

AGE GROUP WISE REQUIREMENT for 2025

| | RSFI 6 to 8 | RSFI 8 to 10 | RSFI 10 to 12 | RSFI 12 to 15 | RSFI 15 to 18 | RSFI Above 18 |
|--------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Figure | world skate Tots | world skate Mini | world skate Espoir | world skate Cadet | world skate Junior | world skate Senior |
| Free | world skate Tots | world skate Mini | world skate Espoir | world skate Cadet | world skate Junior | world skate Senior |
| Inline | NA | world skate Mini | world skate Espoir | world skate Cadet | world skate Junior | world skate Senior |
| Pair | world skate Tots | world skate Mini | world skate Espoir | world skate Cadet | world skate Junior | world skate Senior |
| Solo Dance | world skate Tots | world skate Mini | world skate Espoir | world skate Cadet | world skate Junior | world skate Senior |
| Couple Dance | world skate Tots | world skate Mini | world skate Espoir | world skate Cadet | world skate Junior | world skate Senior |
| Quartet | world skate Cadet | | | world skate Junior | | world skate Senior |
| Precision | NA | World skate Junior | | | world skate Senior | |
| Show | NA | Small groups | | | Small groups | |

FOR DETAILS ON THE TECHNICAL ELEMENTS, WORLD SKATE RULES FOR THE RELEVANT EVENT TO BE REFERRED

AGE GROUP: 6 TO 8 YEARS - world skate Tots

FIGURES: Any 1 group to be drawn by lots

| | | |
|---------|-------|-------|
| Group 1 | 1 a/b | 4 a/b |
| Group 2 | 2 a/b | 3 a/b |

| Figure no. | A / B | Figure | A Direction | B Direction |
|------------|-------|--------------|-------------|-------------|
| 1 | a /b | Circle Eight | ROF – LOF | LOF - ROF |
| 2 | a /b | | RIF – LIF | LIF -RIF |
| 3 | a / b | | ROB – LOB | LOB – ROB |
| 4 | a /b | | RIB – LIB | LIB - RIB |

FREE SKATING: 2:30 +/- 10 sec

- A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations of maximum four (4) jumps are allowed. The same jump cannot be presented more than three (3) times.
- Two (2) spin elements must be performed. One of them MUST be a combination spin.
Combination spins can have a maximum four (4) positions. ONLY upright positions and sit positions are allowed. Biellmann positions are not allowed. The two spins must be different
- One (1) footwork sequence maximum level 1. To achieve level 1 Tots must have one of each of four (4) steps and turns confirmed: Inside Three Turn, Outside Three turn, Open Mohawk, Traveling (one clockwise and one anticlockwise allowed, only one will be counted toward the level) maximum thirty (30) seconds.

PAIR SKATING: 2:00 minutes +/- 10 seconds.

- One (1) side by side jump (not in combo). Just one (1) rotation jumps can be performed.
- One (1) side by side combo jump with a maximum of 3 jumps. Just one (1) rotation jumps can be performed.
- One (1) side by side one position or combo spin, selected from uprights (maximum of two (2) positions if combo spin).
- One (1) contact spin: one (1) position selected from uprights.
- One (1) footwork sequence maximum level 1. To achieve level 1 Tots **must have one of each of the four (4) steps and turns confirmed:** Inside Three Turn, Outside Three turn, Open Mohawk, traveling (one clockwise and one anticlockwise allowed, only one will be counted toward the level) maximum thirty (30) seconds.
- LIFTS ARE NOT ALLOWED.

SOLO DANCE:

| TOTS | | | | |
|------------|-------------------|--------------|-------------|--------------|
| Compulsory | And Foxtrot | | | |
| Free Dance | Artistic Sequence | Travelling | Choreo Stop | Choreo. Step |
| | Max. Level 1 | Max. Level 1 | - | Yes |

One (1) compulsory dance.

Free dance of 2:00 minutes +/- 10 seconds.

- Artistic sequence: maximum 30 seconds. To achieve the level the skater must have one of each of four (4) steps and turns confirmed: Inside Three Turn, Outside Three turn, Open Mohawk, traveling (one clockwise and one anticlockwise allowed to be performed, only one will be counted toward the level) maximum 30 seconds.
- Traveling sequence, maximum level 1, 15 seconds.
- Choreographic sequence, maximum 30 seconds.

Couple Dance:

| TOTS | | | |
|------------|--------------|--------------|--------------|
| Compulsory | And Foxtrot | | |
| Free Dance | Travelling | No Hold | Choreo. pose |
| | Max. Level 1 | Max. Level 1 | 2 |

One (1) compulsory dance.

Free dance : 2:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- One (1) Dance No Hold Footwork Sequence: maximum 30 seconds.
- One (1) Traveling sequence. Maximum 15 seconds.
- Two (2) Choreo poses (same value as Choreo Lifts).

AGE GROUP: 8 to 10 YEARS - World Skate Mini

FIGURES: Any 1 group to be drawn by lots

| | | | |
|---------|-------|----|----|
| Group 1 | 8 a/b | 11 | 14 |
| Group 2 | 9 a/b | 10 | 14 |

| Figure no. | A / B | Figure | A Direction | B Direction |
|------------|-------|--------------|-------------|-------------|
| 8 | a & b | Three | ROF – LIB | LOF –RIB |
| 9 | a & b | | RIF – LOB | LIF - ROB |
| 10 | a | Double Three | ROF – LOF | |
| 11 | a | | RIF - LIF | |
| 14 | a | Loop | ROF – LOF | |

FREE SKATING: 2:45 +/- 10 sec

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5).
- It is mandatory to perform an Axel that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there MUST be at least one toe loop element (single or double).
- Two (2) spin elements must be performed. One of them MUST be a combination spin and must include a sit spin. Combination spins can have a maximum four (4) positions. Broken ankle, heel and inverted are NOT allowed. The two spins must be different.
- One (1) footwork sequence maximum level 2, maximum thirty (30) seconds.

PAIR SKATING: 2:30 minutes +/- 10 seconds.

- Maximum two (2) side by side jumps (not in combo). Maximum Axel, Double Toe loop, Double Salchow.
- One (1) side by side one position or combo spin, selected from upright and sit (any edge). Maximum of two (2) positions if combo spin.
- Maximum two (2) throw jumps: single rotation or axel maximum (must be different jumps).
- One (1) contact spin: one (1) position selected from upright, sit, hazel.
- One (1) spiral, angel (camel) BO.
- One (1) footwork sequence maximum level 2, maximum 30 seconds.
- LIFTS ARE NOT ALLOWED.

