

**RULES FOR
ARTISTIC SKATING COMPETITIONS
SOLO DANCE**
By World Skate Artistic Technical Commission



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1 OWNERSHIP

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2 SOLO DANCE - general definitions

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.

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. It must be a clear inside edge.

Body movements: the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered. 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: free pattern, it is allowed to cross the pattern just executed and it has limited time.

3 SOLO DANCE

The solo 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 two (2) scores for compulsory dances, style dance and free dance will be:

- Technical content.
- Artistic Components.

3.1 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. **(training costumes are not required to be in character; however all other costume rules apply in training).**
 - 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. **Rhinestones, stones, crystals, mirrors, buttons, studs, pearls and half pearls bigger than 4mm in any dimension ARE NOT PERMITTED. Sequins of any size applied or sewn are allowed. All decorative embellishments must be securely fixed with glue or stitched firmly to the fabric.**
 - 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. **Transparent materials ARE PERMITTED ONLY ON THE ARMS, LEGS, SHOULDERS and BACK (above the waistline).**
 - 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 **(like sheer material and net) or complete nudity** is not permitted. **Transparent materials ARE PERMITTED ONLY ON THE ARMS AND SHOULDERS.** 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.
- For costume deductions, referees will take into consideration the opinion of the judges.**

3.2 Competitive warm-Up

- 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) contestants assigned to each warm-up group.
- The warm-up for Compulsory Dances is 2 minutes with music or the length of a track of music. The skaters will have 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 minutes (2:00). The announcer shall inform the contestants when one minute (1:00) remains in their warm-up period.
- The next skater to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athlete.
- **At the conclusion of the warm-up period the first skater will be allowed up to one (1.0) minute before they have to take the floor.**
- **For exceptional situations regarding the number of participants and/or time limitations the ATC may decide not to apply this rule.**

3.3 Junior and Senior

Style dance

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 (2) 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
Swing Medley Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
Spanish Medley Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango
Classic Medley Waltz, Classic Polka, March, Galop
Latin Medley Mambo, Salsa, Merengue, Bachata, Bossa nova, Batucada, Cha Cha Cha, Samba, Rumba
Rock Medley Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz
Folk Dance Ethnic Dance
Modern Music Medley Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock
Musical-Operetta Medley

The number of required elements in a style dance is four (4). There will be always the Pattern Dance sequence, the others will change each year and will be chosen by Artistic Technical Commission between:

1. Footwork sequence, maximum 40 seconds.
2. Artistic Footwork sequence, maximum 40 seconds.
3. Cluster sequence.
4. Traveling sequence.

Note: the first required element performed of each type will be the one 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 3:30 minutes +/- 10 seconds.

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

1. Footwork sequence, maximum 40 seconds.
2. Artistic Footwork sequence, maximum 40 seconds.
3. One (1) traveling sequence.
4. One (1) cluster sequence
5. One (1) Choreographic sequence.

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

3.4 Youth

1. Two (2) compulsory dances.
2. One (1) free dance of **3:15 minutes** +/- 10 seconds.

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

- **Footwork sequence, maximum level 4, maximum 40 seconds.**
- **Artistic Footwork sequence, maximum level 4, maximum 40 seconds.**
- One (1) traveling sequence. Maximum level 3.
- One (1) cluster sequence. Maximum level 3.
- One (1) choreographic sequence.

3.5 Cadet

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:

- **Footwork sequence, maximum level 3, maximum 30 seconds.**
- **Artistic Footwork sequence, maximum level 3, maximum 30 seconds.**
- One (1) traveling sequence. Maximum level 2.
- One (1) cluster sequence. Maximum level 2.
- One (1) choreographic sequence.

3.6 Espoir

1. Two (2) compulsory dances.
2. One (1) free dance of **2:30 minutes** +/- 10 seconds.

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

- **Footwork sequence, maximum level 2, maximum 30 seconds.**
- **Artistic Footwork sequence, maximum level 2, maximum 30 seconds.**
- One (1) traveling sequence. Maximum level 2.
- One (1) choreographic sequence.

