## RULES FOR <br> ARTISTIC SKATING COMPETITIONS <br> FIGURES <br> By World Skate Artistic Technical Commission

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- Separate events shall be conducted for men and women.
- One group of figures shall be skated in view of a panel of judges.
- The group of figures shall be drawn from the groups of figures listed below. Two draws will be held, one for women and one for men.
- If the number of the contestants is twenty (20) or less, all the figures will be skated as a continuous event.
- Order of skating: in case of interruption, the order of skating for the event may be adjusted if necessary. The next figure will not be started until the affected contestant has completed the figure during which the interruption occurred.


### 1.1 Competitive warm-up

- Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.
- The first four (4) contestants will begin their competition warm-up two minutes (2:00) before the start of the event.


## 2 FIGURE SKATING DUTIES

- The referee shall advise the contestants which circles can be used for the competition.
- The referee shall advise the contestants as to how many contestants may be on the skating surface while the competition is in progress.
- The referee may put powder on the circles only at the request of and approval by the majority of the contestants in the event. Such powder may be put down only before the first contestant begins a new figure.
- Should a contestant start an incorrect figure, the referee shall stop the contestant and instruct him or her to restart correctly.
- Should a contestant skate an incorrect turn, the referee shall inform the judges of the fault immediately after the involved contestant has completed the figure. The penalty for such a fault shall be one point zero (1.0).
- If a contestant falls or stops on a figure, through his or her own fault, the referee shall instruct the contestant to restart at a point just prior to the interruption. This distance shall be left to the discretion of the referee. Judges shall resume judging as the contestant passes the point of the interruption. The penalty for such a fault shall be one point zero (1.0).
- During the skating of a figure, no judge or referee shall be permitted to enter any portion of the set of painted circles being skated upon. Any violation of this rule shall be considered as outside interference.


## 3 FIGURE GROUPINGS

### 3.1 Senior

| Group 1 | $46 \mathrm{a} / \mathrm{b}$ | $39 \mathrm{a} / \mathrm{b}$ | $47 \mathrm{a} / \mathrm{b}$ |
| :--- | :--- | :--- | :--- |
| Group 2 | $48 \mathrm{a} / \mathrm{b}$ | $38 \mathrm{a} / \mathrm{b}$ | $49 \mathrm{a} / \mathrm{b}$ |
| Group 3 | $50 \mathrm{a} / \mathrm{b}$ | $39 \mathrm{a} / \mathrm{b}$ | $51 \mathrm{a} / \mathrm{b}$ |
| Group 4 | $52 \mathrm{a} / \mathrm{b}$ | $38 \mathrm{a} / \mathrm{b}$ | $53 \mathrm{a} / \mathrm{b}$ |


| Group 1 | $42 \mathrm{a} / \mathrm{b}$ | $38 \mathrm{a} / \mathrm{b}$ | $36 \mathrm{a} / \mathrm{b}$ |
| :--- | :--- | :--- | :--- |
| Group 2 | $43 \mathrm{a} / \mathrm{b}$ | $31 \mathrm{a} / \mathrm{b}$ | $40 \mathrm{a} / \mathrm{b}$ |
| Group 3 | $44 \mathrm{a} / \mathrm{b}$ | $38 \mathrm{a} / \mathrm{b}$ | $40 \mathrm{a} / \mathrm{b}$ |
| Group 4 | $45 \mathrm{a} / \mathrm{b}$ | $31 \mathrm{a} / \mathrm{b}$ | $37 \mathrm{a} / \mathrm{b}$ |

### 3.3 Youth

| Group 1 | $20 \mathrm{a} / \mathrm{b}$ | $33 \mathrm{a} / \mathrm{b}$ | 16 | $36 \mathrm{a} / \mathrm{b}$ |
| :--- | :---: | :---: | :---: | :---: |
| Group 2 | $21 \mathrm{a} / \mathrm{b}$ | $32 \mathrm{a} / \mathrm{b}$ | 17 | $29 \mathrm{a} / \mathrm{b}$ |
| Group 3 | $22 \mathrm{a} / \mathrm{b}$ | $33 \mathrm{a} / \mathrm{b}$ | 17 | $36 \mathrm{a} / \mathrm{b}$ |
| Group 4 | $23 \mathrm{a} / \mathrm{b}$ | $32 \mathrm{a} / \mathrm{b}$ | $30 \mathrm{a} / \mathrm{b}$ | $29 \mathrm{a} / \mathrm{b}$ |

