

**RULES FOR
ARTISTIC SKATING COMPETITIONS
IN LINE SKATING**

By World Skate Artistic Technical Commission



**WORLD
SKATE**

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1 OWNERSHIP

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2 IN LINE SKATING

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

Short program

- Junior and Senior 2:30 minutes +/- 5 seconds.
- Cadet and Youth 2:15 minutes +/- 5 seconds.

Long program

- Junior and senior ladies 4:00 +/- 10 seconds.
- Junior and senior men from 4:00 to 4:30 minutes.
- Youth 3:30 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.

See the GENERAL Rules (4.2 Roll Art-The System)

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) centimetres 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. (i.e. Senior Ladies Short Program have four minutes and a half (4:30) warm up.

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. See the Free Skating Values file for the values of the individual elements.

The technical elements to be evaluated are:

- Jumps (Jump Only or Combo Jump)
- Spins (Solo Spin or Combo Spin)
- Footwork sequence (Diagonal, circle, serpentine or straight line)
- Choreographic sequences (with a free pattern)

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-turn 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-turn 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
Heel
Inverted

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 "specific" space in the system. If any of the elements already attempted are repeated, the first of the two will be taken into consideration and the second will be cancelled with the symbol *.
- 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 and a symbol * will appear.
- The same basic position, with or without difficult variation and the same foot and edge, cannot be presented more than twice (i.e. Camel Right Backward Outside in a basic position and Camel Right Backward Outside in a difficult variation forward, are counted as twice. If it happens the value of the third spin will not be added to the Technical Content and a symbol * will appear.
- A difficult variation of the spins will be counted just once in the whole program. For example, Sideway position for a sit spin will be considered just once as difficult position in the whole program. The second one will be ignored.
- For every jump of the combination jump a percentage of the basic value will be added.
- The elements can be carried out in any order.
- Kneeling or laying on the floor is allowed maximum once and for maximum five (5) seconds.

3.3 Short program

- The final result of the artistic impression will be multiplied by a factor of 1.0.
- There will be no penalty if the skater does not carry out one of the compulsory elements.

3.3.1. Short Program Junior and Senior (2:30 minutes +/- 5 seconds)

- One (1) Axel-type jump: Single, Double or Triple. A Waltz Jump is not allowed.
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total. Each jump included in the combo will have an increase in its base value, according to a percentage established for each case (see section 4.1.1).
- One (1) Solo Jump preceded by steps: Double or Triple. There must not be a pause between the steps and the start of the jump. If a skater makes a single jump (one turn), it will be invalidated by the technical panel with the symbol “*”. Axel-type jump is not allowed in this item.
- One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.
- One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit.
- One (1) Steps sequence that World Skate establishes each year (circle, diagonal, serpentine, straight line).

3.3.2. Short Program Cadet and Youth (2:15 minutes +/- 5 seconds)

- One (1) Single Axel (1A).
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total. Each jump included in the combo will have an increase in its base value, according to a percentage established for each case (see section 4.1.1).
- One (1) Solo Jump preceded by steps: Single, Double or Triple. There must not be a pause between the steps and the start of the jump. Axel-type jump is not allowed in this item.
- One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.
- One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit.
- One (1) Steps sequence that World Skate establishes each year (circle, diagonal, serpentine, straight line).

3.4 Long Program

- As a general rule, all elements will be called by the Technical Panel. However, if any are to be removed for non-compliance with the regulation, the symbol * will be used and the element will stop having any value.
- There will be no penalty if any of the compulsory elements are not performed (not seen or intuited). However, if a skater replaces a compulsory element with a different element, the latter will be invalidated. In this case, if there is any doubt as to which element has been substituted for the one considered "compulsory", the criterion for annulment will be that of invalidating the element of least value. In addition, there will be a penalty for any "Mandatory item not submitted" (see section 7).
- The invalidated elements will only affect each scoring section: jump elements, spins, step sequences or choreographic sequences. Any excess in the number of elements allowed in a section will therefore not affect the rest. For example: If a skater

performs six (6) jump elements instead of five (5), this will not result in the final spin being cancelled (if this becomes the 11th element of a maximum of 10 per program).

