

**RULES FOR  
ARTISTIC SKATING COMPETITIONS  
BASIC & INTERMEDIATE**  
By World Skate Artistic Technical Commission

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## 1 OWNERSHIP AND GENERAL

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This document has been written and edited by WORLD SKATE ARTISTIC TECHNICAL COMMISSION, so it cannot be copied.

In general, for costume rules, technical rules and protocol that are not included in this document. The World Skate Official Regulation of each discipline should be referenced.

For all Basic and Intermediate grades components scores will range from 0.25 up to 5.0.

## 2 FREE SKATING

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The competition consists of one long program:

### Long program Basic

- Senior, Junior and Youth 2:30 minutes +/- 10 seconds.
- Cadet 2:15 minutes +/- 10 seconds.
- Espoir 2:15 minutes +/- 10 seconds.
- Minis 2:00 minutes +/- 5 seconds.

### Long program Intermediate

- Senior, Junior and Youth 3:00 minutes +/- 10 seconds.
- Cadet 2:45 minutes +/- 10 seconds.
- Espoir 2:45 minutes +/- 10 seconds.
- Minis 2:15 minutes +/- 10 seconds.
- Tots 2:00 minutes +/- 5 seconds.

The score for the program will consist of two parts:

- Technical content.
- Artistic components.

### 2.1 General

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Mandatory Sit not confirmed will be given no value, however if two positions within the combination are confirmed the value will still be given to confirmed positions within the combo.

The same spin (base position, foot and edge) cannot be presented more than two times.

### 2.2 Senior, Junior and Youth - Basic

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#### Jumps:

- Maximum twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).
- It is mandatory to perform a loop element (single rotation), solo or in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.

#### Spins:

- Two (2) spin elements must be performed.
  - One of them MUST be a combination spin (maximum three (3) positions) and must include a sit spin
  - One MUST be a Camel spin (solo spin).
- Only camel, upright positions and sit positions are allowed.

**Footwork sequences:**

- One (1) footwork sequence maximum level 2, maximum thirty (30) seconds.

## 2.3 Senior, Junior and Youth - Intermediate

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**Jumps:**

- Maximum eight (8) jumps are allowed excluding connecting one rotation jumps in the combinations (double axel and triples are not allowed).
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4) including the connecting jumps.
- It is mandatory to perform an Axel jump (single) that can be presented also in combination.
- It is mandatory to perform a loop, single or double, solo or in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump as an item of technical value cannot be presented more than three (3) times.

**Spins:**

- Minimum two (2), maximum three (3) spin elements are allowed.
  - One of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin.
  - One **MUST** be a solo spin.
- If two (2) combos are presented, one of maximum four (4) positions and one of maximum three (3) positions. The spins must be different.
- All spins are permitted except Broken and Inverted.
- It is mandatory to perform a Camel spin on any edge (solo or in combination).

**Footwork sequences:**

- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

## 2.4 Cadet - Basic

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**Jumps:**

- A maximum of twelve (12) jumps are allowed including Waltz jump. Only one (1) rotation jumps, and Axel are allowed.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).
- It is mandatory to perform a loop element (single), solo or in combination.
- Axel cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.

**Spins:**

- Maximum two (2) spin elements are allowed. One of them **MUST** be a combination spin (maximum three (3) positions) and must include a sit spin and one **MUST** be a solo spin. Only upright and sit positions are allowed.

**Footwork sequences:**

- One (1) footwork sequence maximum level 1, maximum thirty (30) seconds.

## 2.5 Cadet - Intermediate

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### Jumps:

- Maximum twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).
- It is mandatory to perform an Axel that can be presented also in combination.
- It is mandatory to perform a toe loop element (single or double), solo or in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.

### Spins:

- Minimum two (2), maximum three (3) spin elements are allowed. All the spins must be different.
  - One of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin.
  - One **MUST** be a solo spin.
  - If two (2) combos are presented, one of maximum four (4) positions and one of maximum three (3) positions.
- All spins are permitted except Broken, Heel and Inverted.
- It is mandatory to perform a Camel spin on any edge (solo or in combination).

### Footwork sequences:

- One (1) footwork sequence maximum level 2, maximum thirty (30) seconds.

