

# FEDERATION of ARTISTIC ROLLER SKATING

## CHAMPIONSHIPS & COMPETITIONS 2005

### SPECIAL NOTES FOR 2005

Below are some notes that identify some of the major changes for the Competitions and Championships for the 2005 Season. The 2005 Spring Solo Dance details have already been issued and the 2005 Winter Solo Dance details will be issued later in the season following the club meeting at the Spring Solo Dance.

1. **For 2005 Championships all standards will be removed.** (This is for a trial period and will be reviewed each year).
2. As in previous years, skater's results from the Inter Silver and Silver Competitions will continue to be used in conjunction with their respective Championships to select teams for European Championships. Any eligible skaters not entering these events may exclude themselves from possible selection.
3. Whilst music can be presented on either Tape, CD or Mini Disk. Skaters are reminded that they should have a backup copy on another media just in case there is a problem with the equipment being used on the day of their event.
4. 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.
5. For 2005 the short program step sequence is a serpentine pattern. See page 9 (item 6) for full details.
6. International Diary of Competitions and Championships is on page 10 of this document. Championship entries will be selected from the relevant Championship and Competition results from the 2005 Season. Competition entries will be selected from skaters wishing to take part. Where possible the 2005 results will be used. Where this is not possible then the 2004 Seasons results will be used as a guide to selection. **ALL REQUESTS FOR INTERNATIONAL COMPETITIONS MUST BE MADE ON THE INTERNATIONAL REQUEST FORM.** A copy of this form will be sent to all Affiliated Clubs, copies are also available from the FARS web site. **PLEASE NOTE THAT FOR 2005 APPLICATIONS MUST BE SIGNED BY A PARENT FOR UNDER 18's GIVING PERMISSION TO BE CONSIDERED**
7. For the 2005 season all solo dance events will be **LADIES STEPS**.
8. For the 2005 season there is no restriction on skaters entering both their respective solo and couples dance events.
9. **Solo Free Dance** for 2005 there are 4 set elements that must be included in a solo free dance. These are listed on page 7.
10. **INLINE CHAMPIONSHIPS** will be held for the first time this season (2005). Details can be found on a separate sheet.

### Mini / Minor / Elementary Championships

Beaumont Leys Leisure Centre  
Leicester

30<sup>th</sup> April / 1<sup>st</sup> May 2005

#### Minis Category

8 years & under

**Figures:** (1) RFO  
(2) RFI

**Free:** 2 minutes± 5 Seconds - simple free programme

Elizabethan Bowl for Combined Girls  
Moorcroft Trophy for Combined Boys

**Solo Dance:** Skaters March (100) (4 sequences)  
Glide Waltz (120) (4 sequences)

Nina Wells Trophy

#### Minors Category

9 years and under

**Figures:** (1) RFO  
(2) RFI  
(5a/b) FO Change

**Free:** 2 minutes± 5 seconds

to include a diagonal step sequence from a standing start (*Factor 1.5*)

Marson Trophy for Girls /  
FARS Trophy for Boys  
Rutterford for Combined Girls  
Mallinson for Combined Boys