INLINE: 2:30 minutes +/- 10 seconds.

| ITEM | CLARIFICATION |
|--------------------------|--|
| Jumps | <p>A maximum of six (6) jumps are allowed.</p> <ul style="list-style-type: none"> - Maximum 2 combinations of 2 jumps. - The presence of an Axel-type jump is compulsory. - Only 1 rotation jump, waltz jump and single Axel (1A), double Toe-loop (2T) and double Salchow (2S) are allowed, on their own or in combination. - The same jump cannot be presented more than twice. If a jump is presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same. |
| Spins | <p>Maximum 2 spins. Only Upright, Sit or Camel are allowed. There must be one spin of each of the following types in the program:</p> <ul style="list-style-type: none"> - One Solo Spin - One Combo Spin (Maximum 3 positions) <p>A position with the same base value (with the same foot and edge) cannot be presented more than twice. Remember: In a Combo Spin, minimum two (2) rotation per position.</p> |
| Footwork Sequence | Maximum 1 Footwork Sequence. Maximum thirty (30) seconds. Maximum Level 2. |
| Choreo Sequence | Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. It must include one "clear" and "visible" skating (Ina bahuer, spread eagle, camel position, artistic upright position on one foot, etc.). |

SOLO DANCE

| | MINIS | | | | |
|-------------------|-----------------------------|-------------------------|-------------------|--------------------|---------------------|
| Compulsory | Carlos Tango | Reggae | | | |
| Free Dance | Dance Steps Sequence | Cluster Sequence | Travelling | Choreo Stop | Choreo. Step |
| | Max. Level 2 | Max. Level 1 | Max. Level 2 | - | Yes |

Compulsory dances: final dance to be performed will be drawn by lot 24 hours prior to competition

Free dance 2:30 minutes +/- 10 seconds.

- Dance Steps Sequence, maximum 40 seconds.
- Traveling sequence, maximum 15 seconds.
- Cluster sequence.
- Choreographic sequence, maximum 30 seconds.

Couple Dance: (as per World Skate -Minis)

| MINIS | | | |
|-------------------|---------------------|------------------------|---------------------|
| Compulsory | Carlos Tango | Reggae | |
| Free Dance | | | |
| Hold | Travelling | Stationary Lift | Choreo. Stop |
| Max. Level 1 | Max. Level 2 | Max. Level 1 | Yes |

Compulsory dance: final dance to be performed will be drawn by lot 24 hours prior to competition

Free dance : 2:45 minutes +/- 10 seconds

- One (1) Dance Hold Footwork Sequence: maximum 40 seconds.
- One (1) Traveling sequence, maximum 15 seconds.
- One (1) Stationary Lift.
- One (1) Choreo Stop.

AGE GROUP: 10 to 12 YEARS (World Skate Espoir)

FIGURES: Any 1 group to be drawn by lots

| | | | |
|---------|--------|--------|--------|
| Group 1 | 19 a/b | 22 a/b | 30 a/b |
| Group 2 | 18 a/b | 28 a/b | 15 |
| Group 3 | 13 | 19 a/b | 30 a/b |

| Figure no. | A / B | Figure | A Direction | B Direction |
|------------|-------|---------------------|-------------|-------------|
| 13 | a | Double Three | RIB - LIB | |
| 15 | a | Loop | RIF – LIF | |
| 18 | a & b | Bracket | ROF –LIB | LOF -RIB |
| 19 | a & b | | RIF – LBO | LIF –RBO |
| 22 a/b | a & b | Counter | ROF – LBO | LOF –RBO |
| 28 a/b | a & b | Change Double Three | RFOI –LFIO | LFOI - RFIO |
| 30 a/b | a & b | Change Loop | RFOI –LFIO | LFOI - RFIO |

FREE SKATING

Short programme: 2:00 minutes +/- 5 seconds

- Axel - Single.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (only doubles, excluding double Axel. No triples allowed). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump - single or double (cannot be an Axel).
- One (1) combination spin with a maximum two (2) positions. The two positions MUST be a sit spin combined with a camel (any foot, edge, direction)
- One (1) position spin. MUST be a camel spin (it CANNOT be the same camel used in the combination).
- One footwork sequence maximum level 3, maximum thirty (30) seconds.

Long Programme: 3:15 minutes +/- 10 seconds

- A maximum of eight (8) jumps are allowed excluding the connecting one (1) rotation jumps in the combinations. (double axel and triples are not allowed)
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5). In calculating the value of the combination jumps the connecting jumps will not be counted. Combo jumps can contain a maximum of three (3) double rotation/axel jumps. It is mandatory to perform an Axel that can be presented also in combination.
- Axel, singles, and doubles cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.
- Maximum two (2) spin elements are allowed. One of them must be a combination spin and must include a sit spin. Combination spins can have a maximum four (4) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the two spins must be different.

PAIR SKATING:

Short program: 2:15 min +/- 5 seconds.

- One position lift – axel. Maximum level 2
- One side by side jump – axel.
- One side by side spin – sit spin (backward inside).
- One throw jump – single rotation jump (axel is not allowed).
- Contact spin – sit spin (face to face).
- Camel spiral – backward outside, maximum level 2.
- One footwork sequence, maximum level 3, maximum 30 seconds.

Long program: 3:00 minutes +/- 10 seconds

- Two (2) lifts. One **can be** a combo and one **must** be a solo lift. Maximum level 2. Axel, Flip Reversed Split position, etc. No overhead lifts allowed. No low Militano. Combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lift must not exceed four (4) rotations.
 - Maximum two (2) side by side jumps with a maximum of two (2) rotations (No double loop, double axel or triples allowed). One (1) may be a combo of maximum two (2) jumps.
 - One (1) side by side combination spin with a maximum of two (2) positions, selected from upright and sit (any edge), camel FO & BO.
 - Maximum two (2) throw jumps – Axel, Double Toe loop, Double Salchow (must be different).
 - One (1) combination contact spin with a maximum of two (2) positions. Selected from upright, sit, hazel and camel in Kilian, face to face, arabesque position.
 - One (1) spiral, angel (camel) BO.
 - One (1) footwork sequence maximum level 3, maximum 30 seconds.
- The lifts take-offs must be different

