

**RULES FOR  
ARTISTIC SKATING COMPETITIONS**

**DANCE**

By World Skate Artistic Technical Commission

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**WORLD  
SKATE**

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## 1 OWNERSHIP

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## 2 DANCE - general definitions

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**Timing:** all steps, movements, actions must be danced in the timing of the music. For the compulsory dance/ pattern dance it is mandatory to achieve the correct timing to reach the relevant level. Timing faults will bring level down of a minimum of one and will be marked down in the components.

**One foot Turns:** turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (minimum two (2) rotations must be executed quickly and with no edge to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.

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

**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:** all the technical difficulties that are executed keeping the same direction e.g. chassé, cross chassé, change of edges, cross rolls, cut-step, crosses, runs etc.

Note: half rotation or one rotation jumps on two feet or one foot are not considered a step or a turn.

**Extra feature:** they will be considered choreographic movements and poses and can be inserted in all the levels and towards the level.

**Ina bauer:** it is a technical figure like the spread eagle (inside or outside), during which, the skater executing a frontal split keeps the two feet on different parallel tracings. One of the knees bends while the other is kept extended.

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

**Attitude:** free leg stretched in front or behind with respect to the skating foot.

**Coupée:** free leg bent by the side of the skating leg.

**Traveling:** multiple continuous rotations (no edge three turns) skated on the same skating foot (minimum two rotations), while the free foot can be in any position. If the rhythm changes, it is not good because it is not a continuous action.

**Footwork sequences:** for the circular, serpentine, straight line and diagonal footwork sequences it is allowed to cross the pattern just executed.

## 3 COUPLE DANCE

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This event shall be conducted for teams consisting of two (2) contestants, one male, one female.

The couple dance competition consists of one style dance and one free dance for Junior and Senior and of compulsory dances and free dance for the other categories.

The scores for style dance and free dance will be two (2):

- Technical content.
- Artistic components.

### 3.1 Costume requirements

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- 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 so as 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 so that it completely covers the tights (pants), 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 in dance skating.
- 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.

### 3.2 Competitive warm-Up

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- Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.
- For Compulsory Dances, Style Dance and Free Dance events, there will normally be no more than six (6) contestant teams assigned to each warm-up group.
- The warm-up for Compulsory Dances is two (2) minutes with music or the length of a track of music. The couples will have ten (10) seconds to roll down the floor and then the compulsory music will be played.
- The warm-up for Style Dance shall be four and a half minutes (4:30).
- In free dance the warm-up time is based upon the skating time allotted if time allows, plus two (2:00) minutes. The announcer shall inform the contestants when one (1:00) minute remains in their warm-up period.
- The next couple to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athletes.

### 3.3 Junior and Senior

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#### Style dance

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Following are the rules for the style dance.

- The duration of the style dance will be: 2:50 minutes +/- 10 seconds.
- The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.
- One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.
- Rhythms

RHYTHMS
<b>Swing Medley</b> Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
<b>Spanish Medley</b> Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango
<b>Classic Medley</b> Waltz, Classic Polka, March, Galop
<b>Latin Medley</b> Mambo, Salsa, Merengue, Bachata, Bossa nova, Batucada, Cha Cha Cha, Samba, Rumba
<b>Rock Medley</b> Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz
<b>Folk Dance</b> Ethnic Dance
<b>Modern Music Medley</b> Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock
<b>Musical-Operetta Medley</b>

The required elements in a style dance are four (4), the only elements that will be always used are the pattern dance sequence and the lift, the others will change each year and will be chosen by ATC between:

1. One (1) no hold footwork sequence.
2. One (1) hold footwork sequence.
3. One (1) no hold synchronized cluster sequence.
4. One (1) hold cluster sequence.
5. Synchronized traveling sequence.

Fixed elements:

1. One (1) dance lift (the kind of lift will be chosen each year).
2. One (1) pattern dance sequence (compulsory dance).

Note: the first required element performed of each type will be called by the Technical Panel and evaluated by the judges as the required one for the current year.

## Free dance

The duration of the free dance will be 3:40 minutes +/- 0:10 seconds.

World Skate ATC will require seven (7) elements chosen each year from the following nine (9):

1. Stationary lift.
2. Rotational lift.
3. Combo lift.
4. Choreographic lift.
5. No hold step sequence.
6. Hold step sequence.
7. No hold synchronized cluster sequence.

8. Hold cluster sequence.
9. Synchronized Traveling sequence.

Note: the first required element performed of each type will be called by the Technical Panel and evaluated by the judges as the required one for the current year.

### 3.4 Youth

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1. Two (2) compulsory dances.
2. One (1) free dance of 3:10 minutes +/- 10 seconds.