**Dance:** Country Polka (112) (4 sequences)  
Glide Waltz (120) (4 sequences)

**Solo Dance:** Skaters March (100) (4 sequences)  
Olympic Foxtrot (104) (4 sequences)

M.K. Shield

Elementary Category	10 & 11 years
<b>Figures:</b>	(3) RBO (4) RBI (8a/b) FO Three (9a/b) FI Three
Wood Trophy for Ladies / FARS Trophy for Men	
<b>Free:</b>	Short Programme 2 minutes $\pm$ 5 Seconds (See Page 9) Long Programme 3 minutes $\pm$ 10 Seconds (Factor 3)
Thirkell Trophy for Ladies / Mallinson for Men	
Taylor Cup for Ladies Combined Taylor Cup for Men's Combined	
<b>Dance:</b>	Denver Shuffle (100) (4 sequences) Canasta Tango(100) (4 sequences)
Galvin Trophy	
<b>Solo Dance:</b>	3 minutes Free Dance $\pm$ 10 Seconds (Factor 1.5) Skaters March (100) (4 sequences) Swing Foxtrot (104) (4 sequences)
M.K. Shield	
<b>Promotional Pairs:</b>	2 minutes to include 6 elements (Individual Waltz jump, Individual BI upright Spin, Waltz throw jump, Contact Spin (face to face Bi or BO in waltz position), A Spiral step sequence (holding) with at least one change of edge & direction for both skaters. A line, diagonal, circle or serpentine Sequence. A Spiral.
More information is available from the fars office on request	

### Cadet / Youth Championships

Venue To be confirmed

1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> July 2005

Cadet Category	12 & 13 years
<b>Figures:</b>	1 Group Drawn from Cadet European Figure groups at first practice
Falconer Cup for Ladies / FARS Trophy for Men	
<b>Free:</b>	Short Programme 2¼ minutes $\pm$ 5 seconds (as per Cadet Europeans) Long Programme 3 minutes $\pm$ 10 seconds (Factor 3)
Lister Cup for Ladies / Robertson Plate for Men	
Armstrong Cup for Ladies Combined Ashley Moore Trophy for Men's Combined	
<b>Dance:</b>	14 Step (108) (4 sequences) Tudor Waltz (144) (4 sequences) Swing Foxtrot (104) (4 sequences)
Terenzi Trophies	
<b>Solo Dance:</b>	3 minutes Free Dance $\pm$ 10 Seconds (Factor 1.5) Tudor Waltz (144) (4 sequences) Swing Foxtrot (104) (4 sequences) OSP Charleston see page 7
M.K. Shield	
<b>Pairs:</b>	Short Programme 2¼ minutes $\pm$ 5 seconds (as per Cadet Europeans) Long Programme 3 minutes $\pm$ 10 seconds
Smith Cups	
Youth Category	14 & 15 years
<b>Figures:</b>	1 Group Drawn from Youth European Figure groups at first practice
Leicester Granby for Ladies / FARS Trophy for Men	
<b>Free:</b>	Short Programme 2¼ minutes $\pm$ 5 seconds (as per Youth Europeans) Long Programme 4 minutes $\pm$ 10 seconds (Factor 3)
Ely Trophy for Ladies / Fabb Trophy for Men	
Kallenborn Cup for Ladies Combined Ethel Frost for Men's Combined	
<b>Dance:</b>	Kilian (108) (4 sequences) Newgate Cup European Waltz (120) (4 sequences) Imperial Tango (104) (4 sequences)
<b>Solo Dance:</b>	3 minutes Free Dance $\pm$ 10 seconds (Factor 1.5) Kilian (108) (4 sequences) European Waltz (120) (4 sequences) OSP Paso Doble see page 7
M.K.Shield	
<b>Pairs:</b>	Short Programme 2¼ minutes $\pm$ 5 seconds (as per Youth Europeans) Long Programme 3½ minutes $\pm$ 10 seconds
Gladys Frost	

**Junior / Senior Championships**

Venue

To be confirmed

1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> July 2005**Junior Category**

16 &amp; 17 years

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

**Free:** Short Programme 2¼ minutes ±5 seconds  
(as per Junior Worlds)  
McIlhone Trophy for Ladies /  
Fabb Trophy for Men Long Programme 4 minutes ± 10 seconds (Factor 3)

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

**Dance:** 14 Step (108) (4 sequences)  
Walbra Cups Imperial Tango (104) (4 sequences)  
Original Dance Paso Doble

**Solo Dance:** Free Dance 3½ minutes ± 10 Seconds (Factor 1.5)  
14 Step 108) (4 sequences)  
M.K. Shield Harris Tango (100) (2 sequences)