## 2.6 Espoir - Basic

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### Jumps:

- A maximum of ten (10) jumps are allowed including Waltz jump. Only one (1) rotation jumps, and Axel are allowed.
- Maximum two (2) jumps combinations are allowed. If performing two one can be no more than four (4) jumps and the other combination not more than two (2) jumps.
- It is mandatory to perform a toe loop element (single rotation), solo or in combination.
- Axel cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.

### Spins:

- Maximum two (2) spin elements are allowed.
  - One of them **MUST** be a combination spin (maximum three (3) positions) and must include a sit spin.
  - One **MUST** be a solo spin.
- Only upright and sit positions are allowed.
- The same spin (basic position, foot and edge) cannot be presented more than two times.

### Footwork sequences:

- One (1) footwork sequence maximum level 1. The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum thirty (30) seconds.

## 2.7 Espoir - Intermediate

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### Jumps:

- Maximum twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).
- It is mandatory to perform an Axel that can be presented also in combination.
- It is mandatory to perform a toe loop element (single or double), solo or in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination
- The same one rotation jump cannot be presented more than three (3) times.

### Spins:

- Minimum two (2), maximum three (3) spin elements are allowed. All the spins must be different.
  - One of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin.
  - One **MUST** be a solo spin.
  - If two (2) combos are presented, one of maximum four (4) positions and one of maximum three (3) positions.
- All spins are permitted except Broken, Heel and Inverted.
- It is mandatory to perform a Camel spin on any edge (solo or in combination).

### Footwork sequences:

- One (1) footwork sequence maximum level 1, maximum thirty (30) seconds.

## 2.8 Minis - Basic

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### Jumps:

- A maximum of eight (8) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations are allowed. The number of jumps within a combination cannot be more than two (2)
- The same jump cannot be presented more than two (2) times.

### Spins:

- Two (2) spin elements must be performed.
  - One of them **MUST** be a combination spin (maximum three (3) positions).
  - One has to be a solo spin.
- Only upright positions are allowed.

### Footwork sequences:

- One (1) footwork sequence maximum level 1. The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low), maximum thirty (30) seconds.

## 2.9 Minis - Intermediate

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### Jumps:

- A maximum of ten (10) jumps are allowed including Waltz jump. Only one (1) rotation jumps and Axel are allowed.
- Maximum two (2) jumps combinations are allowed. If performing two one can be no more than four (4) jumps and the other combination not more than two (2) jumps.
- It is mandatory to perform a toe loop element (single), solo or in combination.
- The same jump cannot be presented more than three (3) times.

### Spins:

- Maximum two (2) spin elements are allowed.
  - One of them **MUST** be a combination spin (maximum three (3) positions) and must include a sit spin.
  - One **MUST** be a solo spin on any edge.
- Camel, upright and sit positions are allowed (solo or in combination).

### Footwork sequences:

- One (1) footwork sequence maximum level 1, maximum thirty (30) seconds. The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, maximum thirty (30) seconds.

## 2.10 Tots - Intermediate

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### Jumps:

- A maximum of eight (8) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations are allowed. The number of jumps within a combination cannot be more than two (2).
- The same jump cannot be presented more than two (2) times.

### Spins:

- Two (2) spin elements must be performed.
  - One of them **MUST** be a combination spin (maximum three (3) positions).
  - One has to be a solo spin.
- Only upright positions are allowed.

### Footwork sequences:

- One (1) footwork sequence maximum level 1. The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low), maximum thirty (30) seconds.



### 3 SOLO DANCE

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The solo dance competition consists of one style dance and one free dance for Junior and Senior Basic & Intermediate and Youth Intermediate, and of one compulsory dance and one free dance for the other categories.

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

- Technical content.
- Components.

Style dance will be skated one complete pattern or two if the dance is a half floor pattern.

#### 3.1 Senior and Junior - Basic

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1. One (1) compulsory dance. Chosen each year by ATC.
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 2, maximum 30 seconds.
- Artistic Footwork Sequence, maximum level 2, maximum 30 seconds.
- One (1) cluster sequence, maximum level 2, maximum 20 seconds.
- One (1) traveling sequence, maximum level 2.
- One (1) choreographic sequence.

#### 3.2 Senior and Junior - Intermediate

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1. One (1) Style Dance of 2:50 minutes +/- 10 seconds.

