

**RULES FOR
ARTISTIC SKATING COMPETITIONS**

FREE SKATING

By World Skate Artistic Technical Commission



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1 OWNERSHIP

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2 FREE SKATING

The competition consists of two parts: a short program and a long program of:

Short program

- Junior and Senior 2:45 minutes +/- 5 seconds.
- Cadet and Youth 2:30 minutes +/- 5 seconds.
- Espoir 2:00 minutes +/- 5 seconds.

Long program

- Junior and senior ladies from 4:15 to 4:30 minutes.
- Junior and senior men 4:30 minutes +/- 10 seconds.
- Youth 4:00 minutes +/- 10 seconds.
- Cadet 3:30 minutes +/- 10 seconds.
- Espoir 3:00 minutes +/- 10 seconds.
- Minis 2:30 minutes +/- 10 seconds.
- Tots 2:00 minutes +/- 10 seconds.

The score for the short program and the long program will consist of two parts:

- Technical content.
- Artistic components.

2.1 Costume requirements

- In all artistic competitive roller skating events (including official training days), the costumes for both women and men should be in character with the music but should not be such to cause embarrassment to the skater, judges, or spectators.
- Costumes which are very low cut at the neck, or which show bare midriffs are considered show costumes and are not suitable for championships skating.
- Any piece of the costume including beads, trimmings, feathers, etc. on the costumes must be very securely fixed so as not to cause obstruction to the following contestants.
- The woman's costume must be constructed to completely cover the, hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hip bone.
- The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimeters below the collarbone. Material with the appearance of nudity is not permitted. The man's shirt must not become detached from the waist of the trousers during a performance, to show a bare midriff.
- The appearance of nudity of a costume is considered a violation of the rules and will be penalized, (this means too much use of body-stocking material which gives the appearance of nudity).
- Props of any nature are not permitted. This means the 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.
- Penalties resulting from the violation of the costume rules will be 1.0. At the instruction of the referee, this penalty will be deducted after the score has been assigned.

2.2 Competitive warm-Up

Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.

In free skating the warm-up time is based upon the skating time if time allows, plus two minutes (2:00). The announcer shall inform the contestants when one minute (1:00) remains in their warm-up period.

In free skating events there will normally be no more than six (6) contestants in each warm-up group for cadet, youth, junior, senior and eight (8) for the others.

The next skater to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athlete/athletes.

3 TECHNICAL CONTENT

The technical content is the sum of the values given to each technical element presented by the skater. To consult the values of the individual elements, please refer to the Excel spreadsheet.

The technical elements that will be evaluated are:

- Jumps.
- Spins.
- Footwork sequences. The pattern of the footwork sequence can be diagonal, serpentine, circular, straight line (on the long axis of the rink).

3.1 Initial definitions

- Call: this is the validation of an element by the Technical Specialist. It may be complete, partial, increased or devalued, in accordance with the provisions of the regulations. The action of validating an item will therefore be known as "calling".
- Solo jump: any jump with recognised entry, exit and flight phase. This is an isolated jump, i.e. it is done on its own.
- Combo jump: at least two consecutive jumps in which the landing edge of the first one is the entry edge of the second one. Any change of edge or foot would mean the breakup of the combination and would be considered as two Solo Jumps. The Jump Sequence therefore disappears.
- Jump element: solo jump or combo jump.
- Connecting jumps (no jumps): these are single-rotation jumps within the combo jump, which is why they are called "connecting jumps". They will have no value and will have the code "NJ" (no jump). However, the first and last jump of a combo will be called, and will therefore count towards the total sum of the combo even if they are single-rotation jumps. For example: 1Lo+1Lo or 2T+NJ+1S.
- Position in a spin: the position of a spin is defined by its edge, foot and body posture. The *basic positions* are:

Upright
Sit
Camel

All of them will also have their corresponding foot and edge, which will define them. Any change of foot, edge or body position would mean two different positions. There are also *difficult variations* of basic positions. If both are presented together (basic + variation), we would be dealing with two (2) different positions. For example: Camel + Camel Forward = 2 positions.

