

Federation of Artistic Roller Skating

Calendar of Events

2018



Age Categories 2018

Single, Pairs, Dance, Solo Dance

Entry requirements for Solo Dance events ONLY. There are no standards to enter national championships for Figures, Free or Couples Dance in 2018

Category	Year of Birth	Test Standard
Senior	1998 & Before	Silver
Junior	1999 & 2000	Inter-Silver
Youth	2001 & 2002	Bronze
Cadet	2003 & 2004	Inter-Bronze
Espoir	2005 & 2006	Preliminary
Minis	2007 & 2008	Elementary
Tots	2009 & After	None required

Championship Standard

Championship standards for Dance events ONLY. The rule requiring championship standard is revoked for Figures and Free. The Figure and Free Championships will be awarded to the winning athlete regardless of mark.

To win a Championship, skaters must reach the required standard minimum mark in each of the championships (Including combined). This must be awarded by the majority of judges. The minimum standards are:

Category	Gold Medal	Silver Medal	Bronze Medal
Junior / Senior	7.0	6.5	6.0
Cadet / Youth	6.5	6.0	5.5
Mini / Espoir	5.5	5.0	4.5
Tots	4.5	4.0	3.5

If the standard is not reached then the championship will not be awarded, it will be treated as a competition and medals/awards will be given but not the championship trophy.

FARS Events Calendar 2018

10th / 11th February	Fars Free Skating Seminar	TBC
17th / 18th March	Spring Solo Dance Address: Thurston Drive, Kettering, NN15 6PB	Kettering Sports Arena
23rd – 25th March	National Team Gathering Cadet/Youth/Junior/Senior (Figures and Free)	TBC
7th / 8th April	Figure and Free Comp Address: Thurston Drive, Kettering, NN15 6PB	Kettering Sports Arena
29th April	FARS Judges Seminar	TBC
12th / 13th May	Championships – Dance Tots / Mini / Espoir / Classic / Masters Address: Pasture Hill Road, Haywards Heath, RH16 1LY	Dolphin Leisure Centre
9th / 10th June	Championships – Dance Cadet / Youth / Junior / Senior / Quartets Address: Thurston Drive, Kettering, NN15 6PB	Kettering Sports Arena
23rd / 24th June	Championships Figure and Free Tots / Mini / Espoir / Cadet / Youth / Junior / Senior Address: Thurston Drive, Kettering, NN15 6PB	Kettering Sports Arena
20th – 22nd July	National Team Gathering for Europeans and Worlds (Figures and Free)	TBC
24th / 25th Nov	Winter Solo Dance Address: Thurston Drive, Kettering, NN15 6PB	Kettering Sports Arena

Coaches courses for Figure and Free Skating will be held at the end of the year, it is expected the first level will take place during one weekend in November and the second level course will take place during one weekend in December.

Official Programme Timings - *Timings for FARS created events will be alongside the event*

SENIOR	SHORT PROGRAMME	LONG PROGRAMME
Free	2:45 min. +/- 5 sec	Men 4:30min. +/- 10sec Ladies 4:15 to 4:30
Pairs	2:45 min. +/- 5 sec	4:30 min. +/- 10sec
Couple Style Dance	2:50 min. +/- 10 sec	
Couple Free Dance	3:30 min. +/- 10 sec	
Solo Style Dance	2:40 min. +/- 10 sec	
Solo Free Dance	3:00 min. +/- 10 sec	
JUNIOR	SHORT PROGRAMME	LONG PROGRAMME
Free	2:45 min. +/- 5 sec	Men 4:30 min. +/- 10 sec Ladies 4:15 to 4:30
Pairs	2:30 min. +/- 5 sec	4:00 min. +/- 10 sec
Couple Style Dance	2:50 min. +/- 10 sec	
Couple Free Dance	3:30 min. +/- 10 sec	
Solo Style Dance	2:40 min. +/- 10 sec	
Solo Free Dance	3:00 min. +/- 10 sec	
YOUTH	SHORT PROGRAMME	LONG PROGRAMME
Free	2:30 min. +/- 5 sec	4:00 min. +/- 10 sec
Couple Free Dance	3:00 min. +/- 10 sec	
Solo Free Dance	2:30 min. +/- 10 sec	
CADET	SHORT PROGRAMME	LONG PROGRAMME
Free	2:30 min +/- 5 sec	3:30 min. +/- 10 sec
Couple Free Dance	3:00 min. +/- 10 sec	
Solo Free Dance	2:00 min. +/- 10 sec	
ESPOIR		
Free Long Programme	3:00 min. +/- 10 sec	
Couple Free Dance	2:30min. +/- 10 sec	
Solo Free Dance	2:00 min. +/- 10 sec	
MINI		
Free Long Programme	2:30min. +/- 10 sec	
SHOW	MINIMUM	MAXIMUM
Small and Large	4:00 min.	5:00 min. +/- 10 sec
Quartet	3:00 mins. +/- 10 sec	
PRECISION	4:30 min. +/- 10 sec	