3.4.1. Long Program Senior

Ladies 4:00 minutes +/- 10 seconds

Men from 4:00 to 4:30 minutes

ITEM	CLARIFICATION
Jumps	<p>Maximum 8 jump elements for men; and 7 jump elements for women.</p> <ul style="list-style-type: none"> - Maximum 3 combinations of 2 to 5 jumps (including the Connecting Jumps). - The presence of an Axel-type jump is compulsory. Waltz jump is not allowed. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo. 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 5 positions) <p>The same position (basic position with the same foot and edge cannot be repeated more than twice).</p>
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal.
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

The artistic impression score will be multiplied by a factor of 1.8 for men; and 1.6 for women.

3.4.2. Long program Junior

Ladies and men: 4.00 minutes +/- 10 seconds

ITEM	CLARIFICATION
Jumps	<p>Maximum 7 jump elements.</p> <ul style="list-style-type: none"> - Maximum 3 combinations of 2 to 5 jumps (including the Connecting Jumps). - The presence of an Axel-type jump is compulsory. Waltz jump is not allowed. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo. 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 5 positions) <p>The same position (basic position with the same foot and edge cannot be repeated more than twice).</p>
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal.

Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.
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The artistic impression score will be multiplied by a factor of 1.8 for men; and 1.6 for women.

3.4.3. Long program Youth

Ladies and men: 3.30 minutes +/- 10 seconds

ITEM	CLARIFICATION
Jumps	Maximum 6 jump elements. <ul style="list-style-type: none"> - Maximum 3 combinations of 2 to 5 jumps (including the Connecting Jumps). - The presence of an Axel-type jump is compulsory. Waltz jump is not allowed. - At least one of the jumps must be a double. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo. 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 5 positions) The same position (basic position with the same foot and edge cannot be repeated more than twice).
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal. <u>Maximum level 4.</u>
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

The artistic impression score will be multiplied by a factor of 1.6 for men; and 1.4 for women.

3.4.4. Long program Cadet

Ladies and men: 3.30 minutes +/- 10 seconds

ITEM	CLARIFICATION
Jumps	Maximum 5 jump elements. <ul style="list-style-type: none"> - Maximum 2 combinations of 2 to 5 jumps (including the Connecting Jumps). - The presence of an Axel-type jump is compulsory. Waltz jump is not allowed. - At least one of the jumps must be a double. - Single Axel, double or triple jumps cannot be repeated more than twice. If those jumps are repeated twice, at least one of them must be in a combo. 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 5 positions) The same position (basic position with the same foot and edge cannot be repeated more than twice).
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal. Maximum level 3.
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

The artistic impression score will be multiplied by a factor of 1.4 for men; and 1.2 for women.

3.4.5. Long Program Espoir

Ladies and men: 3.00 minutes +/- 10 seconds

ITEM	CLARIFICATION
Jumps	Maximum 4 jump elements. <ul style="list-style-type: none"> - Maximum 2 combinations of 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. - The same jump cannot be repeated more than twice. If a jump is repeated twice, at least one of them must be in a combo. 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 3 positions) The same position (basic position with the same foot and edge cannot be repeated more than twice).
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal. Maximum level 2.
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

The artistic impression score will be multiplied by a factor of 1.0

3.4.6. Long Program Minis

Ladies and men: 2.30 minutes +/- 10 seconds

ITEM	CLARIFICATION
Jumps	Maximum 4 jump elements. <ul style="list-style-type: none"> - Maximum 2 combinations of 2 jumps. - The presence of an Axel-type jump is compulsory. Waltz Jump is allowed. - Only 1 rotation 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 repeated more than twice. If a jump is repeated twice, at least one of them must be in a combo. 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 2 spins. There must be one spin of each of the following types in the program: <ul style="list-style-type: none"> - One Solo Spin - One Combo Spin (Maximum 3 positions) The same position (basic position with the same foot and edge cannot be repeated more than twice).
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal. <u>Maximum level 2.</u>
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