- Solo spin: single position spin with one edge and one specific foot.
- Combo spin: any spin in which there are at least two positions (with or without change of foot, edge or body posture). For example: Camel (Left foot) + Camel (Right foot).
- Features: these are positive characteristics (particularities or features) that will increase the base value of an element.

3.2 General

- The elements in excess will not be counted and will not lead to any penalty.
- All attempts will occupy a box in the system, then any subsequent elements will have no value (0).
- The same jump cannot be presented more than twice. If it happens the value of the third jump will not be added to the Technical Content.
- The same combo jump cannot be presented more than once. If this happens a penalty of one point will be applied.
- The same spin (e.g. two heels forward, two inverted, two camels forward, two camels backward etc.) cannot be presented more than twice. If it happens the value of the third spin will not be added to the Technical Content.
- A difficult variation or position of the spins will be counted just once in the whole program. For example, Sideways position for a sit spin will be considered just once as a difficult position in the whole program.
- For every jump of the combination jump a percentage of the basic value will be added.
- Kneeling or laying on the floor is allowed a maximum of once and for maximum of five (5) seconds.

3.3 Short program Junior and Senior

- Axel - single, double or triple.
- Jumps combination from two (2) to four (4) jumps including linking jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- 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 five (5) positions.
- Footwork sequence (set by ATC each year).

3.4 Short program Cadet and Youth

- 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.
- 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 five (5) positions.
- One footwork sequence (set by ATC each year) maximum level 4.

3.5 Short program Espoir

- 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).
- Two (2) spins, one of them must be a combination with a sit spin:
 - Camel spin outside backward.
 - Camel spin outside forward.
- One footwork sequence (set by ATC each year) maximum level 3.

3.6 Long program Junior and Senior

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.
- Maximum three (3) jumps combinations.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented, one must be in combination.

Spins:

- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two broken, maximum two forward heel etc.). The two spins must be different.

Footwork sequences:

- One (1) footwork sequence.
- One (1) choreographic sequence.

3.7 Long program Youth

- A maximum of eight (8) jumps for women and nine (9) jumps for men 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.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin. 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. The two spins must be different.
- One (1) footwork sequence maximum level 4.
- One (1) choreographic sequence.

3.8 Long program Cadet

- A maximum of eight (8) jumps are allowed excluding connecting one (1) rotations 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.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin. 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. The two spins must be different.
- One (1) footwork sequence maximum level 4.

3.9 Long program Espoir

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (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).
- 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.
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin. 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.

3.10 Long program Minis

- 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).
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum three (3) positions) and must include a sit spin. (not broken ankle, not heel, not inverted). The two spins must be different.
- One (1) footwork sequence maximum level 2.

3.11 Long program Tots

- A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- The same jump cannot be presented more than three (3) times.

- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum three (3) positions) **ONLY** upright positions and sit positions are allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1. The four (4) steps and turns that will be counted towards the level include and are limited to: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.

4 TECHNICAL ELEMENTS

4.1 Jumps

A jump will be considered **Under rotated** if the number of rotations is incomplete by less than $\frac{1}{4}$ of a rotation. It will be indicated with the symbol "<". The system will decrease the basic value of the jump by 30% for jumps of one (1) single rotation and doubles, and by 20% for triples and quadruples rotations jumps.

A jump will be considered **Half rotated** if the number of rotations is incomplete by anywhere between $\frac{1}{4}$ to a $\frac{1}{2}$ of a rotation. It will be indicated with the symbol "<<". The system will decrease the basic value of the jump by 50% for one (1) single rotation jumps and double jumps, by 40% to triple jumps and by 30% for quadruples jumps.

A jump will be considered **Downgraded** if more than $\frac{1}{2}$ a rotation is incomplete of the total required rotations. It will be indicated with the symbol "<<<". The system will give the value of the jump of one rotation less, e.g. triple Salchow downgraded will get the value of a double Salchow.

The same (<<<) will be applied to those jumps that can be cheated at the take-off like the Toe-Loop. The Toe-Walley will be called and counted as Toe-Loop.

