 92 3 Sequences of each dance
See Page 11 section 17 for Conditions of Entry
More information on Page 22

PROMOTIONAL DANCE

The Board have decided to resurrect for this season only a successful idea used some years ago

The concept is to encourage skaters to dance as couples Man & Lady

To achieve this and to encompass everyone interested from all age groups we cannot really have a Competition due to the standard being so different

Experienced Judges will be asked to monitor the performances of the Couples

Each couple will be able to skate two dances of their own choice from Glide Waltz, Olympic Foxtrot, Skaters March, Swing Foxtrot, Siesta Tango, Tudor Waltz, Imperial Tango, Keats Foxtrot and more advanced dances should a couple wish

The Judges will each have a specific area to look at and will make notes on the couples, a summary of which will be given to them before the close on the Sunday

For 2011 this Event will be organised hopefully, on the Saturday during the Spring Solo Dance at Haywards Heath in March

A minimum of three Couples will be necessary to justify holding this Event

Entrance Fee £5.00 a couple, which will cover Admin costs - 28 days before the Event please

INTERNATIONAL DIARY - DATES FOR 2011

31 March-3 April	CEPA Seminar for Judges only	Misano / Italy
1st Week in May	European Championships for Show/Precision	Portugal
19 / 21 May	German Cup	Freiburg / Germany
2 / 4 June	International Solo Dance	Moerkapelle / Holland
11 / 12 June	Pavel Sedmark Int. Trophy	Opicina / Italy (near Trieste)
24 / 25 June	Amphora Trophy	Pula / Croatia
1 / 2 July	International Skate Team Trophy	Riccione / Italy
1 / 3 July	Prestige International	Paris / France
T B A	Cadet/Youth European Championships	Freiburg / Germany
T B A	Junior/Senior European Championships	Reggio Emilia / Italy
15 Oct	IRMA (International Show Competition)	Winschoten / NL
31 Oct - 5 Nov	Cup of Europe	Gujan Mestras / France
14 / 27 Nov	World Artistic Championships	Brazilia / Brazil

Marking Deductions (CIPA & CEPA)

FIGURE DEDUCTIONS

1.	Touch Down on the Major Part	1.0	deductions by the Referee
2.	Touch Down on the Minor Part	0.5	deductions by the Referee
3.	Fall or stop	1.0	deductions by the Referee
4.	Incorrect turn	1.0	deductions by the Referee

GENERAL

1.	Kneeling or laying on the floor,	0.3	deduction by the Referee - B mark
2.	Costume violation	0.5 - 1.0	according to the degree of violation deductions by the Referee - B mark

COMPULSORY DANCE – COUPLES/SOLO

1.	Opening steps using more than 24 beats	0.1	for each extra beat deductions by the Referee
2.,	Entrance & exit longer than 15 secs	0.1	for each extra second deductions by the Referee
3.	Timing fault,	0.2	minimum by the Judges
4.	Falls		by the Judges
	small	0.1 - 0.2	
	medium	0.3 - 0.7	by the Judges
	major	0.8 - 1.0	by the Judges

ORIGINAL DANCE – COUPLES / OSP – SOLO DANCE

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2 (minimum)	by the Judges – B mark
3.	Falls		by the Judges – B mark
	small	0.1 - 0.2	
	medium	0.3 - 0.7	by the Judges – B mark
	major	0.8 - 1.0	by the Judges – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Violation of set elements	0.2	by the Judge – A mark

FREE DANCE – COUPLES

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2 (minimum)	by the Judges – B mark
3.	Falls		by the Judges – B mark
	small	0.1 - 0.2	
	medium	0.3 - 0.7	by the Judges – B mark
	major	0.8 - 1.0	by the Judges – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Lift violation	0.2	by the Judge – A mark
6.	Carried Lifts	0.2	by the Judge – A mark
7.	Arabesque, Pivot, Spin violation	0.2	by the Judge – A mark
8.	Separations in excess of duration	0.1	by the Referee – A mark
9.	Jumps or revolution in excess	0.2	by the Judge – A mark

FREE DANCE – SOLO DANCE

1.	Entrance & exit longer than 15 secs.	0.1 for each extra second	deductions by the Referee
2.	Timing fault	0.2 (minimum)	by the Judges – B mark
3.	Falls		by the Judges – B mark
	small	0.1 - 0.2	
	medium	0.3 - 0.7	by the Judges – B mark
	major	0.8 - 1.0	by the Judges – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Excess jumps/Spins and/or revolutions	0.2	by the Judge – A mark

FREE SKATING

SHORT PROGRAMME – A MARK

1.	Jump Combination with more than 5 jumps	0.5	by the Judge
2.	Spin Combination with more than 3 positions	0.5	by the Judge
3.	Single Spin with more than one position	0.5	by the judge
4.	Each element not attempted	0.5	by the Judge

SHORT PROGRAMME – B MARK

1.	Each fall	0.3	by the Judge
2.	Additional element	0.5	by the Judge
3.	Incorrect order of elements	0.5	by the Referee

LONG PROGRAMME

1.	Each fall	0.3	by the Judge – B mark
2.	Each set element not attempted	0.5	by the Judge – A mark
3.	Each jump (type/rotation) performed more than three (3) times	0.3	by the Referee – A mark
4.	Each combination jumps performed more than once	0.3	by the Referee – A mark
5.	For programmes not containing a combination spin	0.5	by the Referee – A mark
6.	For programmes containing less than two (2) spins	0.5	by the Referee – A mark

IF ANY UNFORESEEN EVENT SHOULD HAPPEN DURING THE CHAMPIONSHIPS WHICH ARE NOT PROVIDED FOR IN THE WRITTEN REGULATIONS, THE MATTER SHALL BE SETTLED BY THE REFEREE IN THE BEST INTERESTS OF THE SPORT.

NOTES FOR THE COMPETITIVE STRUCTURE

UNLESS SPECIFIED OTHERWISE THESE RULES COVER ALL DISCIPLINES OF ARTISTIC ROLLER SKATING.