The artistic impression score will be multiplied by a factor of 0.8

3.4.7. Tots Long Program

Ladies and men: 2.00 minutes +/- 10 seconds

ITEM	CLARIFICATION
Jumps	Maximum 3 jump elements. <ul style="list-style-type: none"> - Maximum 1 combinations of 2 jumps - Only 1 rotation jump or Waltz jump are allowed, on their own or in combination. - The same jump cannot be repeated more than twice. If a jump is repeated twice, at least one of them must be in a combo.
Spins	Maximum 2 spins. There must be one spin of each of the following types in the program: <ul style="list-style-type: none"> - One Solo Spin - One Combo Spin (Maximum 2 positions) The same position (basic position with the same foot and edge cannot be repeated more than twice).
Footwork Sequence	Maximum one step line with one of the 4 basic designs: Circle, Serpentine, Straight Line or Diagonal. <u>Maximum level 1.</u>
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

The artistic impression score will be multiplied by a factor of 0.8

4 TECHNICAL ELEMENTS

4.1 Jumps

Jumps will have some special considerations in Inline Artistic Skating:

- Landing from jumps may be slightly assisted by the toe stop (tip of the toe or brake). This assistance will consist of simply cushioning the impact of the skate on the ground (lasting no more than one second) rather than complete support, in order to prevent the skater from losing his or her balance. The end result will be: 1st toe stop, and 2nd complete footbed.
- The entry of the jumps may not, in any case, have a greater anticipation than the quarter turn. If this were the case, the judges would issue a negative QOE (see negative QOE table), or the Technical Panel could even devalue its base value.
- Loop jump: Use of the brake is permitted in take-off. Furthermore, entry on two feet using the right tip of the skate (in the case of a right-handed skater) for propelling at the moment of take-off is allowed. In this case, the jump will be called as a Loop, but will have an intermediate value between the Flip and the Toe-loop and will be marked with the symbol “i”. If, on the other hand, the Loop is entered on one foot and jumped without brake assistance (except in the case of 3Lo, where such assistance is allowed), the jump will receive the full credit.
- Jumps with 1 rotation that are part of a combo (connecting Jumps) will be called No Jump (NJ), and will therefore have no value. Other jumps with one rotation, either by themselves or as the first and last jump in a combo, will be called as such (For example: 1Lo+ NJ+2T+NJ+1S)
- Under-rotated: Jumps that are missing quarter a turn or less will be considered Under-rotated. The symbol "<" will be added. It will be 30% less than the base value for singles and doubles, and 20% less for triples and quadruples.
- Half-rotated: Jumps that are missing more than a quarter and less than a half turn will be considered Half-rotated. The symbol "<<" will be added. It will be 50% less than the base value for singles and doubles, 40% less for triples and 30% less for quadruples.
- Downgraded: Jumps that are missing half a turn or more will be called Downgraded. The symbol "<<<" will be added. They will receive the same base value as their counterpart jump of a lower rotation: For example 3S <<< = 2S.
- All jumps where there is a half-turn anticipation or higher in take-off will be considered Downgrades (e.g. Toe-Walley = Toe-loop downgrade).
- Jumps missing less than a quarter turn will receive the full base value, but will be evaluated with a negative QOE by the judging panel.
- In the combo jumps, each of them (as long as they are not connected, i.e. No Jump) will receive a QOE that will be evaluated by the judges. For example: 2T (+1) + NJ + 2S (+1).
- The former “Jump Sequences” (two jumps linked together by a step or a turn or a jump) disappear. They will be considered as two (2) single jumps linked by a transition (meaning they will be taken into account in the components section).

4.1.1. 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% Toe-loop and Salchow.
 - 7% Flip, Lutz and Loop.
 - 8% Axel.
 - 9% double Toe-loop and double Salchow.
 - 14% double Flip, double Lutz and double Loop.
 - 15% double Axel.
 - 16% triple Toe-loop 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.
 - 20% double-triple/triple-double.
 - 30% triple-triple.