3.7 Minis

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:

- **Footwork sequence, maximum level 1, maximum 20 seconds.**
- **Artistic Footwork sequence, maximum level 1, maximum 20 seconds.**
- One (1) traveling sequence. Maximum level 1.
- One (1) choreographic sequence.

4 TECHNICAL ELEMENTS

In the Program element content sheet, it is mandatory to write the start time of each element.

4.1 Compulsory Dances

Please refer to World Skate Artistic Dance and Solo Dance Manual 2020 for compulsory dance specifications.

The number of opening beats to be used for all dances must not exceed 24 beats of music, if this happens one (1.0) point penalization will be applied.

During the competitions, the 3 tracks of each dance must be used.

Pattern Dance Sequence

This element consists of one (1) sequence of a complete compulsory dance selected by World Skate Artistic Technical Commission, 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 Compulsory Dance Sequence(s).
- It should be specified when the music for 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 of the dance and respect the required timing of each step. It is possible to include choreographic movements of the lower/upper body to make the performance of the dance more relevant to the required rhythm. It is important to respect the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps.

Levels

For the sequence of the compulsory dance inserted in the style dance and for the compulsory dances for Youth, Cadet, Espoir and Minis there will be five (5) 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
B	75%	/	/
1	100%	No more than 4 beats	1
2	100%	No more than 4 beats	2
3	100%	Not interrupted	3
4	100%	Not interrupted	4

- Level **Base** - 75% of sequence/section is completed.
- Level **1** - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point is correctly executed.
- Level **2** - sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points are correctly executed.
- Level **3** - sequence/section is not interrupted at all, 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 the skater, the call by the Technical Panel will be 'No Level'.

If the compulsory sequence is missed or not completed, it will be called "No Level" with no other penalty applied, however the components would not score highly.

4.2 Footwork sequences: for style and free dance

Base Level Requirements:

- Skaters must include steps/linking steps.
- The pattern is free, it must cover at least $\frac{3}{4}$ of the length of the rink. It has a time limit depending on the category.
- It **MUST** start from the short side of the rink and it must arrive on the opposite short side of the rink.

Levels

Level Base - FoSqB	Level 1 - FoSq1	Level 2 - FoSq2	Level 3 - FoSq3	Level 4 - FoSq4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).	Level B AND must perform 6 turns and must include two (2) different features.	Level B AND must perform 8 turns and must include three (3) different features.	Level B AND must perform 10 turns and must include four (4) different features.

Features

1. **Body movements:** three (3) different body movements are required.
2. **Choctaws:** skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forwards to backwards will be considered.

3. **Cluster:** to be considered as a feature all the turns presented in the cluster must be confirmed.
4. **Turns on different feet:** turns required for the level must be presented both on the right foot and on the left foot, or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. See Clarifications.

4.3 Artistic Footwork sequence: for style and free dance

An artistic footwork sequence incorporates the use of steps/turns/skating elements/artistic movements etc. that are aesthetically pleasing and demonstrates the skater's natural creative skills.

Base Level Requirements:

- Skaters must include steps/linking steps.
- The pattern is free, it must cover at least $\frac{3}{4}$ of the length of the rink. It has a time limit depending on the category.
- It MUST start from the short side of the rink and can finish in any part of the rink.

Levels

Level Base - ASqB	Level 1 - ASq1	Level 2 - ASq2	Level 3 - ASq3	Level 4 - ASq4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).	Level B AND must perform 4 turns and must include two (2) different features.	Level B AND must perform 6 turns and must include three (3) different features.	Level B AND must perform 8 turns and must include four (4) different features.

Features

1. **Skating Elements:** three (3) of the following should be inserted to be considered towards the level:
 - a. Ina Bauer using a minimum of six (6) wheels, spread eagles;
 - b. Stag jump, split jump;
 - c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jump.
 - d. Camel positions: biellman, inverted, ring;
 - e. Charlotte;
 - f. Spin of minimum three (3) revolutions.

Features must achieve the correct position to be considered.