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

- One (1) Dance Hold Step Sequence: pattern will be chosen each year. Maximum level 4.
- One (1) Dance NO Hold Step Sequence: pattern will be chosen each year. Maximum level 4.
- One (1) traveling sequence or no hold cluster sequence will be chosen each year. Maximum level 3.
- Two lifts to be chosen each year (stationary, rotational or combo). Maximum level 4.
- One (1) Choreo lift.

### 3.5 Cadet

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1. Two (2) compulsory dances.
2. One (1) free dance of 3:00 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: pattern will be chosen each year, maximum level 3.
- One (1) No Hold Footwork Sequence: pattern will be chosen each year. Maximum level 3.
- One (1) traveling sequence. Maximum level 2
- Two (2) lifts to be chosen each year (stationary, rotational or combo). Maximum level 3.
- One (1) Choreo lift.

### 3.6 Espoir

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1. Two (2) compulsory dances.
2. One (1) free dance of 3:00 minutes +/- 10 seconds.

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

- One Dance Hold Footwork Sequence: pattern will be chosen each year. Maximum level 2.
- One No Hold Footwork Sequence: pattern will be chosen each year. Maximum level 2.
- One traveling sequence. Maximum level 2
- Two lifts to be chosen each year (stationary, rotational or combo). Maximum level 2
- One Choreo lift.

### 3.7 Minis

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1. Two (2) compulsory dances.
2. One (1) free dance of 2.00 minutes +/- 10 seconds.

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

- One Dance Hold Footwork Sequence: pattern will be chosen each year (straight, diagonal or circular or semi-circular). Maximum level 1.
- One Dance No Hold Footwork Sequence: pattern will be chosen each year. Maximum level 1.

- One traveling sequence. Maximum level 1.
- One Choreo lift.

### 3.8 Tots

One (1) free dance of 2:00 minutes +/- 10 seconds.

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

- One Dance Hold Footwork Sequence: pattern will be chosen each year (straight or diagonal). 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.
- One Dance No Hold Footwork Sequence: pattern will be chosen each year. Maximum level 1. The four (4) steps that will be counted towards the level include and are limited to: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.
- Two Choreo poses (same value as Choreo Lifts).

## 4 TECHNICAL ELEMENTS

### 4.1 No Hold Step Sequence

The baseline will be selected each year by World Skate ATC and may be performed either:

- Along the long axis.
- Diagonal.

#### General Rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position. NOTE: if a skater stops before this element for duration of less than three (3) seconds, it will satisfy the requirement of starting from a stopped position, but it will not be counted as a STOP.
- The steps must cover at least 80% of the length of the skating surface.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

#### Levels

LEVEL	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) turns.
- Level 2 - must include at least six (6) turns.



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

## Clarifications

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- 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 but it will be considered in the turns for the cluster.
- 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 one 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 (max level 2).

- 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.

## 4.2 Dance Hold Footwork Sequence

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The baseline will be selected each year by World Skate ATC and may be performed either:

- Circle clockwise.
- Circle counterclockwise.
- Serpentine.
- Diagonal.
- Straight line (Mini's and Tot's only).
- Semi Circle (Mini's only).

### General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- The couple must perform a minimum of two (2) different recognized dance positions\*.
- The release of contact is permitted only for quick changes of hold/position.
- In the circular footwork sequence, circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: from a clear position. The footwork must use the entire width of the skating floor and must begin and end at the same axis point. The circle must be in the center of the skating floor.
- In serpentine footwork sequence, the skaters must begin the sequence on the long axis, from a clear position, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.
- The position "hand in hand" is not considered a recognized position.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music and it is also allowed to skate just once on the pattern just executed.

### \*Appendix 1 - Recognized dance positions

The change of position must be:

- Switching between recognized positions: this happens when the couple changes from a recognized position to another recognized position and during this change one of the partners changes the direction. E.g. Kilian to Waltz, Waltz to Foxtrot, Tango to Tandem etc.  
Note: it will not be considered a change of position the transition Kilian to Foxtrot (positions with skaters both side by side and with the same direction) or Waltz to Tango (positions with partners in the opposite direction to each other where they both remain on the same direction).
- Pass through positions coded: this happens when a couple uses not recognized "creative positions" before assuming a recognized position. In such changes of positions, it is not necessary to have a change of direction.

Note: turns executed during the Dance Hold footwork sequence can be the same between the two skaters (e.g. 2 brackets and 2 rockers), or different (e.g. one skater executes a turn and the other a step).