**Pairs:** Solo Free Dance 2½ minutes ±10 seconds  
Short Programme 2¾ minutes ±5 seconds  
Martin Taylor Cups (as per Junior Worlds)

Long Programme 4 minutes ± 10 seconds

**Senior Category**

16 years &amp; over

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

**Free:** Short Programme 2¼ minutes ±5 seconds  
Dobbins Trophy for Ladies and Men (as per Senior Worlds)  
Long Programme 4 minutes ± 10 seconds (Factor 3)

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

**Dance:** Italian Foxtrot (96) (2 sequences)  
Faudel Phillips Trophies Argentine Tango (96) (2 sequences)  
Original Dance Paso Doble

**Solo Dance:** Free Dance 3½ minutes ± 10 Seconds (Factor 1.5)  
Quickstep (112) (2 sequences)  
M.K. Trophy Argentine Tango (96) (2 sequences)

**Pairs:** Solo Free Dance 3 minutes ±10 seconds  
Short Programme 2¾ minutes ±5 seconds  
Gilbey White Cups (as per Senior Worlds)  
Long Programme 4½ minutes ± 10 seconds

**Classic Championships**

Venue to be confirmed

1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> 2005**Classic Couples**

Over 25 years

<b>Dance:</b>	Skaters March (100)	(3 sequences)
Belmar Trophy	Swing Foxtrot (104)	(3 sequences)
	Rhythm Blues (92)	(3 sequences)

*Note: Skaters entering the Senior Dance Championships in 2003, 2004 & 2005 are not eligible for this event***Classic Solo**

Over 25 years

<b>Dance:</b>	Glide Waltz (120)	(3 sequences)
Sammy Samuels Trophy	Collegiate (92)	(3 sequences)
	Rhythm Blues (92)	(3 sequences)

*Note: Skaters entering the Senior Solo Dance Championships on 2003, 2004 & 2005 are not eligible for this event***Precision Championships**

Venue to be confirmed

3<sup>rd</sup> July 2005

**Precision Teams:** 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****Novice / Preliminary / Bronze Competitions**Newton Aycliffe  
County Durham12<sup>th</sup> / 13<sup>th</sup> March 2005**Novice Category***No qualification required*Beadle Trophy for Ladies  
Thompson Trophy for Men

**Figures:** (1) RFO  
(2) RFI

**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

**Free Programme:** 2 minutes  $\pm$  5 seconds

<b>Dance:</b>	Skaters March (100)	(4 sequences)
Buick Cups	Glide Waltz (120)	(4 sequences)

*\* 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*

**Figures:** (3) RBO  
(8a/b) FO 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

**Free Programme:** 2 minutes  $\pm$  5 seconds

<b>Dance:</b>	Denver Shuffle (100)	(4 sequences)
W.J. Lord Trophies	Olympic Foxtrot (104)	(4 sequences)
	Canasta Tango (100)	(4 sequences)

*\* 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 &amp; Bronze Medallists

**Figures:** (10) RFO Double Three  
(14) RFO Loop  
(19a/b) FI Bracket

**Free:** 3 minutes ±10 seconds (*Factor 1.5*)

**Dance:** 14 Step (108) (4 sequences)  
Blyth Cup Kleiner Waltz (138) (4 sequences)  
Siesta Tango (100) (4 sequences)

Free Dance 2 minutes ± 5 seconds (*Factor 1.5*)

**Inter—Silver / Silver / Classic Competitions**Alfreton Leisure Centre  
Alfreton, Derby21<sup>st</sup> May 2005**Inter Silver Category**Belcham Award for Ladies  
Federation Award for Men