1. All competitors in FARS Events must be fully paid up members of the Federation of Artistic Roller Skating (FARS).

All entries, with the correct fee, enclosing a SAE, **MUST** be received by the Federation Office **a minimum of 28 days prior to the date of the event.** **OR BY FIRST POST ON THE MONDAY MORNING IF THE EVENT IS OVER A WEEKEND.**

NO FAXED OR TELEPHONE ENTRIES WILL BE ACCEPTED.

NO LATE ENTRIES WILL BE ACCEPTED

It is strongly recommended that the receipt of entries is checked with FARS Office either by Email or Telephone before the Closing Date - NO LATE ENTRIES WILL BE ACCEPTED

Where Standards are required as a condition of Entry this will be as of the closing date for Entries

So as to avoid any controversy with regard to delivery by Post it is strongly suggested that when posting Entries off to FARS Office that a 'Certificate of Posting' is obtained.

Should an Entry not be received on time then this 'Certificate of Posting' MUST be produced.

ANY FORTHCOMING TESTS WILL NOT BE TAKEN INTO CONSIDERATION

2. All Championship entries are controlled by age, and Standard, including Inline
3. Couples Dance - For the 2011 season, both partners must have the Couples Test standard required.
4. All Figure and Free Skating Events, including Inline, are split into both Male and Female events. Championships are for Figure, Free, Dance and Pair Skating, with a Combined Championships for Figure and Free Skating. Competitions are for Figure, Free and Dance Skating, with a combined competition result for Figure and Free Skating.
5. All the ages quoted within the structure are "skating ages". In the case of Dance and Pairs events the age used for the calculation will be that of the eldest partner. (If during that season the partnership splits then in the following season the respective partners can re-enter at the level which their age dictates).
The skating age is the age of a skater in the year in which the events take place. See Page 3
6. Trophies will be awarded to all Championship winners, providing the Standard is reached. (Figures, Free and Combined) and Combined Competition winners in the Figure and Free events, and all winners in the Dance and Pairs Championships and Competitions.
7. FARS medals or Miniature Trophies will be awarded to the first three places in the individual sections of the Figure and Free events and the Combined Championship or Competition, the Dance Championship and Competitions, and the Pairs Championship.
8. All Championships will be marked using a public marking system where possible. Results for all the events held by the FARS will be calculated by using the current CIPA regulations for calculations.
9. The structure allows all skaters to skate one Championship in any one season as set by their age. NOTE: There is no restriction on entering both the Junior and Senior Championships (including the Solo Dance Championships) in the same year, but once a skater has entered a Senior Championship they cannot go back to the Junior event in subsequent years.
10. In the case of Figure and Free Skating Championships, skaters can enter just one of the disciplines if they wish to do the single discipline.
11. The standard of a skater is on the closing date for entries
12. The compulsory figures in FARS events may be skated on circles of 4, 5 or 6 metres diameter, according to the choice of the skater. Loop figures will be skated on tracings as shown in the FARS Manual of Artistic Roller Skating (Figure and Free Skating Section).
13. The timings for music for FARS events are: 5 seconds latitude will be allowed on programs up to and including 2¼ minutes. 10 seconds latitude will be allowed on programmes over 2¼ minutes. Original Set Pattern (OSP) should be no more than 2 minutes 40 seconds and no less than 1 minute 50 seconds and Original Dances (OD) should be no longer than 2 minutes 30 seconds ±10 seconds.

14. **Music for FARS events may be presented either on Music CD or Mini Disc NO TAPES**
Always make sure that a backup version is available . All music however presented must be clearly marked.
Only the first piece of music will be played which **MUST** be on a CR-R Disc

MUSIC SHOULD ONLY BE RECORDED TO CD-R DISCS at the slowest available speed:

CD + R discs will not play and will not be accepted

NOTE: MUSIC RECORDED ON IPODS WILL NOT BE PLAYED

15. **Set Elements for Novice & Preliminary Competitions**
The purpose of these elements is to seed skaters when there are more than 10 entrants for the free skating programme. The 4 elements in the Novice and the 6 elements in the preliminary will be skated in the field in any order, but any element failed cannot be repeated. The Novice Elements must be skated within a period of 45 seconds, and the Preliminary Elements must be completed with a period of 60 seconds when a whistle will be blown by the Referee and the judging finished for that skater. Elements that result in a fall will not receive any credit. The spins should have a minimum of 3 revolutions in the stated position to receive full credit.
16. The Board of FARS MAY decide to split the Event by age, if necessary after the closing date.
The order of skating in both Long and Free Dance programmes will be determined by a redraw in groups if necessary, based upon the result calculated by the CIPA system following the short programme or O.S.P / O.D. In solo dance events where there is an OSP a redraw will take place for the starting order in that section.
Details of groups are given in the FARS Manual of Artistic Roller Skating.
17. The Open Challenge events are for **SHOW COMPETITIONS** The emphasis in this competition is on "Entertainment" and skaters are asked to perform a "Show number".
This level of competition is open to **ALL** skaters
18. Music : O.D. A Certificate obtained from a Professional musician, on Headed Paper, authenticating the music must be available to the Referee should it be necessary
Vocal music continues to be permitted for both Free Dance and OSP / OD. This applies to both Solo Dance and Couples. Further details are available from the FARS web site or via the office.
For all Solo Dance Events **LADIES STEPS**. will be skated
19. There is no restriction for 2011 on skaters entering both their respective Solo and Couples Dance Events.
20. In the event of a large entry in **Classic Solo Dance** the event may be split by age.
21. **Solo Free Dance Set Elements that must be included are listed on page 18 & 19**
22. **TROPHIES** These will be presented by the Officials who are in attendance at each specific Event

Dance Rules: Couples & Solo

In Compulsory Dance On skating surfaces under 22 x 44 metres, it is permissible to cross the long axis slightly (not more than two 2 metres).

Penalty 0.2 for each violation of this Rule.

