



SEPTEMBER **2016-2017** AUGUST

IN-LINE

GENERAL REGULATIONS

Disciplines of Single & Pair Skating & Dance

Requirements single skating

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GENERAL REGULATION

Disciplines of Single & Pair Skating and Inline Dance

1. The disciplines of Single & Pair Skating, Ladies Single Skating, Men Single Skating and Pair Skating (as one Lady and one Man), consist of:
 - a) Short Program
 - b) Free Skating
2. The discipline of Solo Dance or Inline Dance, as couple of one Lady and one Man, consists of:
 - a) Pattern Dances or/and Short Dance
 - b) Free Dance

Order of Segments and skating in Segments

- a) Short Program/Short Dance or Pattern Dance(s) must be skated before Free Skating/Free Dance;
- b) Juniors and Seniors Ladies, Men, Pairs and Inline Dance solo and Couples must skate separately;
- c) Each Skater/Pair/Couple must skate the Short Program/Pattern dance/Short Dance, Free Skating/Free Dance alone on the rink surface.

Competition personnel

1. The following competition personnel designated by the Organizing Committee is necessary:
 - a) an announcer to summon the Competitors and to read the scores and results;
 - b) up to two (2) timekeepers;
 - c) supplementary competition personnel (if necessary) to guarantee the orderly conduct of the competition in other respects.

Required rinks

1. The available skating area for the Short Program/Short Dance, Free Skating/Free Dance and Pattern Dance(s) must be rectangular and if possible, shall measure forty (40) meters in length and twenty (20) meters in width, but not larger. Officials shall not be seated on the skating surface. The Judge panel and the Technical panel will be seated at the rinkboard. The Technical Panel can be seated in an elevated position.
2. The floor surface should be as much as possible in appropriate wood parket with no holes.
3. For International Competitions two covered rinks might be required if possible.

Music reproduction system

1. All Competitors shall furnish competition music of excellent quality on CD or in any other approved format.
 - a) The music covers/discs must show the exact running time of the music (not skating time), which shall be certified by the Competitor and by the coach, when submitted at the time of registration;
 - b) Each program (Short Program/Free Skating/Pattern Dance when music is provided by the Couple/Short Dance/Free Dance) must be recorded on one track and on a separate disc;
 - c) Competitors must provide a back-up drive for each program.
2. All music used for competitive events must be played on high quality electronic recorders, e.g. MP3 Player or similar, computer or CD Player, one or two of which shall be used during the competition. The organizer shall furnish, for each rink used for the competition and practice, adequate facilities for the reproduction and playback of music. The facilities to be provided by the organizer must be set forth in the Announcement of the Competition.
3. Precaution must be taken to prevent frequency and/or voltage variations.
4. The volume level of the music as determined by the Medical Commission in either the practice or competition rinks must not exceed 85-90-dB Sound Pressure Level in any part of the arena.
5. Music with voice and lyrics is allowed. The lyrics must not contain swearing or sexy connotations.

Competition schedule

1. When the event is comprised of two Segments, it is recommended that the competition should last at least two days, but no more than three consecutive days.
2. At the option of the Organizers the Short Program/Short Dance or Pattern Dance(s) can be skated either on a preceding day or on the same day as the Free Skating/Free Dance, provided there is an interval of at least four hours after the ending of the

Short Program/Short Dance or Pattern Dance(s).

3. Championships should not begin before 9.00 a.m and should be planned to finish by 11.00 p.m.
4. After registering at accreditation for a competition, Competitors may not practice at a rink other than the official rink or rinks.

Communications during competitions

All official communications during CERS Championships must be published in English.

Program Content Sheet

Each Skater/Pair/Couple, shall present a Program Content Sheet (an official form indicating the planned elements for each Part of the competition), except Pattern Dances.