Inter Silver Medallists Only

**Figures:** (16) RBO Loop  
(22a/b) FO Counter  
(28 a/b) FO Change Double Three

**Free:** **Long Programme:** 3 minutes ± 10 seconds (*Factor 1.5*)

**Dance:** Blues (88) (2 sequences)  
Blyth Cup Harris Tango (100) (2 sequences)

**Free Dance** 3 minutes ± 10 seconds

**Silver Category**Devonshire Park Bowl for Ladies  
George Thompson Trophy for Men

Silver &amp; above Medallists

**Figures:** (20a/b) FO Rocker  
(28a/b) FO Change Double Three  
(31a/b) BO Change Loop  
(33a/b) FI Change Bracket

**Free:** **Short Programme** 2¼ minutes ±5 seconds  
(*as per Senior Worlds*)

**Free Programme:** 4 minutes ± 10 seconds (*Factor 3*)

**Dance:** Starlight Waltz (168) (2 sequences) **Small Pattern**  
Burrows Bowls Italian Foxtrot (96) (2 sequences)

**Original Dance** ~Paso Doble

**Free Dance** 3½ minutes ±10 Seconds (*Factor 1.5*)

*The results from these events will be taken into consideration with a skaters respective Championship for European Selection*

**Classic Couples**

Belmar Trophy

Over 25's (No minimum Standard)

**Dances:** Denver Shuffle (100) (3 sequences)  
Little Waltz (138) (3 sequences)  
Rhythm Blues (92) (3 sequences)

**Classic Solo Dance**

Norwich Cup

Over 25's (No minimum Standard)

**Dances:** Country Polka (112) (3 sequences)  
Collegiate (92) (3 sequences)  
Swing Foxtrot (104) (3 sequences)

## NOTES FOR THE COMPETITIVE STRUCTURE

Unless specified otherwise the 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 if a receipt is required) must be received by the Federation Office **a minimum of 28 days prior to the date of the event. FIRST POST ON THE MONDAY MORNING IF THIS IS A WEEKEND. NO FAXED OR TELEPHONE ENTRIES WILL BE ACCEPTED.**
2. All Championship entries are controlled by age.
3. All figure and free skating events 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.
4. 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 on the 1st January in the year in which the events take place.**
5. Trophies will be awarded to all Championship winners (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.  
  
FARS medals 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.
6. All Championships will be marked using a public marking system where possible. Competitions will also be marked using a public marking system unless the size of an entry to a Competition is 25 or above. In this case a system of closed marking will be used with skaters where possible being seeded after elements. Results for all the events held by the FARS will be calculated by using the current CIPA regulations for calculations.
7. 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.
8. 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.
9. The standard of a skater is that on both the closing date for entries and on the actual day of the competition.
10. The Silver Competitions are for all skaters if qualified by standard, there are no exclusions for this event in 2005.
11. 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).
12. The timings for music for FARS events are: 5 seconds latitude will be allowed on programs up to and including 2 ¼ minutes. 10 seconds latitude will be allowed on programs over 2 ¼ 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.
13. Music for FARS events may be presented either on Cassette Tape, Music CD or Mini Disk Always make sure that a backup version is available on another media should there be any problems with the music equipment available. All music however presented must be clearly marked. Only the first piece of music will be played.
14. **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 5 elements in the preliminary will be skated in the field in any order, but any element failed cannot be repeated. They must be skated within a period of 45 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.
15. 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.

**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.**

## **Solo Dance Original Set Pattern (OSP) Regulations for Charleston & Paso Doble**

**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**

### **Special Rules for Solo OSP Paso Doble**

This is a Spanish dance and the movements danced should be symbolic of those made by a matador in the bull ring and/or by the woman representing the cape where the movements suggest the use of this during a bull fight.

<u>Range of Tempo:</u>	108 – 128 beats per minute, 2/4 time (not ¾ time)
<u>Pivots:</u>	Small pivots which indicate the rhythm of the dance are allowed, no more than twice per circuit. (toe stops can be used for these pivots).
<u>Stops:</u>	No more than two (2) stops per circuit of the rink. (this is in addition to the possible use of the toe stop in the pivot).
<u>Other:</u>	It is possible to make a small loop with or without toe stops in the reverse direction, once per sequence.