## Levels

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

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

### Clarifications

- The turns can be executed simultaneously or not. **To be evaluated by the technical panel, turns must be executed while the couple is in hold (not during the quick change of position where the couple is in no hold position) with the exception of traveling and loops that if executed simultaneously, can be performed during the quick changes of position and can be counted as turns towards the level.**
- To call the dance positions skaters must perform at least one turn (the other skater can perform any other step).
- During the cluster only the first dance hold will be taken into consideration in counting the dance holds towards the level.
- 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 but it will be considered in the turns for the cluster.
- 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 one of the 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 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.

### 4.3 Dance Lifts

Kinds of lifts:

- Stationary position.
- Rotational.
- Combination: stationary position + rotational.
- Choreographic.

For all the lifts, the maximum time allowed is ten (10) seconds, except for the combination lift to which the maximum time allowed is fifteen (15) seconds.

## General rules

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- The sustaining partner's hands may go above their own head as long as the hips of the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do not go above their own head.
- A dance lift occurs when the partner is lifted in the air for at least two (2) seconds (less than two (2) seconds is not considered a lift).

## Difficult positions

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### Difficult position for the lifted partner

- Full split:** when the legs are spread and extended at a straight angle (180°). Supports are free.
- Full biellmann:** vertical position for the lifted partner, the heel of the skate (sustained by the hand) brought behind the bust (on the sagittal plane) and at the same level as the head or above the head. Total supports maximum three (3). The position must be held without the help of the lifting partner.
- Full ring:** the upper body is arched backward with one or both heels close to the head (describing a complete circle). Total supports maximum three (3). The position must be held without the help of the lifting partner.
- Head upside down:** upside down vertical position for the lifted partner with the head close to the rink. Total supports maximum three (3).
- Cantilever:** the position of the lady is vertical/oblique and cantilevered out: the lady is extended away from the man. Supports are free.
- Balancing:** in a horizontal position. Total supports maximum three (3).
- Leg Lift:** one point of support must be one leg (from the hips to the foot). Total supports maximum three (3).
- Layback:** the lady has a supine position, where the back and one leg are parallel to the floor. Total support maximum three (3).

**Appendix 2** - Examples difficult positions for the lifted partner.

### When to consider a change of position of the lifted partner

- The lifted partner changes hold and position in a significant way.
- The change of hold and position are executed at the same time.
- Different positions must be clear and defined.
- In a rotational lift, the change of position happens during the rotation itself with no interruptions.
- In a rotational lift, the change of position will be considered if the position is held for at least two (2) rotations of the lifted partner.

### Difficult position of the lifting partner

- One foot.
- Outside, inside or flat spread eagles.
- In a bauer inside and outside.

- D. Bended (sit position) 90° / squat complete.
- E. One contact arm/hand.

### Appendix 3 - Examples of difficult positions of the lifting partner.

#### Creative/difficult entry

- a. Unexpected entry.
- b. Entry from difficult transition like a turn, outside mohawk, choctaw, (not from runs).
- c. Creative/difficult entry before the first position (a ½ or 1 rotation assisted jump of the lifted partner) or one rotation in the air (supported by the lifting partner) on the sagittal plane or on the horizontal one.

### Levels for stationary lifts

This is a lift where the lifting partner will not perform any rotation and where the lifted partner will stay in a stationary position for at least three (3) seconds. Seconds will start from the definition of the position of the lifted partner. It is allowed for the lifting partner to do a half rotation to enter the lift and a half rotation to exit.

LEVEL	LIFTED PARTNER POSITION / TIME	CHANGE POSITION	LIFTING PARTNER POSITION / TIME	DIFFICULT / CREATIVE ENTRY
1	1 position / 3 sec	/	/	/
2 (option 1)	2 positions / 2 sec each	1	/	/
2 (option 2)	1 position / 3 sec	/	1 difficult position / 3 sec	/
2 (option 3)	1 difficult position / 3 sec	/	/	/
3 (option 1)	2 positions / 2 sec each	1	1 difficult position / 2 sec	/
3 (option 2)	2 positions, 1 of them difficult position / 2 sec each	1	/	/
4 (option 1)	2 positions / 2 sec each	1	1 difficult position / 2 sec	Yes
4 (option 2)	2 positions, 1 of them difficult position / 2 sec each	1	/	Yes
5	2 positions, 1 of them difficult position / 2 sec each	1	1 difficult position / 2 sec	Yes

- Level 1 - the lifted partner is lifted for at least three (3) seconds.
- Level 2 -
  - One (1) change of position (two (2) positions) for the lifted partner (each position held for at least two (2) seconds), or;
  - The lifting partner holds a difficult position for at least three (3) seconds, or;
  - The lifted partner holds a difficult position for at least three (3) seconds.
- Level 3 -
  - One (1) change of position (two (2) positions held at least for two (2) seconds each) + a difficult position for the lifting partner or;
  - One (1) change of position (two (2) positions held at least for two (2) seconds each), one of the two (2) must be a difficult position to be held for at least two (2) seconds.
- Level 4 - same as level 3 but with a creative/difficult entry.