Appendix 2 - Skating Elements

2. **Choctaws:** skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forwards to backwards will be considered.
3. **Cluster:** to be considered as a feature all the turns presented in the cluster must be confirmed.
4. **Turns on different feet:** turns required for the level must be presented both on the right foot and on the left foot or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. See Clarifications.

Clarifications for Footwork Sequences

- None of the types of turns can be counted more than twice.
- Three turn will not be considered as turn to be counted to get the level.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.

- If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For feature number 1: movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
- For feature number 4 it's not mandatory to perform the same type of turns in both directions (except for level 4), or with both feet to be considered towards the level. For example, for level 2:
 - First example:
 - Right Bracket.
 - Left Bracket.
 - Right Counter.
 - Left Counter.
 - Right Rocker.
 - Left Rocker.
 - Second example:
 - Right Bracket.
 - Left Counter.
 - Right Rocker.
 - Left Bracket.
 - Loop Clockwise.
 - Traveling Anticlockwise.
 - Third example:
 - Loop Clockwise.
 - Loop Anticlockwise.
 - Traveling Anticlockwise.
 - Traveling Clockwise.
 - Right Bracket.
 - Left Rocker.
- 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.
- Quick stops are permitted if they need to characterize the music.
- For the Footwork sequence ONLY: one (1) rotation jumps and/or spins are not allowed in this sequence (does not apply to Artistic Footwork sequence).
- For the Artistic Footwork sequence ONLY: an extra jump, in respect to mandatory one, will be considered an illegal element and will be penalized as such.
- If the skater presents more turns than required for the maximum level of the category, the level could be lowered by 1.
- Technical Panel is not allowed to review the element in slow motion.

4.4 Choreographic Sequence

- Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.
- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, ina bauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.
- The sequence must start from the long side of the skating surface in proximity of the transversal axis (within 5 or 6 meters of the axis so it is not confused with a diagonal) and it must arrive on the other long side of the skating surface in proximity of the transversal axis (within 5 or 6 meters of the axis).
- It is allowed to skate on the pattern just executed.
- The sequence must start from a stopped position or a stop and go position.
- There is not a set pattern to follow.

- The time to do this sequence is maximum thirty (30) seconds.
- No stops (from 3 to 8 seconds) are permitted during the sequence.
- It has a fixed value of three (3) points.

4.5 Clusters sequences

Base Level Cluster requirements:

- The skater must introduce two (2) set of clusters separated by a maximum of four (4) steps or two feet turns (no one foot turns). **Each set must be of at least three (3) turns (dependent on the category).**
- **The cluster has a time limit depending on the level/category.**
- Each set must start with at least three (3) different turns.
- **Both sets must be different: it is possible to use the same turns in the two sets but in a different order.**
- For Base level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.

Levels

Level Base - CISqB	Level 1 - CISq1	Level 2 - CISq2	Level 3 - CISq3	Level 4 - CISq4
A cluster sequence that meets the basic requirements and calling specifications. Maximum 15 sec.	Level B and must include one (1) feature. Maximum 15 sec.	Level B AND in one of the sets the skater must perform 4 turns and must include one (1) feature. Maximum 20 sec.	Level B AND the skater must perform 4 turns in each set and must include two (2) different features. Maximum 20 sec.	Level B AND the skater must perform 4 turns in each set and must include three (3) different features. Maximum 20 sec.

Features

1. **Difficult entries in both sets.**
 - a. Difficult entries can be: Choctaw, Ina Baur (using a minimum of six (6) wheels), Spread Eagle, Jump of ½ rotation or one (1) complete rotation.
 - b. The two difficult entries must be different.
 - c. Only Choctaws from forwards to backwards will be considered.
2. **Body movements:** skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be different.
3. **Different feet:** one set must be executed on the right foot and one set on the left foot.