INLINE: : 3:00 minutes +/- 10 seconds.

| ITEM | CLARIFICATION |
|-------------------|--|
| Jumps | A maximum of seven (7) jumps excluding the connecting one (1) rotation jumps in the combination. <ul style="list-style-type: none">- Maximum 2 combinations form 2 to 3 jumps (including the Connecting Jumps).- The presence a single Axel (1A) is compulsory.- Jumps of more than two rotation are not allowed.- Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same. |
| Spins | Maximum 3 spins. Minimum two (at least one of each type): <ul style="list-style-type: none">- One Solo Spin- One Combo Spin (Maximum 4 positions) A position with the same base value (with the same foot and edge) cannot be presented more than twice. Remember: In a Combo Spin, minimum two (2) rotation per position. |
| Footwork Sequence | Maximum 1 Footwork Sequence. Maximum thirty (30) seconds. Maximum Level 3. |
| Choreo Sequence | Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. It must include one "clear" and "visible" skating element (Ina bauer, spread eagle, camel position, artistic upright position on one foot, etc.). |

SOLO DANCE:

| ESPOIR | | | | | |
|------------|----------------------|------------------|--------------|-------------|-------------|
| Compulsory | Little Waltz | Cumbia | | | |
| Free Dance | Dance Steps Sequence | Cluster Sequence | Travelling | Choreo Stop | Choreo Step |
| | Max. Level 2 | Max. Level 2 | Max. Level 3 | - | Yes |

Compulsory dance: final dance to be performed will be drawn by lot 24 hours prior to competition

Free dance : 2:30 minutes +/- 10 seconds.

- Dance Steps Sequence, maximum 40 seconds.
- Cluster Sequence.
- Traveling sequence, 15 seconds.
- Choreographic sequence, maximum 30 secs.

Couple Dance:

| ESPOIR | | | | | | | |
|----------------------|------|--------------|--------------|--------------|-----------------|-----------------|-------------|
| Compulsory | | Little Waltz | | Cumbia | | | |
| Free Dance | | | | | | | |
| One Partner Footwork | Hold | No Hold | Travelling | Choreo. Stop | Stationary Lift | Rotational Lift | Combo. Lift |
| Max. Level 2 | - | Max. Level 2 | Max. Level 3 | Yes | Max. Level 2 | - | - |

Compulsory dances: final dance to be performed will be drawn by lot 24 hours prior to competition

Free dance : 3:00 minutes +/- 10 seconds.

- One (1) One Partner Footwork Sequence, maximum 25 seconds.
- One (1) no hold footwork sequence, maximum 40 seconds.
- One (1) Traveling sequence. Maximum 15 seconds.
- One (1) Stationary Lift.
- One Choreo Stop.

AGE GROUP: 12 to 15 YEARS :(World Skate Cadet)

FIGURES Any 1 group to be drawn by lots

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

| Figure no. | A / B | Figure | A Direction | B Direction |
|------------|-------|---------------------|-------------|-------------|
| 13 | a | Double Three | RIB - LIB | |
| 15 | a | Loop | RIF – LIF | |
| 16 | a | Loop | ROB - LOB | |
| 18 | a & b | Bracket | ROF –LIB | LOF -RIB |
| 19 | a & b | | RIF – LBO | LIF –RBO |
| 21 | a & b | Rocker | RIF - LIB | LIF - RIB |
| 22 a/b | a & b | Counter | ROF – LBO | LOF –RBO |
| 23 a/b | a & b | Counter | RIF - LIB | LIF - RIB |
| 28 a/b | a & b | Change Double Three | RFOI –LFIO | LFOI - RFIO |
| 30 a/b | a & b | Change Loop | RFOI –LFIO | LFOI - RFIO |

FREE SKATING

Short program: 2:30 minutes +/- 5 seconds

- Axel - single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted. No more than two (2) triples allowed. There MUST be at least one connecting jump of one rotation for combinations of three (3) or (4) jumps.
- Solo jump - single, double, triple... (Cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum four (4) positions.
- One footwork sequence maximum level 3, maximum thirty (30) seconds.

Long program: 3:30 minutes +/- 10 seconds

- A maximum of eight (8) jumps are allowed excluding the connecting one (1) rotation jumps in the combinations.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5) including the connecting jumps. In calculating the value of the combination jumps the connecting jumps will not be counted.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, singles, doubles, and triples cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.
- Maximum two (2) spin elements are allowed. One of them must be a combination spin and must include a sit spin. Combination spins can have a maximum four (4) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the two spins must be different.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

PAIR SKATING

Short program: 2:30 min +/- 5 seconds.

- One position lift – flip reversed split position. Maximum level 2.
- One side by side jump – Double Toe-loop
- One side by side spin – sit spin or camel backwards outside
- One throw jump – Double Toe-Loop or Double Salchow.
- Contact spin – single position hazel spin.
- Death spiral – backward outside. Maximum level 2.
- One footwork sequence, maximum level 4, maximum 40 seconds.

Long program: 3:45 minutes +/- 10 seconds.

Two (2) lifts. One **can be** a combo and one **must** be a solo lift. Maximum level 3. No overhead lifts allowed. Selected from lifts like: Axel, Flip Reversed Split position, etc. Combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lifts must not exceed four (4) rotations. The lifts take-offs must be different.

- One (1) side by side solo jump. Double Axel and Triple not allowed.
- One (1) combination of maximum two (2) jumps. Double Axel and Triple not allowed.
- One (1) side by side combination spin with a maximum of three (3) positions.
- Maximum two (2) throw jumps with a maximum of two (2) rotations (must be different jumps).
- One (1) twist jump with maximum two (2) rotations.
- One (1) contact spin - combination with a maximum of three (3) positions). Impossible spins (all types) and reverse lay over camel are not allowed.
- One (1) death spiral, free choice. Maximum Level 2
- One (1) footwork sequence maximum level 4, maximum 40 seconds.

INLINE:

Short Programme Senior 2:30 minutes +/- 5 seconds.

- One (1) Axel-type jump: Single or Double
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.
- One (1) Solo Jump: Single, Double or Triple. Axel-type jump is not allowed in this item.
- One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position, a change of foot or a change of edge keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme. Maximum 4 positions.
- One (1) Combo spin: Minimum 2 positions, maximum 4 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.
- One (1) Footwork sequence: Youth: maximum level 4 and maximum forty (40) seconds. Cadet: maximum level 3, maximum thirty (30) seconds.