TOTS / MINI / ESPOIR / CLASSIC / MASTERS DANCE CHAMPIONSHIPS 2018

TOTS CHAMPIONSHIPS

COUPLES DANCE – Julie Whittingham Trophy

Dance 1:	Skaters March	No minimum standard 4 sequences
Dance 2:	Glide Waltz	4 sequences

SOLO DANCE – Nina Asquith Trophy

Dance 1:	Skaters March	No minimum standard 4 sequences
Dance 2:	Glide Waltz	4 sequences

MINI CHAMPIONSHIPS

COUPLES DANCE – Kent Costal Bowl

Dance 1:	Skaters March	No minimum standard 4 sequences
Dance 2:	Kinder Waltz	4 sequences

SOLO DANCE – M.K. Shield

Dance 1:	Skaters March	Min. standard Elementary 4 sequences
Dance 2:	Kinder Waltz	4 sequences

ESPOIR CHAMPIONSHIPS

COUPLES DANCE - Galvin Trophy

Dance 1:	Olympic Foxtrot	No minimum standard 4 sequences
Dance 2:	Werner Tango	4 sequences

Free Dance - 2018 Rules and Regulations

SOLO DANCE - M.K.Shield

Dance 1:	Swing Foxtrot	Min. standard Preliminary 4 sequences
Dance 2:	Werner Tango	4 sequences

Free Dance - 2018 Rules and Regulations

CLASSIC / MASTERS CHAMPIONSHIPS

Skaters entering the Senior Couples/Solo Dance Championships in 2015, 2016 & 2017 are not eligible for these events. Skaters may only enter one solo dance Championship.

CLASSIC COUPLES – Belmar Trophy

		Over 25 years
Dance 1:	Skaters March	3 sequences
Dance 2:	Swing Foxtrot	3 sequences
Dance 3:	City Blues	3 sequences

CLASSIC SOLO A – Sammy Samuels Trophy

		Over 25 years - Up to Bronze
Dance 1:	14 Step (Mens Steps)	3 sequences
Dance 2:	Rhythm Blues	3 sequences
Dance 3:	Imperial Tango	3 sequences

CLASSIC SOLO B – Jem Plate

		Over 25 years – Inter-Silver & above
Dance 1:	Paso Doble	2 sequences
Dance 2:	Rocker Foxtrot	3 sequences

Dance 3: Blues 2 sequences

MASTERS SOLO A – *Sherwood Trophy*

Over 40 – 55 years

Dance 1: Rhythm Blues
Dance 2: Werner Tango

3 sequences
3 sequences

MASTERS SOLO B – *Classic Trophy*

Over 55 years & Above

Dance 1: Skaters March
Dance 2: Swing Foxtrot

3 sequences
3 sequences

NB: Masters skaters are permitted to skate in the Classic event, but unable to skate in both Masters and Classics.