### **Special Rules for Solo OSP Charleston**

<u>Range of Tempo:</u>	Not restricted, 4/4 time
<u>Stops:</u>	No more than two (2) stops per circuit of the rink. The duration of the stop no more than five (5) seconds.
<u>Toe Stops / Hops:</u>	Small hops and toe steps are permitted no more than twice per sequence, with a maximum duration of five (5) seconds.
<u>Toe Steps &amp; Small Hops:</u>	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, (and no more than five each time, making a maximum total of 10 per sequence).

#### **Clarification of Toe Stop/Hops**

**You may use your toe stops for a maximum duration of five (5) seconds while stationary and / or for a maximum duration of five (5) seconds while moving across the skating surface, but only twice per sequence. The penalty for more than the maximum of ten (10) steps on the toe will be 0.1 for each one.**

### **Original Dance (OD)**

No changes to the Original Dance for 2005, Rhythm - Paso Doble.

## **SOLO FREE DANCE RULES**

The rules for Free Dance (Solo) are the same as Couples for music (Section 2.15.05 and 2.15.06 of the Manual, page 16, and 2.18.0 regarding the marking of a programme, page 19 of the manual).

#### **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.

#### **Set Elements that must be included in a solo Free dance:**

- ? One spin with 3 revolutions (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

## Figure Groups & Short Programme Elements

### Cadet Figure Championships

#### Figures:

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

**Free:** Short Programme 2¼ minutes ±5 seconds, which must be composed of the set elements as in the list on the next page, with the exception of No. 4 which can be a Class A, B or C spin.

### 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

**Free:** Short Programme 2¼ minutes ±5 seconds, which must be composed of the set elements as in the list on the next page, with the exception of No. 4 which can be a Class A, B or C spin.

### 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

**Free:** Short Programme 2¼ minutes ±5 seconds, which must be composed of the set elements as in the list on the next page, with the exception of No. 4 which can be a Class A or B spin.

### 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

**Free:** Short Programme 2¼ minutes ±5 seconds, which must be composed of the set elements as in the list on the next page.

## Lifts in Free Dance

Minor/Elementary 3 Lifts

Cadet/Youth 4 Lifts

Junior/Senior 5 Lifts

The number of revolutions must not exceed 11/2 with the waist never higher than the shoulders of the partner. Any choreographic movement in which the partner is assisted aloft and has both feet off the floor is considered a lift.

## INTERNATIONAL SHORT PROGRAMME SET ELEMENTS Cadet / Youth / Junior / Senior

1. AXEL *This can be a single, double or triple.*
2. TOE ASSISTED JUMP *This can be a single, double or triple.*
3. COMBINATION JUMPS *Minimum 3 jumps, maximum 5 jumps, with at least one double jump.*
4. ONE CLASS A SPIN **REMINDER** 3 Revs Minimum  
  
*Selected from the following (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*
5. SPIN COMBINATION *Spin combination of 2 or 3 positions with or without change of foot. **Must include a sit spin (any edge)**. At least 3 revolutions in each position. The entry is optional.*
6. STEP SEQUENCE *Advanced footwork in a **serpentine** pattern at least 2 bold curves of not less than ½ of the width of the skating surface.*

The single elements listed may also be skated in the combination jumps or spins. The elements may be skated in any order. The six listed elements must not be repeated.

No additional elements may be skated. Each additional element attempted will carry a penalty of 0.5 from the "B" mark with no credit given to the "A" mark.

An element not attempted will carry a penalty of 0.5. This penalty will be deducted from the "A" mark.

**Falls:** The complete loss of balance involving body contact with the skating surface, will receive a penalty of 0.3 for each fall. This penalty will be deducted from the "B" score.

The timing of the short programme will be 2 minutes 15 seconds, plus or minus 5 seconds.

### In Great Britain the following deductions on falls apply

- 0.3 will be deducted for a bad fall
- 0.2 will be deducted for a bad fall with a quick recovery
- 0.1 will be deducted for a hand down to prevent a fall

These deductions will be from the "B" mark.