Percentages increasing the jumps value

The following will be applied to all the situations when the jumps will have the basic value increased by a percentage:

- If a jump is executed after the half length of the program, it will have a 10% increase of the basic value.
- If a jump is presented in a combination jump, it will have an increase percentage from its basic value:
 - 2% Toeloop and Salchow.
 - 7% Flip, Lutz and Loop.
 - 8% Axel.
 - 9% double Toeloop and double Salchow.
 - 14% double Flip, double Lutz and double Loop.
 - 15% double Axel.
 - 16% triple Toeloop and triple Salchow.
 - 21% triple Flip, triple Lutz and triple Loop.
 - 22% triple Axel.
 - 23% quad Toe Loop and quad Salchow.
- If the jumps are presented in combination without the use of connecting jumps, the percentages will be:
 - 10% double-double (only for Minis and Espoir).
 - 20% double-triple/triple-double.
 - 30% triple-triple.

Clarifications

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none">• A “saving Toe-Loop” (when a skater uses a toe-loop between jumps in a combination to save the element cause by loss of control), will be considered a stepping out by the judges, with negative QOE to the jump executed just before and the saving Toe-Loop will be called as NO JUMP, occupying a box.• If there is a clear attempt of Double or Triple but the jump ends to be a single jump, Technical Panel will call the single jump.
Combination Jumps	<ul style="list-style-type: none">• Under-rotated single jumps in between jumps will decrease the quality of the following jump. E.g. double Loop-Thoren (Under or half rotated)-double Salchow - the double Salchow will have not good QOE.• Minimum two (2) jumps to call a combination jump.• If in between the doubles and/or the triples there are more than one connecting jump the following double or triple jumps will be scored by the judges:<ul style="list-style-type: none">- With a QOE of maximum +1 if the number of connecting jumps is two (2).- With a QOE of maximum 0 if the number of connecting jump is three (3).
Lutz Jump	It is responsibility of the technical panel to call the Lutz jump if the required technical characteristics are fulfilled (outside edge). The technical panel will call Flip jump otherwise.
Calls	All the jumps or combo jump will be called by the technical panel. The system and the referee will check if they will be counted or not based on the limitations rules.
Jumps in excess	When skaters perform more jumps than he/she is allowed, the system will not add the value of the excess jumps executed.

4.2 Spins

A spin will be considered accomplished when the skater completes a minimum of three (3) rotations for one position spin and two (2) rotations for a combination spin. The technical panel will call the spin when the basic characteristics are fulfilled.

The three (3) basic positions for the spins are:

- Upright spins.
- Sit spins.
- Camel spins.

General:

- A one-position spin is a spin WITHOUT change of position, foot or edge.
- The changing position from a basic position to a difficult position will be considered a change of position e.g. sit spin to sit spin forward is considered a change of position.
- A combination spin is a spin where the skater changed foot and/or position and/or edge.
- Upright spin position used to exit a one position spin, will not be considered as another spin position no matter how many rotations are executed.
- Adding body movements that alter the equilibrium, and therefore increasing the difficulty of the spin, will be considered as a feature.
- If the spins are performed without any difficult variation, judges MUST NOT give +3.
- For the combination spins, judges will score just one (1) QOE for the whole spin.
- Broken ankle is allowed only for Junior and Senior.

- Combination Spins for Cadet, Youth, Junior and Senior can have maximum five (positions), for Espoir maximum four (4) positions and for Minis and Tots maximum three (3) positions.

Difficult entry

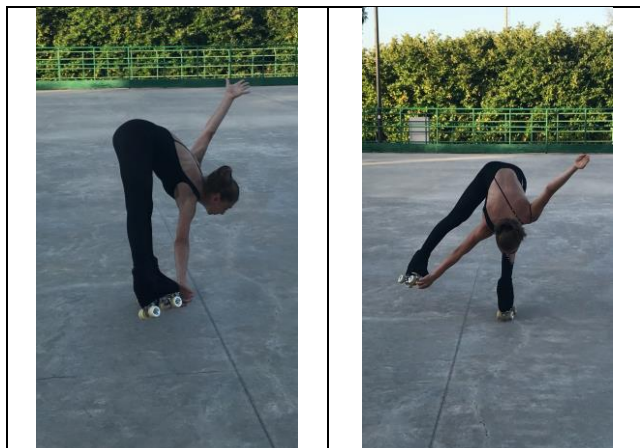
The difficult entries for spins are:

- Fly Camel.
- Butterfly.