TOTS / MINI / ESPOIR / CADET / YOUTH / JUNIOR / SENIOR
FIGURE & FREE CHAMPIONSHIPS 2018

TOTS CHAMPIONSHIPS

No minimum standard

FIGURES *Elizabethan Plate for Girls & Buster Plate for Boys*

- (1) RFO
- (2) RFI

FREE SKATING - *Elizabethan Plate for Girls & Casper Plate for Boys*
2 minutes +/- 5 seconds – Simple free programme

COMBINED - *Elizabethan Bowl for Combined Girls & Moorcroft Trophy for Combined Boys*

MINI CHAMPIONSHIPS

No minimum standard

FIGURES *Denham Trophy for Boys and Girls*

Group 1

- 3 – RBO
- 8 – a/b FO Three
- 2 – LFI

Group 2

- 4 – RBI
- 9 – a/b FI Three
- 1 – LFO

FREE SKATING - *Marson Trophy for Girls & FARS Trophy for Boys*

Long programme - 2018 Rules and Regulations

COMBINED - *Rutterford Trophy for Girls & Mallinson Trophy for Boys*

ESPOIR CHAMPIONSHIPS

No minimum standard

FIGURES *Wood Trophy for Ladies & FARS Trophy for Men*

Group 1

- 19 – a/b FI Bracket
- 14 – RFO Loop
- 28 – a/b Forward Change double three

Group 2

- 18 – a/b FO Bracket
- 15 – RFI Loop
- 12 – RBO Double Three

Group 3

- 13 – RBI Double Three
- 14 – RFO Loop
- 28 – a/b FO Change Double Three

FREE SKATING - *Thirkell Trophy for Ladies & Mallinson for Men*

Long programme - *2018 Rules and Regulations*

COMBINED SKATING - *Taylor Cup for Ladies & Taylor Cup for Men*

CADET CHAMPIONSHIPS

No minimum standard

FIGURES - *Falconer Cup for Ladies & FARS Trophy for Men*

1 Group Drawn from the following groups at first practice

Cadet:

Group 1

13 - RBI Double Three

19 - a/b FI Bracket

15 - RFI Loop

20 - a/b FO Rocker

Group 2

18 - a/b FO Bracket

21 - a/b FI Rocker

30 - a/b FO Change Loop

28 - a/b FO Change Double Three

Group 3

19 - a/b FI Bracket

22 - a/b FO Counter

16 - RBO Loop

28 - a/b FO Change Double Three

Group 4

13 - RBI Double Three

18 - a/b FO Bracket

30 - a/b FO Change Loop

23 - a/b FI Counter

FREE SKATING - *Lister Cup for Ladies & Robertson Plate for Men*

Short Programme – *2018 rules and regulations*

Long Programme – *2018 rules and regulations*

COMBINED SKATING - *Armstrong Cup for Ladies & Ashley Moore Trophy for Men*

PAIR SKATING - *Smith Cups*

YOUTH CHAMPIONSHIPS

No minimum standard

FIGURES - *Leicester Granby for Ladies & FARS trophy for Men*

1 Group Drawn from the following groups at first practice

Youth:

Group 1

20 - a/b FO Rocker

33 – a/b FIO Change Bracket

16 – RBO Loop

36 – a/b FO Paragraph Double Three

Group 2

21 – a/b FI Rocker

33 – a/b FIO Change Bracket

17 – RBI loop

29 – a/b BO Change Double Three

Group 3

22 – a/b FO Counter

33 – a/b FIO Change Bracket

17 – RBI loop

36 – a/b FO Paragraph Double Three

Group 4

23 – a/b FI Counter

32 – a/b FOI Change Bracket

30 – a/b FOI Change Loop

29 – a/b BO Change Double Three

FREE SKATING - Ely Trophy for Ladies & Fabb Trophy for Men

Short Programme – 2018 rules and regulations

Long Programme – 2018 rules and regulations

COMBINED SKATING - Kallenborn Cup for Ladies & Ethel Frost for Men

PAIR SKATING - Gladys Frost

JUNIOR CHAMPIONSHIPS

No minimum standard

FIGURES - Clydebank Trophy for Ladies & FARS trophy for Men

1 Group Drawn from the following groups at first practice

Group 1

42 – Forward outside Counter combined with Bracket and inside Counter a/b (3 circuits)

38 – Forward outside Loop paragraph a/b (3 circuits)

36 – Forward outside Double Three paragraph a/b (2 circuits)

Group 2

43 – Forward outside Rocker combined with outside Double Three a/b (3 circuits)