Skaters who skate edges that go back against the general direction of the dance
WILL be penalised by 0.2 for each violation. of this Rule

NOTE: All patterns of all dances are progressive

OPENING STEPS FOR COMPULSORY DANCE

The number of beats to be used for all Compulsory Dances (Couples/Solo), must not exceed 24 beats of music. The timing will begin with the first movement of the Skater/Skaters.
A movement is defined as any movement of the arm, leg, foot.

ALL COMPULSORY DANCES MUST START TO THE LEFT OF THE JUDGES

KNOCKOUT will be used whenever considered appropriate

Interruption of Skating - see Manual 4.12.0

ENTRY AND EXIT ON THE FLOOR FOR DANCE, O.D. & FREE DANCE

When Competitors are announced for Compulsory Dances, Original Dance and Free Dance the entrance must be no longer than fifteen (15) seconds. The exit of the Compulsory Dances, Original Dance and Free Dance must be no longer than fifteen (15) seconds.

**The penalty for each extra second will be 0.1 for compulsory dances
and 0.1 from the "B" mark for OD / Free Dance.**

Regulations for OSP

General

An original Set Pattern (OSP) dance allows the skaters to skate to the limits of their ability, thereby allowing the judges to see the best skaters in the contest. The best skaters should be those with the highest technical expertise, coupled with the best artistic impression. An OSP should incorporate not only existing and recognisable steps, but also new and original steps.

The pattern of the dance is very important in determining Technical Merit. A dance which utilises the entire skating surface is more difficult than a dance which uses ninety percent of the skating surface. A dance possessing good Technical Merit will use the corners of the skating surface. Not only is it more difficult to get in and out of the corners, but it also takes more skating time. More skating time translates into more skating steps. The lobes of the OSP should be deep, with the speed and flow of the dance maintained at all times. Novelty items are perfectly acceptable, provided they are not excessive and fit the character of the music. Speed of the dance should be constant. Difficult steps, positions and novelties must not impair the speed of the dance.

The character of the dance should be obvious throughout the entire dance. There should be no lapses in any part of the dance. All steps should co-ordinate to the phrasing of the chosen rhythm. Even the most difficult steps must be skated with ease, they are of little value if not performed with confidence. Clean execution of steps is a must for good artistic impression. The skater should make the difficult steps look easy, with flow throughout the dance.

THE DANCE MUST NOT BE A FREE DANCE

Music

Each skater must choose their own music, tempo and composition. Orchestral and vocal music is permitted. The incorrect selection of music for the rhythm chosen shall result in a mark of 0.0 by each judge. Only music with a constant and regular tempo may be used.

Timing & Repetition

The OSP shall consist of two repetitive sequences, total time of which shall not be less than 1 minute 50 seconds and no longer than 2 minutes 40 seconds. The timing will begin with the first movement and end with the last movement. This includes the closing steps of the OSP. The OSP can be started at any place on the skating surface.

Execution

A complete dance executed in the reverse direction is not permitted. A dance sequence must not cross the long axis more than once at each end of the skating surface. A dance sequence must not cross the short axis more than once at each side of the skating surface. The skating of loops (circular steps which cross the tracing) in any direction is not permitted. Crossing a previous tracing during the circuit of the dance is not permitted at any time. The choice of steps, connecting steps, turns and rotations is left to the skater, provided those choices conform to the rules. This does not exhaust the possibility of steps, turns and rotations, any are permissible provided they are not toe steps and that at least one skate remains on the skating surface at all times throughout the dance. The dance must contain difficult movements and be expressive of the music.

Scoring

As per the Manual of Artistic Roller Skating **2.23.0**

Costume

Requirements as per the Manual of Artistic Roller Skating **2.23.18**

In OSP Solo Dance, on a surface 22 x 44 metres or under, it is permissible, in each sequence, to cross the tracing slightly (not more than two 2 metres) one (1) time and cross long **OR** short axis slightly (not more than two 2 metres) one (1) time per sequence.

0.2 for each violation of this Rule

Special Rules for Solo Dance OSP – Jive (Cadet – 2011)

Jive falls within the general term of “Swing” Music, and movements as seen in Boogie Woogie, Jitterbug, Rock’n Roll and Twist, can be used.

All steps, turns, rotations and positions are permitted provided that they are appropriate to the designated Rhythm and the music chosen, and provided that this is maintained throughout. Deep edges and intricate footwork, displaying skills, difficulty and originality must be included and performed rather than posing and skating on two feet.

Range of Tempo: Not restricted, 4/4 time

Stops: Two complete stops per circuit are permitted.
Duration of the stop is a maximum of twelve (12) beats of music)

Toe Steps and Small Hops:

The lifting of the skating foot a small distance off the floor is allowed to express the character of the dance. No more than twice per sequence.

Clarification of the use of Toe Stops:

Toe stops can be used in any of the above movements, but the **maximum** number per sequence is ten (10) .

There is no minimum number.

The penalty for more than the maximum of ten (10) steps on the toe stop will be 0.1 for each one.

General Notes :

The OSP can be started at any place on the floor.

A certificate, obtained from a Professional Musician authenticating the music on proper headed paper must be available to the Referee.

Vocal music for OSP can be used.

Music that is possible to use for Jive –

Boogie Woogie, Jitterbug, Rock’n Roll, Twist.

Only music with a constant and regular tempo may be used throughout the dance.

In OSP Solo Dance,

On a surface 22 x 44 metres or under, it is permissible, in each sequence, to cross the tracing slightly (not more than two 2 meters) one (1) time and cross long **OR** short axis slightly (not more than two 2 meters) one (1) time per sequence. 0.2 will be deducted for each violation of this Rule

Spring Solo Dance Competitions

March 5th & 6th 2011

Venue: Haywards Heath

These Competitions for 2011 will continue to be run as conventional Solo Dance Competitions with Skaters Categories based upon Standards and not ages.

The Spring Solo Dance Competitions for 2011 are based upon the Skaters Medal Standard at time of entry - **28 days before the Competition**

The standard refers to the highest medal standard passed in Dance skating, either as a Solo or as a Couple.