Awards

1. Awards are made for the final result of each competition.

Protocol

1. A protocol must be published after each CERS Championships and International Competition. It must include the general and special items specified below.
2. The general items of a protocol are: a) the place of the event and the name of the rink; b) the date and time when the event was held; c) participating CERS Members and entries; d) the composition of the Organizing Committee; e) the event schedule ; f) the Officials (for each Segment if applicable); g) the type of floor ; h) the size of the skating surface; i) the number of entries, followed by the number of Competitors who took part; j) the special conditions of the Segments, the factors and duration; k) for Inline Dance, the Pattern Dance(s) in the order of skating (if applicable). l) for Inline Dance, the rhythm(s)/theme of the Short Dance.
3. A protocol must be signed by the Referee and the Technical Controller.
4. Protocol for all International Competitions must be sent in electronic form to the CERS Inline Coordinator, not later than two weeks after the completion of the event.

Eligibility for skaters to participate

Is eligible to take part in an Elite level international competitions or international championships, governed by CERS or any related continental entities, any skater who is selected by his/her own national federations. If such national federation ruling artistic roller skating does not exist (is in process), the skater can get the autorisation from the CERS or the Continental entities in order to represent his country.

This skater must follow and respect the new rules governing Inline artistic skating.

The surface

Before an Inline event the dedicated floor surface must all the time be cleaned carefully.

Skates

The wheels are placed on a straight line at the central long axis of the foot.

The number of wheels is free.

At the top of this wheel axis, there can be a toe stopper.

Clothing

At International Competitions, the clothing of the Competitors must be appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full length trousers. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction from the majority from the judges.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the floor will be penalized by a deduction.

Duration of skating

The time must be reckoned from the moment the Skater (either Skater for Pair Skating and In-Line Dance) begins to move or to skate until arriving at a complete stop at the end of the program.

The Skater/Pair/Couple is allowed to finish the Short Program, Short Dance, Free Skating or Free Dance within ten (10) seconds plus or minus the required time. If the Skater/Pair/Couple fails to finish his/their program within the allowed range of time, there should be a deduction for up to every fifteen (15) seconds lacking or in excess. Any element in Short Dance, Free Skating or Free Dance started after the required time (plus the ten (10) seconds allowed) must not be identified by the Technical Panel and will have no value. The timekeepers must inform the Referee. The Referee must inform the Controller. If the duration of the program is thirty (30) seconds or more under the required time range, no marks will be awarded.

Draws for starting orders

The draw for starting order of the Competitors for each Segment of the event shall be conducted as follows:

1. Short Program/Short Dance or Pattern Dance(s):

The draw is made by the computer in the presence of the Referee or the Controller ; the draw might be made by the skaters in a draw ceremony proceeding in alphabetical order.

2. Free Skating/Free Dance

- a) The starting order is determined from the result of the Short Program/Short Dance or Pattern Dance(s); The skaters placed first will be in the last group to skate and the skaters placed last in the first group ;
- b) As soon as possible after the determination of the results of the preceding Segment, the Referee/Controller, in the presence of at least one Competitor, shall divide the Competitors into the smallest possible number of equal groups, in the order in which they finished the preceding Segment;
- c) If the number of Competitors is not equally divisible, the last group to skate (and as many preceding groups as necessary) must contain one more Competitor than the first group. The lowest placed group must skate first, the next lowest second and so on;
- d) The draw in each group is then made by the computer or by each skaters;

3. If one or more Competitors decide to withdraw their participation before the draw of that Segment, the groups can be adjusted. If the withdrawal(s) is announced after the draw for the starting order of the following Segment, then the starting order and the warm-up groups will not be changed and the spot of the withdrawn Competitor(s) remains empty.