31 – Backward outside Change Loops a/b (3 circuits)

40 – Forward outside Bracket paragraph a/b (2 circuits)

Group 3

44 – Forward inside Rocker combined with inside Double Three a/b (3 circuits)

38 – Forward outside Loop paragraph a/b (3 circuits)

40 – Forward outside Bracket paragraph a/b (2 circuits)

Group 4

45 – Backward outside Counter combined with Bracket and inside Counter a/b (3 circuits)

31 – Backward outside Change Loops a/b (3 circuits)

37 – Forward outside Double Three paragraph a/b (2 circuits)

FREE SKATING - *McIlhone Trophy for Ladies & Fabb Trophy for Men*

Short Programme – *2018 rules and regulations*

Long Programme – *2018 rules and regulations*

PAIR SKATING - *Martin Taylor Cups*

SENIOR CHAMPIONSHIPS

No minimum standard

FIGURES - *Dobbins Trophy for Ladies & Dobbins Trophy for Men*

1 Group Drawn from the following groups at first practice

Group 1

46 – Forward outside Double Three combined with outside Rocker and backward Double Three a/b (2 circuits)

39 – Backward outside Loop paragraph a/b (3 circuits)

47 – Forward outside Bracket combined with inside Counter and backward Bracket a/b (2 circuits)

Group 2

48 – Backward outside Double Three combined with outside Rocker and forward Double Three a/b (2 circuits)

38 – Forward outside Loop paragraph a/b (3 circuits)

49 – Backward outside Bracket combined with inside Counter and forward Bracket a/b (2 circuits)

Group 3

50 – Forward Double Three combined with outside Counter and backward Double Three a/b (2 circuits)

39 – Backward outside Loop paragraph a/b (3 circuits)

51 – Forward outside Bracket combined with inside Rocker and backward Bracket a/b (2 circuits)

Group 4

52 – Backward outside Double Three combined with outside Counter and forward Double Three a/b (2 circuits)

38 – Forward outside Loop paragraph a/b (3 circuits)

53 – Backward outside Bracket combined with inside Rocker and forward Bracket a/b (2 circuits)

FREE SKATING - *Dobbins Trophy for Ladies & Dobbins Trophy for Men*

Short Programme – *2018 rules and regulations*

Long Programme – *2018 rules and regulations*

PAIR SKATING - *Gilbey White Cups*

Cup of Europe Figures

Mini

Group 1

3 – RBO

6 - a/b BOI Change

8 - a/b FO Three

Group 2

4 – RBI

5 – a/b FOI Change

9 – a/b FI Three

Espoir

Group 1

10 - RFO Double Three

19 – a/b FI Bracket

14 – RFO Loop

Group 2

11 RFI double Three

18 a/b FO Bracket

15 RFI Loop

Group 3

13 RBI Double Three

19 a/b FI Bracket

14 RFO Loop

CADET / YOUTH / JUNIOR / SENIOR DANCE CHAMPIONSHIPS 2018

CADET CHAMPIONSHIPS

COUPLES DANCE - Terenzi Trophies

No minimum standard

Dance 1	Swing Foxtrot	4 sequences
Dance 2	Siesta Tango	4 sequences

Free Dance – 2018 Rules and Regulations

SOLO DANCE - M.K. Shield

Min. Standard: Inter-Bronze

Dance 1	Keats Foxtrot	4 sequences
Dance 2	Siesta Tango	4 sequences

Free Dance – 2018 Rules and Regulations

YOUTH CHAMPIONSHIPS

COUPLES DANCE - Newgate Cup

No minimum standard

Dance 1:	Keats Foxtrot	4 sequences
Dance 2:	Imperial Tango	4 sequences

Free Dance – 2018 Rules and Regulations

SOLO DANCE - M.K. Shield

Min. Standard: Bronze

Dance 1:	Federation Foxtrot	4 sequences
Dance 2:	Kent Tango	4 sequences

Free Dance – 2018 Rules and Regulations

Cadet and Youth Solo Dance

The decision whether to split these events into Mens and Ladies will be made once the entry has closed.