Long Programme: 3:30 minutes +/- 10 seconds.

| ITEM | CLARIFICATION |
|--------------------------|--|
| Jumps | <p>A maximum of eight (8) jumps excluding the connecting one (1) rotation jumps in the combination.</p> <ul style="list-style-type: none"> - Maximum 2 combinations. Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps. - At least one of the jumps must be a double. - The presence of an Axel-type jump is compulsory. - Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same. |
| Spins | <p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> - One Solo Spin - One Combo Spin (Maximum 4 positions) <p>A position with the same base value (with the same foot and edge) cannot be presented more than twice. Remember: In a Combo Spin, minimum two (2) rotation per position.</p> |
| Footwork Sequence | Maximum 1 Footwork Sequence. Maximum thirty (30) seconds. Maximum Level 3. |
| Choreo Sequence | Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. |

SOLO DANCE

| CADET | | | | | |
|----------------------|-------------------|-------------------|-------------|---------|--------------------|
| Style Dance | | | | | |
| Rhythm | Footwork Sequence | Artistic Sequence | Travelling | Cluster | Compulsory |
| Musical | Yes | - | Yes | Yes | Federation Foxtrot |
| Free dance | | | | | |
| Dance Steps Sequence | Footwork Sequence | Artistic Sequence | Choreo Stop | Cluster | Travelling |
| Yes | - | Yes | Yes | Yes | Yes |

Style Dance: 3:00 minutes +/- 10 seconds.

- Footwork sequence, maximum 40 seconds.
- Cluster sequence.
- Traveling sequence, maximum 15 seconds.
- Compulsory Dance – Federation Foxtrot

Free dance: 3:30 minutes +/- 10 seconds.

- Dance Steps Sequence, maximum 40 seconds.
- Artistic sequence, maximum 40 seconds.
- Traveling sequence, maximum 15 seconds.
- Cluster sequence.
- Choreographic Stop, maximum 15 seconds.

Couple Dance:

| CADET | | | | | | | | |
|--------------------------------------|--------------|---------|-------------|--------------|-----------------|-----------------|--------------|-------------------------|
| Style Dance (Modern Medley) | | | | | | | | |
| R One Partner Footwork | Hold | No Hold | Choreo Stop | Compulsory | Stationary Lift | Rotational Lift | Combo. Lift | Cluster |
| Max. Level 3 | - | Yes | - | 14 Step | - | Max. Level 3 | - | - |
| Free Dance | | | | | | | | |
| One Partner Footwork | Hold | No Hold | Travelling | Choreo. Stop | Stationary Lift | Rotational Lift | Combo. Lift | Cluster |
| - | Max. Level 3 | - | Yes | Yes | Max. Level 3 | - | Max. Level 3 | No Hold Max. Level 3 |

Style Dance of 3:00 minutes +/- 10 seconds.

- One (1) no hold footwork sequence, maximum 40 seconds.
- One partner footwork, maximum 25 seconds.
- Compulsory Dance – 14 Step
- One (1) Rotational dance lift

Free dance: 3:30 minutes +/- 10 seconds.

- One (1) Dance Hold Footwork Sequence: maximum 50 seconds.
- One (1) no hold synchronized cluster sequence.
- Stationary lift.
- Combo lift.
- Choreographic Stop, maximum 15 seconds.
- Synchronized Traveling sequence, maximum 15 seconds.

AGE GROUP: 15 to 18 YEARS - World Skate Junior

FIGURES: Any 1 group to be drawn by lots

| | | | |
|---------|--------|--------|--------|
| Group 1 | 42 a/b | 38 a/b | 36 a/b |
| Group 2 | 43 a/b | 31 a/b | 40 a/b |
| Group 3 | 44 a/b | 38 a/b | 40 a/b |
| Group 4 | 45 a/b | 31 a/b | 37 a/b |

| Figure | A / B | Figure | A Direction | B Direction |
|--------|-------|---|-------------|-------------|
| 31 | a & b | Change Loop | RBOI -LBIO | LBOI-RBIO |
| 36 | a & b | Paragraph Double Three | ROF -LIF | LOF -RIF |
| 37 | a & b | | ROB - LIB | LOB -RIB |
| 38 | a & b | Paragraph Loop | RFOI - LFIO | LFOI -RFIO |
| 40 | a & b | Paragraph Bracket | ROF -LIF | LOF -RIF |
| 42 | a & b | Forward Outside Counter combined with bracket and inside Counter | ROF-LIF | LOF -RIF |
| 43 | a & b | Forward Outside Rocker combined with outside Double Three | ROF -LIB | LOF -RIB |
| 44 | a & b | Forward inside Rocker combined with inside Double Three | RIF -LIB | LIF -RIB |
| 45 | a & b | Backward Outside Counter combined with Bracket and inside Counter | ROB- LIB | LOB -RIB |

FREE SKATING

Short Programs: 2:45 minutes +/- 5 seconds

- Axel - single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted. No more than two (2) triples allowed. There MUST be at least one connecting jump of one rotation for combinations of three (3) or (4) jumps.
- Solo jump - single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum four (4) positions.
- Footwork sequence maximum forty (40) seconds.

Long Programme: 4:00 minutes +/- 10 seconds

A maximum of eight jumps excluding the connecting one (1) rotation jumps in the combination.

Maximum three (3) jumps combinations. The number of jumps within the combination cannot be more than five (5) including the connecting jumps. In calculating the value of the combination jumps the connecting jumps will not be counted. It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.

Axel, singles, doubles, and triples cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Maximum two (2) spin elements are allowed. One of them MUST be a combination spin and must include a sit spin. Combination spins can have a maximum four (4) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two RBO Camels, maximum two LBI Sit etc.). The two spins must be different.

One (1) footwork sequence, maximum forty (40) seconds.

PAIR SKATING:

Short Programme: 3:00 min +/- 5 seconds

- One combination side by side spin.
- One death spiral - Inside
- One footwork sequence, maximum level 4, maximum 40 seconds.
- Two (2) one position lifts of no more than four (4) rotations for the man. Maximum difficulty Militano.
- A twist jump - maximum Double.
- One side by side jump. Double Axel and Triple not allowed.

Long Programme: 4:30 minutes +/- 10 seconds.