Size of starting order groups

Number of Competitors	Singles Skating Maximum 6	Pairs Skating Maximum 4	Dance couple Maximum 5
4	4	4	4
5	5	2+3	5
6	6	3+3	3+3
7	3+4	3+4	3+4
8	4+4	4+4	4+4
9	4+5	3+3+3	4+5
10	5+5	3+3+4	5+5
11	5+6	3+4+4	3+4+4
12	6+6	4+4+4	4+4+4
13	4+4+5	3+3+3+4	4+4+5
14	4+5+5	3+3+4+4	4+5+5
15	5+5+5	3+4+4+4	5+5+5
16	5+5+6	4+4+4+4	4+4+4+4
17	5+6+6	3+3+3+4+4	4+4+4+5
18	6+6+6	3+3+4+4+4	4+4+5+5
19	4+5+5+5	3+4+4+4+4	4+5+5+5
20	5+5+5+5	4+4+4+4+4	5+5+5+5
21	5+5+5+6
22	5+5+6+6		
23	5+6+6+6		
24	6+6+6+6		

Warm-up periods

Warm-up periods must be allotted to all Competitors.

The duration and maximum size of each warm-up is:

Singles Skating –Short Program, Free Skating – six (6) minutes duration – maximum six (6) Competitors (up to 7 for Chicks,

Cubs and all 3d and 4th division).

In case of several groups the same number of skaters per group must be done, the first one to skate must be the smaller one and the last one to skate the bigger one (ex : 3+4)

Warm-up must immediately precede the competitive skating of those in that warm-up group. In case of an interruption in Segment due to unforeseen circumstances of more than ten (10) minutes, the Competitors concerned will be permitted a second warm-up period, depending on the Segment.

Allowance of a delayed start or restart

If the tempo or quality of the music is deficient, the Competitor/s may restart the program from its beginning, provided the Referee is informed within 30 seconds after the start of the program.

If an interruption or stop in the music or any other adverse condition unrelated to the Competitor/s or his/their equipment, such as lighting, floor condition etc. occurs, the Competitor/s must stop skating at the acoustic signal of the Referee. The Competitor/s shall continue from the point of interruption immediately after the problem has been solved. If, however, the interruption lasts longer than ten minutes, there shall be a second warm-up period.

If a Competitor gets injured during the performance or another adverse condition related to him or his equipment (such as health problems or unexpected damage to his/their clothing or equipment) impedes his/their skating, the Competitor/s must stop skating. If he/they don't stop, they will be ordered to do so by an acoustic signal of the Referee.

- a) If the adverse conditions can be remedied without delay and the Competitor/s resumes skating his/their program without reporting to the Referee, the Referee will apply a deduction for interruption, depending on the duration of the interruption. This time period commences immediately after the Competitor/s stops performing the program or is ordered to do so by the Referee, whichever is earlier. During this time period, the Competitor's music will continue playing. If the Competitor/s does not resume skating his/their program within forty (40) seconds, he/they shall be considered withdrawn;
- b) If the adverse conditions cannot be remedied without delay and the Competitor/s reports to the Referee within forty (40) seconds, the Referee will allow an additional up to three (3) minutes period for the Competitor/s to resume skating or end of the group. Then the Referee commands to stop the music. The additional time period commences at the moment the Competitor/s reports to the Referee. The Referee will apply a deduction for the whole interruption. If the Competitor/s does not report to the Referee within forty (40) seconds or does not resume skating his/their program within the additional three (3) minutes period, he/they shall be considered withdrawn.

The Referee shall first decide and indicate to the Technical Controller where the point of interruption is. If the Technical Panel decides that the interruption occurred at the entrance to or during an element, the Technical Panel shall call the element according to the usual principles of calling, and the Technical Controller shall inform the Referee of those decisions. The point from where the Competitor/s has to continue the program shall be decided and communicated to the Competitor/s, the Judges and the Technical Panel by the Referee: it is either the point of interruption, or, if the Technical Panel has decided that the interruption occurred at the entrance to or during an element, the point immediately following this element.

If a Competitor with the first starting number in the group gets injured or any other adverse condition related to him or his equipment impeding his/their skating occurs during the warm-up period and time before the start of the program is not sufficient to remedy the adverse condition, the Referee shall allow the Competitor up to three (3) additional minutes before he/they is/are called to the start. No deduction applies.