4.1.2. Clarifications

ITEM	CLARIFICATION
Jumps	A "saved Toe-Loop" (when a skater uses a toe-loop between jumps in a combo to save the element due to loss of control) will be considered a stepping out with a negative QOE for the immediately preceding jump; this saved Toe-Loop will be called NO JUMP, and will take up a space.
Combo jump	<ul style="list-style-type: none"> • Under-rotated jumps between jumps will decrease the quality of the next jump. e.g. double Loop-Thoren (under-rotated) - double Salchow - the double Salchow will not have a good QOE. • Minimum two (2) jumps for a combo jump to be called. • If there are single-turn jumps between doubles and/or triples, the next double or triple will be evaluated by the judges with the following particularity: <ul style="list-style-type: none"> ○ No more than +1 if the number of jumps in a rotation is two (2). ○ No more than 0 if the number of jumps in a rotation is three (3).
Lutz	The technical panel is responsible for calling the Lutz jump if the technical characteristics have been achieved (external edge). Otherwise the technical panel will call the jump plus the sing "j" if the outside edge is not achieved and the base value will be decreased (between the Flip and the Toe-loop).
Thoren/half Loop	Whenever a skater makes a Thoren jump (Half Loop) to score (rather than as a linking jump), this will always be called a Loop (1Lo) and will count as such for the purposes of the maximum number of repetitions of the same jump.

4.2 Spins

A spin will be considered completed when the skater complies with the following rules:

- **Solo Spin:** Minimum two (2) continuous rotations in the position already reached to be called.
- **Combo Spin:** Minimum two positions with the correct rotation and posture. Each position must have a minimum of one (1) continuous rotation with the required body posture already reached in order to be called. If there is a change of foot, there must be a minimum of two (2) rotations per foot.

Any spin or position that does not reach the required minimum number of turns or does not reach the required body posture will be considered No Value. If one of them does not reach the established minimums in a three-position combo spin, it will be considered a "No-Confirmed" position, but the rest of the positions will still count. For example: Camel - Sit No-Confirmed- Camel = Camel + Camel.

The levels of the spins disappear and each position will have a base value that will be added, in the case of a Combo Spin, to the other positions. This value may, however, be increased by applying various "Features" (bonuses) which will be explained in the sections below: 4.2.4, 4.2.5 and 4.2.6.

4.2.1. General specifications

- The rotational axis of each position can be assisted by the toe stop (the brake), or oscillate between the first wheel and the toe stop, due to the difficulty of marking an edge with the line skate and the high angular friction produced from having the wheels attached to a fixed, non-flexible axle. For this reason, inline artistic skating spins will generally lack edge, meaning judges must focus their attention on the correct execution of the position (from a postural perspective) and the number of rotations achieved by the skater.
- The number of rotations in Upright position is unlimited at the end of any Solo Spin, and should not be considered a change of position. This will apply as long as the exit Upright is in basic position and there is no difficult variation of the position or change of foot. In the case of the Combo Spin, the Upright spin will be called whenever it goes between two other positions, or when it is done at the end of the spin but with a difficult variation and not in basic position.
- Body movements that significantly affect balance, increasing the difficulty of the spin, should be considered a feature for QOE.
- The judges MUST NOT give +3 if the spins are executed without difficult variations.
- For a Combo Spin, the judges give a single QOE for all positions.
- The free leg flexion will not be considered a difficult variation of the basic position for the Inverted spin.
- The Biellmann position will be considered a difficult variation of the Camel and not of the Upright.

4.2.2. Basic positions

The basic positions of the spins are:

- **Upright:** When the skating leg is extended or slightly bent but the body is not parallel to the ground.



- **Sit:** The hip of the supporting leg must not be above the height of the knee of the supporting leg. The line forming the quadriceps part of the supporting leg may be at a maximum height parallel to the ground.



- **Camel:** Body parallel to the ground and free leg behind with knee or skate tip higher than hip level.



- **Heel:** This is a spin in Camel position but executed on the heel, i.e., lifting two of the wheels of the supporting skate and making the rotations on a single wheel.



- **Inverted:** This is a spin in Camel position but with the body face up (in inverted position). Given the difficulty of completing this position with line skates, the following minimums must be met to call the inverted spin: at least 80% of the trunk, both shoulders and at least one hip must face upwards and be parallel to the floor.



4.2.3. Difficult variations of the basic spins

Variations of Upright position

- Forward: Torso bent forward.