Clarifications

- The difficult entries must precede immediately the first turn of the set. In 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 **four** steps allowed. **The difficult entries will be considered as part of the time limit.**
- If there is a full stop before the second sequence, the level shall be reduced by one.
- If there are more than **four (4)** steps between the two sequences, the level shall be reduced by one.
- It is not allowed to use the toe stop to get speed in between the 2 sequences of clusters. **If this happens the level will be reduced by one (1).**
- 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 the first three turns of the cluster.

- Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not possible to execute a change of edge before the first turn.
- The features turns and connecting steps will be timed as part of the allowed time. All the features and turns done after the maximum time is reached will not be counted for the level.
- If the time limit is reached the technical panel will stop counting and will consider only what was performed within the time allowed.
- Technical Panel is **not allowed** to review the cluster element in slow motion.

4.6 Traveling sequences

Base Level Traveling requirements:

- Two (2) sets of two (2) rotations with a maximum of three (3) steps or turns in between.
- Maximum duration of the traveling is ten (10) seconds.

Levels

Level Base - TrB	Level 1 - Tr1	Level 2 - Tr2	Level 3 - Tr3	Level 4 - Tr4
A traveling sequence that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B AND each set must be of three (3) rotations and must include two (2) features from two different groups. One of the sets must be in different direction.	Level B AND each set must be of three (3) rotations and must include three (3) features, from three different groups. One of the sets must be in different direction.	Level B AND each set must be of four (4) rotations and must include four (4) features. At least three of the four features must be taken from different groups. One of the sets must be in different direction.

Features

Group 1

- a. Difficult entry in the element:
 - i. Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation;
 - ii. jump must be of minimum $\frac{1}{2}$ revolution (180°) - maximum 1 revolution (360°): landing edge must be entry edge to the traveling;
 - iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- b. Different feet: one set must be executed on the right foot and one set on the left foot.
- c. Third traveling set.
 - i. Must be of minimum three (3) rotations maximum four (4).
 - ii. Must be executed within the ten (10) seconds allowed.
 - iii. Before the third traveling a maximum of three (3) steps or turns in between can be performed.

Group 2

- a. Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Core of body is shifted off the vertical axis or torso twisted at least 45 degrees.
- d. Clasped hands behind the back and far from it.
- e. Arms, one behind and the other in front like a screw.
- f. Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45 degree angle from the vertical).
- d. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

Appendix 1 - Traveling features.

Clarifications

- The first execution of a traveling sequence must be the one to be called with a level or no level (if the requirements of the base level are not fulfilled).
- If one (1) of the sets is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling sequence will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2). If **two (2)** of the sets are executed with clear three turns then the level will be no higher **Level Base**.
- If the skater falls or there is any interruption during the entry, the execution of the sequence or immediately after either set, 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 base are not fulfilled.
- If there is a full stop **in between the sets**, the level shall be reduced by one.
- If there are more than three (3) steps/turns between the sets, the level shall be reduced by one (1).
- **The rotations of the traveling should be fast and demonstrate ability to keep control of the body axis.**
- If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the traveling 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.
- If the skater executes more revolutions than required by the maximum level of their category, the turns in excess will be considered in counting the three steps/turns they are allowed in between the two sets. **In the second set, ½ a revolution in excess is accepted as an exit from the element, if the excess is more than this, the level will be reduced by one (1) for each added turn.**
- Features should be performed correctly and for the entirety of the set to be considered and must be different to be counted towards the level.
- **Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set.**
- **The features turns and connecting steps will be timed as part of the allowed time. All the features and turns done after the maximum time is reached will not be counted for the level.**
- **Features from Group 2 or Group 3 can be presented during the third set of traveling (Group 1 - c). One of these additional features may be included in the features to get the level.**

5 LIMITATIONS

Dance spin: a maximum of one (1) spin₇ with a minimum of two (2) rotations (less than two rotations is not considered a spin), **including the one presented in the artistic footwork sequence as feature.**

Dance jumps: a maximum of two (2) jumps, of one (1) rotation (no more than one rotation in the air), **including the one presented as requirement in the artistic footwork sequence.** All the jumps shall not be considered as elements of technical value.

Stop: a stop is considered when the skater is stopped for more than three (3) seconds up to a maximum of eight (8) seconds.