The number of require elements in a style dance are four (4). There will be always the pattern dance sequence, the others will change each year and will be chosen by ATC between:

- Footwork sequence, maximum level 3, maximum 40 seconds.
- Artistic footwork sequence, maximum level 3, maximum 40 seconds.
- Cluster sequence, maximum level 3, maximum 20 seconds.
- Traveling sequence, maximum level 3.

2. One (1) Free Dance of 3:30 minutes +/- 10 seconds.

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

- Footwork sequence, maximum level 3, maximum 40 seconds.
- Artistic footwork sequence, maximum level 3, maximum 40 seconds.
- One (1) cluster sequence, maximum level 3, maximum 20 seconds.
- One (1) traveling sequence, maximum level 3.
- One (1) choreographic sequence.

#### 3.3 Youth - Basic

---

1. One (1) compulsory dance. Chosen each year by ATC.
2. One (1) free dance of 2:45 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) cluster sequence, maximum level 1, maximum 15 seconds.
- One (1) traveling sequence, maximum level 2.
- One (1) choreographic sequence.

### 3.4 Youth - Intermediate

---

1. One (1) Style Dance of 2:30 minutes +/- 10 seconds.

The number of required elements in a style dance are four (4). There will be always the pattern dance sequence, the others will change each year and will be chosen by ATC between:

- Footwork sequence, maximum level 3, maximum forty (40) seconds.
- Artistic footwork sequence, maximum level 3, maximum forty (40) seconds.
- Cluster sequence, maximum level 2, maximum 20 seconds.
- Traveling sequence, maximum level 3.

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 3, maximum 40 seconds.
- Artistic Footwork Sequence, maximum level 3, maximum 40 seconds.
- One (1) cluster sequence, maximum level 2, maximum 20 seconds.
- One (1) traveling sequence, maximum level 3.
- One (1) choreographic sequence.

### 3.5 Cadet - Basic

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3. One (1) compulsory dance. Chosen each year by ATC.
4. One (1) free dance of 2:15 minutes +/- 10 seconds.

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

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

### 3.6 Cadet - Intermediate

---

1. One (1) compulsory dance. Chosen each year by ATC.
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 2, maximum 30 seconds.
- Artistic Footwork Sequence: maximum level 2, maximum 30 seconds.
- One (1) cluster sequence, maximum level 1, maximum 15 seconds.
- One (1) traveling sequence, maximum level 2.
- One (1) choreographic sequence.

### 3.7 Espoir - Basic

---

1. One (1) compulsory dance. Chosen each year by ATC
2. One (1) free dance of 2:15 minutes +/- 10 seconds.

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

- Footwork Sequence: maximum level 1, maximum 30 seconds.
- Artistic Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) traveling sequence, maximum level 1.
- One (1) choreographic sequence.

**Footwork/Artistic sequences:** The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk.

### 3.8 Espoir - Intermediate

---

1. One (1) compulsory dance. Chosen each year by ATC
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 1, maximum 30 seconds.
- Artistic Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) traveling sequence, maximum level 1.
- One (1) choreographic sequence.

### 3.9 Minis - Intermediate

---

1. One (1) compulsory dance. Chosen each year by ATC.
2. One (1) free dance of 2:15 minutes +/- 10 seconds.

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

- Footwork Sequence: maximum level 1, maximum 30 seconds.
- Artistic Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) traveling sequence, maximum level 1.
- One (1) choreographic sequence.

**Footwork/Artistic sequences:** The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low).

## 4 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 Intermediate, and Youth Intermediate and of one compulsory dance and one free dance for the other categories.

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

- Technical content.
- Components.

**Style dance will be skated one complete pattern or two if the dance is a half floor pattern.**<sup>[SM1]</sup>

### 4.1 Senior and Junior - Basic

---

1. One (1) compulsory dance. Chosen each year by ATC.
2. One (1) free dance of 3:30 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence, maximum level 2, maximum 40 seconds.
- One (1) Dance NO Hold Footwork Sequence, maximum level 2, maximum 30 seconds.
- One (1) Synchronized Traveling sequence. Maximum level 2.
- One (1) Lift chosen each year by ATC from: stationary or rotational, maximum level 2.
- One (1) Choreo lift.