- Level 5 - One (1) change of position (two (2) positions held at least for two (2) seconds each), one of the two (2) must be a difficult position to be held for at least two (2) seconds + difficult position for the lifting partner for at least two (2) seconds + creative/difficult entry.

### Levels for rotational lifts

This is a lift where the couple must rotate for at least three (3) rotations to get a level 1. The numbers of rotations to count are those of the lifting partner.

LEVEL	LIFTED PARTNER POSITION / ROTATIONS	CHANGE POSITION	LIFTING PARTNER ROTATIONS	DIFFICULT / CREATIVE ENTRY
1	1 position	/	3	/
2	1 position / 3 rotations	/	4	Yes
3	1 difficult position / 3 rotations	/	4	/
4 (option 1)	1 difficult position / 4 rotations	/	5	/
4 (option 2)	2 = 1 position / 2 rotations + 1 difficult position / 2 rotations	1	5	/
5 (option 1)	1 difficult position / 4 rotations	/	6	Yes
5 (option 2)	2 = 1 position / 2 rotations + 1 difficult position / 2 rotations	1	6	Yes

- Level 1 - at least three (3) rotations of the lifting partner
- Level 2 - at least four (4) rotations of the lifting partner + a position of the lifted partner held for at least three (3) rotations and a creative/difficult entry.
- Level 3 - at least four (4) rotations of the lifting partner + the lifted partner in a difficult position held for at least three (3) rotations.
- Level 4 -
  - At least five (5) rotations of the lifting partner + the lifted partner in a difficult position held for four (4) rotations or;
  - At least five (5) rotations of the lifting partner + executing a change of position (two (2) positions), one of the positions must be difficult and must be held for at least two (2) rotations.
- Level 5 -
  - Same as level 4 + a creative/difficult entry + at least six (6) rotations of the lifting partner.

### Levels for combination lifts

This lift is a combination of a stationary lift and a rotational lift.

It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.

LEVEL	LIFTED PARTNER POSITIONS / TIME stationary	LIFTED PARTNER POSITIONS / rotation rotational	CHANGE POSITIONS Total of lifted partner	LIFTING PARTNER POSITIONS / TIME	LIFTING PARTNER ROTATIONS before or after the stationary	DIFFICULT / CREATIVE ENTRY
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1	1 position / 2 sec	1 position/ 1 rev	0/1	/	2	/
2 (option 1)	2 positions / 2 sec each	1 position/ 1 rev	1/2	/	2	/
2 (option 2)	1 difficult position / 2 sec	1 different position from stationary / 1 rev	1	/	2	/
3 (option 1)	2 positions / 2 sec each	1 different position from stationary/2 revs	2	1 difficult position / 2 sec	3	/
3 (option 2)	1 difficult position / 2 sec	1 position/ 2 revs	1	1 difficult position / 2 sec	3	/
4 (option 1)	2 positions / 2 sec each	1 difficult position / 3 revs	2	1 difficult position / 2 sec	4	Yes
4 (option 2)	1 difficult position / 2 sec	1 position / 3 revs	1	1 difficult position / 2 sec	4	Yes
5 (option 1)	2 positions = 1 position + 1 difficult position / 2 sec each	1 difficult position / 4 revs	2	1 difficult position / 2 sec	5	Yes
5 (option 2)	2 difficult positions / 2 sec each	1 position / 4 revs	2	1 difficult position / 2 sec	5	Yes

- Level 1 - the lifted partner is lifted for at least two (2) seconds in a static position and the lifting partner executes two (2) rotations before or after the static position. During the rotational part, the lifted partner is in one position for at least one (1) rotation.
- Level 2 -
  - The lifted partner executes one (1) change of position (two (2) positions), each held for at least two (2) seconds. During the rotational part the lifted partner is in one position for at least one (1) rotation. Or;
  - One (1) difficult position of the lifted partner for at least two (2) seconds. During the rotational part the lifted partner is in one different position for at least one (1) rotation.
- Level 3 -
  - One (1) change of position (two (2) positions) kept for at least two (2) seconds each + the lifting partner holds a difficult position for at least two (2) seconds + at least three (3) rotations of the lifting partner before or after to the stationary position of the lifted partner. During the rotational part the lifted partner is in one different position for at least two (2) rotations.
  - One (1) difficult position for at least two (2) seconds + the lifting partner holds a difficult position for at least two (2) seconds + at least three (3) rotations of the lifting partner before or after the stationary position of the lifted partner. During the rotational part the lifted partner is in one position for at least two (2) rotations.
- Level 4 -
  - Same as level 3 + four (4) rotations in rotational + creative/difficult entry. For option 1 during the rotational part the lifted partner is in one different position for at least three (3) rotations. For option 2 during the rotational part the lifted partner is in one position for at least three (3) rotations.
- Level 5 -
  - The lifted partner holds a difficult position for at least two (2) seconds and executes one (1) change of position, the two (2) positions must be kept for at least two (2) seconds each. The lifting partner holds a difficult position for at least two (2) seconds and executes at least five (5) rotations and the lift must start with a

creative/difficult entry. During the rotational part the lifted partner is in one difficult position for at least four (4) rotations.