- Layback: Back arched backwards with chest and shoulders facing upwards.



- Sideways: Free leg at an angle of 150 degrees with the back straight.



Variations of Sit position

- Forward: Free leg stretched forward with the torso completely bent over the leg. One shoulder should be close to the knee of the free leg.



- Sideways: Leg to the side and equilibrium point shifted to one side. It is also

considered a Sit Sideway when the free leg is forward but the shoulder and trunk are turned to one side.



- Behind: Free back leg stretched or bent.



Variations of Camel position

- Forward: The shoulder line will be parallel to the ground. The free leg will be held back.



- Sideways: The shoulder line will be rotated vertically and perpendicular to the ground. The free leg will be held back.
- Torso Sideways. Free leg and arm outstretched. The leg grip is behind the shoulder

line. The chest will be upright and not parallel to the ground (as in the Camel Forward).

- Layover: With the shoulder line rotated vertically or perpendicular to the ground, but not holding the free leg. The hip will be open, i.e. also turned to the side.
- Biellmann: The foot must be higher than the head and supported with at least one hand behind the back, with the torso in an upright position. Holding must be very close to the rotational axis, and the back must be bent. The supporting leg must be as straight as possible.



Variations of the Heel position:

- Layover: Similar to the Camel Layover position but on the heel.
- Forward and Sideways: Same variation as in the Camel but with the heel of the supporting foot raised (on one wheel).



Variation of the Inverted position:

- Bryant: With free leg supported crosswise and at least 80% of the trunk, both shoulders and at least one hip must face upwards and be parallel to the floor. The

difficulty comes in the centring phase of the spin, as it will go from a Camel position with the leg held to an Inverted position with the leg supported.



4.2.4. Solo Spin

Depending on the characteristics of the spin, the bonus the technical panel will apply will be as follows:

- A single-position spin with more than five (5) rotations will have an additional 20% of the value of the spin.
- A single-position spin with a difficult entry will have an additional 15% of the value of the spin. Difficult entry means any movement affecting the equilibrium point during the centring and/or preparation phase: For example: Spirals (Charlotte) during the centring phase; Fly (jump entry) with the landing position already reached in the air (Camel or Sit); and Travelling with the free leg supported behind the back during the movement, and even during the centring phase.
 - Difficult variations in the Upright spin:
 - Forward: 30% of the base value of the spin
 - Layback: + 2 bonus points
 - Sideways: +2 bonus points
 - Upright heel: 50% of the value of the spin
 - Difficult variations in the Sit spin:
 - Forward: 20% of the base value of the spin
 - Sideways: 30% of the base value of the spin
 - Behind: 60% of the base value of the spin
 - Difficult variation in the Camel spin:
 - Biellmann: + 2 points plus 80% of the value of the Camel spin
 - Torso Sideways: 70% of the value of the spin
 - Layover: 20% of the base value of the spin
 - Forward: 20% of the base value
 - Sideways: 20% of the base value
 - Difficult variations in the Heel spin:
 - Layover: +30% of the base value of the spin
 - Forward or Sidewas: 40% of the value of the spin

- Difficult variation of the Inverted spin:
 - Bryant: 25% of the base value of the spin

Despite this positions, any variation which is not included in this manual could be considered as a feature if it is adding body movements that alter the equilibrium, and therefore increasing the difficulty of the spin. The Technical Panel should be able to make this decision. However, the base value could not be increased more than 20%.

4.2.5. Combo spin

Combo spins will be considered to be whenever there is a change of edge, foot, position or jump. The maximum number of positions in a combo spin is five (5).

The Technical Panel will call each position during the Combo Spin, and the system will add up the values of each position called.

The judges will give a QOE for the whole combo spin.

The value of the Combo Spin can be increased in two ways:

- Due to the features achieved in each position (see section 4.2.4). The *increase will be in the value of each item*, before the overall sum. In the case of a difficult entry, the value to be increased will be that of the first position.
- Due to the order and way these positions take place. In the following cases, *the increase in value will be the total sum* of all positions:
 - Sit Spin between two Camel spins and/or Heel and/or Inverted: + 15% of the value of the combo.
 - Change of foot executed in jump: + 15% of the value of the combo.
 - Both directions immediately after each other in Sit, Camel, Heel or Inverted positions: + 20% of the value of the combo.