Where Standards are required as a condition of Entry this will be as of the closing date for Entries

Any forthcoming Tests will NOT be taken into consideration

The Knockout System will be utilized wherever possible

REMEMBER - CLOSING DATE FOR ENTRIES IS 28 DAYS BEFORE EVENT

ALL DANCE STEPS FOR SOLO DANCE EVENTS IN 2011 ARE TO BE LADIES STEPS

<u>Event</u>	<u>Standard</u>	<u>Dances (Heats)</u>		<u>Dances (Final)</u>	
Event 1	No Standard	Skaters March Glide Waltz	100 120	Skaters March Olympic Foxtrot	100 104
Event 2	Elementary	Swing Foxtrot Carlos Tango	104 96	Denver Shuffle Swing Foxtrot	100 104
Event 3	Preliminary	Kleiner Waltz Siesta Tango	138 100	Tudor Waltz Siesta Tango	138 100
Event 4	Inter Bronze & Bronze	Federation Foxtrot Kent Tango	96 100	Association Waltz Federation Foxtrot	132 96
Event 5	Inter Silver	14 Step PLUS Rocker Foxtrot HK Tango	108 104 100	2 of the 3 dances listed will be drawn in the heats and the dance not drawn will be skated in the final along with a redraw from the remaining two	
Event 6	Silver & over	14 Step PLUS Terenzi Waltz Argentine Tango	108 168 96	2 of the 3 dances listed will be drawn in the heats and the dance not drawn will be skated in the final along with a redraw from the remaining two	

For Events 1, 2, 3, 4, 5 11, 12, 13, 14 15

Any skater who was placed in the first three in these

Events in 2010 cannot enter the same Standard in 2011

THIS WILL ONLY APPLY IF THERE ARE MORE THAN 6 SKATERS IN THE COMPETITION

This Rule will also apply in the Winter Solo Dance Events

Spring Solo Dance Competitions

Teams of Three

Open to Solo Skaters who qualify as for the solo competitions.

The competitions will be split by standard, Team Members must be up to the maximum standard stated.

Although skaters may only enter one category.

Each member of the Team of Three will skate one of the dances each.

There are four levels of competition:-

Event 7

<i>Non-Medalists</i>	Skaters March	100	3 sequences
	Glide Waltz	120	3 sequences
	City Blues	88	3 sequences

Event 8

<i>Up to Elementary & Preliminary</i>	Denver Shuffle	100	3 sequences
	Swing Foxtrot	96	3 sequences
	Imperial Tango	104	3 sequences

Event 9

<i>Up to Inter Bronze and Bronze</i>	14 Step	108	3 sequences
	Tudor Waltz	138	3 sequences
	Kent Tango	100	3 sequences

Event 10

<i>Up to Inter Silver and Over</i>	14 Step PLUS	108	3 sequences
	Westminster Waltz	138	2 sequences
	Italian Foxtrot	96	2 sequences

OSP Competitions Events 11 to 16 Solo Original Set Pattern Dance

Event 11 - Non Medalists	Any Rhythm	3 x ½ sequences (no time limit)
Event 12 - Elementary Medalists	Any Rhythm	2 sequences - normal OSP rules
Event 13 - Preliminary Medalists	Any Rhythm	2 sequences - normal OSP rules
Event 14 - Inter Bronze & Bronze Medalists	Any Rhythm	2 sequences - normal OSP rules
Event 15 - Inter Silver Medalists	Any Rhythm	2 sequences - normal OSP rules
Event 16 - Silver Medalists and over	Any Rhythm	2 sequences - normal OSP rules

THESE ARE SEPARATE COMPETITIONS AND NOT LINKED TO EVENTS 1 TO 6

<u>Event 17</u>	Classic Skaters	Denver Shuffle	100	3 sequences
	(25 years to 39 years)	Siesta Tango	100	3 sequences
<u>Event 17a</u>	Classic Masters	Skaters March	100	3 sequences
	(40 years and over)	Glide Waltz	120	3 sequences

Duo's

Open to solo skaters who qualify as for the solo competitions. The competitions will be split by standard, Duo members must be within the standard stated. Each Duo will skate both of the dances.

Event 18

<i>Non-Medalists</i>	Glide Waltz	120	3 sequences
	City Blues	88	3 sequences

Event 19

<i>Up to Elementary & Preliminary</i>	Swing Foxtrot	104	3 sequences
	Carlos Tango	96	3 sequences

Event 20

<i>Up to Inter Bronze and Bronze</i>	Tudor Waltz	138	3 sequences
	Imperial Tango	104	3 sequences

Event 21

<i>Up to Inter Silver and Over</i>	Kilian	108	3 sequences
	Blues	88	2 sequences

Event 22

<i>Classic Duo's (25 years & over)</i>	Swing Foxtrot	104	3 sequences
	Tudor Waltz	138	3 sequences

The 2011 Winter Solo Dance details see page 17.

FARS reserves the right to refuse admission to any FARS Event.

Robinson Club Shield—SSD only

This will be awarded to the most successful **Club** taking part in the Spring Solo Dance Competitions. The Shield will be decided by a points system based on the first ten placed skaters from the Trios, Duo's and Solos Events (including the OSP and Classic Competitions but excluding any heats that are held). The Club with the highest points total will be awarded the Robinson Club Shield for 2011.

How to Enter for both Events

Please use the appropriate entry forms and send them to the Federation Office, together with the correct fee to arrive on or before the first post 28 days before the Competition

ALL ENTRIES MUST BE SENT IN BY AFFILIATED CLUBS
NON AFFILATED CLUBS CANNOT ENTER

NO INDIVIDUAL ENTRIES WILL BE ACCEPTED

ALL ENTRIES MUST BE FARS MEMBERS ON BOTH
THE CLOSING DATE AND THE DATE OF THE COMPETITIONS

NO LATE ENTRIES WILL BE ACCEPTED See page 10

BOTH DANCE COMPETITIONS FOR 2011 ARE BASED UPON THE
SKATERS MEDAL STANDARD.