Difficult variations for basic spins

Upright position:

- Forward: torso leaning forward.



- Layback is the position in which head and shoulders are leaning backwards with the back arched. The position of the free leg is optional. The use of the toe stop is allowed.



- c. Sideways. The use of the toe stop is allowed.



Sit position:

- a. Sit forward: free leg straight forward with the torso completely laid on the leg.



- b. Sit sideways: free leg sideways.

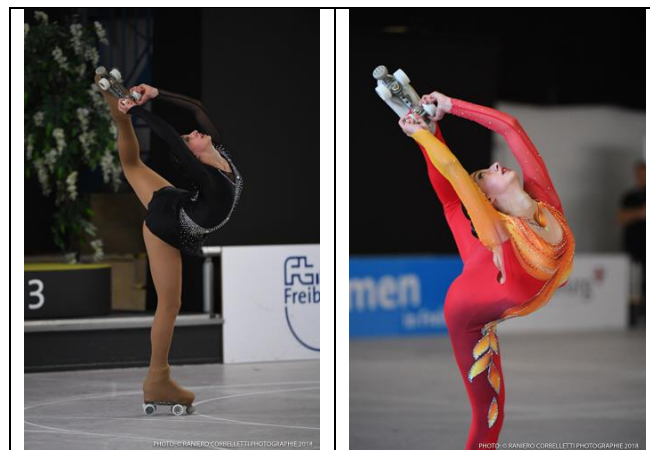


- c. Sit behind: free leg behind.



Camel position:

- a. Biellmann: skater's free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. The use of the toe stop is allowed.



- b. Torso sideways. The skater must be in a complete split position. The use of the toe stop is allowed.

- c. Layover.



d. Bryant (for inverted camel).



e. Difficult free leg position:

○ Camel forward.

Camel sideways.



One position spin

Depending on the difficult variations listed in the previous paragraph, bonus will apply as follow by the technical panel:

One position spin with more than six (6) rotations will have an additional 20% of the value of the spin.

A difficult entry will have 15% more on the value of the spin.

Upright position:

- a. Forward -> + 30% of the value of the spin.
- b. Layback -> + 1 point.
- c. Sideways -> + 2 points and 50% on the value of the spin.
- d. Upright heel -> + 50%

Sit position:

- a. Sit sideways -> + 20% on the value of the spin.
- b. Sit forward -> + 30% on the value of the spin.
- c. Sit behind -> + 60% on the value of the spin.

Camel position:

- a. Biellmann -> + 2 points plus 80% of the value of the Camel.
- b. Torso sideways -> + 70% of the value.
- c. Layover -> + 20% on the value of the spin -> 30% for heel.

- d. Bryant -> + 25% on the value of the spin (on the inverted value).
- e. Difficult free leg position -> + 20% for camel, 50% for heel.
 - o Camel forward.
 - o Camel sideways.

All the difficult variations, to be called, must be clear for at least two (2) rotations, both in one position spin or combination spin.

Combination spins

We will consider a spin, a combination spin, when a change of edge, foot, position or jumps are executed.

The technical panel will call each single position in the combination spin and the system will add the values of each single spin called.

Depending on how the positions and/or the changes of edges and foot are performed, the spins in the combination will receive a value increased by a percentage as follows:

- Sit spin in between two camels position spins -> 15% on the sit spin and the positions executed after.
- Change of foot executed by a jump or butterfly -> 15% on the positions executed after the change of foot.
- Both directions immediately following each other in sit or camel -> 20% on the positions executed after the change of direction.