If any Competitor/s between entering the competition floor and being called to the start is/are injured or any other adverse condition related to him/them or his/their equipment impeding his/their skating occurs and time before the start of the program is not sufficient to remedy the adverse condition, the Referee shall allow the Competitor/s up to three (3) additional minutes before he/they is called to the start. The Referee will apply a deduction as per paragraph.

The Referee can decide a total restart at the end of the group with the planned deduction.

With respect to adverse conditions related to a Competitor or his equipment, only one restart per program is allowed. In case of a second stop of the performance due to an adverse condition related to the Competitor/s or his/their equipment, the Competitor/s concerned shall be considered withdrawn.

If Competitor/s do not complete the program, no marks are awarded and the Competitor/s is/are withdrawn.

Interruptions

An Interruption is defined as the time elapsed between the moment a Skater stops performing the program until the moment he resumes performing the program. For every Interruption of more than ten (10) seconds, there shall be a deduction. If an Interruption lasts more than forty (40) seconds, an acoustic signal is produced by the Referee and the Skater/Pair/Couple is withdrawn. For cases of interruption due to adverse conditions unrelated to the Skater or related to the Skater's health or equipment.

Falls

A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the floor supported by any other part of the body other than the blades, e.g. hand(s), knee(s), back, buttock(s) or any part of the arm. For every Fall there shall be a deduction from the Technical Panel.

Requirements to elements of Single and Pair Skating and Illegal Elements/Movements

Jump elements

A "jump element" is defined as an individual jump, a jump combination or a jump sequence.

Jump Combinations

In a jump combination the landing foot of a jump is the take off foot of the next jump. One full revolution on the floor between the jumps (free foot can touch the floor, but no weight transfer) keeps the element in the frame of the definition of a jump combination.

If the jumps are connected with a non-listed jump, the element is called a jump sequence. However half-loop when used in combinations/sequences is considered as a listed jump with the Value of a Loop. If the first jump of a two-jump-combination fails to be successful and turns out as a "non-listed jump", the unit will still be considered as a jump combination.

Jump Sequences

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers,

stroking during the sequence (Turns are three turns, twizzles, brackets, loops, counters, rockers. Steps are toe steps, chasses, mohawks, choctaws, curves with change of edge, cross-rolls).

An axel type jump can follow another jump with a push or with any hops, mazurkas, and/or unlisted jumps, this will also be considered as a jump sequence."

A jump sequence, consisting of only one listed jump together with other non-listed jumps is not considered a jump sequence, but will count as a solo jump.

Spins

Positions: There are 3 basic positions: camel (free leg backwards with the knee higher than the hip level, however Layback, Biellmann and similar variations are still considered as upright spins), sit (the upper part of the skating leg at least parallel to the floor), upright (any position with skating leg extended or slightly bent which is not a camel position).

Layback Spin is an upright spin in which head and shoulders are leaning backward with the back arched. The position of the free leg is optional. *Sideways Leaning Spin* is an upright spin in which head and shoulders are leaning sideways and the upper body is arched. The position of the free leg is optional.

A Spin that has no basic position with 1 revolution will receive no Level and no value, however a spin with less than two rotations is considered as a skating movement and not a spin. The minimum number of revolutions required in a position is one (1) without interruption. In case this requirement is not fulfilled, the position is not counted. *In any spin* change of edge can be counted only if done in a basic position. Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted.

The change of foot in any spin must be preceded and followed by a spin with at least two (2) revolutions with a position for one (1) revolution.

If the Skater(s) falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being called then counted as an element.

If the spinning centers (before and after the change of foot) are too far apart and the criteria of “two spins” is fulfilled (there is a curve of exit after the first part and the curve of entry into the second part), only the part before the change of foot will be called and considered for Levels features.

Spin combinations: Must include a minimum of two different basic positions with 1 revolution in each of these positions anywhere within the spin. To receive full value, a Spin combination must include all three basic positions. The number of revolutions in positions that are non-basic is counted in the total number of revolutions. Changing to a non-basic position is not considered as a change of position. A change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.