- The lifted partner holds two (2) difficult positions for at least two (2) seconds each, while the lifting partner holds a difficult position for at least two (2) seconds and executes at least five (5) rotations. The lift must start with a creative/difficult entry. During the rotational part the lifted partner is in one position for at least four (4) rotations.

### Clarifications for lifts

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- Each type of difficult position, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.
- It is allowed, during the stationary lift, to execute a half rotation of the lifting partner to change position.
- The difficult positions required for the levels will be considered from when the position is clear and defined.
- For both the stationary and rotational lift, the final position of the lifted partner should be reached quickly.
- A lift that does not achieve the requirements of level 1, will be called as 'No level' and will occupy a box in the system.

### Choreographic lift

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The choreographic lift will have a set value of two (2) points (there are no levels). Judges will give their QOE based on the characteristics listed in the table (refer to section 6. QOE).

- The choreographic lift will be inserted to enhance or underline a part of the choreography.
- It cannot last more than ten (10) seconds.
- Can be used during a stop.
- Supports are free.

## 4.4 Compulsory Dances

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Please refer to World Skate artistic Dance and Solo Dance Manual 2019 for compulsory dance specifications.

### Pattern Dance Sequence

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This element consists of one (1) sequence of a complete compulsory dance selected by World Skate ATC, that covers the entire surface of the skating floor, or two (2) sequences of a complete compulsory dance with a pattern that covers half of the skating floor.

#### General rules

- Must adhere to the diagram/pattern provided by World Skate ATC.
- The BPM of the piece of music selected for the Pattern Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / -2 BPM.

**For example:** *in compulsory dances with a required tempo of 100 BPM, the number of beats may be, for the duration of the pattern dance sequence, from a minimum of 98 to a maximum of 102 BPM.*

There can be an introduction before the beginning of the pattern dance sequence, and also after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same



range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it MUST remain constant for the entirety of the pattern dance sequence.

**For example:** A piece of waltz music has an introduction with a tempo of 148 BPM; but during the skating of the Starlight Waltz the tempo must be within the range of 166 to 170 BPM (168 BPM +/- 2); remaining constant throughout the sequence; and after the pattern dance sequence is completed the tempo changes to 128 BPM.

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:

- The rhythms used.
- The number of BPM of the Pattern Dance Sequence(s).
- It should be specified when the music for the compulsory dance starts and when it finishes.

If in the event that these rules are not observed, World Skate ATC shall give a deduction of 1.0 from the total score.

- Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of World Skate ATC) and finish with the first step of the dance (step 1) required by the rules.
- Must maintain the same steps/recognized positions\*/holds of the dance and respect the required timing of each step.

\* **A recognized position** is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other. The recognized positions and holds required by the rules may include choreographic movements of the upper body (with the other arm free from hold) to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

## Levels for Compulsory Dances

For the pattern dance sequence in the style dance and for the compulsory dances for Youth, Cadet, Espoir and Minis, there will be four (4) levels depending how the key points have been executed. If the compulsory dance requests two (2) sequences, the levels will be applied twice, once for each sequence.

LEVEL	SEQUENCE / SECTION	INTERRUPTION time	KEY POINTS
1	75%	/	/
2	100%	No more than 4 beats	1 or 2
3	100%	No more than 4 beats	3
4	100%	Not interrupted	4

- Level 1 - 75% of sequence/section is completed by both partners.
- Level 2 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) or two (2) key points is/are correctly executed.
- Level 3 - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 - sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

If less than 75% of the sequence is completed by both partners, the call by the Technical Panel will be 'No Level'.

## 4.5 Clusters sequences

### No Hold Synchronized Cluster Sequences

- The couple must introduce two (2) sequences of clusters separated by a maximum of three (3) dance steps or two feet turns (**no** one foot turns).
- The sequences **MUST** be the same for both partners.
- The skaters have not to be in hold but skating alone. They should be as close as possible, and they are free to use whatever turn they want (except for where the choice of formation requires otherwise. For example, if the couple performs a cluster sequence in mirror image of each other).
- Each sequence must start with at least three (3) different turns.
- If the skaters, after the second sequence remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per the separation rules.