- Maximum two (2) throw jumps (must be different jumps). Maximum one (1) triple.
 - One (1) twist jump.
 - One (1) combination contact spin, Maximum three (3) positions
 - Maximum two (2) side by side jumps elements. Maximum one double Axel and one Triple. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps). The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only doubles and triples in the combination will have a value). 2A and Triples allowed just for the solo jump element.
 - One (1) death spiral - Outside
 - One (1) footwork sequence maximum 40 seconds.
 - Two (2) lifts: One **can be** a combo and one **must** be a solo lift. If performing the Combination lift it must have no more than eight (8) rotations of the man and no more than two (2) changes of positions of the lady (3 positions). Solo Lifts must not exceed four (4) rotations of the man. Maximum difficulty Militano.
- The lifts take-offs must be different.

INLINE:

Short Programme Senior 2:45 minutes +/- 5 seconds.

- One (1) Axel-type jump: Single, Double or Triple.
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.
- One (1) Solo Jump: Single, Double or Triple. Axel-type jump is not allowed in this item.
- One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position, a change of foot or a change of edge keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme. Maximum 4 positions.
- One (1) Combo spin: Minimum 2 positions, maximum 4 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.
- One (1) Footwork Sequence: Maximum forty (40) seconds.

Long Programme

Junior Ladies: 4 minutes +/- 10 Seconds – Junior Men: 4:00 to 4:30 minutes

3.3.2. Long program Junior

| ITEM | CLARIFICATION |
|-------------------|---|
| Jumps | A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination. |
| | <ul style="list-style-type: none">- Maximum 3 combinations. Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps.- The presence of an Axel-type jump is compulsory.- Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same. |
| Spins | Maximum 3 spins. Minimum two (at least one of each type): <ul style="list-style-type: none">- One Solo Spin- One Combo Spin (Maximum 4 positions) A position with the same base value (with the same foot and edge) cannot be presented more than twice. Remember: In a Combo Spin, minimum two (2) rotation per position. |
| Footwork Sequence | Maximum 1 Footwork Sequence. Maximum forty (40) seconds. |
| Choreo Sequence | Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. |

SOLO DANCE:

| JUNIOR | | | | | |
|----------------------|-------------------|-------------------|-------------|---------|-------------------------------|
| Style Dance | | | | | |
| Rhythm | Footwork Sequence | Artistic Sequence | Travelling | Cluster | Compulsory |
| Traditional Folk | Yes | - | Yes | Yes | Dench Blues Double Pattern |
| Free dance | | | | | |
| Dance Steps Sequence | Footwork Sequence | Artistic Sequence | Choreo Stop | Cluster | Travelling |
| Yes | - | Yes | Yes | Yes | Yes |

Style Dance: Timing: 3:00 minutes +/- 10 seconds -

- Footwork sequence, maximum 40 seconds.
- Cluster sequence.
- Traveling sequence, maximum 15 seconds.
- Compulsory Dance – Dench Blues

Free Dance: Timing: 3:30 minutes +/- 10 seconds

- Artistic sequence, maximum 40 seconds.
- Dance Steps Sequence, maximum 40 seconds.
- Cluster sequence.
- Traveling sequence, maximum 15 seconds.
- Choreographic Stop, maximum 15 seconds.

Couple Dance:

| JUNIOR | | | | | | | | |
|----------------------------|------|---------|-------------|-------------------------------------|-----------------|-----------------|-------------|---------|
| Style Dance (Latin Medley) | | | | | | | | |
| One Partner Footwork | Hold | No Hold | Choreo Stop | Compulsory | Stationary Lift | Rotational Lift | Combo. Lift | Cluster |
| Yes | - | Yes | - | Golden Samba Steps 1-24 (Section 1) | - | Yes | - | - |
| Free Dance | | | | | | | | |
| One Partner Footwork | Hold | No Hold | Travelling | Choreo. Stop | Stationary Lift | Rotational Lift | Combo. Lift | Cluster |
| - | Yes | - | Yes | Yes | Yes | - | Yes | No Hold |

Style Dance of 3:00 minutes +/- 10 seconds.

- One (1) no hold footwork sequence, maximum 40 seconds.
- One partner footwork, maximum 25 seconds.
- One (1) Rotational dance lift.

- Stationary lift.
- Combo lift.
- Hold footwork sequence, maximum 50 seconds.
- No hold synchronized cluster sequence.
- Synchronized Traveling sequence, maximum 15 seconds.
- Choreographic Stop, maximum 15 seconds.

AGE GROUP: Above 18 YEARS - World Skate Senior

FIGURES: Any 1 group to be drawn by lots

| | | | |
|---------|--------|--------|--------|
| Group 1 | 46 a/b | 39 a/b | 47 a/b |
| Group 2 | 48 a/b | 38 a/b | 49 a/b |
| Group 3 | 50 a/b | 39 a/b | 51 a/b |
| Group 4 | 52 a/b | 38 a/b | 53 a/b |

| Figure | A / B | Figure | A Direction | B Direction |
|--------|-------|---|-------------|-------------|
| 38 | a & b | Paragraph Loop | RFOI - LFIO | LFOI - RFIO |
| 39 | a & b | | RBOI - LBIO | LBOI - RBIO |
| 46 | a & b | Forward Outside Double Three combined with outside Rocker and backward Double Three paragraph (2 circuits) | ROF –LOB | LOF -ROB |
| 47 | a & b | Forward Outside Bracket combined with inside Counter and backward Bracket paragraph (2 circuits) | ROF –LOB | LOF -ROB |
| 48 | a & b | Backward Double Three combined with outside Rocker and forward Double Three paragraph (2 circuits) | ROB –LOF | LOB -ROF |
| 49 | a & b | Backward Outside Bracket combined with inside Counter and forward Bracket paragraph (2 circuits) | ROB –LOF | LOB -ROF |
| 50 | a & b | Forward Double Three combined with outside Counter and backward Double Three paragraph (2 circuits) | ROF- LOB | LOF -ROB |
| 51 | a & b | Forward Outside Bracket combined with inside Rocker and backward Bracket paragraph (2 circuits) | ROF –LOB | LOF -ROB |
| 52 | a & b | Backward Outside Double Three combined with outside Counter and forward Double Three paragraph (2 circuits) | ROB –LOF | LOB -ROF |
| 53 | a & b | Backward Outside Bracket combined with inside Rocker and forward Bracket paragraph (2 circuits) | ROB- LIF | LOB - RIF |

FREE SKATING

Short Programs: 2:45 minutes +/- 5 seconds

- Axel - single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted. No more than two (2) triples allowed. There MUST be at least one connecting jump of one rotation for combinations of three (3) or (4) jumps.
- Solo jump - single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum four (4) positions.
- Footwork sequence maximum forty (40) seconds.