### 3.4 Cadet

| Group 1 | 13 | $19 \mathrm{a} / \mathrm{b}$ | 15 | $20 \mathrm{a} / \mathrm{b}$ |
| :--- | :---: | :---: | :---: | :---: |
| Group 2 | $18 \mathrm{a} / \mathrm{b}$ | $21 \mathrm{a} / \mathrm{b}$ | $30 \mathrm{a} / \mathrm{b}$ | $28 \mathrm{a} / \mathrm{b}$ |
| Group 3 | $19 \mathrm{a} / \mathrm{b}$ | $22 \mathrm{a} / \mathrm{b}$ | 16 | $28 \mathrm{a} / \mathrm{b}$ |
| Group 4 | 13 | $18 \mathrm{a} / \mathrm{b}$ | $30 \mathrm{a} / \mathrm{b}$ | $23 \mathrm{a} / \mathrm{b}$ |

### 3.5 Espoir

| Group 1 | $19 \mathrm{a} / \mathrm{b}$ | $22 \mathrm{a} / \mathrm{b}$ | $30 \mathrm{a} / \mathrm{b}$ |
| :---: | :---: | :---: | :---: |
| Group 2 | $18 \mathrm{a} / \mathrm{b}$ | $28 \mathrm{a} / \mathrm{b}$ | 15 |
| Group 3 | 13 | $19 \mathrm{a} / \mathrm{b}$ | $30 \mathrm{a} / \mathrm{b}$ |

### 3.6 Minis

| Group 1 | $8 \mathrm{a} / \mathrm{b}$ | 11 | 14 |
| :--- | :--- | :--- | :--- |
| Group 2 | $9 \mathrm{a} / \mathrm{b}$ | 10 | 14 |

### 3.7 Tots

| Group 1 | $1 \mathrm{a} / \mathrm{b}$ | $4 \mathrm{a} / \mathrm{b}$ |
| :--- | :--- | :--- |
| Grupo 2 | $2 \mathrm{a} / \mathrm{b}$ | $3 \mathrm{a} / \mathrm{b}$ |

## 4 FIGURE DIAGRAMS AND DESCRIPTIONS

- For the diagrams and descriptions of the figures for junior and senior used please refer to figures junior and senior document issued by ATC.
- Circles which are six (6) meters in diameter shall be used except for loops, which shall be 2.4 meters in diameter.
- The marking lines of the figure circles shall not exceed three (3) centimeters in width.
- Each figure (except paragraph figures) must be skated three (3) times without stopping after the initial start.
- Paragraph figures must be skated two (2) times without stopping after the initial start.
- All loops (including paragraph loops) must be skated three (3) times without stopping after the initial start.


## 5 DRAW

### 5.1 Drawing the figures

- The World Skate Artistic Technical Committee will advise all National Federations of the time and place of the draw of the competitive figure requirements.

SKATE

- At the same time, the draw for the starting foot for the first figure will also take place. There shall be separate draws for women's and men's events. A draw of A shall indicate that the first figure will be started on the right foot; a draw of B shall indicate that the first figure will be started on the left foot. The starting foot for the execution of the figures shall alternate within each selected group of figures.


### 5.2 Drawing the order of skating

- The list of figure contestants in the order drawn shall then be divided into three (3) groups or four (4) groups (if possible), with the first contestant of the first group starting the first figure, the first contestant in the second group starting the second figure, etc.
- If the total number of contestants cannot evenly be divided by three, the first group shall include an extra contestant and, if necessary, the second and third groups may also include an extra contestant. For example, groups and contestants may be divided as follows:

| ENTRANTS | GROUP 1 | GROUP 2 | GROUP 3 |
| :--- | :---: | :---: | :---: |
| 12 contestants | 4 | 4 | 4 |
| 13 contestants | 5 | 4 | 4 |
| 14 contestants | 5 | 5 | 4 |
| 15 contestants | 5 | 5 | 5 |


| ENTRANTS | GROUP 1 | GROUP 2 | GROUP 3 | GROUP 4 |
| :--- | :---: | :---: | :---: | :---: |
| 12 contestants | 3 | 3 | 3 | 3 |
| 13 contestants | 4 | 3 | 3 | 3 |
| 14 contestants | 4 | 4 | 3 | 3 |
| 15 contestants | 4 | 4 | 4 | 3 |

## 6 SCORING FIGURE SKATING

The World Skate Artistic Technical Committee system of calculating will be the White system.