### Hold Synchronized Clusters Sequences

- The couple must introduce two (2) sequences of clusters separated by a maximum of three (3) dance steps or two feet turns (**no** one foot turns).
- The couple can never break the hold during the execution of the sequences. The holds must be a recognized hold. Hand in hand cannot be used except for during the execution of loops and traveling.
- During the three (3) steps between the two sequences the couple can use creative holds and also hand in hand hold.
- For each sequence, the first three (3) turns must be different.
- Partners can execute different turns within the sequences or the same turns.
- The foot used for the two sequences can be the same.
- The two sequences can be performed with the same turns.
- It is allowed for the couple to execute the three steps between the sequences in a no hold position however, before the first turn of the second sequence, they must be in dance hold.

### Levels

LEVELS	URNS - FIRST SET	URNS - SECOND SET	DIFFICULT ENTRY
1	3	3	/
2	4/3	3/4	/
3	4	4	Yes, in one of the sequences
4	4	4	Yes, in both sequences

- Level 1 - the two (2) clusters are correctly executed with no interruption.
- Level 2 - one of the two (2) clusters contains four (4) turns, the first three (3) of them must be different.

- Level 3 - the two (2) clusters contain four (4) turns each, the first three (3) of them, for each cluster, must be different and a one (1) of the sequences must start from a difficult entry.
- Level 4 - the two (2) clusters contain four (4) turns each, the first three (3) of them, for each cluster, must be different and both sequences must start from a difficult entry.

### Clarifications for synchronized clusters sequences

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- Difficult entry for a cluster sequence: choctaw, ina bauer, spread eagle, little hop or jump.
- The difficult entries should be before the first turn of the sequence. In the case it is presented before the second sequence, the difficult entry must be the step preceding the first turn of the second sequence and will be counted as the final of the three steps allowed.
- The two partners must execute the same difficult entries.
- If there is a clear stop before the second sequence, the level shall be reduced by one.
- If there are more than three (3) steps between the two sequences, the level shall be reduced by one.
- If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the cluster has started and the execution of the element continues after the touch down, only the part before the touch down will be considered for the level.
- No change of edge is allowed in between the first three turns of the cluster.
- It is not allowed to use the toe stop in between the 2 sets of clusters.
- Depending on the number of recognized and correct steps the skaters are executing, the level will increase or decrease accordingly.
- The cluster sequence will be NO LEVEL if at least three turns are not correct and recognizable.

### 4.6 Traveling sequences

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- The first execution of a traveling set must be the one to be called with a level or no level if the features of the first level are not fulfilled.
- The rotations of the traveling should be fast and demonstrate ability to keep the control of the body axis.
- If the skater falls or there is any interruption during the entry, the execution of the set of traveling or immediately after either sequence, the element is called for what has been done before the interruption or the fall. It will have a no level if the features of level 1 are not fulfilled.
- If one (1) of the sequences is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2).
- Maximum duration of the traveling is ten (10) seconds.
- It is not allowed to use the toe stop in between the 2 sequences of traveling.
- If the skaters after the second sequence of the traveling, remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per the separation rules.

**Set traveling:** minimum two (2) rotations with a maximum of three (3) dance steps or turns in between.

**Additional features:** the features should be performed correctly and for the entirety of the set to be considered.

A. At least one hand above the head or on its line.

- B. Crossed hands behind the back and far from it.
- C. Arms crossed in front of the body between shoulders and waist (can be also one behind and the other in front like a screw).
- D. Free leg crossed in front or crossed behind over the knee line.
- E. Free leg crossed in front or behind under the knee line (pirouettes).
- F. Free skate wheels held by one or two hands.
- G. High free leg stretched lateral or forward.

#### Appendix 4 - Traveling features examples.

#### Levels

LEVELS	FIRST SEQ ROTATIONS	SECOND SEQ ROTATIONS	DIFFERENT ROTATIONAL DIRECTION	FEATURE
1	2	2	/	/
2	3	3	Yes	1 in one of the sequences
3	3	3	Yes	2: 1 in each sequence: one with arm and one with leg
4	4	4	Yes	3: in one sequence 1 feature free choice, in the other sequence 2 features: one of arm and one of leg

- Level 1 - execution of the two (2) sequences of traveling with two (2) rotations each.
- Level 2 - different rotational direction for the two (2) traveling and at least three (3) rotations each + one (1) feature (in one of the sequences).
- Level 3 - different rotational direction for the two (2) traveling and at least three (3) rotations each + two (2) features (one each sequence: one with the arm and one with the leg).
- Level 4 - different rotational direction for the two (2) traveling and at least four (4) rotations each + three (3) different features (one sequence with one feature of free choice, one sequence with two (2) features, one of the arm and one of the leg).