Long Programme: 4:00 minutes +/- 10 seconds

A maximum of eight jumps excluding the connecting one (1) rotation jumps in the combination.

Maximum three (3) jumps combinations. The number of jumps within the combination cannot be more than five (5) including the connecting jumps. In calculating the value of the combination jumps the connecting jumps will not be counted. It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.

Axel, singles, doubles, and triples cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Maximum two (2) spin elements are allowed. One of them MUST be a combination spin and must include a sit spin. Combination spins can have a maximum four (4) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two RBO Camels, maximum two LBI Sit etc.). The two spins must be different.

One (1) footwork sequence, maximum forty (40) seconds.

PAIR SKATING:

Short Programme: 3:00 min +/- 5 seconds

- One combination side by side spin.
- One death spiral - Inside
- One footwork sequence, maximum level 4, maximum 40 seconds.
- A twist jump
- One position lift of no more than four (4) rotations for the man.
- One side by side jump (no combination).
- One combination lift of no more than eight (8) rotations of the man and no more than two (2) changes of position for the lady (3 positions).

Long Programme: 4:30 minutes +/- 10 seconds

- Maximum two (2) throw jumps (must be different jumps). Maximum one (1) triple.
- One (1) twist jump.
- One (1) combination contact spin, combo. Maximum three (3) positions
- Maximum two (2) side by side jumps elements. Maximum one double Axel and one Triple. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps). The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only doubles and triples in the combination will have a value). 2A and Triples allowed just for the solo jump element.
- One (1) death spiral - Outside
- One (1) footwork sequence maximum 40 seconds.
- Three (3) lifts: At least one (1) one position lift (no more than four (4) rotations of the man) and at least one (1) combination lift with no more than eight (8) rotations of the man and no more than two (2) changes of positions of the lady (3 positions).

INLINE:

Short Programme : 2:45 minutes +/- 5 seconds.

- One (1) Axel-type jump: Single, Double or Triple.
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.
- One (1) Solo Jump: Single, Double or Triple. Axel-type jump is not allowed in this item.
- One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position, a change of foot or a change of edge keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme. Maximum 4 positions.
- One (1) Combo spin: Minimum 2 positions, maximum 4 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.
- One (1) Footwork Sequence: Maximum forty (40) seconds.

Long Programme

Ladies 4:00 minutes +/- 10 seconds. - Men from 4:00 to 4:30 minutes.

| ITEM | CLARIFICATION |
|--------------------------|--|
| Jumps | <p>A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.</p> <ul style="list-style-type: none"> - Maximum 3 combinations. Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps. - The presence of an Axel-type jump is compulsory. - Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same. |
| Spins | <p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> - One Solo Spin - One Combo Spin (Maximum 4 positions) <p>A position with the same base value (with the same foot and edge) cannot be presented more than twice. Remember: In a Combo Spin, minimum two (2) rotation per position.</p> |
| Footwork Sequence | Maximum 1 Footwork Sequence. Maximum forty (40) seconds. |
| Choreo Sequence | Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. |

SOLO DANCE:

| SENIOR | | | | | |
|----------------------|-------------------|-------------------|-------------|---------|--|
| Style Dance | | | | | |
| Rhythm | Footwork Sequence | Artistic Sequence | Travelling | Cluster | Compulsory |
| Rock Medley | Yes | - | Yes | Yes | Midnight Blues Steps 14-40 (Section 2) |
| Free dance | | | | | |
| Dance Steps Sequence | Footwork Sequence | Artistic Sequence | Choreo Stop | Cluster | Travelling |
| Yes | - | Yes | Yes | Yes | Yes |

Style Dance: Timing: 3:00 minutes +/- 10 seconds -

- Footwork sequence, maximum 40 seconds.
- Cluster sequence.
- Traveling sequence, maximum 15 seconds.
- Compulsory Dance – Midnight Blues

Free Dance: Timing: 3:30 minutes +/- 10 seconds

- Artistic sequence, maximum 40 seconds.
- Dance Steps Sequence, maximum 40 seconds.
- Cluster sequence.
- Traveling sequence, maximum 15 seconds.
- Choreographic Stop, maximum 15 seconds.

Couple Dance:

| SENIOR | | | | | | | | |
|----------------------------|------|---------|-------------|--|-----------------|-----------------|-------------|---------|
| Style Dance (Swing Medley) | | | | | | | | |
| One Partner Footwork | Hold | No Hold | Choreo Stop | Compulsory | Stationary Lift | Rotational Lift | Combo. Lift | Cluster |
| Yes | - | Yes | - | Italian Foxtrot Steps 5-31 (Section 2) | - | Yes | | - |
| Free Dance | | | | | | | | |
| One Partner Footwork | Hold | No Hold | Travelling | Choreo. Stop | Stationary Lift | Rotational Lift | Combo. Lift | Cluster |
| - | Yes | - | Yes | Yes | Yes | - | Yes | No Hold |

Style Dance of 3:00 minutes +/- 10 seconds.

- No hold footwork sequence, maximum 40 seconds.
- One partner footwork, maximum 25 seconds.
- Rotational dance lift.
- Compulsory dance sequence

Free Dance: Timing: 3:50 minutes +/- 10 seconds

- Stationary lift.
- Combo lift.
- Hold footwork sequence, maximum 50 seconds.
- No hold synchronized cluster sequence.
- Synchronized Traveling sequence, maximum 15 seconds.
- Choreographic Stop, maximum 15 seconds.

GROUP EVENTS:

Quartet - 4 skaters (maximum 1 reserve)

When sending the entries for all Show competitions (all Groups and Quartets) a short explanation of no more than 25 words must be attached to the entries describing the performance in English. These descriptions will be given to the Judges and announced by the speaker once the group is in position and before starting the music.

They shall not be made up of two couples, pairs or dance, but four skaters acting as a group.

All jumps with one rotation plus single axel are allowed. Maximum number of jumps allowed per program is one axel and two single rotation jumps including the jumps performed as features in the technical elements.