### 6.1 Judging figure skating - general

Judging performances in figure skating is based upon the following factors: tracing, movement and carriage.

- Tracing is the imaginary mark showing the path of the employed skate. That mark shall be kept as closely as possible to the painted line of the figure. The tracing shall be a pure edge, with no flats or sub curves.
- Movement must be seen throughout the entire figure, avoiding everything stiff, violent or angular. In assigning value to movement, judges shall consider the quality of the following two components: pace, or the rate of the skate movement around the figure; rhythm, or the pattern of the body movement around the figure. Pace and rhythm shall never conflict with steadiness and body control.
- Carriage is demonstrated by the erectness of the body without bending at the waist, but also without stiffness. The head shall be held erect. The employed knee may be slightly bent, with the free leg stretched and the free foot carried only a small distance from the skating surface. The toe of the free foot may be turned slightly outward. The arms shall be easily extended in the natural position, with the hands not dropped at the wrist, fingers neither spread nor clenched.


### 6.2 Point deductions for judging figures

- If a contestant skates an incorrect turn, the penalty for such a fault must be one point (1.0).
- If a contestant falls or stops on a figure, through his/her own fault, the penalty must be one point (1.0).
- If a contestant suffers a touchdown of the free foot on a figure, the penalty must be one point (1.0) if the fault occurs on a major part of the figure; and point five (.5) if the fault occurs on a minor part of the figure. Starts, take-offs and turns are considered major parts of a figure. The event referee assigns all of these penalties.
- General Judging Notes for Figures. The above cases excepted, it is impossible to fix the amount of penalty due for each fault committed, since faults-unfortunately for judgesare not even. For example, the penalty for a flat depends on the length of the flat, and where in the figure it occurs. Major faults are usually referred to the major portions of the figure. For instance, being out of tracing immediately after a turn would result in a higher penalty because it demonstrates a lack of control in performing the turn.
- The continual repetition of minor faults shall be more severely penalized than a single, major fault.
- Judges must position themselves to view the more difficult portions of the figure while not overlooking the overall importance of viewing the full performance.
- While moving, judges must never forget that entering the interior area of the circles is not allowed, and that they must stand at such a distance so as to not interfere with either the contestant or their colleagues.


### 6.3 Starts

- Starts must be made with a single push from a stationary position, without lunging, buckling, or double leaning.
- The thrusting or pushing foot must be placed no more than one (1) skate length from the long axis. The start must be made from the to-be-employed skate. Starts made from the toe stop must be penalized.
- The thrusting foot cannot move toward the long axis until the striking foot moves in the direction of the required initial edge. The thrusting skate must leave the skating surface before crossing the long axis.
- The striking skate must be placed on the long axis at the tangent point between the circles. The starting edge must be a pure edge, without flats or sub curves.
- The referee may allow a contestant to start a figure a second time without penalty. The decision to restart is at the discretion of the contestant, but the decision must be made within the first one-third $(1 / 3)$ of the initial circle.


### 6.4 Take-offs

- A take-off is a change of the tracing skate from one circle to another, maintaining the same edge. Take-offs require a smooth transition from one skate to the other, with a single push from the skate leaving the skating surface. It should be executed without placing, hitching, jumping, or any other stiff or unnatural movement.
- The skates should be reasonably close.
- The thrusting foot must not deviate from the circle until reaching the strike zone, which is defined as an area not to exceed one skate length from the long axis.
- Any part of the striking skate must take the skating surface at the long axis, but the thrusting skate must leave the skating surface before crossing the long axis.


### 6.5 Change of edge

- A change of edge is accomplished when the employed skate moves from one circle to another, rocking from an outside edge to inside (or vice versa) without changing the direction of travel.
- All changes of edge shall be made at the intersection of the long and short axis, executed with a smooth, even transition.
- The change of edge "zone" is an area approximately one skate length from the long axis. A good change of edge shall produce a flat approximately the length of the employed skate. There is no prescribed action of the free leg.