#### 4.7 Chorographic pose

The Choreographic pose is a held position of the couple that creates an interesting or artistic design in space.

The choreographic pose will have a set value of two (2) points (there are no levels). Judges will give their QOE based on the characteristics listed in the table (refer to section 6. QOE). It is a held position of the couple that creates an interesting or artistic design in space.

- The choreographic pose will be inserted to enhance or underline a part of the choreography.
- It cannot last more than five (5) seconds.
- Supports are free.

## 5 LIMITATIONS

**Dance lifts:** no additional lift is permitted.

**Dance spin:** a maximum of one (1) dance spin, done in hold with a minimum of two (2) rotations. Less than two (2) rotations is not considered a spin. Lifted spins are not permitted.

**Stop:** a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds. A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and the end).

**Stationary positions:** kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end).

If both partners are on the floor at the same time, it shall be considered as once. Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown. Stationary positions shall not be considered as elements of technical value, but of artistic value.

**Beginning and end of the program:** the skaters may not exceed eight (8) seconds of being stopped.

**Dance jumps:** a maximum of two (2) jumps (each skater) of one (1) rotation each (no more than one rotation in the air). Jumps shall not be considered as elements of technical value.

**Separations:**

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners
- **Style dance:** for only one (1) time during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between the partners (except where prohibited by the rules).
- **Free dance:** for only two (2) times during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between them.
- For quick changes of position/hold between the partners during the entire program.

## 6 QOE

Judges will score each technical element with the QOE and will give from -3 to +3 taking into consideration the following guide lines for each technical element.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
SEQUENCES/ SECTIONS OF COMPULSORY/ PATTERN DANCE	-3	-2	-1	Base	+1	+2	+3
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/ steps/turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/step s/ turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/step s/turns with no major error	90% clean edges/step/tu rns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct holds	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart and its repetition (if required)	40%	50%	60%	75%	80%	90%	100%

Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>DANCE LIFTS</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuou s	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinu ous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>CHOREO LIFT</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effor tless
Music	Not coherent with the music and choreograph y	No choreographi c reason Poor in originality	Good but meaningles s	Some coherence with the music and choreograph y	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>CHOREO POSE</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Execution	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Music	Not coherent with the music and choreograph y	No choreographi c reason Poor in originality	Good but meaningles s	Some coherence with the music and choreograph y	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>STEP SEQUENCES</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Edges/sureness	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsisten t/variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe-pushing Just in one part of the sequence	Wide stepping or one on two feet or toe- pushing	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless

		Just in one part of the sequence					
Turns	Jumped/awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Spacing between partners (not touching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>SYNCHRONIZED CLUSTERS</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Entry/completion	Awkward/off balance	Hesitant/lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/variable	Sure/clean	Smooth/neat	Very good and stylish	Clever and exquisite
Edges	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
<b>ASPECTS</b>	<b>VERY POOR</b>	<b>POOR</b>	<b>MEDIOCRE</b>	<b>ACCEPTABLE</b>	<b>GOOD</b>	<b>VERY GOOD</b>	<b>OUTSTANDING/ EXCELLENT</b>
<b>TRAVELING SEQUENCES</b>	<b>-3</b>	<b>-2</b>	<b>-1</b>	<b>Base</b>	<b>+1</b>	<b>+2</b>	<b>+3</b>
Entry/ Completion	Awkward/off balance	Hesitant/lack of control	Abrupt	Sure/ stable	Sure and smooth	With ease	Seamless
Connecting steps footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/variable	Sure/ clean	Smooth/neat	Very good and stylish	Clever and exquisite
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Rotational speed	Very slow	Slow	Variable	Normal	Good	Fast	Very fast
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater

Falls: in addition to the deduction to the sum at the end of the program, the judges should apply a negative QOE like this: -2 for the fall of one (1) skater, -3 for the fall of two (2) skaters.

## 7 ARTISTIC COMPONENTS

Score for the Artistic Components 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.

Compulsory dance for Youth, Cadet, Espoir and Mini, judges will score two (2) components: skating skill and performance.

### Categories and artistic impression

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- 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.

## 8 PENALIZATIONS

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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 the allowed separations.
- Style dance: wrong rhythm, number of rhythms less than two (2), rules on the music for the pattern dance sequence not achieved.
- More than the allowed stops.
- More than the allowed kneeling or laying on the floor.
- More jumps or dance spins than allowed.

### General

- Costume violation (see 3.1).
- Time of the program less than the minimum (1.0 for each 10 seconds or part thereof).
- Falls (fall of one skater, 1.0 point, fall of two skaters, 2.0 points).
- Mandatory element not presented.