WHERE STANDARDS ARE REQUIRED AS A CONDITION OF ENTRY THIS WILL BE
AS OF THE CLOSING DATE FOR ENTRIES

ANY FORTHCOMING TESTS WILL NOT BE TAKEN INTO CONSIDERATION

THE STANDARD REFERS TO THE HIGHEST MEDAL STANDARD PASSED IN
DANCE SKATING, EITHER AS A SOLO OR AS A COUPLE. ON THE DAY OF ENTRY

For Events 1, 2, 3, 4, & 5 11, 12, 13, 14, & 15

Any skater who was placed in the first three in these Events
in 2010 cannot enter the same Standard in 2011

THIS WILL ONLY APPLY IF THERE ARE MORE THAN 6 SKATERS IN THE COMPETITION

This Rule will also apply in the Winter Solo Dance Events

PLEASE NOTE: SPRING SOLO & WINTER SOLO DANCE EVENTS ARE NOT LINKED

Solo Competitions Entry Fees for the 2011 Season

Solo Dance Events (including OSP)	£11.00	per Skater
Duo's Events	£11.00	per Duo
Trio's Events	£11.00	per Trio

See page 8 for details of Promotional Couples Dance

Winter Solo Dance Competitions

November 19th & 20th 2011 Peterborough

Entry Details are as page 16

The Knockout System will be utilized wherever possible

Event 1	Non Medalists	Skaters March 100	Olympic Foxtrot 104
Event 2	Elementary & Preliminary	Denver Shuffle 100	Glide Waltz 120
Event 3	Inter-Bronze	Tudor Waltz 138	Kent Tango 100
Event 4	Bronze	14 Step 108	European Waltz 120
Event 5	Inter-Silver	Kilian 108	Association Waltz 132
Event 6	Silver & above	Viennese Waltz 138	Iceland Tango 100

Events 7, 8, 9, 10 are for Teams of 3 who skate as a Trio

Event 7	Non Medalists	Glide waltz 120	Rhythm Blues 92
Event 8	Elementary & Preliminary	Skaters March 100	Siesta Tango 100
Event 9	Inter-Bronze & Bronze	Imperial Tango 104	Blues 88
Event 10	Inter Silver & over	Paso Doble 112	Flirtation Waltz 120

OSP Competitions Events 11 to 16 Solo Original Set Pattern Dance

Event 11 - Non Medalists	Any Rhythm	3 x ½ sequences (no time limit)	
Event 12 - Elementary Medalists	Any Rhythm	2 sequences - normal OSP rules	
Event 13 - Preliminary Medalists	Any Rhythm	2 sequences - normal OSP rules	
Event 14 - Inter Bronze & Bronze Medalists	Any Rhythm	2 sequences - normal OSP rules	
Event 15 - Inter Silver Medalists	Any Rhythm	2 sequences - normal OSP rules	
Event 16 - Silver Medalists and over	Any Rhythm	2 sequences - normal OSP rules	
<u>Event 17</u>	Classic Skaters (25 years to 39 years)	Kleiner Waltz 138 Kent Tango 100	3 sequences 3 sequences
Event 18	Classic Masters (40 years and over)	Denver Shuffle 100 Swing Foxtrot 104	3 sequences 3 sequences
Event 19	Classic Duos	Olympic Foxtrot 104 Canasta Tango 104	3 Sequences 3 Sequences

The Knockout System will be utilized wherever possible

Open Challenge (No minimum Standard) Peterborough Saturday December 3rd 2011

FARS AGM WILL BE ON THAT SAME DAY AS THE OPEN CHALLENGE

2011 REGULATIONS FOR THE ORIGINAL DANCE (OD)

The choice of steps, connecting steps, turns and rotations is left to the skaters, provided those choices conform to the OD rules. This does not exhaust all the possibilities of steps, turns and rotations. Any are permissible, providing that at least one skate of each skater remains on the skating surface at all times throughout the dance.

Toe stop steps are permitted but remember whilst on the toe stop, there are no edges skated and therefore considered less difficult. Little hops (lifting of the skating foot a small distance from the floor) are allowed to express the character of the dance.

Two stops are allowed during the dance which must not exceed 10 (ten) seconds for each stop. Pulling or pushing the partner by the boot or skate is not permitted.

Partners must not separate except to change dance holds, or to perform brief movements in character with the rhythm chosen, or during a permitted stop, provided that they are performed no more than 2 arms- length apart and no more than 10 (ten) seconds

REGULATIONS FOR THE ORIGINAL DANCE (OD)

The Original Dance will consist of a Dance constructed of two (2) rhythms of the skaters choice, as listed below. Note – a couple can repeat the first rhythm they have chosen as a third change, but it must be the same melody and tune as the first

2011 SWING COMBINATION

Jive - Boogie Woogie - Jitterbug - Rock & Roll - Blues

Set Elements that MUST be included in the OD

1. **One straight-line step sequence**, along the long axis of the rink, extending as near as possible the full length of the skating surface. During this step sequence the partners MUST NOT touch but remain no more than one arms length apart.

NOTE:- The closer the couple skate this sequence without touching, and the more difficult the steps/turns, will obviously receive more credit.

2. **One change of direction lift** – one SMALL LIFT MUST BE executed with one change of direction – there must not be more than one half (1/2) revolution in the lift, only a change of direction, (either change of edge and/or forwards to backwards, or backwards to forwards), with the lady's waist no higher than the man's shoulder. During the execution of this element it is not allowed for the ladies to assume an upside down position with the legs in a split or semi-split position in front of the man's face.
3. **One diagonal step sequence together in any dance hold.**
4. **One dance spin** (one position only) in any dance hold/position, with minimum two (2) and maximum five (5) revolutions.

TIMING VIOLATIONS – COMPULSORY DANCE, OD AND FREE DANCE

Any deduction made by a judge for incorrect timing to the music must be based on the duration of the fault.

For a timing fault, there must be a minimum deduction of 0.2 for Compulsory Dances and 0.2 from the “B” mark for OD/Free Dance.

In OD and Free Dance there are no restrictions on Dance Holds, arm movements, hand claps etc. which are interpretive of the music.

The OD. must contain difficult movements and be expressive of the music.