Difficult variations

SPIN	ADDITIONAL VALUE
More than 6 rotations (only one position spin)	20%
Difficult entry	15%
Upright position	
Forward	30%
Layback	1 point
Sideways	2 points and 50% (on the basic Upright value)
Upright heel	50%
Sit position	
Sit sideways	20%
Sit forward	30%
Sit behind	60%
Camel position	
Biellmann	2 points and 80% (on the basic Camel value)
Torso sideways	70%
Layover camel	20%
Layover heel	30%
Bryant	25%
Difficult free leg position camel (forward, sideways)	20%
Difficult free leg position heel (forward, sideways)	50%
Combination spin	
Sit spin in between two camels position spins	15% on the sit spin and the positions executed after
Change of foot executed by a jump	15% on the positions executed after

Both directions immediately following each other in sit or camel	20% on the positions executed after
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Clarifications

ITEM	CLARIFICATION
Spin - no value	<ul style="list-style-type: none"> Fall before the spin (traveling), or during the execution where the minimum required rotations have not been met. Required position not fulfilled. Less than three (3) rotations in the position required for one position spin and less than two (2) rotations for spin within a combination spin. If the spin does not achieve the correct position the technical panel will call the spin followed by NO SPIN.
Basic positions	<p>Following are the positions requirements for the spin to be considered:</p> <ul style="list-style-type: none"> Upright: are those in which the body remains in a standing position Sit: the hips cannot be higher than the knee of the skating leg. Camel: free leg position (knee and heel) must not be under the hip.
Spins combination	<ul style="list-style-type: none"> Combination spin will be called if the number of rotations in each position is at least two (2). If one of the position/spin of the combination is NO SPIN, the spin will be called but overall the spin cannot get more than 0 as QOE from the judges. In a spin combination, if only one (1) of the positions is confirmed by the technical panel, the whole spin will receive no value. Where a position is mandatory (for example for the short program) and the skater does not achieve this position, the whole combination will be called NO SPIN. If the position after a difficult entry is not recognized (no spin), the difficult entry will not be called. If the position after a difficult change is not recognized (no spin), the difficult change will not be called. If after changing foot the axis of the spin travels in a evident way, judges must consider it as a poor quality combination spin. See the table (see table 5.2).
Entry	<ul style="list-style-type: none"> If a skater executes more than two (2) rotations on entry, this position will be called, so even if the spin is one position spin, the spin will use the box as a combination spin.
Difficult positions	<ul style="list-style-type: none"> The difficult position to be considered by the judges as positive QOE must involve an important change in the equilibrium, with muscular stretch, tension. E.g. Inverted spin changed Bryant where both arms and free leg are involved. Choreographic movement during the execution of the spin will not be considered a difficult position but can be considered positively in the judges' QOE. Technical panel will call the difficult position only if it is held for at least two (2) rotations. Inverted position spin - where the skater bends the free leg to aid in reaching the minimum number of rotations, the judge will give a QOE of -3 (see table 5.2). Upright heel will be considered a difficult position for an upright spin. Maximum two features (difficult positions, difficult entry, difficult change, number of rotations) will be counted on each spin (one position and combo spin).

	<ul style="list-style-type: none"> The same difficult position will be counted a maximum once in each program.
Jump entry or jump change of foot	<p>The jump spin should get one of the following position in the air:</p> <ul style="list-style-type: none"> Sit position. Butterfly split: body, arms and legs straight and are parallel to the floor. Landing on the toe-stop is permitted.
Calls	<p>All the spins or combo spin will be called by the technical panel. The system and the referee will check if each spin/position will be counted or not based on the limitations rules.</p> <p>Falls: in a solo spin, the spin will be called only if the three (3) rotations were executed. In a combo spin, the positions achieved before the fall, will be called, except the one that caused the fall.</p>
Spins in excess	When skaters perform more than twice the same spin, the system will not add the value of the excess spins executed.

4.3 Footwork Sequence

For the short and long program, the mandatory footwork sequence can include just one (1) jump of maximum one (1) rotation (even if not a recognized jump). An extra jump or more than one (1) rotation jump will be considered an illegal element and will be penalized as such.

Definitions

One-foot turns: turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (traveling - two full rotations must be executed quickly to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.

Two feet turns: Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI - RBO, the direction will be considered anticlockwise).