4.2.6. Difficult variations Summary Features in Solo and Combo Spin

SPIN	ADDITIONAL VALUE
More than 6 rotations (only one position spin)	20%
Difficult entry	15%
Upright position	
Forward	30%
Layback	2 points
Sideways	2 points and 50% (on the basic Sit 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%
Camel Forward or Sideway (Leg held)	20%
Heel Forward or Sideways (Leg held)	40%
Combination spin	
Sit Spin between two Camels and/or Inverted and/or Heel	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 followed in Sit Spin and/or Camel and/or Heel and/or Inverted	20% on the positions executed after

4.2.7. Clarifications

ITEM	CLARIFICATION
No spin	<ul style="list-style-type: none"> Fall before the spin (travelling), or during the execution of the first position of a combo. Required position (compulsory) not achieved or not performed. Position not reached correctly, as defined (see sections 4.2.2 and 4.2.3). Less than two (2) rotations for a single position spin, and less than one (1) rotation per position within a combo. If there is a change of foot, there must be at least two (2) rotations on each foot. In combo spins, each position or minimum number of rotations not reached will be called the 'No-Confirmed' (N) position. If at the end of a combo spin there is only one confirmed position, the result will be NO SPIN.
Combo Spin	<ul style="list-style-type: none"> If one of the positions of a Combo Spin is No-Confirmed and the rest are confirmed, the spin will be called but the judges' QOE will not be above 0. When a position is compulsory (e.g. Sit Spin in the short program) and the skater does not achieve this position, the whole combo spin will be called NO SPIN. All positions considered "extras" (the sixth position of a combined position) or "repetitions" (the third time they are performed during the program) will initially be called by the technical panel, but the Controller will later invalidate them using the symbol *.
Entering or preparing a position	<ul style="list-style-type: none"> To reach any position (basic or difficult variation) the skater may not exceed the minimum number of rotations established for a spin to be called. In other words: One (1) rotation in the Combo Spin and two (2) rotations in the Solo Spin. If this rule is not met, the preparation and position will be considered TWO (2) different positions and the final result will have an effect on the overall computation of the program (e.g. if a Solo Spin becomes a Combo Spin). For example 1: If a skater does two turns in Camel position to prepare a Heel, the spin will be called: Combo Spin (Camel confirmed + Heel confirmed). For example 2: In a combo spin, if a skater takes more than one turn to prepare a Camel Forward, the spin will be called: Camel + Camel Forward, and will therefore be two (2) positions and not one.
Difficult	<ul style="list-style-type: none"> For the judges to consider a difficult position as QOE +, it must involve a

positions	<p>significant variation of the equilibrium point, with muscle stretching and tension. e.g. Inverted - Bryan, involving the arms and free leg and trunk.</p> <p>Any choreographic moves that do not affect balance when executing the spin will not be considered a difficult position, although the judges may take them into account in order to give a QOE + to this basic position.</p>
Calls	<ul style="list-style-type: none"> • 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. • Falls: in a solo spin, the spin will be called only if the two (2) rotations were executed. In a combo spin, the positions achieved before the fall, will be called, except the one that caused the fall.

4.3 Footwork Sequence

All footwork sequences must be executed according to the character of the the step lines may have the following patterns:

Circle: Skated on a complete circle or oval utilizing at least three quarters (3/4) of the full width of the skating surface.



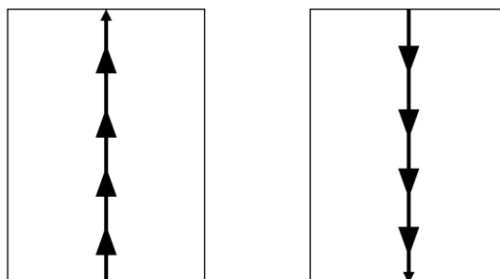
Serpentine: Starting at any end of the skating floor and progress in at least two (2) bold curves of not less than one-half (1/2) of the width of the skating floor and ends at the opposite end of the skating floor.