JUNIOR CHAMPIONSHIPS

COUPLES DANCE - *Walbra Cups*

No minimum standard

Style Dance: Classic Medley with 1 sequences of Castel March
100+-2bpm)

Free Dance – *2018 Rules and Regulations*

SOLO DANCE - *M.K.Shield*

Min. Standard: Inter-Silver

Style Dance: Spanish Medley with 1 sequences of Argentine Tango (Mens Step)
96+-2bpm)

Free Dance – *2018 Rules and Regulations*

SENIOR CHAMPIONSHIPS

COUPLES DANCE - *Faudel Phillips Trophies*

No min. standard

Style Dance: Rock Medley with 1 sequences of Midnight Blues
88+-2bpm)

Free Dance – *2018 Rules and Regulations*

SOLO DANCE - *Mike Ward Trophy for Ladies& Stephen Bruce Trophy for Men*

Min. Standard: Silver

Style Dance: Swing Medley with 1 sequences of Italian Foxtrot
96+-2bpm)

Free Dance – *2018 Rules and Regulations*

PRECISION CHAMPIONSHIPS - *Imperial Bowl*

Show Teams

Quartet

Small Groups (6-12 skaters)

Large Groups (16-30 skaters)

For all Show events, there is a minimum age limit of 12 years old.

SPRING SOLO DANCE 2018

Solo Dance

Solo Dance Rules

- Skaters are permitted to only enter one (1) solo dance event
- Skaters are not permitted to skate up
- Events 1 to 7 & 12-17 will be split in to 'A' and 'B' events.
 - A = Skaters who are the correct age and test standard for the category.
 - B = Skaters who are the correct age for the category but do NOT hold the correct test standard.

Event 1	Tots	Skaters March	Glide Waltz
Event 2	Mini	Skaters March	Kinder Waltz
Event 3	Espoir	Swing Foxtrot	Werner Tango
Event 4	Cadet	Keats Foxtrot	Siesta Tango
Event 5	Youth	Federation Foxtrot	Kent Tango
Event 6	Junior	Argentine Tango (Mens Steps)	* Junior Pick (see Spring Solo rules)
Event 7	Senior	Italian Foxtrot (2018 Steps)	* Senior Pick (see Spring Solo rules)
Event 8	Classic 25 years + A Up to Bronze	14 Step (Mens Steps)	Rhythm Blues
Event 9	Classic 25 years + B Inter-Silver and above	Paso Doble	Blues
Event 10	Masters 40 - 55 years	Swing Foxtrot	Werner Tango
Event 11	Masters 55 years +	Skaters March	Carlos Tango

Free Dance

Event 12	Mini	See Spring Solo rules section
Event 13	Espoir	Espoir rules apply
Event 14	Cadet	Cadet rules apply
Event 15	Youth	Youth rules apply
Event 16	Junior	Junior rules apply
Event 17	Senior	Senior rules apply

2018 Free Dance Rules should be used

Duo Dance

Duo Dance Rules

- Skaters are only permitted to enter one (1) Duo event
- Skaters are not permitted to skate up
- Skaters ONLY need to be the correct age to enter the event (test standards are not included)

Event 18	Tots/Mini/Espoir	Skaters March	Carlos Tango
Event 19	Cadet/Youth	Rhythm Blues	Kent Tango
Event 20	Junior/Senior	14 Step Plus	Westminster Waltz

Couples Dance

Event 21	Open Standard	Italian Foxtrot	Siesta Tango
Event 22	Open Standard	Denver Shuffle	Canasta Tango

SSD only Robinson Club Shield

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 all solo and Duo events. The club with the highest points total will be awarded the Shield

Ages

Category	Year of Birth	Test Standard
Senior	1998 & Before	Silver
Junior	1999 & 2000	Inter-Silver
Youth	2001 & 2002	Bronze
Cadet	2003 & 2004	Inter-Bronze
Espoir	2005 & 2006	Preliminary
Minis	2007 & 2008	Elementary
Tots	2009 & After	None required

Spring Solo Rules

Duos Dance:

Conventional Couples holds (Waltz, Foxtrot, Tango etc.) are not permitted to be used in Duo teams. The below elements must be seen in each category, if the elements are not met .3 will be taken from each judges score.