During the first and the last 10 (ten) seconds of the OD the following movements are allowed (but not obligatory):

- a) Laying with hands, knees or other parts of the body on the skating surface
- b) Stationary movements in character with the rhythm of the OD

A deduction of 0.2 from both the A and B mark will be made for any violation of the above

SOLO FREE DANCE RULES

General notes on Technical Merit:

All steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted. Intricate footwork must be included and must display both originality and difficulty.

Kneeling or laying on the floor is only allowed at the beginning and/or end of the programme. This may be done for a maximum of five (5) seconds at the beginning or at the end. Each violation will be 0.3 in the B mark

Certain Free Skating movements such as turns, arabesques, pivots, jumps and spins are permitted with the following limitations:

- No more than 3 (three) revolutions per spin.
The total number of spins must not exceed 2 (two) including set spin
- Small jumps are permitted but must not exceed more than one revolution, with the total number of jumps not exceeding 3 (three) including set jump
- Vocal music is allowed
- **A Free dance programme which contains more than the above number of spins or jumps will be penalised by the Judges, for each violation 0.3 in the B mark**

Set Elements that must be included in a Solo Free dance:

- One spin with 3 revolution (not more than 3 revolutions)
- One small jump (not more than one revolution)
- One diagonal step sequence extending as near as possible the diagonal of the skating surface
- One straight line step sequence commencing from a standing start along the long axis of the rink extending as near as possible the full length of the skating surface

SEE PAGE 9 FOR DEDUCTIONS

CEPA September 2010 Alterations necessary to the 2011 Calendar of Events

Due to decision taken at the recent CEPA General Assembly, and after the CEPA Executive Committee Meeting, the following alterations should be made to you all to the Calendar of Events :-

Page 18 – ADD the following as a separate page for Solo Free Dance:-

General notes on Technical Merit Free Dance Youth category:

All Steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Intricate footwork must be included and must display both originality and difficulty.

Kneeling or laying on the floor is only allowed at the beginning and/or end of the programme. This may be done for a maximum of five (5) seconds at the beginning or at the end. The deduction will be 0.3 in the B mark for each violation.

Certain free skating movement such as turns, arabesque, pivots, jumps and spins are permitted with the following limitation:

- No more than three (3) revolutions per spin are permitted. The total number of spins must not exceed two (2), including the set spin.
- Small dance jumps are permitted but must not exceed more than one revolution, with the total number of jumps not exceeding two (2), including the set jump.
- Vocal music is allowed.

A free dance programme which contains more than the above number of spins or jumps will be penalized by the judges. The deduction for each violation will be 0.2 in A mark.

Set Elements that must be included in the solo free dance

- One spin with 3 revolutions (not more than 3 revs)
- One small jump of one revolution
- One diagonal step sequence – extending as near as possible the diagonal of the skating surface

Penalty of 0.5 in A mark for an element not performed.

Penalty of 0.2 in A mark and no credit for each extra rotation of the above 3 max permitted.

Penalty of 0.2 in A mark and no credit for each jump with more than one revolution.

General notes on Technical Merit Free Dance for Espoir Category:

The Free Dance should be a simple Free dance with all steps and turns permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Kneeling or laying on the floor is only allowed at the beginning and/or end of the programme. This may be done for a maximum of five (5) seconds at the beginning or at the end.

The deduction will be 0.3 in the B mark for each violation.

Certain free skating movement such as turns, arabesque, pivots, jumps and spins are permitted with the following limitation:

- Max one (1) spin of no more than three (3) revolutions is allowed.
- Max one (1) small dance jump of one revolution is permitted.
- Max one (1) small dance jump of half-revolution is permitted.
- Vocal music is allowed.

A Free Dance Programme which contains more than the above number of spins or jumps will be penalized by the Judges. The deduction for each violation will be 0.2 in A mark.

Set Elements that must be included in the solo free dance

- One diagonal step sequence – extending as near as possible the diagonal of the skating surface

Penalty of 0.5 in A mark for an element not performed.

Penalty of 0.2 in A mark and no credit for each extra rotation of the above 3 max permitted.

Penalty of 0.2 in A mark and no credit for each jump with more than one revolution.

JUNIOR AND SENIOR FREE DANCE REGULATIONS

FREE DANCE LIMITATIONS

Dance lifts are permitted (to enhance the performance of the programme (not to display feats of strength or acrobatics). A maximum of five (5) lifts in Free Dance will be allowed. The number of revolutions may not exceed one-and-a-half (1.5), **with the Man's hands no higher than his shoulders**. Any choreographic movements in which the partner is assisted aloft, and has both feet off the floor shall be considered a lift.

The change of position in a lift is permitted.

During a lift it is not allowed for the Lady to assume an upside down position with the legs in a split or semi-split position in front of the Man's face.

Maximum number of Lifts permitted in Free Dance

Mini/Elementary (Espoir)	3 Lifts
Cadet/Youth	4 Lifts
Junior/Senior	5 Lifts

FREE DANCE SET ELEMENTS

Set elements that MUST BE included in a Free Dance Programme are :

ONE STRAIGHT-LINE STEP SEQUENCE, along the long axis of the rink (the middle of the rink), extending as near as possible the full length of the skating surface. During this step sequence the Partners **MUST NOT** touch but remain no more than one arms length apart.

NOTE: The closer the couple skate this Sequence without touching, and the more difficult the steps/turns, will obviously receive more credit. (This is the same rules as OD)

ONE STEP SEQUENCE - Performed together in any dance hold, either Diagonal OR Serpentine, extending as near as possible to the full length of the skating surface.

Reminder

ENTRY AND EXIT ON THE FLOOR FOR DANCE, O.D. & FREE DANCE

When a Couple are announced for Compulsory Dances, Original Dance and Free Dance the entrance must be no longer than fifteen (15) seconds. The exit of the Compulsory Dances, Original Dance and Free Dance must be no longer than fifteen (15) seconds.

The penalty for each extra second will be 0.1 for Compulsory Dances and 0.1 from the "B" mark for OD / Free Dance.