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 (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 (3/4) of the floor.



- All step lines must start from a stationary position, i.e. at least two seconds without any skate movement. However, arm and body movements are allowed during this position.
- All kinds of steps and turns are permitted in both forward and reverse directions (going back along the same path). Any of the patterns can be used in the Long program, while World Skate will establish the type of pattern to be used each year in the short programme.
- The mandatory step sequence can only include one (1) jump of one (1) maximum rotation (including unrecognised jump) for the short and long program. Any extra jump will be considered an illegal element and will be penalised as such.
- 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.

4.3.1. Definitions

One-foot turns: turns are all the technical difficulties listed and that involve a change of direction on the same foot: travelling (travelling - 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.

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. No change of edge is allowed. Change of edge will be allowed after the 3rd turn if skaters choose to perform a more than three (3) turns 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.

4.3.2. 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 in clockwise and the other in anti-clockwise direction.
- 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 in clockwise and the other in anti-clockwise direction. Skater must also perform one (1) cluster.

4.3.3. 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 steps 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.
- For level 3, 4 and 5 it's mandatory the use of body movements feature 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

The Choreographic Sequence is a succession of steps, turns and skating movements that represent a choreographic high point of the program, in which the skater demonstrates his or her maximum expressive capacity, interpreting and skating according to the character of the music.

All kinds of technical elements such as steps, splits, camel turns, pivots, in a bauer, jumps, fast turns can be used.

The sequence has a fixed value of 2.0. The technical panel will call the execution and the judges will give the relevant QOE.

The sequence should start from a stationary position and should cover the entire rink from one short side to the other short side.

There is no set pattern to follow, but it should include some elements:

- An element of equilibrium, performed on one foot, in which the free leg is raised at least to hip height (for example: A camel) The position must be maintained for at least 3 seconds or over 10 metres.
- A skating element in which there is a demonstration of balance, but with the possibility of having both feet on the ground (For example: a spread eagle). The position must be maintained for at least 3 seconds or 10 meters.
- A creative jump (maximum half rotation and must not be recognised) or choreographic leap.

Turns and steps can also be included apart from these elements (e.g. Mohawks, threes, brackets, etc.), pivots (such as Canadians on any edge) or heel steps.

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.

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 take

off.

- 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

- 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 or original 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 travelling.

FOOTWORK SEQUENCE

- 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

- 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	Take off technically not corrected (Incorrect take-off and excessive anticipation)	-1 or -2
Stepping out	-2 or -3	No fluidity and rhythm between the jumps of a combination	-1 or -2
Two hands on the floor during landing	-3	Not clean landing (bad position)	-1 or -2
Double three or half toe-loop after landing	-2 or -3	Long preparation	-1
		A free hand or leg on landing	-1
		Half-rotated (<<)	-2
SPINS			
Two hands on the floor to avoid the fall	-3	Poor position, slow movements	-1 to -3
Sit spin two feet exit	-3	Change of foot poorly executed (brake, clean edges)	-1 to -3
Fall	-3	Moving / not centralized	-2 or -3
		Hand or free leg on the floor to avoid the fall	-2 or -3
		Pumping	-2
		Poor travelling	-1
		Change of foot with traveling axis	-2
FOOTWORK SEQUENCE			
Fall	-3	Wrong pattern	-1 to -3
		Stumble	-1 or -2
		Out of time (No synced with music)	-1 or -2
		Poor in speed and acceleration	-1
		Poor in edges	-2
CHOREO FOOTWORK SEQUENCE			
Fall	-3	Lack of musicality	-1 to -3
		Stagger and Stumbel	-1 or -2
		Out of time (No synced with music)	-1 or -2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2

6 ARTISTIC COMPONENTS

Score for the artistic impression will be the sum of four (4) components.

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

For each one of the components judges should award a score between 0.25 and 10.

See the Rules Book for Artistic Impression

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.

7.1 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 (1.0 point per fall in Cadets, Youth, Junior and Senior; 0.5 points per fall in Tots, Mini and Espoir).
- Missing mandatory element (1.0 point per missing 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