### 6.6 Concluding the figure

- There are two methods currently acceptable for indicating the conclusion of a figure, and both are considered equally correct. The first is the use of a subsequent take-off, while the second involves the continuation of a roll across the short axis and exiting the figure along the short axis, without subsequent take-off.
- After the initial start, each figure must be skated two (2) or three (3) times depending on the figure.


### 6.7 Three turns

- A three turn is a one-foot turn from a forward edge to an opposite backward edge, or vice versa, with the rotation in the direction of the initial edge. The peak of the cusp should face the interior portion of the circle.
- Three turns shall be made with the turns placed on the long axis or at the third-marks of the circle in the case of double threes.
- The depth of the cusp must be one skate length, resulting in the placement of the skid mark on the painted line, not inside or outside.
- The length of the turn - the distance from the long axis or the one-third marks-at the entry and exit of the turn should be a total of one-and-one-half (1.5) skate lengths. The curves of the turn shall be of the same size, with the entrance edge held to the precise instant of the turn. The new edge is assumed when the skate is leaving the long axis or center point of the third-mark.
- The speed and entry and exit of the turn should be uniform.
- The turns shall be executed with a smooth, even transition, without jumping or pulling. The tracing skate shall not stop during the turn, and at least three wheels should be on the skating surface during the turn itself. There is no prescribed motion of the free leg.


### 6.8 Double three turns

- Double three turns occur when two consecutive three turns are executed on the same skate on the same circle. The first turn shall be executed at a point one-third (1/3) of the way around the circle, with the second executed at a point two-thirds (2/3) of the way around the circle.
- Faults of tracing in the portion of the circle between the two turns shall be penalized more severely than those occurring during the remaining portions of the circle.


### 6.9 Brackets

- Brackets are one-foot turns from a forward edge to an opposite backward edge (or vice versa) with the rotation counter to the direction of the initial edge, and with the point of the cusp facing outside the circle from which the turn was originated.
- Brackets shall be made with the turns placed on the long axis.
- The depth of the cusp must not exceed one-half of the length of the skate, with the skid mark occurring inside the circle.
- The length of the bracket - the distance from the long axis at the entry and exit of the turn-should be one (1) skate length. The curves of the turn shall be of the same size, with the entrance edge held to the precise instant of the turn. The new edge should be assumed only when the skate is leaving the long axis.
- The speed of the entry and exit should be uniform.
- The turns shall be executed with a smooth and even transition, without jumping or pulling. The employed skate shall not stop during the turn, and at least three wheels should remain on the skating surface. There is no prescribed action of the free leg.
- A rocker is a one-foot turn from one circle to another, from a forward edge to a similar backward edge (or vice versa). The rotation should be continuous with the initial edge, with the cusp facing toward the center of the original circle.
- Rockers shall be made with the turns placed on the long axis. The depth of the cusp must be one-half the length of the skate, with the skid mark occurring outside the original circle.
- The length of the rocker-the distance from the long axis at the entry and exit of the turn-should be one (1) skate length. The curves of the turn shall be of the same size.
- The speed of the entry and exit should be uniform.
- The turns shall be executed with a smooth, even transition, without jumping or pulling. The employed skate shall not stop during the turn, and at least three wheels should remain on the skating surface. There is no prescribed action of the free leg.


### 6.11 Counters

- A counter is a one-foot turn from one circle to another from a forward edge to a similar backward edge (or vice versa), with the rotation counter to the direction of the initial edge. The cusp should be located outside the original circle.
- Counters shall be made with the turns placed on the long axis. The depth of the cusp must be one-half the length of the skate, with the skid mark occurring inside the original circle.
- The length of the counter-the distance from the long axis at the entry and exit of the turn-should be one (1) skate length. The curves of the turn shall be of the same size.
- The speed of the entry and exit should be uniform.
- The turns shall be executed with a smooth, even transition, without jumping or pulling. The employed skate shall not stop during the turn, and at least three wheels should remain on the skating surface. There is no prescribed action of the free leg.


### 6.12 Loops

- The loop must be executed on the long axis, without angular change of curvature. The second curve should be the same size as the first.
- All loops should demonstrate an even roll of the skate on both entry and exit. The employed skate should not stop during the loop, and at least three wheels should be in contact just before and just after the long axis. There is no prescribed action of the free leg.
- The speed of the entry and exit should be uniform.