THIS RULE WILL ALSO APPLY IN SOLO DANCE EVENTS

CADET AND YOUTH AND FREE DANCE REGULATIONS

Set Element that must be included in a Free Dance Programme :-

One step sequence – performed together in any Dance Hold, either Diagonal OR Serpentine, extending as near as possible to the full length of the skating surface”

Maximum number of Lifts Cadet/Youth 4 Lifts

TIMING VIOLATIONS – COMPULSORY DANCE, OD AND FREE DANCE

Any deduction made by a Judge for incorrect timing to the music must be based on the duration of the fault. For a timing fault, there must be a minimum deduction of 0.2 for Compulsory Dances and 0.2 from the “B” mark for OD/Free Dance.

General Guidelines for Free Dance are contained in the FARS Manual of Artistic Roller Skating 2.15.01

Specific Dance Rules: In Compulsory Dance

On skating surfaces under 22 x 44 metres, it is permissible to cross the long axis slightly (not more than two 2 metres).

Penalty 0.2 for each violation of this Rule.

Skaters who skate edges that go back against the general direction of the Dance WILL be penalised by 0.2 for each violation. of this Rule

NOTE: All patterns of Dances are progressive

NOVELTY NUMBER See Page 8

Rules are as for normal Couples Skating.

However Couples can be Lady and Lady, Man and Man or Man and Lady.

If Couple are Lady and Man they must switch steps (i.e. the Man must skate the Lady’s steps and the Lady the Man’s steps)

The ratio of marks are 40% on Dress/Novelty and 60% on the Dance/Skating.

Skaters will be required to skate 3 sequences of the Dance and shall not take more than 20 seconds on entering and on leaving the floor.

Mini Championships Long Programme only

Free: 2.30 seconds +/- 10 secs. To include only the following elements –

Jumps Can insert only

Maximum jumps of 1 (one) revolution + Axel, Double Toe Loop and Double Salchow.

Maximum of 2 (two) combination jumps with a min. of 2 and max. 5 jumps chosen from those listed above.

Spins There MUST be at least two (2) spins, one of which MUST be a combination. (CEPA 2011)

**One Spin must be a Single Upright Spin OR Combination of any Upright Spins
(this Spin cannot include other positions than Upright).**

Footwork

Minimum 1 (one) step sequence (circle or line/diagonal or serpentine) to the skater's choice.

Which must include one "loop Step" (double three with a wrapped free leg

A Spiral (arabesque) Sequence

**With minimum of 2 or more positions, fully utilizing the long axis
of the rink surface and minimum one-half of the short axis.**

The pattern should be serpentine with at least two bold curves.

Elementary (Espoir) Championships

Free: 3 minutes +/- 10 secs. To include only the following elements –

Jumps Can insert only

Maximum jumps of 2 (two) revolutions (no Double Axel or triples).

Spins There must be at least two (2) spins, one of which MUST be a combination.

**One Spin must be a Single Sit Spin OR Combination of any Sit Spins
(this Spin cannot include other positions that Sit).**

Footwork:

Minimum 1 (one) step sequence (circle or line/diagonal or serpentine) to the skater's choice.

Which must include one "loop Step" (double three with a wrapped free leg

A Spiral (arabesque) Sequence

**With minimum of 2 or more positions, fully utilizing the long axis
of the rink surface and minimum one-half of the short axis.**

The pattern should be serpentine with at least two bold curves.

General Rules that apply to Minis and Espoir Programmes

A jump of the same kind (type and rotation), with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole programme.

If the Skater performs the same jump (type and rotation) more than three (3) times, a deduction of 0.3 from the "A" mark will be applied.

All the combination jumps MUST be different.

If a Skater performs the same combination jumps more than once, a deduction of 0.3 from the "A" mark will be applied.

There MUST be at least two (2) spins, one of which MUST be a combination.

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.

Please Note: Extra elements will receive no credit by the Judges and the Skater will have a deduction for each one of 0.5 point in "B" mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the "A" mark given by the Referee.

INTERNATIONAL SHORT PROGRAMME SET ELEMENTS

Cadet / Youth / Junior / Senior

ELEMENTS AND GUIDELINE FOR SHORT PROGRAMME SINGLE AND SET ELEMENT FOR LONG PROGRAMME

Short Programme

The elements to be skated in the two minutes fifteen seconds (2.15)

Short Programme must be as listed below:

Axel – This can be a Single, Double or Triple.

INLINE - Only Single Axel - No Triple Jumps in the Short Programme

Toe Assisted Jump – This can be a Single, Double or Triple. (Inline No Triples)

Combination of Jumps – Minimum of three (3) jumps, maximum of five (5) Jumps, to include one Jump with two (2) revolutions or more.

One class “A” Single Spin – Select from the following list (entry and exit optional):

Inverted Camel (any edge)

Heel Camel (forward or backward)

Broken Ankle (forward or backward)

Lay Over Camel (any edge)

Jump Camel

Jump Sit

For Cadet/Youth the single spin can be from Class A, B, or C

For Junior in Gt. Britain and Europe the Single Spin can be from Class A or B

In Junior World Championships it must be from Class A

For Cadet/Youth Free Skating - Short and Long programmes a Broken Ankle Spin is not allowed.

Spin Combination – 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.
The entry and exit is optional.

Step sequence – For 2011 is Serpentine

The elements MUST be performed in the order as follows:

1. Jump Element (combination jump or axel)
2. Jump Element (combination jump or axel)
3. Spin Element (single spin or combination spin)
4. Toe Assisted Jump
5. Step Sequence
6. Spin Element (single spin or combination spin)

**The six
listed elements
must
not
be repeated**

To Clarify:

No.1 and No.2 above – Skaters can choose to skate the Combination Jump first or second, and the Axel first or second.

No.3 and No.6 above – Skaters can choose to skate the Single Spin third or last and the Combination Spin third or last.

General:

All the above elements must be performed.

The single elements listed above may also be skated in the combination jumps or spins.

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.

If it is clear that the intention is to perform an element it will be considered an attempt.

