

FEDERATION of ARTISTIC ROLLER SKATING

INLINE CHAMPIONSHIPS 2005

Inline Championships for Ladies and Men

Date: 1st / 2nd / 3rd July 2005 **To Be Confirmed**
Venue: **To be Confirmed**

Introduction: The Championships will be for skaters in free skating who are at least 12 years of age or older as of 1 January 2005.

Skaters participating in the inline championship will have no restriction from any other FARS Championships in the same year.

Technical Details: The skates to be used should be three or four wheel inline indoor skates **with a toe stop on the front only.**

Short Programme 2.15 minutes plus or minus 5 seconds
Long Programme 3.30 minutes plus or minus 10 seconds

Set Elements:

1. Single Axle only
2. Toe Assisted Jump – single or double
3. Combination of Jumps, minimum three (3) jumps, maximum five (5) jumps, to include at least one jump with two (2) revolutions. **(No more than two (2) revolutions)**
4. Spins – select from the following (entry & exit optional):
 - ? Camel (any edge) **no heel or broken ankle**
 - ? Layover Camel (any edge)
 - ? Sit Spin (any edge)
5. Spin Combination – two (2) or three (3) positions with or without change of foot. At least three (3) revolutions in each position. **A sit spin must be included in the combination.** Entry and exit optional.
3. One Footwork Sequence – Advanced footwork to comply with the prescribed footwork regulations.

NO TRIPLE JUMPS TO BE INCLUDED IN ANY ELEMENT.

ONLY THE ABOVE LISTED SET ELEMENTS CAN BE INCLUDED IN THE SHORT PROGRAMME - NO EXTRA ELEMENTS ARE PERMITTED. THERE ARE NO RESTRICTIONS ON ELEMENTS OF THE SHORT PROGRAM

All other FARS Rules regarding Free Skating will apply.

How to Enter

Please use a FARS entry form and send them to the Federation Office, together with the appropriate fee by the first post on Friday 3rd June 2005 (**Based upon the above date for the competition**).

NO LATE ENTRIES WILL BE ACCEPTED AFTER THIS DATE
ALL ENTRIES MUST BE FARS MEMBERS ON BOTH
THE CLOSING DATE AND THE DATE OF THE COMPETITIONS

INLINE Championships for 2005

Inline Skaters

£28.00 per skater