**REMINDER:** The broken ankle spin is not allowed as an element in the Cadet and Youth Short or Long programmes. It is also not allowed in the Minor & Elementary Championships or in the Inter-Silver Competitions.

## ELEMENTARY CHAMPIONSHIPS SHORT PROGRAMME ELEMENTS FOR LADIES AND MEN

1. Single Axel
2. Toe Assisted Jump - **NO DOUBLES**
3. Combination of Jumps Minimum of 3: Maximum of 5: To include 1 jump with two revolutions
4. 1 Class C Single Spin **TO BE GIVEN FULL CREDIT  
IN THE MARKS A MINIMUM  
OF 3 REVOLUTIONS SHOULD  
BE PERFORMED**  
BI Sit:  
FO Sit:  
Cross Foot Spin:  
FO Camel (Arabesque)
5. Spin Combination of 2 or 3 positions with or without change of foot. At least 3 revolutions in each position: Entry and Exit optional
6. Simple Diagonal Step Sequence from a Standing Start

**THESE ELEMENTS CAN BE SKATED IN ANY ORDER NO ADDITIONAL ELEMENTS  
NO ELEMENTS CAN BE REPEATED EXCEPT IN THE COMBINATION OF JUMPS OR SPINS**

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**INTERNATIONAL EVENTS DIARY 2005**


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19-20 March	Sundays Club, Bruxelles
7 – 10 April	CEPA Seminar for JUDGES, Misano Italy
5 – 7 May	Show/Precision Championships, Denmark (Town to be confirmed)
25 – 28 May	German Cup, Freiburg Germany
6 – 11 June	Memorial Filippini Trophy, Misano Italy
16 – 19 June	Michelle Lambert Trophy, Bordeaux France
24 – 25 June	Amphora, Pula
20 – 24 July	World Games. Duisberg Germany (Qualifications from the 2004 Worlds)
23 – 27 August	CADET /YOUTH EUROPEAN CHAMPIONSHIPS, Rence Slovenia
13 – 17 September	JUNIOR/SENIOR EUROPEAN CHAMPIONSHIPS, Padova Italy
28 Sept – 1 Oct	Cup of Europe, Nazare, Portugal
14 – 16 Oct	Cup of Italy, location TBC / Italy
20 – 22 October	Open Dance, Hettange France
14 – 27 November	WORLD CHAMPIONSHIPS, Rome, Italy

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**FEDERATION FEES (Effective 1 Jan 2005)**
**CHAMPIONSHIP FEES PER SKATER FOR 2005 SEASON**

Minor / Minor Championships	£ 5.00 per skater
Elementary 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	£28.00 per skater
Precision Championship	£16.50 per skater

**COMPETITION FEES PER SKATER FOR 2005 SEASON**

Novice / Preliminary Competitions	£14.00 per skater
Bronze Competitions	£16.50 per skater
Classic Couples / Solo Competitions	£16.50 per skater
Inter Silver Competitions	£17.50 per skater
Silver Competitions	£21.50 per skater

**TEST FEES**

Elementary/Preliminary Class	£7.00
Inter Bronze/Bronze Class	£12.00
Intermediate Second Class	£15.00
Second Class	£20.00
Intermediate First Class	£25.00
First Class	£35.00
GOLD STAR	£45.00

**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.

**CLUB AFFILIATION FEES**

£38.00 per annum  
**Note: For renewals due 1<sup>st</sup> October 2004**

**AFFILIATED SKATING SCHOOL FEES**

£250.00 per annum

**PERMIT FEES**

No permit fees are payable for affiliated clubs.  
 Non-affiliated clubs/organisation permit fee £30.00.

For all competitions a levy of 50p is payable on each entry line from the published results. This applies to both affiliated and non-affiliated clubs.

**EXHIBITION PERMIT FEES**

Galas/shows/Pantomimes/etc.

*By arrangement with the FARS Office*