A maximum of two (2) stops executed during the entire program for a minimum of three (3) seconds to a maximum of eight (8) seconds each (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). 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 as artistic value.

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

6 QOE

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

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
SEQUENCES/ SECTIONS OF 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/steps / turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/steps / Turns with no major error	90% clean edges/step / Turns 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 tracking and 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%
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
FOOTWORK SEQUENCES	-3	-2	-1	Base	+1	+2	+3
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 quite bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerab le speed and constant flow	Considerable speed effortlessly and fluidly
Footwork	Two feet or both toe- pushing	Wide stepping / 1 or 2 feet / toe-pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
CLUSTER SEQ	-3	-2	-1	Base	+1	+2	+3
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 quite bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality.	Good musicality	Very good musicality	Clever and exquisite
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
TRAVELING SEQUENCES	-3	-2	-1	Base	+1	+2	+3
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
Rotational speed	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Position of the free leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically wrong	Controlled and basic position	Good control and position	Very Good control and position	Clever and very controlled position
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
CHOREO SEQ	-3	-2	-1	Base	+1	+2	+3
Musicality, phrasing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Variety, originality, musicality	No variety, no originality, no musicality	Poor in variety, originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
Steps, turns	Very flat, shaky, stumble	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
Energy, control	Completely uncontrolled, no energy	Some lack of control and energy	Labored/variable	Sure/clean	Smooth/neat	Very good and stylish	Clever and exquisite
Involvement, movements	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movements and involvement	Very good movements and involvement	Completely involved and fine movements

Falls: in addition to the deduction to the sum at the end of the program, the judges should apply a QOE of -3 for the fall of the skater.

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

- 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, Espor, Minis: four (4) components from a minimum of 0.25 to a maximum of 7.0.

8 PENALIZATIONS

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

8.1 By the referee

Style dance: wrong rhythm, number of rhythms less than two (2), rules on the music for the compulsory dance sequence not achieved.	1.0 point
No correct BPM for the Style Dance Pattern sequence	1.0 point
More jumps (number or rotations) or dance spins than allowed.	1.0 point
Kneeling or laying on the floor more than twice or more than maximum five (5) seconds (including beginning and end).	1.0 point
Stopping more than twice or for more than maximum eight (8) seconds (excluding beginning and end)	1.0 point
Costume violation	1.0 point
Time of the program less than the minimum	0.5 point each 10 secs or part thereof
The time from the start of the music and the first movement is more than 10 seconds	0.5 point
Compulsory dance: the number of opening beats to be used for all dances must not exceed 24 beats of music.	0.5 point
Music with inappropriate or expletive lyrics in any language	1.0 point
Falls	1.0 point

8.2 By the technical panel

Missing mandatory element	1.0 point
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9 APPENDIX 1 - Traveling features examples

Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).



Clasped hands behind the back and far from it.



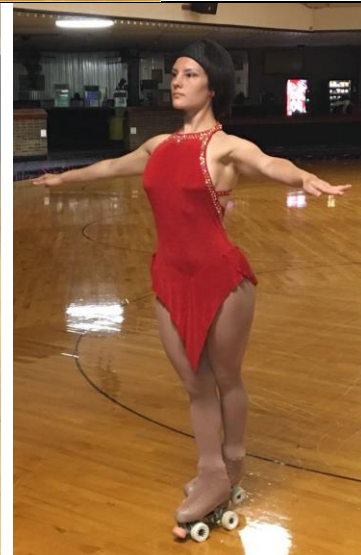
Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).



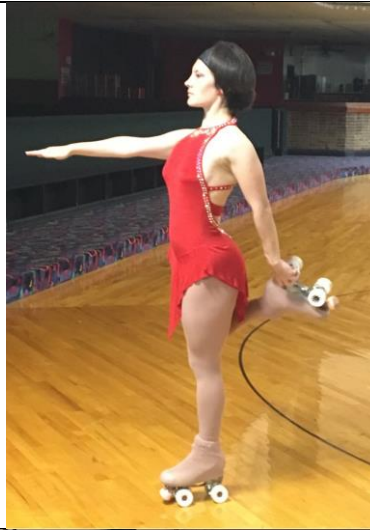
Arms: one behind and the other in front like a screw.