Spin in one position and (in Singles) Flying spin (which means a spin with a flying entrance and no change of foot and position): positions that are not basic are allowed, counted in the total number of revolutions required by the Rules, but are not valid for Level features.

In spins in one position and flying spins the concluding upright position at the end of the spin (final wind-up) is not considered to be another position independent of the number of revolutions, as long as in such a final wind-up no additional feature is executed (change of edge, variation of position etc).

When the spin is commenced with a jump, no previous rotation on the floor before the take-off is permitted and a step over must be considered by the Judges in the Grade of Execution.

Step Sequences

All step sequences should be executed according to the character of the music. Short stops in accordance with the music and retrocessions are permitted. Step Sequences must fully utilize the floorsurface.

Turns and steps must be balanced in their distribution throughout the sequence.

Illegal/Elements Movements are:

- - somersault type jumps;
- - lifts with wrong holds;
- - lifts with more than 3 1/2 revolutions of the Man;
- - spinning movements in which the Man swings the Lady around in the air while holding her hand or foot;
- - twist-like or rotational movements during which the Lady is turned over with her skating foot leaving the ice;
- - rotational movements with the grip of one of the partners on the leg, arm and neck of the other partner;
- - jumps of one of the partners towards the other partner;
- - lying and prolonged and/or stationary kneeling on both knees on the floor at any moment.

Short Program Singles

2 minutes and 30 seconds (+/- 10 seconds)

1. The Short Program for Single Skating (Senior and Junior) consists of seven (7) required elements. The sequence of the elements is optional; No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, vocal music with lyrics is permitted;

If an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value).

Unlisted or additional elements such as jumps, spins, steps or repetitions, even of failed elements, are not marked and consequently do not block a "box" (spot) of another type of elements.

2. **The Short Program** shall consist of the following required elements:

Men

1. a) One Axel Paulsen type jump (single, double, triple);
2. b) One Double or Triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
3. c) Jump combination consisting of a double jump or a triple jump and a single or double jump or a triple jump;
4. d) Flying spin;
5. e) Camel spin or sit spin with only one change of foot;
6. f) Spin combination with only one change of foot;
7. g) Step sequence fully utilizing the floorsurface.

Ladies

1. a) Double or triple Axel Paulsen;
2. b) Triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
3. c) Jump combination consisting of a double jump or a triple jump and a single or double jump or a triple jump;
4. d) Flying spin;
5. e) Layback/sideways leaning spin;
6. f) Spin combination with only one change of foot;
7. g) Step sequence fully utilizing the floorsurface.

Short Program Remarks

Jumps

b) Any double or triple is permitted (except axel type jumps). A single spread eagle, spiral or Free Skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable Free Skating movements and must be considered by the Judges in the Grade of Execution (GOE).

Jump combinations

c) The jump combination may consist of the same jump or another single, double or triple. The jump combination may consist of the same jump or another double or triple jump. For all categories the jumps included must be different than the solo jump. If the same jump is executed as a solo jump and as a part of the jump combination, the repeated jump will not be counted (if this repetition is in a jump combination, only the individual jump which is not according to the above requirements will not be counted).

If an extra jump(s) is executed, only the individual jump(s) which is not according to requirements will have no value. The jumps are considered in the order of execution.

Spins

Spin in one position and spin combination: if there is no spin position (1 rotation) before and/or after the change of foot and at least two (2) revolutions, the spin is not according to the requirements and no value will be given.

Except flying spins, spins cannot be commenced with a jump.

d) Flying spin: Any type of flying spin is permitted with landing position different than in the Spin in one position. A step over must be considered by the Judges in the Grade of Execution. A minimum of four (4) revolutions in the landing position which may be different from the flying position. No previous rotation on the floor before the take-off is permitted. The required four (4) revolutions can be executed in any variation of the landing position.

e) Spin in one position Men - spin with only one change of foot: The Competitor must choose the camel position or the sit position to be executed, but this position must be different from the landing position of the Flying spin. The spin must consist of only one change of foot, which may be executed in the form of a step over or a jump with not less than three (3) revolutions on each foot.