## LOOPS

Touch Down, Fall or Stop in the most important part 1.0 deduction

MOST IMPORTANT PART


MINOR PART
Touch Down or Stop in minor part deduction 0.5


| COMPULSORY FIGURES |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| $\mathrm{N}^{\circ}$ | A/B | Figure | "A" Direction | "B" Direction |
| $\begin{aligned} & 1 \\ & 2 \\ & 3 \\ & 4 \end{aligned}$ | $\begin{aligned} & \text { A } \\ & \text { A } \\ & \text { A } \\ & \text { A } \end{aligned}$ | Eights | $\begin{gathered} \text { RFO - LFQ } \\ \text { RFI - LFI } \\ \text { RBO-LBO } \\ \text { RBH - LBI } \end{gathered}$ |  |
| $\begin{aligned} & 5 \\ & 6 \end{aligned}$ | A\&B <br> A\&B | Change Eights | $\begin{aligned} & \text { RFOI - LFIO } \\ & \text { RBOH - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RFIO } \\ & \text { LBOI - RBIO } \end{aligned}$ |
| 7 8 9 | $\begin{gathered} A \\ A \& B \\ A \& B \end{gathered}$ | Threes | $\begin{aligned} & \hline \text { RFO - LFO } \\ & \text { RFO - LBI } \\ & \text { RFI - LBO } \\ & \hline \end{aligned}$ | $\begin{aligned} & \text { LFO - RBI } \\ & \text { LFI - RBO } \end{aligned}$ |
| $\begin{aligned} & 10 \\ & 11 \\ & 12 \\ & 13 \end{aligned}$ | $\begin{aligned} & \text { A } \\ & \text { A } \\ & \text { A } \\ & \text { A } \end{aligned}$ | Double Threes | $\begin{gathered} \text { RFO - LFO } \\ \text { RFI - LFI } \\ \text { RBO - LBO } \\ \text { RBI - LBI } \end{gathered}$ |  |
| $\begin{aligned} & 14 \\ & 15 \\ & 16 \\ & 17 \end{aligned}$ | $\begin{aligned} & \text { A } \\ & \text { A } \\ & \text { A } \\ & \text { A } \end{aligned}$ | Loops | $\begin{gathered} \text { RFO -LFO } \\ \text { RFI - LFI } \\ \text { RBO - LBO } \\ \text { RBI - LBI } \end{gathered}$ |  |
| $\begin{aligned} & 18 \\ & 19 \end{aligned}$ | A\&B <br> A\&B | Brackets | $\begin{aligned} & \text { RFO - LBI } \\ & \text { RFI - LBO } \end{aligned}$ | $\begin{aligned} & \text { LFO - RBI } \\ & \text { LFI - RBO } \end{aligned}$ |
| $\begin{aligned} & 20 \\ & 21 \end{aligned}$ | A\&B <br> A\&B | Rockers | $\begin{gathered} \text { RFO - LBO } \\ \text { RFI - LBI } \end{gathered}$ | $\begin{gathered} \text { LFO - RBO } \\ \text { LFI - RBI } \end{gathered}$ |
| $\begin{aligned} & 22 \\ & 23 \end{aligned}$ | A\&B <br> A\&B | Counters | $\begin{gathered} \text { RFO - LBO } \\ \text { RFI - LBI } \end{gathered}$ | $\begin{gathered} \text { LFO - RBO } \\ \text { LFI - RBI } \end{gathered}$ |
| $\begin{aligned} & 24 \\ & 25 \end{aligned}$ | A\&B <br> A\&B | One Foot Eights | $\begin{aligned} & \text { RFOI - LFIO } \\ & \text { RBOI - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RFIO } \\ & \text { LBOI - RBIO } \end{aligned}$ |
| $\begin{aligned} & 26 \\ & 27 \end{aligned}$ | A\&B <br> $A \& B$ | Change Threes | $\begin{aligned} & \text { RFOI - LBOI } \\ & \text { LFIO - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RBOI } \\ & \text { LFIO - RBIO } \end{aligned}$ |
| $\begin{aligned} & 28 \\ & 29 \end{aligned}$ | A\&B <br> $A \& B$ | Change Dbl Threes | $\begin{aligned} & \text { RFOI - LFIO } \\ & \text { RBOI - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RFIO } \\ & \text { LBOI - RBIO } \end{aligned}$ |
| $\begin{aligned} & 30 \\ & 31 \end{aligned}$ | A\&B <br> A\&B | Change Loops | $\begin{aligned} & \text { RFOI - LFIO } \\ & \text { RBOI - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RFIO } \\ & \text { LBOI - RBIO } \end{aligned}$ |
| $\begin{aligned} & 32 \\ & 33 \end{aligned}$ | $\begin{aligned} & A \& B \\ & A \& B \end{aligned}$ | Change Brackets | $\begin{aligned} & \text { RFOI - LBO } \\ & \text { RFIO - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RBOI } \\ & \text { LFIO- RBIO } \end{aligned}$ |
| $\begin{aligned} & 34 \\ & 35 \end{aligned}$ | A\&B <br> A\&B | Paragraph Threes | $\begin{aligned} & \text { RFO - LFI } \\ & \text { RBO - LBI } \end{aligned}$ | $\begin{aligned} & \text { LFO - RFI } \\ & \text { LBO - RBI } \end{aligned}$ |
| $\begin{aligned} & 36 \\ & 37 \end{aligned}$ | A\&B <br> A\&B | Paragraph <br> Dbl Threes | $\begin{aligned} & \text { RFO - LFI } \\ & \text { RBO - LBI } \end{aligned}$ | $\begin{aligned} & \text { LFO - RFI } \\ & \text { LBO - RBI } \end{aligned}$ |
| $\begin{aligned} & 38 \\ & 39 \end{aligned}$ | A\&B <br> $A \& B$ | Paragraph Loops | $\begin{aligned} & \text { RFOI - LFIO } \\ & \text { RBOI - LBIO } \end{aligned}$ | $\begin{aligned} & \text { LFOI - RFIO } \\ & \text { LBOI - RBIO } \end{aligned}$ |
| $\begin{aligned} & 40 \\ & 41 \end{aligned}$ | A\&B <br> A\&B | Paragraph Bracklets | $\begin{aligned} & \text { RFO - LFI } \\ & \text { RBO - LBI } \end{aligned}$ | $\begin{aligned} & \text { LFO - RFI } \\ & \text { LBO - RBI } \end{aligned}$ |