Steps: are all the technical difficulties that can be executed keeping the same direction or changing direction changing also the foot: toe steps, chasses, change of edge, cross rolls.

Note: half rotations jumps or one rotation jumps on two feet or one foot is not considered a turn or a step. Skating forward and skating backward is not a change of rotational direction.

Cluster: sequence of at least three (3) different turns executed on one foot, the three turn will be counted as a turn for the cluster.

Body movements: the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered during at least in three (3) moments of the all sequence. At least two parts of the body must be used.

Levels

LEVEL	ONE FOOT TURNS	CHOCTAW Different directions	CLUSTER	BODY MOVEMENTS
1	4	/	/	/
2	6	/	/	/
3	6: 3 right, 3 left	2	/	Yes
4	8: 4 right, 4 left	2	/	Yes
5	10: 5 right, 5 left	2	1	Yes

- Level 1 - must include at least four (4) one foot turns.
- Level 2 - must include at least six (6) one foot turns.
- Level 3 - must include at least three (3) one foot turns executed on the right foot and three (3) one foot turns executed on the left foot (six (6) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.
- Level 4 - must include at least four (4) one foot turns executed on the right foot and four (4) one foot turns executed on the left foot (eight (8) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise.
- Level 5 - must include at least five (5) one foot turns executed on the right foot and five (5) one foot turns executed on the left foot (ten (10) one foot turns in total). Skaters must add two (2) Choctaws, one clockwise and one anti-clockwise. Skater must also perform one (1) cluster.

Clarifications

- None of the types can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For levels 3, 4 and 5 if the skater executes two (2) loops and/or two (2) traveling, to be considered towards the level they must be performed in different directions: one loop clockwise and one loop anti-clockwise and/or one traveling clockwise and one traveling anti-clockwise.
- It's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. For example, Level 3 can be:
 - First example:
 - Right Bracket.
 - Left Bracket.
 - Right Counter.
 - Left Counter.
 - Right Rocker.
 - Left Rocker.
 - 2 Choctaws (one in each direction).
 - Second example:
 - Right Bracket.
 - Left Counter.
 - Right Rocker.
 - Left Bracket.
 - Loop Clockwise.
 - Traveling Anticlockwise.
 - 2 Choctaws (one in each direction).
 - Third example:
 - Loop Clockwise.
 - Loop Anticlockwise.
 - Traveling Anticlockwise.
 - Traveling Clockwise.
 - Right Bracket.
 - Left Rocker.
 - 2 Choctaws (one in each direction).

- For level 3, 4 and 5 it's mandatory to use the body movements feature in at least three (3) moments of the sequence. This means that if this feature is not presented the level can be decreased.
- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- The footwork sequence **MUST** start from a stopped or a stop and go (less than 3 seconds stop) position. If not, the Technical Panel will start to count when they realize the footwork sequence is started.
- Quick stops are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

4.4 Choreographic Sequence

- This footwork sequence is free.
- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, in a bauer, spread eagles, (not declared) one rotation jumps, quick spins.
- It will have a set value of 2.0.
- The technical panel will call the element and judges will give their QOE.
- The sequence must start from a stopped position or a stop and go and must take the whole rink from a short side to the other short side of the skating surface. If the element is not started from a stop position, judges will not have the complete view of the element.
- There is not a set pattern to follow.
- Stops are permitted.
- The sequence doesn't have any time limit.

5 QOE

Judges must score the QOE for each technical element called. To determine the final QOE, judges should consider the good features of the element and decrease in case of errors. Following some of the guide lines for the judges to determine the right QOE to score.

5.1 Positive QOE

Judges should score their QOE using the following guidelines:

- 0 when skaters achieve the basic characteristics of the element.
- +1 when skaters fulfill 1 - 2 features.
- +2 when skaters fulfill 3 - 4 features.
- +3 when skaters fulfill 5 - 6 features.

Features

The definition of a *feature* is: a typical **quality** or an **important part** of a technical element.