A jump made in transition by one or more skaters at the same time is considered (1) jump for the purpose of the rule above. A jump made in a technical element as a feature is considered as one (1) jump for the purpose of the rule above, even if the members of the team perform it at a different time within the time of the technical element.

For example: In a cluster element, two skaters can use the difficult entry jump on the first set and the other two skaters use the difficult entry jump on the second set, it will only count as one jump if it is made within the time regulated by the cluster element.

Spins allowed: Upright, Sit or Camel (not allowed: heels, broken ankle and inverted).

Jumps and Spins will have the value like steps-transitions.

All Age groups below 12 years (as per World skate Cadet Quartets)

The duration of the program will be 3:00 minutes +/- 10 seconds.

Set elements that MUST BE included in the program are:

- One (1) Line element sequence
- One (1) Cluster Sequence
- One (1) Creative element.

12 to 15 and 15 to 18 years (as per World Skate Junior Quartets)

The duration of the program will be 3:15 minutes +/- 10 seconds.

Set elements that MUST BE included in the program are:

- One (1) Line element sequence
- One (1) Cluster Sequence
- One (1) Creative element.

Above 18 Years (as per World Skate Senior Quartets)

The duration of the program will be 3:15 minutes +/- 10 seconds.

Set elements that MUST BE included in the program are:

1. One (1) Line element
2. One (1) Cluster sequence
3. One (1) Creative Element.
4. One (1) Traveling

Show Group - as per World skate small groups

Time: 4:30 – 5:00 minutes +/- 10 seconds

| Age Group | Number of Skaters | Timing |
|---------------|-------------------|------------------------------------|
| 8 to 15 years | 6 to 10 | 4:00 – 4:30 minutes +/- 10 seconds |
| 15 and above | 6 to 12 | 4:30 – 5:00 minutes +/- 10 seconds |

When sending the entries for all Show competitions (all Groups and Quartets) a short explanation of no more than 25 words must be attached to the entries describing the performance in English. These descriptions will be given to the Judges and announced by the speaker once the group is in position and before starting the music.

Individual and artistic pairs skating are not allowed. Skating will be assessed as a whole.

- Jumps with more than one (1) revolution are not allowed.
- Only upright and sit spins without travelling are allowed.
- Movements or steps performed while in a stationary position are allowed. However, programs with constant movement and choreography will receive more credit than programs with excessive stationary movements. The Referee will advise the Judges if this happens and a deduction from Group Technique mark will be made by the Referee, depending on the length of stationary movements during the whole program.
- Choreography must commence within 15 seconds after the music has started.
- A Show performance may not include more than 4 typical precision elements: e.g. a circle and/or a wheel is allowed; or from each mentioned manoeuvre, 4 are allowed: e.g. 4 circles, etc. Line manoeuvres & Blocks in all forms have no limitations. Combination of elements will be counted like one element.
- The main performance of a show group must be show, not precision. Show teams give in their performance expression of show elements; so, audience and judges are aware of a theme matching the title of the performance.
- At the start of the program ALL skaters MUST be on the floor. No skater is allowed to leave the floor during the performance. 0.5 deduction will be applied from the total score if this happens.
- Fog machines and personal spotlights are not allowed.
- Theatrical props: No set decorations are permitted. No frames, panels, scenery, independent theatrical wings, flats or structures of any size, kind of materials, will be permitted, even if carried by the skaters themselves. This includes smaller parts that can be put together to create a large theatrical prop.
- Accessories and objects:
 - o Accessories which can be carried on and off by an individual skater are permitted. They cannot be larger than one (1) meter cubed in size. It is permitted to position objects or props quickly, along the side of the rink, but only just before the start of the performance. In order to avoid disorder and confusion, once they are picked up they must not be left, abandoned or thrown outside the rink. If the outside of the rink does not allow space for props then they may be placed on the floor within one meter from the side.
 - o It is important that the skaters should demonstrate their ability to use the accessories appropriately and skate well at the same time.
 - o It is permitted for skaters to pass objects from one to another and to place them on the skating surface, but only so long as the skater maintains physical contact with the object(s).
 - o Leaving any object or prop on the floor out of contact with any skater is allowed only once during the program for a maximum of 10 seconds.
 - o Referee's deduction: 0.5 from the total score for each time a prop is not used correctly.
 - o If an object falls on the floor no penalty will be incurred, but it will be considered as a negative point in the general impression of the program.

- o Clarification about accessories and objects: Any accessory/object entered onto the rink when the group is called and before the starting the program must be carried just by ONE (1) skater. This also applies to carrying the item off the rink at the end of the program. Objects and accessories when they are waiting to be used cannot be standing and in sight. They must be lying or covered with a cloth or similar covering. If they are covered, the cloth or similar covering cannot be left on the floor when the object is being used. Accessories may not be pushed or dragged at any time during the program (neither during the choreography, at the entrance to the rink, nor when picking up an element from the side of the track). The items must be moved by lifting them up and placing them back on the ground. Hand-held props and accessories carried on the body are allowed, however must be able to be returned out of sight on the body after use. For examples: cords and strings used must be retractable so they are not left dragging on the floor.
- o No pyrotechnics (i.e. fireworks, flames, crackers, fuse, rocket, sparkler).

Precision

| Age Group | Number of Skaters | Timing |
|---------------------------|-------------------|-----------------------------|
| 8 to 15 years (WS Junior) | 8 to 10 | 4:00 minutes +/- 10 seconds |
| 15 and above (WS Senior) | 8 to 12 | 4:30 minutes +/- 10 seconds |

A **Junior Precision** program must include the following **seven (7)** technical elements:

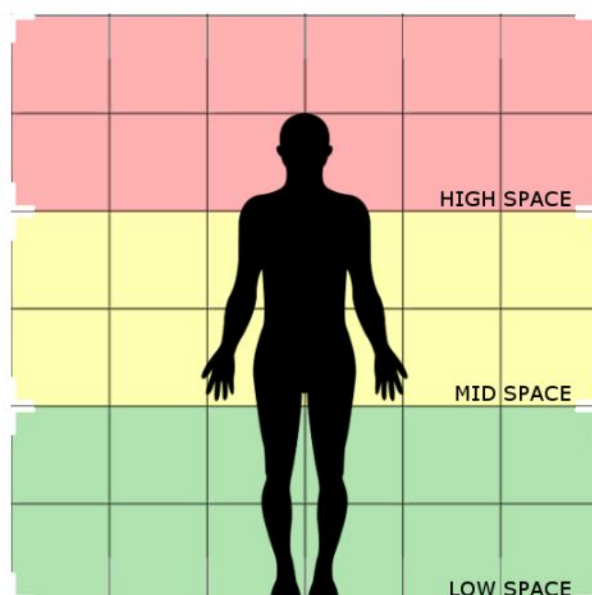
1. One (1) **Linear** element – **Line**
2. One (1) **Pivoting** element – **Block**
3. One (1) **Rotating** element – **Wheel**
4. One (1) **Traveling** element
5. One (1) **Intersection** element
6. One (1) **Move** element
7. One (1) **No hold** element