## 4.2 Senior and Junior - Intermediate

---

1. One (1) Style Dance of 3:30 minutes +/- 10 seconds.

The number of required elements in a style dance are four (4). There will be always the pattern dance sequence and the Dance Lift, the others will change each year and will be chosen by ATC between:

- One (1) Dance Hold Footwork Sequence, maximum level 3, maximum 50 seconds.
- One (1) Dance NO Hold Footwork Sequence, maximum level 3, maximum 40 seconds.
- One (1) Hold Cluster Sequence, maximum level 3, maximum 20 seconds.
- One (1) NO Hold Cluster Sequence, maximum level 3, maximum 20 seconds.
- One (1) Synchronized Traveling sequence, maximum level 3.

Fixed elements:

- One (1) Dance Lift (will be chosen each year by ATC), maximum level 3.
- One (1) pattern dance sequence (compulsory dance - chosen each year by ATC).

2. One (1) Free Dance of 3:50 minutes +/- 10 seconds.

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

- Stationary lift, maximum level 3.
- Rotational lift, maximum level 3.
- Combo lift, maximum level 3.
- Choreographic lift.
- No hold footwork sequence, maximum level 3, maximum 40 seconds.
- Hold footwork sequence, maximum level 3, maximum 50 seconds.
- No hold synchronized cluster sequence, maximum level 3, maximum 20 seconds.
- Hold cluster sequence, maximum level 3, maximum 20 seconds.
- Synchronized Traveling sequence, maximum level 3.
- One partner footwork, maximum level 3, maximum 25 seconds.

## 4.3 Youth - Basic

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1. One (1) compulsory dance. Chosen each year by ATC

2. One (1) free dance of 2:45 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence, maximum level 2, maximum 40 seconds.
- One (1) Dance NO Hold Footwork Sequence, maximum level 2, maximum 30 seconds.
- One (1) Traveling sequence, maximum level 2.
- One (1) Lift chosen each year by ATC from: stationary or rotational, maximum level 2.
- One (1) Choreo lift.

## 4.4 Youth - Intermediate

---

1. One (1) Style Dance of 2:45 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence, maximum level 2, maximum 40 seconds.
- One (1) Dance NO Hold Footwork Sequence, maximum level 2, maximum 30 seconds.
- One (1) Hold Cluster Sequence, maximum level 2, maximum 20 seconds.
- One (1) NO Hold Cluster Sequence, maximum level 2, maximum 20 seconds.
- One (1) Synchronized Traveling sequence, maximum level 2.

Fixed elements:

- One (1) Dance Lift, maximum level 2 (will be chosen each year by ATC).

- One (1) pattern dance sequence (compulsory dance, chosen each year by ATC).

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

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

- One (1) Dance Hold Footwork Sequence, maximum level 2, maximum 40 seconds.
- One (1) Dance NO Hold Footwork Sequence, maximum level 2, maximum 30 seconds.
- One (1) Traveling sequence OR no hold cluster sequence (maximum 20 seconds), maximum level 2.
- Two (2) Lifts will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo). Maximum level 2.
- One (1) Choreo lift.

#### 4.5 Cadet - Basic

---

1. One (1) compulsory dance. Chosen each year by ATC

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

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.
- One (1) No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 1.
- One (1) Lift chosen each year by ATC from: stationary or rotational, maximum level 1.
- One (1) Choreo lift or choreo pose.

#### 4.6 Cadet - Intermediate

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1. One (1) compulsory dance. Chosen each year by ATC.

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: maximum level 2, maximum 40 seconds.
- One (1) No Hold Footwork Sequence: maximum level 2, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 2.
- Two (2) Lifts. One (1) Combo Lift maximum level 1 and One (1) Lift chosen each year by ATC from: stationary or rotational, maximum level 2.
- One (1) Choreo lift.

#### 4.7 Espoir - Basic

---

1. One (1) compulsory dance. Chosen each year by ATC.

2. One (1) free dance of 2:15 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.
- One (1) No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 1.
- One (1) Stationary Lift. Maximum level 1.
- One (1) Choreo lift or choreo pose.

**Footwork sequences:** The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk.

#### 4.8 Espoir - Intermediate

---

1. One (1) compulsory dance. Chosen each year by ATC.

2. One (1) free dance of 2:45 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.
- One (1) No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 2.
- One (1) Lift will be chosen each year by ATC (selected from: stationary or rotational). Maximum level 1.
- One (1) Choreo lift or choreo pose.