JUMPS
<ul style="list-style-type: none"> • Very good height and length. • Very good extension during landing and/or original and creative exit. • Difficult and/or unexpected take off. • Clear, recognizable steps and skating movements executed just before the takeoff. • Difficult and artistic position in the air and/or late start of rotation. • Very good fluidity in taking off and landing. • Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless). • Matching the execution of the element with the music structure.

SPINS
<ul style="list-style-type: none"> • Good ability in centering the spin quickly. • Good control of the spin during its execution (entry, rotation, exit, change of foot/position). • Good speed and acceleration during the execution. • Difficult entry (e.g. fly camel, butterfly). • Difficult variations of positions. • Balanced number of rotations for each position (combination spins). • Number of rotations much higher than the minimum. • Matching the execution of the element with the music structure. • Difficult traveling.
FOOTWORK SEQUENCE
<ul style="list-style-type: none"> • Deep and clean edges (including entry and exit from change of directions). • Clearness and precision. • Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body. • Good energy of execution. • Good speed and acceleration during the execution. • Matching the execution of the element with the music structure. • Creativity and originality.
CHOREO SEQUENCE
<ul style="list-style-type: none"> • New steps, new steps sequence. • Intricate pattern. • Originality. • Variety. • Musicality. • Matching with the theme and music. • Clear movements. • Good energy. • Good control and involvement of the whole body.

5.2 Negative QOE

The following table shows on the left-hand side errors for which the QOE MUST be the one listed and on the right-hand side errors for which the judges must decrease their score if the error described occurs.

Errors for which the QOE MUST be the one listed	Values	Errors for which QOE can vary	Values
JUMPS			
Downgrade (<<<)	-3	No speed, no height, no length, wrong position in the air	-1 or -2
Fall	-3	Underrotated (<)	-1
Landing on two feet or wrong foot	-3	Half rotated (<<)	-2
Stepping out	-2 or -3	Take off technically not corrected	-1 or -2

Errors for which the QOE MUST be the one listed	Values	Errors for which QOE can vary	Values
JUMPS			
Two hands on the floor during landing	-3	No fluidity and rhythm between the jumps of a combination	-1 or -2
Double three or half toe-loop after landing	-2 or -3	Not clean landing (wrong position/wrong edge/toe-stop)	-1 or -2
		Long preparation	-1
		Hand or free leg on the floor at landing	-1
SPINS			
Two hands on the floor to avoid the fall	-3	Wrong positions, slowness	-1 to -3
Sit spin two feet exit	-3	Change of foot not correctly executed: entry/exit curve, toe-stops, and edges	-1 to -3
Inverted with bended leg to get to minimum rotations	-2 or -3	Moving / not centralized	-2 or -3
Fall	-3	Hand or free leg on the floor to avoid the fall	-2 or -3
		Pumping	-2
		Bad traveling	-1
		Sit spin toe stop exit	-2
		Change of foot with traveling axis	-2
FOOTWORK SEQUENCE			
Fall	-3	Wrong pattern	-1 to -3
		Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in speed and acceleration	-1
		Poor in edges	-2
CHOREO FOOTWORK SEQUENCE			
Fall	-3	Lack of musicality	-1 to -3
		Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2
		Poor in originality	-1

6 ARTISTIC COMPONENTS

Score for the artistic impression will be the sum of four (4) components. For each one of the components judges should award a score between 0.25 and 10.

- Skating skills.
- Transitions.
- Performance
- Choreography/composition.

6.1 Categories and artistic impression

- Senior: four (4) components from a minimum of 0.25 to a maximum of 10.0.
- Junior: four (4) components from a minimum of 0.25 to a maximum of 9.0.
- Youth: four (4) components from a minimum of 0.25 to a maximum of 8.0
- Cadet, Espoir, Minis, Tots: four (4) components from a minimum of 0.25 to a maximum of 7.0.

7 PENALIZATIONS

A deduction of one point (1.0) will be applied to the sum of technical content and artistic impression each time one of the following is executed:

- More than one (1) rotation jump or more than one (1) jump in the footwork sequence.
- Kneeling or laying on the floor more than once or more than maximum five (5) seconds.
- In the long program, if the sit spin is not executed, 1.0 point of penalization will be applied.
- Executing the same combo jump more than once, 1.0 point of penalization will be applied.