|  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | a. b <br> a.b | a.b <br> a. b |  | a. b <br> a. b |
|  <br> a. b <br> a. b |  |  |  | 36 <br> 37 <br> a. b <br> a.b |
|  | A: Right Fo <br> B: Left Foo <br> R: Right Fo <br> O: Outside <br> F: Forward | CODES <br> Start <br> Start | Left Foot <br> I: Inside <br> B: Backward |  |

42-Forward Outside Counter combined with bracket and inside Counter (3 circuits)


43-Forward outside Rocker combined with outside Double Three (3 circuits)

REFERENCE $\quad$ - direction start/take off —urn

44-Forward inside Rocker combined with inside Double Three (3 circuits)


45-Backward Outside Counter combined with Bracket and inside Counter (3 circuits)


46-Forward outside Double Three combined with outside Rocker and backward Double Three paragraph (2 circuits)


LbOTfITbORfOTbITfO
REFERENCE $\quad \longrightarrow$ direction $\quad$ _ start/take off turn

47-Forward outside Bracket combined with inside Counter and backward Bracket paragraph (2 circuits)


REFERENCE $~ \longrightarrow$ direction $\quad$ start/take off turn

48-Backward Double Three combined with outside Rocker and forward Double Three paragraph (2 circuits)

rfotbitarbotiltbo REFERENCE $\quad \longrightarrow$ direction $\quad$ start/take off $\quad$ turn

49-Backward outside Bracket combined with inside Counter and forward Bracket paragraph (2 circuits)


REFERENCE
$\longrightarrow$ direction

- start/take off
- turn

50-Forward Double Three combined with outside Counter and backward Double Three paragraph (2 circuits)


REFERENCE $\quad$ direction start/take off $\quad$ - turn

51-Forward outside Bracket combined with inside Rocker and backward Bracket paragraph (2 circuits)


REFERENCE
$\longrightarrow$ direction — start/take off

- turn

52-Backward outside Double Three combined with outside Counter and forward Double Three paragraph (2 circuits)


- turn

53-Backward outside Bracket combined with inside Rocker and forward Bracket paragraph (2 circuits)


REFERENCE
$\longrightarrow$ direction

- start/take off