#### 4.9 Minis - Basic

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1. One (1) compulsory dance. Chosen each year by ATC.
2. One (1) free dance of 2:00 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.
- One (1) Dance No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Choreo lift or choreo pose.

**Footwork sequences:** The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low).

#### 4.10 Minis - Intermediate

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3. One (1) compulsory dance. Chosen each year by ATC.
4. One (1) free dance of 2:30 minutes +/- 10 seconds.

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.
- One (1) Dance No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 1.
- One (1) Choreo lift or choreo pose.

**Footwork sequences:** The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low).

#### 4.11 Tots - Intermediate

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

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds. Minimum one (1) hold is required to confirm the level.
- One (1) Dance No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Choreo pose (same value as Choreo Lifts).

**Footwork sequences:** The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low), maximum thirty (30) seconds.

## 5 PAIRS

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

Pairs competitions consist of one long program and the times of the programs are as follows:

### Long program Basic

- Senior, Junior and Youth 3:15 minutes +/- 10 seconds.
- Cadet 2:30 minutes +/- 10 seconds.
- Espoir 2:00 minutes +/- 10 seconds.
- Minis 2:00 minutes +/- 10 seconds.

### Long program Intermediate

- Senior, Junior and Youth 3:30 minutes +/- 10 seconds.
- Cadet 3:00 minutes +/- 10 seconds.
- Espoir 2:30 minutes +/- 10 seconds.
- Minis and Tots 2:00 minutes +/- 10 seconds.

The score for the program will consist of two parts:

- Technical content.
- Artistic components.

### 5.1 Senior and Junior - Basic

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- One (1) Throw Jump OR one (1) Twist Jump of maximum two (2) revolutions.
- One (1) side by side jump, Solo or Combo of Maximum four (4) jumps including the connecting jumps. Only single jumps, single Axel and double jumps are allowed. Single rotation connecting jumps will be called as NJ and receive no value.
- One (1) contact spin (one (1) position). Impossible Camel, Impossible Sit and Reverse Layover are not allowed.
- One (1) side by side one position spin. All spins are permitted except Broken and Inverted.
- One (1) Spiral: angel (camel) BO or Death Spiral (outside).
- One (1) lift: one (1) position lift (no more than four (4) rotations of the man. Reverse Cartwheel (all types) and Spin Pancake are not allowed.
- One (1) footwork sequence maximum level 2 (Max. 30 seconds).

### 5.2 Senior and Junior - Intermediate

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- One (1) Throw Jump of maximum two (2) revolutions.
- One (1) Twist Jump of maximum two (2) revolutions.
- One (1) side by side jump, Solo or Combo of Maximum four (4) jumps including the connecting jumps. Only single jumps, single Axel and double jumps are allowed. Single rotation connecting jumps will be called as NJ and receive no value.
- One (1) contact spin (one (1) position OR combo of two (2) positions). Impossible Camel, Impossible Sit and Reverse Layover are not allowed.
- One (1) side by side one position spin or combo of maximum two (2) positions. All spins are permitted except Broken and Inverted.
- One (1) death spiral (outside).
- Maximum two (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one combination with no more than ten (10) rotations of the man and no more than two (2) changes of positions of the lady (3 positions). Reverse Cartwheel (all types) and Spin Pancake are not allowed.
- One (1) footwork sequence maximum level 3 (Max. 30 seconds).



### 5.3 Youth - Basic

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- One (1) Throw Jump OR one (1) Twist Jump of maximum two (2) revolutions.
- One (1) side by side jump (solo, not in combo). Only single jumps, single Axel and double jumps are allowed.
- One (1) contact spin (one (1) position). Impossible Camel, Impossible Sit and Reverse Layover are not allowed.
- One (1) side by side one position spin. Heel, Broken and Inverted are not allowed.
- One (1) Spiral: angel (camel) BO or Death Spiral.
- One (1) lift: one (1) position lift (lifts under the head or press allowed. No more than four (4) rotations of the man).
- One (1) footwork sequence maximum level 2 (Max. 30 seconds).