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



Free skate wheels held by one hand.



High free leg stretched lateral or forward (at least 45 degree angle from the vertical).

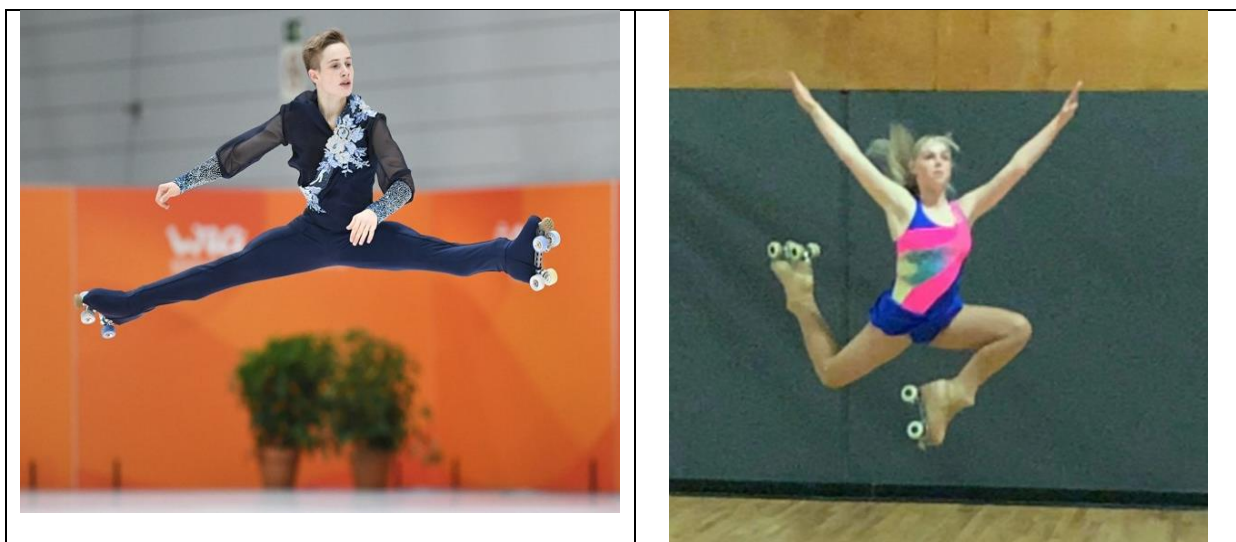


10 APPENDIX 2 - Skating elements examples

A. Ina Bauer using a minimum of six (6) wheels, spread eagles;

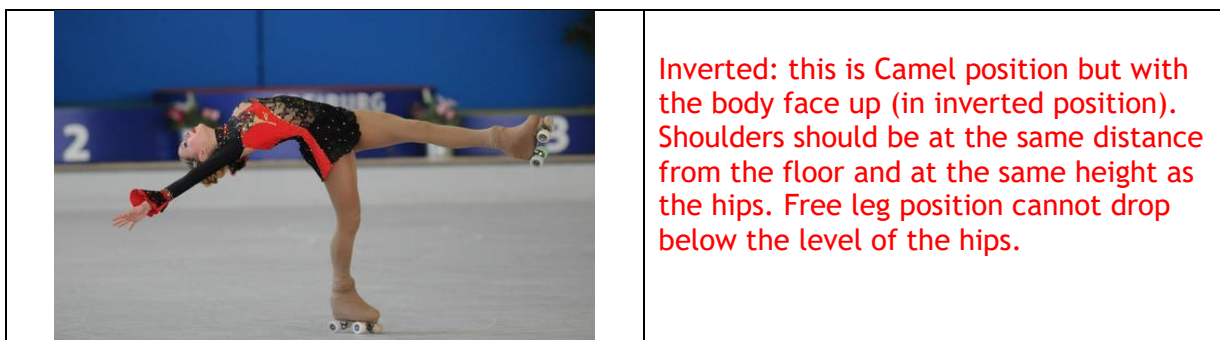


B. Stag Jump, Split Jump;



C. Jump

D. Camel positions: biellman, inverted, ring;

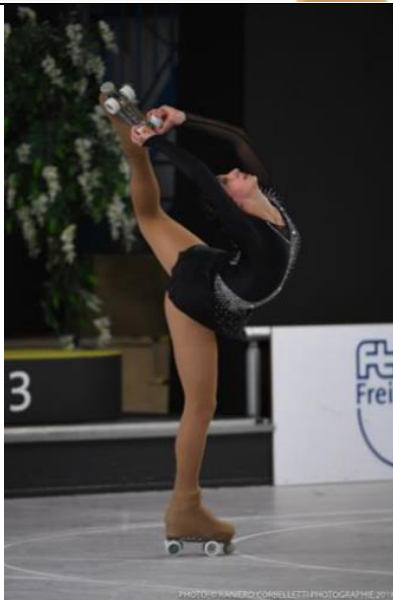




