

# 2012 COMPETITION & CHAMPIONSHIP REGULATIONS

**Details of the Competitions and Championships will be  
found in the 2012 Calendar of Events**



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# FARS follows the International Regulations for Competitions and Championships

This 2012 edition contains all the relevant details

## CONTENTS

Marking Deductions CIPA & CEPA	3
Regulations O S P	4
General Rules about Couples and Solo Dance Competitions	5
Free Dance Set Elements - Couples	6
Original Dance	7 & 8
Timing Violations	9
Solo Free Dance Rules	9
Solo Free dance - Espoir & Youth	10
Cadet & Youth Couples; Free Dance Regs	11
Junior & Senior Couples Dance Regs	12, 13 & 14
Couples: Free Dance Set Elements	14
Free Skating - Mini & Espoir	15
Free Skating - Cadet-Youth-Junior-Senior	16, 17 & 18
Costume Regulations	19

**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**

**VOCAL MUSIC IS NOT ALLOWED IN ANY FREE SKATING CATEGORIES**

# 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	by the Judges
	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	by the Judges – B mark
	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	by the Judges – B mark
	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	by the Judges – B mark
	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	0.2	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	0.2	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.**

# 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 should 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 See page 19

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**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**

# **General Rules: Couples and Solo Dance Competitions**

## **Warm-Up Competitions**

**Compulsory Dances:** Couples & Solo Dance)

Each group has **15 seconds** warm-up without music and then **one piece of music** is played for the warm-up.

**OD & Free Dance:** 2 minutes plus length of programmes.

**DANCE COUPLES - AGES** The category will be determined by the age of the oldest partner.

## **Draw: Skating order for Solo Dance Categories:**

**Minis:** After the first draw for the first dance the skaters will be divided in two groups. In the second dance the skater first of the second group will start.

### **Espoir, Cadet, Youth, Junior and Senior:**

After the draw for the First Dance the skaters will be divided in two groups. In the second dance the skater placed first of the second group will start.

**Free Dance** The order of skating of the Free Dance will be determined by taking the result of the Compulsory Dances, and reversing the places, and dividing the skaters into groups. Skaters who are placed highest will skate in the last group

## **Free Dance limitation (Couple) – ALL CATEGORIES**

Dance lifts are permitted to enhance the performance of the programme (not to display feats or strength or acrobatics). A maximum of five (5) lifts in the free dance will be allowed.

The number of the 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.

A 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.**

Cadet/Youth max. 4 lifts

Minis/Espoir max. 3 lifts

## **Entry and Exit on the Floor for Dance & Solo Dance – ALL CATEGORIES**

When a couple/skater 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 and 0,1 from the "B" mark for OD/Free Dance.

**Note that in Espoir Free Dance (Couple) there are no set elements.**

**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 is a minimum deduction of 0.2 for Compulsory Dances and 0.2 from the “B” mark for OD / Free Dance.**

**Opening Step in Compulsory Dances:**

**Number of beats to be used for all dances 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.**

# ORIGINAL DANCE FOR 2012

## RHYTHM COMBINATION

### Choice of Rhythms:

**Foxtrot, Quickstep, Charleston**

**The current rules apply – the Original Dance will consist of two (2) rhythms of the skaters choice as listed above. NOTE: a couple can repeat the first rhythm they have chosen, as the third change, BUT IT MUST BE THE SAME MELODY AND TUNE AS THE FIRST.**

**Length of time – 2 ½ minutes +/- 10 seconds.**

### **Foxtrot**

**Origin** – the exact origin is unclear although it was often said it took its name from its inventor, Harry Fox. Was first seen in 1914 in the USA.

It has been said that Handy's Memphis Blues was the inspiration for the Foxtrot – the Memphis Blues played slowly during breaks from fast paced dances, this being called the "Bunny Hug". The name was changed from this to the "Foxtrot" and it was later standardized by Arthur Murray, in whose version it began to imitate the position of the Tango

Over time Foxtrot split into slow and quick versions, referred to as "Foxtrot" and "Quickstep"

**Tempo 2/2 or 4/4 time**

**Music** - was originally danced to Ragtime, but today the dance is usually accompanied by the same big band music to which swing is danced.

**General Interpretation** – romantic, casual but controlled rhythmic motion, changes of speed, simple, graceful lines, with soft knees giving a "floating" action,

**Body Movement** - movements tend to sway with the hold not broken but varied – there may be considerable back arch, synchronized head movements and little up- per body motion.

### **Quickstep**

**Origin** - This evolved in the 1920's from a combination of the Foxtrot, Charleston, Peabody and One-Step. It is English in origin, and was standardised in 1927. While it evolved from the Foxtrot, the Quickstep is now quite separate. Unlike modern Foxtrot, the man often closes his feet and syncopated steps are regular occurrences. Three characteristic dance figures of the Quickstep are the chasses, where the feet are brought together, the quarter turns, and the lock step. Many advanced patterns today are cued with split beats, such as "quick-and-quick-and-quick, quick, slow" with there being further steps on the „ands" s.