Mini/Espoir

Set Elements: -

1. At least 2 changes of hold must be taken during each dance

Cadet/Youth

Set Elements

1. At least 1 position change and 1 hold change should be taken during each dance

Junior/Senior

Set Elements

1. At least 2 position changes and 2 hold changes should be taken during each dance

Free Dance: Mini – 2:00 mins +/- 10secs

Set Elements: -

1. 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.

All steps and turns are 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.

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

- No more than three (3) revolutions per spin are permitted.
- Total number of spins must not exceed one (1).
- Small dance jumps are permitted but must not exceed more than one revolution
- Total number of jumps must not exceed one (1).

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

The Head of Dance will draw the dance on the Saturday morning of the event:

***Junior Pick**

1. Cha Cha Patin
2. 14 Step Plus
3. Flirtation Waltz

***Senior Pick**

1. Paso Doble
2. Harris Tango
3. Starlight Waltz

FIGURE AND FREE COMPETITION

Figure and Free Competition Rules

- Skaters are permitted to only enter one figure and/or one free event
- Skaters are not permitted to skate up an age category
- ALL events will be split into: -
 - 'A' Competitions – Skaters entering Championships 2018 with correct age/standard.
 - 'B' Competitions – All 'B' events are by standard. **NB: events may then be split further by age should there be a high number of entries.**

'A' COMPETITIONS

TOTS COMPETITION – No qualification required

Figures:

- | | |
|-----|-----|
| (1) | RFO |
| (2) | RFI |

Free Long Programme: 2 minutes +/- 5 seconds

MINI COMPETITION – Required standard: Elementary

Figures:

- | | |
|------|-----------|
| (4) | RBI |
| (8a) | RFO Three |

Free Long Programme – *Rules and Length of programme the same as championships*

ESPOIR COMPETITION – Required standard: Preliminary

Figures:

- | | |
|------|-------------|
| (6b) | LBOI Change |
| (9a) | RFI Three |

Free Long Programme

CADET COMPETITION – Required standard: Inter-Bronze

Figures:

- | | |
|-------|-------------------|
| (11) | RFI Double Threes |
| (18b) | LFO Bracket |
| (14) | RFO Loop |

Free Long Programme - *Rules and Length of programme the same as championships*

YOUTH COMPETITION – Required standard: Bronze

Figures:

- | | |
|-------|-------------------------|
| (28a) | RFO Change double three |
| (23b) | LFI Counter |
| (30a) | RFOI Change Loop |

Free Long Programme - *Rules and Length of programme the same as championships*

JUNIOR COMPETITION - Required standard: Inter-Silver

Figures:

(42 a/b)	FO Counter combined with bracket and Inside Counter (3 circuits)
(21 a/b)	FI Rocker (3 circuits)
(17)	RBI loop (3 circuits)

Free Long Programme - *Rules and Length of programme the same as championships*

SENIOR COMPETITION - Required standard: Silver

Figures:

(46 a/b)	FO Double Three combined with Outside Counter & Backward Double Three (2 circuits)
(40 a/b)	FO Paragraph Bracket (3 circuits)
(31 a/b)	BO Change Loop (3 circuits)

Free Long Programme - *Rules and Length of programme the same as championships*

'B' COMPETITIONS

NOVICE COMPETITION – No qualification required

Figures:

(1)	RFO
(2)	RFI

Free Programme: 2 minutes +/- 5 seconds

ELEMENTARY COMPETITION – Required standard: Elementary

Figures:

(4)	RBI
(8a)	RFO Three

Free Programme: 2 minutes +/- 5 seconds

PRELIMINARY COMPETITION – Required standard: Preliminary

Figures:

(6b)	LBOI Change
(9a)	RFI Three

Free Programme: 2 minutes +/- 5 seconds

INTER-BRONZE COMPETITION – Required standard: Inter-Bronze

Figures:

(11)	RFI Double Threes
(18b)	LFO Bracket
(14)	RFO Loop

Free Programme: 3 minutes +/- 10 seconds

BRONZE COMPETITION – Required standard: Bronze

Figures:

- (28a) RFO Change double three
- (23b) LFI Counter
- (30a) RFOI Change Loop

Free Programme: 3 minutes +/- 10 seconds

INTER-SILVER COMPETITION - Required standard: Inter-Silver

Figures:

- (42 a/b) FO Counter combined with bracket and Inside Counter (3 circuits)
- (21 a/b) FI Rocker (3 circuits)
- (17) RBI loop (3 circuits)

Free Programme: 4 minutes +/- 10 seconds

SILVER COMPETITION - Required standard: Silver

Figures:

- (46 a/b) FO Double Three combined with Outside Counter & Backward Double Three (2 circuits)
- (40 a/b) FO Paragraph Bracket (3 circuits)
- (31 a/b) BO Change Loop (3 circuits)

Free Programme: 4 minutes +/- 10 seconds

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)
 2. All entries, must be received by the office a minimum of two (2) calendar months prior to the date of the event. No late entries will be accepted.
 3. All Championship entries are controlled by age, including Inline.
 4. The standard of a skater is on the closing date for entries. Any forthcoming tests will not be taken into consideration.
 5. All 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 the season the partnership splits, then in the following season the respective partners can re-enter at the level at which their age dictates. The skating age is the age of a skater in the year in which the events take place.
 6. Trophies will be awarded to all Championship winners, providing the required standard is reached, (Figures, Free, Combined, Dance & Pairs) In Competitions trophies will be awarded for dance, pairs and combined only. FARS medals or miniature trophies will be awarded to the first three places in all Championships and Competitions.
 7. All Championships will be marked using a public marking system where possible. Results for all the events held by the FARS will be calculated using the current FIRS Artistic regulations for calculations.
 8. 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.
 9. 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.
 10. The compulsory figures in FARS events will be skated on circles of 6 metres in diameter.
 11. Music for FARS events must be sent digitally before the event. Clubs must take the appropriate steps to ensure that the music recording levels have been maximised and that the music provided is clear and is the correct version. Full instructions of how to do this will be sent to all clubs – any music not complying with these instructions will be rejected. 1 (one) USB per club should be brought to the venue containing all the clubs music as a backup, the USB should be clearly marked with the clubs name.
 12. 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 FIRS Artistic system following the short programme or Style Dance.
 13. For all Solo Dance Events LADIES STEPS will be skated unless specified.
 14. Music: Style Dance – It is mandatory to present before the Dance competition a certificate to confirm:
 1. The rhythms used
 2. The number of BPM of the Compulsory Dance Sequence(s)
- FARS will arrange verification of Style Dance, information will be sent to all clubs when this service is open.
15. There is no restriction on skaters entering both their respective Solo and Couples Dance Events.

16. There will be no minimum entry standards for Figure, Free, Pairs and Couples Dance Championships in 2018.

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

Rules and Regulations

FARS normally produces a “Rules and Regulations” document, these rules are copied from the CERS Artistic and FIRS Artistic regulation documents. As both manuals are “living” documents changes could occur throughout the year which means the FARS rules can become out of date. The FARS Board of Management wants to make sure all FARS Members has the latest information, so we encourage you to use the governing bodies regulations only.

CERS Artistic – Mini to Youth regulations

Link: <http://www.cers.pt>

FIRS Artistic – Junior to Senior regulations

Link: <http://www.rollersports.org/discipline/artistic/regulations>

If you have any questions around any of the rules please don't hesitate to contact the FARS Technical Officer at technicalofficer@fars.co.uk

International Selection Criteria FOR DANCE ONLY

International Championships Events

Includes European Championships, World Championships and Cup of Europe ONLY

All selections for the above events will be based on championships results, teams will be announced at championships wherever possible. The final decision on selections will be made by the FARS Executive Board.

Finishing 1st, 2nd or 3rd in the National Championships does not guarantee selection.

'A' International Events

Includes Hettange, German Cup & Misano,

To apply for a 'A' International event please complete an *International Application Form* (available on the FARS site <http://www.fars.co.uk/international-news>).