### 5.4 Youth - Intermediate

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- One (1) Throw Jump of maximum two (2) revolutions.
- One (1) Twist Jump of maximum two (2) revolutions.
- One (1) side by side jump, Solo or Combo of Maximum four (4) jumps including the connecting jumps. Only single jumps, single Axel and double jumps are allowed. Single rotation connecting jumps will be called as NJ and receive no value.
- One (1) contact spin (one position or combo of maximum two (2) positions). Impossible Camel, Impossible Sit and Reverse Layover are not allowed.
- One (1) side by side one position spin. Heel, Broken and Inverted are not allowed.
- One (1) Spiral: angel (camel) BO or Death Spiral.
- Maximum two (2) lifts: two (2) one position lifts (lifts under the head or press allowed. No more than four (4) rotations of the man).
- One (1) footwork sequence maximum level 3 (Max. 30 seconds).

### 5.5 Cadets - Basic

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- One (1) Throw Jump OR one (1) Twist Jump of maximum one (1) revolution.
- One (1) side by side jump (solo, not in combo). Only single jumps, single Axel and double jumps are allowed.
- One (1) contact spin (one (1) position). Impossible Camel, Impossible Sit and Reverse Layover are not allowed.
- One (1) side by side one position spin. Heel, Broken and Inverted are not allowed.
- One (1) Spiral: angel (camel) BO.
- One (1) lift: one (1) position lift (No overhead lifts allowed. No more than four (4) rotations of the man).
- One (1) footwork sequence maximum level 1 (Max. 30 seconds).

### 5.6 Cadets - Intermediate

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- One (1) Throw Jump of maximum two (2) revolutions.
- One (1) Twist Jump of maximum one (1) revolution.
- One (1) side by side jump (solo, not in combo). Only single jumps, single Axel and double jumps are allowed.
- One (1) contact spin (one (1) position). Impossible Camel, Impossible Sit and Reverse Layover are not allowed.
- One (1) side by side one position spin. Heel, Broken and Inverted are not allowed.
- One (1) Spiral: angel (camel) BO.
- One (1) lift: one (1) position lift (lift Axel, lift flip, low press, low kennedy, low militano. No overhead lifts allowed. No more than four (4) rotations of the man).
- One (1) footwork sequence maximum level 2 (Max. 30 seconds).
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## 5.7 Espoir - Basic

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- One (1) side by side jump (solo, not in combo). Only single jumps are allowed including the Waltz Jump.
- One (1) contact spin (one (1) position) selected from uprights.
- One (1) side by side one position spin. Selected from uprights and sit positions.
- One contact figure with base value of 2.0. LIFTS ARE NOT ALLOWED.
- One (1) footwork sequence maximum level 1 (Max. 30 seconds). The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.

## 5.8 Espoir - Intermediate

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- One (1) Throw Jump of maximum one (1) revolution.
- Maximum two (2) side by side jumps. One solo jump and one combo of maximum three (3) jumps. Only single jumps are allowed including the Single Axel (solo).
- One (1) contact spin (one (1) position) selected from uprights and sit positions.
- One (1) side by side one position spin. Selected from uprights and sit positions.
- One position lift allowed from Axel, Flip, Around the back.
- Maximum one (1) Spiral: angel (camel) BO.
- One (1) footwork sequence maximum level 1 (Max. 30 seconds).

## 5.9 Minis - Basic

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- One (1) side by side jump (solo, not in combo). Only single jumps are allowed including the Waltz Jump.
- One (1) contact spin (one (1) position) selected from uprights.
- One (1) side by side one position spin. Selected from uprights.
- One contact figure with base value of 2.0. LIFTS ARE NOT ALLOWED.
- One (1) footwork sequence maximum level 1. The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low), maximum thirty (30) seconds.

## 5.10 Minis - Intermediate

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- One (1) side by side jump (solo, not in combo). Only single jumps are allowed.
- One (1) contact spin (one (1) position) selected from uprights.
- One (1) side by side one position spin. Selected from uprights and sit positions.
- One contact figure with base value of 2.0. LIFTS ARE NOT ALLOWED.
- One (1) footwork sequence maximum level 1. The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low), maximum thirty (30) seconds.

## 5.11 Tots - Intermediate

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- One (1) side by side jump (solo, not in combo). Only single jumps are allowed including the Waltz Jump.
- One (1) contact spin (one (1) position) selected from uprights.
- One (1) side by side one position spin. Selected from uprights.
- LIFTS ARE NOT ALLOWED.
- One (1) footwork sequence maximum level 1. The different skating elements (four (4) different to be confirmed to achieve level 1) that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three Turn, Open Mohawk, body movement (high, medium or low), maximum thirty (30) seconds.