Ring position: camel position with the free leg held. The position must be resembling a “donut”, with the foot and knee of the free leg at the same height as the head. The shoulders must be rotated until they are “almost” perpendicular to the floor.

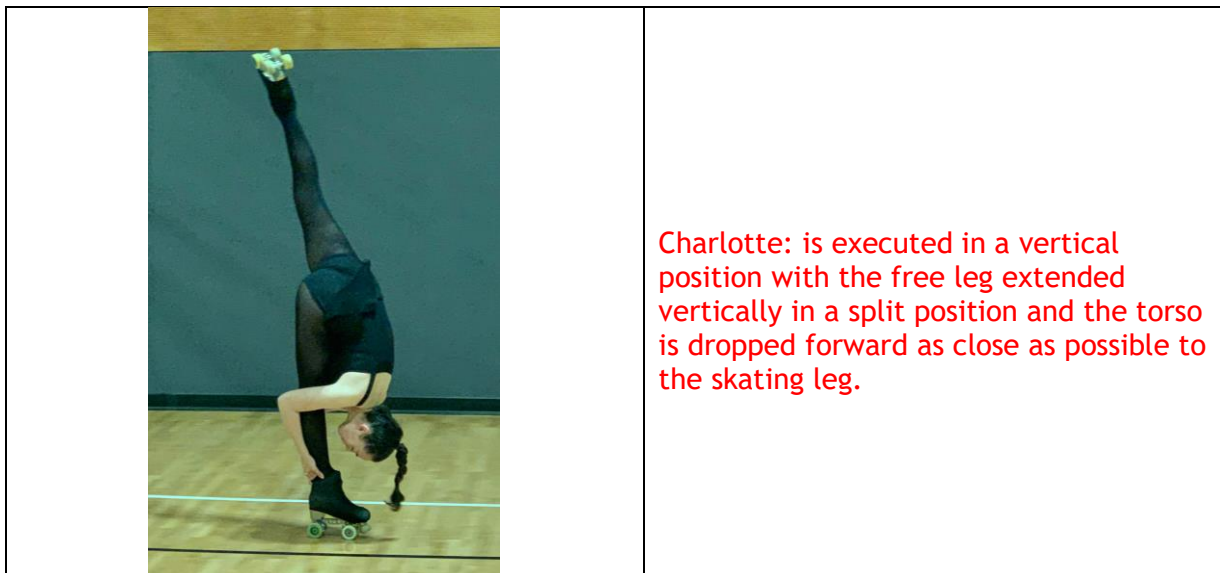


PHOTO: © RANIERO CORBELLETTI PHOTOGRAPHIE 2017



Biellmann: skater’s free leg is pulled from behind to a position higher than and towards the top of the head, close to the spinning axis of the skater. The use of the toe stop is allowed. The degrees between the back and the hamstring of the free leg must be less than 90.

E. Charlotte



F. Dance Spin