To be considered for a 'A' International competition, the below must first be adhered to:

- Top 5 finish at National Championships
- Minimum Test Standard:
 - Senior Silver
 - Junior Inter-Silver
 - Youth Bronze
 - Cadet Inter-Bronze
 - Espoir Preliminary

There is no minimum test standard for Minis for these International competitions.

'B' International Events

Includes Saen Trophy, Chapatim Roller Cup, Issy, Swiss Cup, Trofeo International, Sedmark Bressan, Amphora, Fabio Paulin Trophy)

To apply for a 'B' International event please complete an *International Application Form* (available on the FARS site <http://www.fars.co.uk/international-news>).

To be considered for a 'B' International competition, the below must first be adhered to:

- Top 10 finish at National Championships

Additional Notes

1. Skaters applying for 'A' or 'B' international competitions maybe be asked to complete a trial if they are applying for a higher category than skated in their previous championships.
2. Clubs must apply on behalf of skaters, applications from skaters or parents directly will be declined.
3. All contact from FARS will be direct to the club and not the individual skaters
4. All correspondence from skaters must be via the club to FARS including acceptance emails.
5. All 'A' class international competitions skaters will skate under Great Britain and skaters must wear the Great Britain 'B' tracksuit, t-shirts and parade outfit
6. All 'B' international competitions skaters will skate under their club and NOT Great Britain. Skaters should wear their club uniform and parade outfit.

International selections for Figures and Free ONLY

International selections will be made by the Head of Figures and Free following consultation with a selection team, the aim being to follow a skater focussed process to arrive at a decision. This process will start at the beginning of the year, where potential international athletes will be invited to a national gathering. The invitation is based on the previous year's results and attendance at seminars. It does not mean that a place will be offered, merely that it is a possibility either during the coming season or in future years depending on the skater's ability, attitude and commitment to achieving results. For competitions before the championships such as the German Cup the selection will be made following the results of the national gathering. For competitions following the championships the skaters will be informed after the championships. The communication will be by written announcement.

We are looking to progress as a nation internationally and skaters would be required to show that they have a solid base technique. This will be preferable to poor technique in attempting a higher grade of jump. Participation in seminars will be considered favourably as a sign of skater commitment.

Federation Fees 2018

Championship Fees 2018 season

Tots & Mini Championships	£11.00 per skater
Espoir Championships	£18.00 per skater
Cadet / Youth Championships	£20.00 per skater
Junior Championships	£24.00 per skater
Senior Championships	£31.00 per skater
Classic/Masters Couples & Solos	£18.00 per skater
Precision / Show / Quartet	£7.00 per skater

(The show prices should be used for SSD and WSD)

Competition Fees 2018 season

Novice / Preliminary Competition	£17.00 per skater
Bronze Competitions	£19.50 per skater
Inter-Silver Competitions	£20.50 per skater
Silver Competition	£24.50 per skater
Open Challenge Singles / Couple	£13.00 per skater
Open Challenge Show Group	£28.00 per team
Spring/Winter Solo Events	£14.00 per skater
Spring/Winter Solo Duo / Couples	£8.00 per skater

Test Fees

Elementary / Preliminary Class	£9.00
Inter-Bronze / Bronze Class	£14.00
Intermediate Second Class	£14.00
Second Class	£18.00
Intermediate First Class	£18.00
First Class	£18.00
Gold Star	£27.00

Federation Membership Subscription Fees

Junior (Under 18 years)	£22.00 per year
Senior (18 and over)	£31.50 per year

NEW FIRST TIME MEMBERS will receive a reduced membership of half price (£11.00 for Juniors and £15.75 for Seniors) for their first year of Membership. (This does not apply for lapsed memberships who must renew at the normal rate).

<u>Club Affiliation Fees</u>	£40.00 per annum
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<u>Affiliated Skating School Fees</u>	£100.00 per annum
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Permit Fees

No permit fees are payable for Affiliated Clubs
Non-Affiliated Clubs / Organisations 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 Competitions, 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 however caused by the Federation Members. Affiliated Clubs or their Members, Competitors or Candidates for Tests or Officials appointed by FARS arising out of or in connection with the activities of the Federation on outdoor or indoor surfaces.