## 9 APPENDIX 1 - recognized couple positions



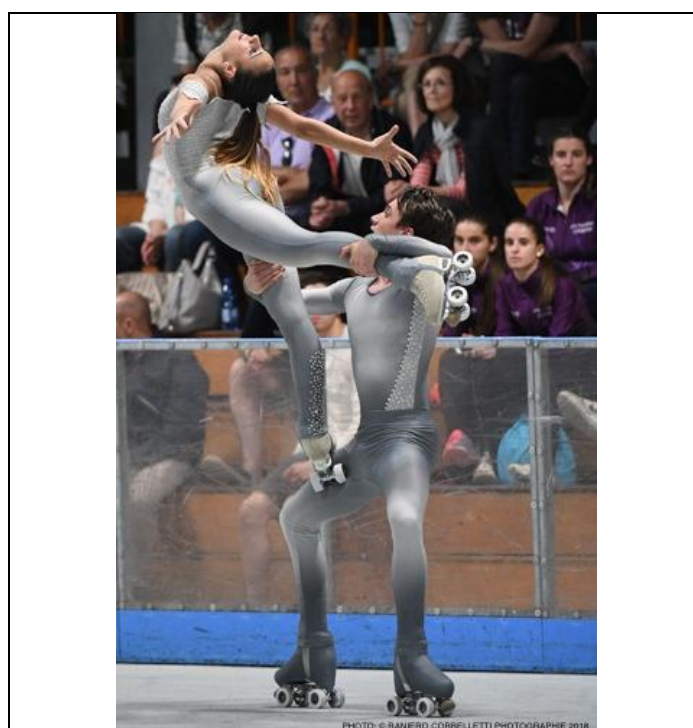
- A. Waltz
- B. Kilian/Kilian Reverse
- C. Tandem
- D. Foxtrot
- E. Promenade
- F. Tango
- G. Hand in hand
- H. Cross arms

## 10 APPENDIX 2 - examples of difficult positions for the lifted partner

### A. Full ring.



### B. Cantilever.






## 11 APPENDIX 3 - examples of difficult positions of the lifting partner

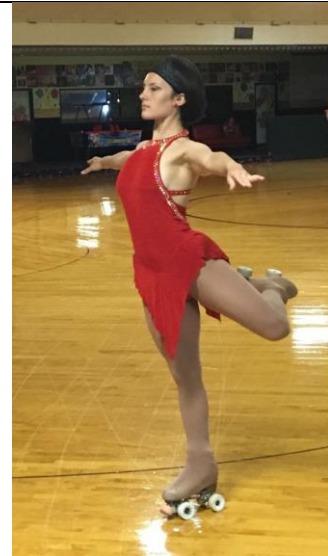
A. Outside, inside or flat spread eagles.



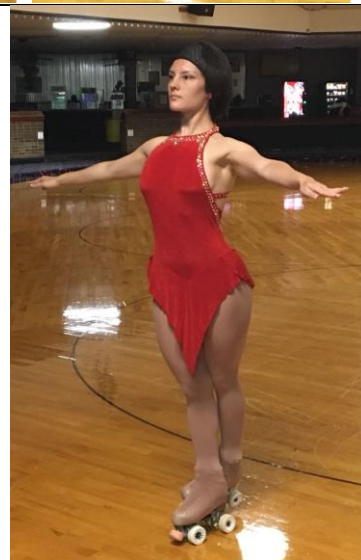
## 12 APPENDIX 4 - Traveling features examples

<p>A. At least one hand above the head or on its line</p>	
<p>B. Crossed hands behind the back and far from it</p>	
<p>C. Arms crossed in front of the body between shoulders and waist (can be also one behind and the other in front like a screw)</p>	

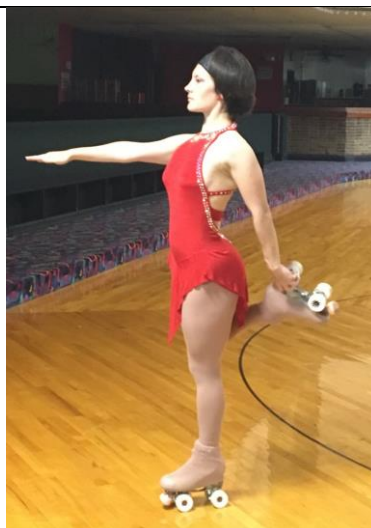
D. Free leg crossed in front or crossed behind over the knee line



E. Free leg crossed in front or behind under the knee line (pirouettes)



F. Free skate wheels held by one hand



G. High free leg stretched lateral or forward