A **Senior Precision** program **MUST** include the following **eight (8)** technical elements:

1. One (1) **Linear** element – **Block**
2. One (1) **Pivoting** element – **Line**
3. One (1) **Rotating** element – **Circle**
4. One (1) **Creative** element – **Lift**.
5. One (1) **Traveling** element
6. One (1) **Intersection** element
7. One (1) **Move** element
8. One (1) **No hold** element

Precision groups must present the order of the elements of their program, otherwise the first presented element will be considered as the required one.

BODY MOVEMENTS



A body movement feature is a position or movement that places the skater in a divergent position regarding the spatial dimensions around the body.

Purpose

To clarify the definition of what can be considered a body movement feature. To allow skaters the freedom to choose any body movement or position that complies with a set of standards that gives less doubt to the skater and to the Technical Panel about whether an attempted feature is valid.

Applicable for

- Dance (no hold footwork sequence, no hold synchronized cluster sequence, dance hold footwork sequence, one partner footwork sequence).
- Solo Dance (footwork sequence, cluster sequence).
- Free Skating (footwork sequence).
- Choreography.

Body movement feature

To be considered as a body movement to count toward the feature, the skater must perform three different movements that achieve one of each of the following categories of personal space: HIGH, MEDIUM & LOW.

In general, a body movement will be considered where the skater uses the head, torso, and/or legs outside of the normal upright skating position (this may be movement in sagittal, frontal, or transverse planes of motion).

- High space: e.g. Y position, high leg kick, biellmann, body lateral and the leg high.
- Mid space: e.g. camel positions, inverted positions, lateral ring, ina bauer, spread eagle or lunge positions with the body inclined.
- Low space: e.g. sit position, shoot the duck, hackenmond

Movements that take multiple body parts well outside of the normal planes of motion can be considered as either High or Low Space body movements and will always be considered by the technical panel in the category that favors the skater in the achievement of the feature.

For Example: The illusion or charlotte, which require the leg in the High Space and the torso & head in the Low Space can be considered either high space or low space. The skater is encouraged to be creative and use body movements other than the specific examples given.

However, to be considered body movement the core changes from the centre balanced position, and that movement has a significant impact of the body's weight distribution over the skates.

GENERAL

Costume requirements

- Costumes rules apply for anything worn on the body.
- Penalties resulting from the violation of the costume rules will be 1.0. • Judges will have the option to push a costume violation button. If the majority of the officials including Referee agree, the deduction will be applied.
- A deduction for costume violation from the Referee will occur if ANY ITEM falls off the athlete. It is mandatory all items be properly secured.
- Costumes (all disciplines) and props (show) must NOT contain any copyrighted logos, trademarks, religious or political images, symbolism, symbols or messages. Federation logos are allowed.
- In all artistic competitive roller-skating events, the costumes should be in character with the music but should not be such to cause embarrassment to the skater, judges, or spectators.
- Training costumes are not required to be in character; however, all other costume rules apply in training. Costumes must be modest, dignified and appropriate for athletic competition - not **garish** or **theatrical** in design. The clothing must not give the effect of excessive nudity.
- Feathers and fringes will be considered a theatrical prop and penalized.
- Any piece of the costume including beads, buttons, crystals, mirrors, studs, pearls, half pearls, rhinestones etc. on the costumes must be very **securely stitched** so as not to cause obstruction to the following contestants. Rhinestones, stones, bigger than 4mm in any dimension ARE NOT PERMITTED. Sequins of any size are allowed. All decorative embellishments must be **securely stitched** to the fabric.
- Accessories and Props of any nature are not permitted.
- 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.

Music

Vocal music is allowed. For free skating, pairs, solo dance, couples, inline, precision and quartet, music with spoken word (narration) can only be used a maximum of twice in the program at the beginning and/or end for a maximum of 10 seconds.

For all disciplines the penalty for time violation of the program less than the minimum, will be 0.5 point each 10 secs or part thereof.

For all the disciplines the time from the start of the music and the first movement of the skater, couple or group, cannot be more than 10 seconds. A penalty of 0.5 point will be applied.

Music with inappropriate or expletive lyrics in any language is not allowed. A penalty of 1.0 will be applied..

Coaches

Shouting and instructing skaters at the side of the rink during any competition is not allowed. If this happens the coach involved will be removed from the rink and the skater may be penalized.

During competition and official trainings, coaches at the rink side must be in official uniform of the State or casual but **ELEGANT** attire.

Shorts or skirts, if worn, should be knee length or longer; sleeveless shirts are not allowed

Skate Dancing Positions



Closed



Side



Side



Tandem



Open



Scissors



Side Closed



Side Closed



Hand in Hand



Cross Arm Position

- A. Waltz
- B. Kilian/Kilian Reverse
- C. Tandem
- D. Foxtrot
- E. Promenade
- F. Tango
- G. Hand in hand
- H. Cross arms

THEMES & RHYTHMS

Swing Medley (1920's-1940's)

Foxtrot, Quickstep, Swing, Charleston, Lindy Hop

Spanish Medley

Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero, Fandango

Classic Medley (1850-1900s)

Waltz, Polka, March, Galop

Latin Medley

Mambo, Salsa, Merengue, Bachata, Cha Cha, Samba, Rumba

Rock Medley (1950's & 1960's)

Jive, Boogie Woogie, Rock & Roll, Blues, Jazz, Soul

Traditional Folk Medley

Modern Dance Music Medley (1970's to current)

Disco, Pop, Rap/Hip Hop, Techno/House, Reggaeton etc.

Musical-Opera Medley

Standard Ballroom (smooth) Medley

Waltz, Foxtrot, Tango, Quickstep

Ballroom Latino (rhythm) Medley

Samba, Cha Cha, Paso Doble, Jive, Mambo, Bolero, Rumba