General

- Costume violation (S.R 2.1).
- Time of the program less than the minimum (1.0 point each 10 secs or part thereof).
- Falls.
- Missing mandatory element.

8 GENERAL ON FREE SKATING Jumps description













f Forward		Split
b Backward		Outside
o Outside		Inside
i Inside		Right Outside
T Rotation in the sense of three turn (natural rotation)		Left Inside
C Rotation in the sense of counter turn (counter rotation)		Revolution of 360° in the air
! Toe push		Revolution of 180° in the air
X Symbol for crossed feet (Mazurka)		

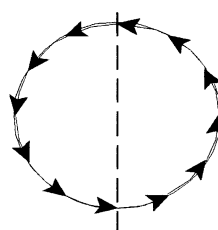
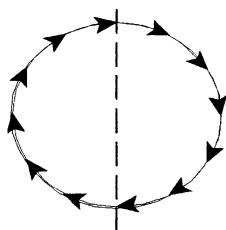
Figure	Number	Description	Factor	Denomination
	1	fo ½ Tbo	1	Three Jump (Waltz Jump)
	2a	fo 1 ½ Tbo	4	Axel Paulsen
	2b	fo 2 ½ Tbo	7	Double Axel Paulsen
	2c	fo 3 ½ Tbo	10	Triple Axel Paulsen
	5a	bi 1 Tbo	2	Salchow

	5b	bi 2 Tbo	4	Double Salchow
	5c	bi 3 Tbo	6	Triple Salchow
	7a	bi! 1 Tbo	3	Flip
	7b	bi! 2 Tbo	5	Double Flip
	7c	bi! 3 Tbo	8	Triple Flip
	8	bo 1 Tbo	2	Half Loop (Thoren)
	9a	bo 1 Tbo	3	Loop
	9b	bo 2 Tbo	5	Double Loop
	9c	bo 3 Tbo	8	Triple Loop
	10a	bo! 1 Tbo	2	Toe-Loop
	10b	bo! 2 Tbo	3	Double Toe-Loop
	10c	bo! 3 Tbo	6	Triple Toe-Loop
	11	bf! ½ Tif	2	Split
	13a	bo ! 1 Tbo	4	Lutz
	13b	bo ! 2 Tbo	6	Double Lutz
	13c	bo ! 3 Tbo	8	Triple Lutz

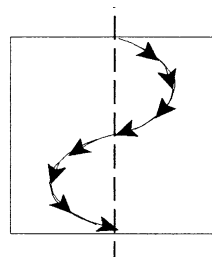
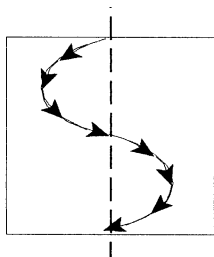
9 APPENDIX 1 - Footwork sequences

All footwork sequences must be executed according to the character of the music using advanced footwork. Each step of the sequence must progress. Short stops in accordance with the music are permitted. The footwork sequence must start from a stopped position or a stop and go.

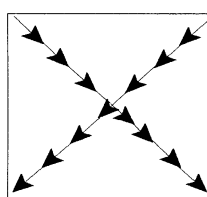
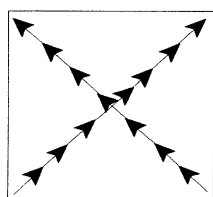
Circle. Skated on a complete circle or oval utilizing at least three quarters ($\frac{3}{4}$) of the full width of the skating surface.



Serpentine. Starting at any end of the skating floor and progress in at least two (2) bold curves of not less than one-half ($\frac{1}{2}$) of the width of the skating floor and ends at the opposite end of the skating floor.



Diagonal. Starting at one end corner of the skating floor and ending near the diagonal opposite corner of the skating floor. To cover at least three quarters ($\frac{3}{4}$) of the floor.



Straight line. Starting at the short side of the skating floor and ending at the opposite short side of the skating floor. To cover at least three quarters ($\frac{3}{4}$) of the floor.