If the landing position of the Flying spin is the same that in the Spin in one position, the last performed of these two spins will not be counted, but will occupy a spin box.

e) Ladies - layback or sideways leaning spin:

Any position is permitted, as long as the basic layback or sideways leaning position is maintained for four (4) revolutions without

rising to an upright position. After the required 4 revolutions it is possible to execute the Biellmann position. Change of foot is not allowed.

f) Spin combination: The spin combination must include only one change of foot with not less than three (3) revolutions on each foot. A change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately.

Step Sequences

Step sequences may include any unlisted jumps.

Free Skating Singles

1. Free Skating consists of a well balanced program of Free Skating elements, such as jumps, spins, steps and other linking movements executed with a minimum of two footed skating in harmony with music of the Competitor's choice, vocal music with lyrics is permitted.

Senior Well Balanced Program, 4 minutes (+/- 10 seconds)

A well balanced Free Skating program must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence;
- maximum of 1 choreographic sequence.

Junior Well Balanced Program, 3 minutes and 30 seconds (+/- 10 seconds)

A well balanced Free Skating program must contain:

- maximum of 6 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence.

2. General

The Competitor has complete freedom to select the Free Skating elements, the sum of which will comprise the program. All elements are to be linked together by connecting steps of a different nature and by other comparable Free Skating movements while fully utilizing the entire floor surface (forward and backward crossovers are not considered to be connecting steps).

Any additional element or elements exceeding the prescribed numbers will not be counted in the results of a participant. Only the first attempt (or allowed number of attempts) of an element will be taken into account.

Remarks

For all singles Free Programs the following will apply:

Individual Jumps

Individual jumps can contain any number of revolutions.

Jump Combinations and Jump Sequences

A jump combination may consist of the same or another single, double, triple. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) jumps, the other two up to two (2) jumps.

Repetitions:

Any single jump (including single Axel) cannot be included more than twice in total in a Single's Free Program (as a Solo Jump or a part of Combination / Sequence). Of all the double and triple jumps, with same name and same number of rotation, only two (2) can be executed twice. If at least one of these executions is in a jump combination or a jump sequence, both executions are evaluated in a regular way. If both executions are as solo jumps, the second of these solo jumps will receive 70% of its original Base Value. Triple and quadruple jumps with the same name will be considered as two different jumps. No triple or quadruple jump can be attempted more than twice.

Extra jumps and jump elements:

If an extra jump(s) is executed only the individual jump which is not according to the requirements will have no value. The jumps are considered in the order of execution.

Spins

All Spins must be of a different character. Any Spin with the same character (abbreviation) as a one executed before will be deleted (but will occupy a spinning box). The spins must have a required minimum number of revolutions: four (4) for spins with no change of foot : the flying spin and the spin with only one position and six (6) for the spins with change of foot, the lack of which must be reflected by Judges in their marking. These minimum number of required revolutions must be counted from the entry of the spin until its exit (except final wind-up in Spins in one position and Flying spins). In the spin combination and spin in one position the change of foot is optional.

Steps

The Competitors have complete freedom in selecting the kind of step sequence they intend to execute. Jumps can also be included in the step sequence. However the step sequence must fully utilize the floorsurface. Step sequences too short and barely visible cannot be considered as meeting the requirements of a step sequence.

Choreographic Sequences

A Choreographic Sequence consists of any kind of gliding movements like spirals, arabesques, spread eagles, Ina Bauers, any kind of non listed jumps and creative spins, any kind of steps and turns. Listed elements included in the Choreographic Sequence will not be called and will not occupy a box. The pattern is not restricted, but the sequence must be clearly visible.

The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.

This element has a fixed base value and will be evaluated by the judges in GOE only.

Reference « WIFSA Rules 2017 »