**Tempo – 4/4 time at about 50 bars per minute**

Continued on next page

## Quickstep

## Continued

**Music** – there are many Quicksteps suitable for the OD, the classic Quickstep song was said to be Louis Prima's "Sing, Sing, Sing" Music can be lyrical or with a driving beat.

**General Interpretation** – The Quickstep is elegant like the Foxtrot, and should be smooth and glamorous. The dancers should appear to be very light on their feet, but very energetic. The knee, essentially soft, builds speed and energy, joyful and carefree. Remember it is a travelling dance – using chasse, quick hopping steps, interspersed with smooth gliding steps. Steps tend to be small and neat, spinning turns, crossed steps, running steps....

The body has a swaying action with the lady's back arched and man erect with little upper body motion.

## Charleston

**Origin** - Developed in African-American communities in the USA in 1920 and named after the city of Charleston, South Carolina. Originated in the Broadway Show "Running Wild" and became one of the most popular hits of the decade. Firstly done with a simple twisting of the feet to a lazy rhythm, but when it went to Harlem a new version was added and it became a fast kicking of the feet backward and forward, and many changes of movement have been performed over the years. Today it is an important dance in Lindy Hop culture, danced in many permutations; solo, as a couple or in groups.

Tempo – 2/4 time 55-66 measures/minute or 110-132 beats/minute. Can also be 2/2 jerky, staccato syncopated rhythm.

**Music** – Many pieces of Charleston music are available, and the music depends on the "style" chosen for this dance.

**General Interpretation** – lively, exuberant, with considerable vitality.

Very specialised steps tend to be on the spot, flexing and stretching the knees and twisting of the feet with the shifting of weight. Arms tend to contra swing in a crouching position. You can find Contemporary Charleston, Tap Charleston, Solo, Partner or Group Charleston, but we are talking of Partner Charleston, which involves a number of position, where closed position is opened out so that both partners may face forward without breaking apart. There are numerous variation on the footwork and on the holds, including "hand-to-hand" Charleston.

If couples understand the "Origin" of a rhythm it gives an understanding of the dance and should help in the construction and choice of music for a particular Rhythm.

MARGARET BROOKS

Vice-President CIPA

President CEPA

## 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. Vocal music can be used for OD and free dance

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

**A Jump in Solo Free Dance means a recognised Jump of one rotation. This does not include Half Rotation Jumps or Two Footed Jumps, or Three Jumps, all of which can be included in the programme and Judged in the Technical Mark**

- 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 0.2 in the A 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

## **General notes on Technical Merit Free Dance Youth & Cadet Categories:**

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.

**A Jump in Solo Free Dance means a recognised Jump of one rotation. This does not include Half Rotation Jumps or Two Footed Jumps, or Three Jumps, all of which can be included in the programme and Judged in the Technical Mark**

- 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.

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## **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.
- 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.

# CADET & YOUTH COUPLES 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 for 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.**

*This rule does not apply Internationally*

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 NUMBERS**

**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.**

# JUNIOR & SENIOR COUPLES DANCE REGULATIONS

## OD GENERAL REGULATIONS

An Original Dance (OD) 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 OD must incorporate not only existing and recognizable steps, but also new and original steps.

The pattern of the dance is very important in determining Technical Merit. A dance which utilizes the entire skating surface is more difficult than a dance which uses ninety per cent of the surface. A dance possessing good Technical Merit will use the corners of the skating surface.

The lobes of an OD must be deep, with the flow of the dance maintained at all times.

The skaters must use as many positions as possible. A constantly changing relationship of the partners indicates a great degree of difficulty.

Novelty items are perfectly acceptable, provided they are not excessive and fit the character of the music.

The character of the dance must 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 skaters should make the difficult steps look easy, with

flow throughout the dance. (DS 8.26.10)

A team's unison and line are very important to the overall impression. The team should present a total look of togetherness, using bodies, legs, arms, heads, hands, etc., for a total performance. It is not necessary that the couple perform the same steps or the same movements at the same time, but remember, separate movements must co-ordinate to form a complete "picture". CIPA RULE BOOK 2010 5.4.docx 64

### **THE DANCE MUST NOT BE A FREE DANCE.**

Each couple must choose their own music, tempo, and composition. Orchestral music and vocal music is permitted. This does not preclude background musical effects, which are considered as being expressive of a particular type of folk music. The incorrect selection of music for the rhythm chosen shall result in a mark of point zero (.0) by each judge.

The rhythm is set each year by CIPA (see DS 8 .04) The

OD can be started at any place on the floor.

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 except for DS 8.26.25. 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 except for DS 8.26.24.

There are no restrictions on dance holds, arm movements, hand claps etc. which are interpretive of the music.