Short Programme Details

Continued on next page

Short Programmes - continued

The six listed elements must not be repeated.

An Element not attempted will carry a Penalty of 0.5 from the “A” mark

Any Class “A” Spin with more than One Position will be given a deduction of 0.5 from the “A” Mark.

Any Spin Combination with more than three positions will be given a deduction of 0.5 from the “A” Mark.

Any Jumps Combination of more than five (5) Jumps will be given a deduction of 0.5 from the “A” Mark.

Not performing the Elements in the order as outlined above will carry a penalty of 0.5 from the ‘B’ Mark

Falls: Short & Long Programmes

Complete loss of balance with the body making contact with the floor will be penalised by 0.3, on each and every occasion. This amount will be deducted from the ”B” mark.

Authorised Spins (one position)

Seniors:	Class “A”
Juniors:	Class “A” & “B”.
Youth/Cadets:	Class “A”, “B” & “C”

Class A

Inverted Camel (any edge)

Heel Camel (forward or backward)

Broken Ankle (forward or backward)

Lay Over Camel (any edge)

Jump Camel

Jump Sit

Class B

BO Camel (arabesque)

BI Camel (arabesque)

BO Sit Spin

Class C

BI Sit Spin

FO Sit Spin

Cross Foot Spin

FO Camel (arabesque)

Long Programme

In the Free Skating Long Programme **Youth, Junior & Senior** the Skaters MUST INCLUDE at least two (2) DIFFERENT Step Sequences either Diagonal, Circular or Serpentine.

In the Free Skating Long Programme **Cadet** the Skaters MUST INCLUDE at least one (1) Step Sequence either Diagonal, Circular or Serpentine.

For each Step Sequence not performed a Deduction of 0.5 from the “A” mark will be given.

Limitations on Jumps and Spins in a Free Skating Long Programme (Ladies/Men’s – Cadet/Youth/Junior/Senior)

- A Jump of the same kind (type and rotation), with the exception of one revolution Jumps or less, can be performed no more than three (3) times in the whole Programme.
- If the Skater performs the same Jump (type and rotation) more than three (3) times, a deduction of 0.3 from the “A” mark will be applied.
- All the Combination Jumps MUST be different.
- If a Skater performs the same Combination Jumps more than once, a Deduction of 0.3 from the “A” mark will be applied.
- There MUST be at least two (2) spins, one of which MUST be a Combination.
- 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.

September 2010

NEW CEPA REGULATIONS FOR 2011

In Cup of Europe for 2011 and onwards there will be two new events :-

Mini Couples – Glide Waltz and Carlos Tango for 2011

Espoir Couples – Country Polka and Canasta Tango for 2011

For 2011 and onwards it will be allowed that Dancers can compete in Couples and/or Solo Dance each season.

Music – this must be presented on a CD (not cassette) clearly marked with the music for each part of the discipline on separate CDs, i.e. OD/ Free Dance separate, short/long programmes separate.

Costume Rules – these have changed slightly so please note:-

In all Artistic Events (including official training days), the costume for both women and men should be in character with the music but should not be such so as to cause embarrassment to the skater, judges or spectators.

The “appearance” of nudity of a costume is considered a violation of the rules and will be penalised. This means too much use of body stocking material which gives the appearance of nudity. Example – Men must not use transparent material for trousers and for torso. Ladies must not use transparent material for the breast and pants.

All other usual costume rules apply.

FEDERATION FEES (*Effective 1 Jan 2011*)

CHAMPIONSHIP FEES PER SKATER FOR 2011 SEASON See page 10

Tots / Mini Championships	£ 8.00 per skater
Elementary (Espoir) Championships	£15.00 per skater
Cadet / Youth Championship	£17.00 per skater
Junior Championships	£21.50 per skater
Senior Championships	£28.00 per skater
Classic Couples & Solos	£15.00 per skater
Precision Championship	£5.00 per skater

COMPETITION FEES PER SKATER FOR 2011 SEASON See page 10

Novice / Preliminary Competitions	£14.00 per skater
Bronze Competitions	£16.50 per skater
Classic Couples / Solo Competitions	£10.00 per skater
Inter Silver Competitions	£17.50 per skater
Silver Competitions	£21.50 per skater
Open Challenge Singles/Couples	£10.00 per skater
Open Challenge Show Groups	£25.00 per team

TEST FEES

Elementary/Preliminary Class	£7.00
Inter Bronze/Bronze Class	£12.00
Intermediate Second Class	£12.00
Second Class	£16.00
Intermediate First Class	£16.00
First Class	£16.00
GOLD STAR	£25.00

FEDERATION MEMBERSHIP SUBSCRIPTION FEES

Junior (Under 18 years)	£20.00 per year
Seniors (18 and over)	£29.50 per year

NEW first time Members will receive a Reduced Membership of Half Price (£10.00 for Juniors and £14.75 for Seniors) for their first year of Membership.

**This does not apply to Lapsed Memberships who must renew at the normal rate.
More than two years lapsed - £59.00**

CLUB AFFILIATION FEES

£40.00 per annum

Note: For renewals due 1st October 2010

AFFILIATED SKATING SCHOOL FEES

£100.00 per annum

PERMIT FEES

No permit fees are payable for Affiliated Clubs.
Non-Affiliated Clubs/Organisation permit fee £50.00.

LINE FEES

For all Competitions a levy of 75p is payable on each entry line from the published results.
This applies to both Affiliated and Non-Affiliated clubs.

If these are not paid within 28 days after the Competition double fees will be invoiced

EXHIBITION PERMIT FEES

Galas/Shows/Pantomimes/etc.

By arrangement with the FARS Office

Neither the Federation of Artistic Roller Skating nor its Departmental Committees or Sub Committees shall be liable for accidents howsoever caused to Federation Members, Affiliated Clubs or their Members, Competitors or Candidates for Tests or Officials appointed by FARS arising out of or in connection with activities of the Federation on outdoor or indoor surfaces.

**The Board of Management will hold, where necessary,
Assessments for International Championships and Competitions**

FARS reserves the right to refuse admission to any FARS Event.