*O D General Regulations: continued from previous page*

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

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

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

The penalty will be 0.3 for each violation (from the B mark).

**The Dance *MUST INCLUDE* the following elements:**

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. ***This element must be included.***

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

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 lady to assume an upside position with the legs in a split or semi-split position in front of a man's face. *This element must be included.***

One diagonal step sequence together in any dance hold. ***This element must be included.***

One dance spin (one position only) in any dance/hold position, with minimum 2 and maximum five (5) revolutions. ***This element must be included.***

Each of the elements outlined in DS 8.26.25, 8.26.26, 8.26.27, 8.26.28 not performed will carry a penalty of .5 from the A mark.

Costumes for the Original Dance (OD) should be in character with the dance but not extreme. Props of any nature are forbidden. For the complete guidelines concerning costumes, consult SR 3.11.

Scores are assigned for the Original Dance as outlined in DS 8.08 CIPA RULE BOOK 2010 5.4.docx 65

**The first score (Technical Merit – A)** shall be assigned based on the following factors exhibited by the Team:

- Originality
- Difficulty
- Variety
- Position
- Pattern
- Speed of the Dance

**The second score (Artistic Impression – B)** shall be assigned based on the following factors exhibited by the team:

- Correct timing of the dance
- Movements of the couple in rhythm
- Relationship of the skating movements to the character of the music.
- Cleanness, execution, and utilization of the skating surface
- General carriage and line of the couple.

**For point deductions for Compulsory Dance, Original Dance, and Free Dance, See page 3**

# **JUNIOR & SENIOR COUPLES: FREE DANCE REGULATIONS**

## **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

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## **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.

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### **CADET & YOUTH Couples: Free Dance Set elements**

**Set elements that MUST BE included in Free Dance programme are:**

One step sequence – performed together in any dance hold, in diagonal, extending as near as possible to the full length of the skating surface.

**Note that in Espoir Free Dance (Couple) there are no set elements.**

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## **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**

## 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.**

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## 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.**

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## 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 2012 is Diagonal

**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)

**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 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

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### **Falls: Short & Long Programmes**

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by 0.2 on each and every occasion. This amount will be deducted from the “B” mark.

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### **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)

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## **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.

*Continued on next page*

## TOE-LOOPS – Clarifications of new rules

### 1. The GOOD execution of the element:

A toe loop 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 a one-quarter turned without opening the left arm/shoulder.

**This will be given full value (Maximum of 1.6) and be considered a good execution.**

### 2. The FAIR execution of the element:

A **toe loop** 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 a one-quarter turned without opening the left arm/shoulder.

**This will be given half value(maximum of 0.8) of No.1 above.**

### 3. The BAD execution of the element:

A **toe loop** 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.**

**This will be considered as a bad attempt and therefore a quarter of the value**

**(Maximum of 0.4) of No.1 above.**

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### **Important:**

From 2012 in the Short Programme if the ELEMENT “TOE ASSISTED JUMP” is made like above “3. third execution” the jump will have NO CREDIT and will be penalized like extra element (0,5 points in the B mark).

THIS DOES NOT REFER TO THE COMBINATION JUMP.

## SPINS - Clarifications of New Rules

### **Important:**

All Spins when the change of position is performed with additional hitching of the employed foot (“pumping”) it will be considered a poor quality spin.

Therefore in the Short Programme the Combination Spin performed with such changes of positions will be penalized 0.5 points in the “A” mark.

## Costume Requirements (Men & Women)

### These Rules are from the CIPA International Rules

In all artistic competitive roller skating events ( including official training days), the costumes for both Women and Men should be in character with the music, but should not be such so as to cause embarrassment to the Skater, Judges, or Spectators.

Costumes which are very low cut at the neck , or which show bare midriffs are considered show costumes and are not suitable for championships skating.

Any beads or diamond trimmings used on the costumes must be very securely stitched so as not to cause obstruction to the following contestants.

The Woman's costume 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 hip bone. All costumes must have a skirt.

The Man's costume must not be sleeveless.

The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimeters below the collarbone.

Transparent material is not permitted.

The Man's shirt must not become detached from the waist of the trousers during a performance, so as to show a bare midriff.

Men cannot wear ballet tights.

Props of any nature are not permitted.

This means the costume remains the same throughout a performance with no additions during the performance, i.e. no use of props of any kind from beginning to the end.

The painting of any part of the body is considered a "show" and is not allowed in Figures, Free Skating, Pairs, Dance and Solo Dance Skating.

Penalties resulting from the violation of the costume rules will range between five-tenths(.0.5) and one point zero (1.0), according to the degree of violation.

At the instruction of the Referee, this penalty will be deducted after the score has been assigned by the Judges and will be deducted from the Artistic Impression mark.

**To clarify the first paragraph above – The "appearance" of nudity of a costume is considered a violation of the above rules and will be penalized. (This means too much use of body-stocking material which gives the appearance of nudity)**