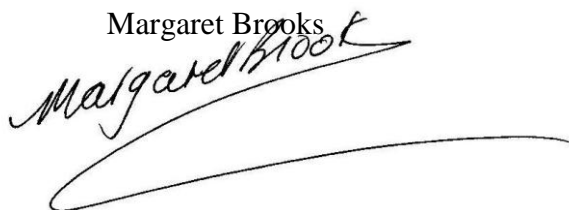


Modifications to CEPA Book for year 2016

Made and approved from CERS Artistic – Bologna / Italy 28/11/2015

Please note that in Europe the Combined Championships remains only for Cadet & Youth Categories.

CEPA President
Margaret Brooks



Update:

Rule 100

- Individual Categories :

SENIOR	- 1996 and before
JUNIOR	- 19 years (1997 inc.)
YOUTH	- 17 years (1999 inc.)
CADET	- 15 years (2001 inc.)
ESPOIR	- 13 years (2003 inc.)
MINIS	- 11 years (2005 inc.)

Change:

Rule 130

Short Programme Junior – Senior – Cadet – Youth

..... Omissis

Attention!!! ~~For Junior, could be also groups A or B~~ – For Cadet & Youth, could be also groups A, B or C.

..... Omissis

In the Short Programme judges will give **EVERY TOE LOOP ELEMENT (any rotations)** executed like “3. third execution” (**Rule 146**), **ONLY THE** minimum value (0,6) in the A-mark and **the Referee** will penalize the bad execution of the element by -0,5 points in the A mark.
~~This DOES NOT REFER TO THE COMBINATION JUMP.~~

..... Omissis

It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.

Change & Clarification:

Rule 132

Well balanced Free Skating Long Programme Minis, Espoir, Cadet, Youth, Junior & Senior

..... Omissis

- Spins **MUST** be evenly distributed throughout the programme, this means that between at least two (2) OF the spin elements in the long programme there should be at least two other different elements (at least one steps sequence AND one jump element). **Correct example: Spin Element – Jump Element – Step Sequence – Spin Element – Spin Element.**
A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well-balanced.
 - **It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.**
 - **Double and Triple jumps: if the skater presents one jump for three (3) times, one of these MUST be in combination.**
-

Change:

Rule 135

Special Rules for ESPOIR Long Programme

..... Omissis

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater’s choice, to include:

- three (3) consecutive brackets

AND minimum one Counter OR Rocker

AND one “loop step” (double three with wrapped free leg). **A good execution of the wrapped free leg will receive a BONUS of 0,2 in the “A” mark by the Referee.**

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. **The pattern should be serpentine with at least two bold curves. If the pattern does not conform to the above there will be a deduction of 0.2 in the “A” mark given by the Referee.** **Extreme CONTROLLED flexibility** (the position of

the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a **BONUS of 0,2 in the “A” Mark, by the Referee.**

Change:

Rule 136

Special Rules for MINIS Long Programme

..... Omissis

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. **The pattern should be serpentine with at least two bold curves. If the pattern does not conform to the above there will be a deduction of 0.2 in the “A” mark given by the Referee.** **Extreme CONTROLLED flexibility** (the position of the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a **BONUS of 0,2 in the “A” Mark, by the Referee.**

..... Omissis

Change, Clarification & Update:

Rule 140

In-Line Categories

..... Omissis

Well balanced In-Line Free skating Long Programme

..... Omissis

- Spins **MUST** be evenly distributed throughout the programme, this means that between at least two (2) OF the spin elements in the long programme there should be at least two other different elements (at least one steps sequence AND one jump element). **Correct example: Spin Element – Jump Element – Step Sequence – Spin Element – Spin Element.**

A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well-balanced.

- ***It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.***
- ***Double and Triple jumps: if the skater presents one jump for three (3) times, one of these MUST be in combination.***

..... Omissis

Promotional In-Line. The competition will be for skaters up to 18 years (1998 inc.), Men & Ladies together, with only a Long Programme of 2.30 min-3.00 max duration (+/- 10 sec).

..... Omissis

Update:

Rule 200

..... Omissis

SENIOR or PROMOTIONAL SENIOR - **1996** and before
JUNIOR or PROMOTIONAL JUNIOR - 19 years (**1997** inc.)
YOUTH or PROMOTIONAL YOUTH - 17 years (**1999** inc.)
CADET or PROMOTIONAL CADET - 15 years (**2001** inc.)
ESPOIR - 13 years (**2003** inc.)
MINIS - 11 years (**2005** inc.)

..... Omissis

Change:

Rule 203

Special Rules for SENIOR Long Programme

..... Omissis

The rules listed below **MUST BE FOLLOWED** in a Senior Pairs Skating long program:

- The couple can perform no more than three (3) lifts in a program. At least **one (1)** of the lifts **MUST** be a one position lift **NOT EXCEEDING** four (4) rotations. The combination lift **MUST NOT EXCEED** twelve (12) rotations.
- The couple **MUST INCLUDE** two death spirals one on an inside edge and one on an outside edge.
- **The couple can perform maximum one (1) Twist Throw Jump.**
- **The couple can perform maximum two (2) Throw Jumps.**
- **The couple can perform maximum two (2) Shadow jumps Elements (Single or Combination).**
- **The couple can perform maximum two (2) Contact Spins.**
- **The couple can perform maximum two (2) Shadow Spins (One position or Combination).**
- ~~The couple **MUST INCLUDE** one spiral (arabesque) sequence with three (3) different positions with at least one change of edge and one change of direction. Partners can insert cross pulls between each position. The change of direction may be performed by one of the partners or both and one of the two must be always in spiral position.~~
- The couple **MUST INCLUDE** one step sequence either Diagonal, Circular or Serpentine.

..... Omissis

Change:

Rule 206

Special Rules for JUNIOR Long Programme

..... Omissis

The rules listed below **MUST BE FOLLOWED** in a Junior Pairs Skating long program:

- The couple can perform no more than two (2) lifts in a program. At least one (1) of the lifts **MUST** be a one position lift **NOT EXCEEDING** four (4) rotations. The combination lift **MUST NOT EXCEED** twelve (12) rotations.
- The couple **MUST INCLUDE** at least one (1) death spiral any edge. The couple can perform maximum two (2) Death Spirals including the mandatory one. If they choose to perform a second Death Spiral it must be different from the first one.
- The couple can perform maximum one (1) Twist Throw Jump.
- The couple can perform maximum two (2) Throw Jumps.
- The couple can perform maximum two (2) Shadow jumps Elements (Single or Combination).
- The couple can perform maximum two (2) Contact Spins.
- The couple can perform maximum two (2) Shadow Spins (One position or Combination).
- ~~The couple **MUST INCLUDE** one spiral (arabesque) sequence with at least one change of edge and one change of direction. The change of direction may be performed by one of the partners or both and one of the two must be always in spiral position.~~
- The couple **MUST INCLUDE** one step sequence either Diagonal, Circular or Serpentine.

..... Omissis

Update:

Rule 300

Couples Dance & Solo Dance Categories

SENIOR	- 1996 and before
JUNIOR	- 19 years (1997 inc.)
YOUTH	- 17 years (1999 inc.)
CADET	- 15 years (2001 inc.)
ESPOIR	- 13 years (2003 inc.)
MINIS	- 11 years (2005 inc.)

..... Omissis

Change:

Rule 301

Special Rules for SENIOR Couples Dance

Compulsory Dances: Starlight Waltz (2 sequences)

Style Dance: Swing Medley – See rule 303 and Appendix 2
(2.40 minutes +/- 10 sec.)

Free Dance: 3.30 minutes +/- 10 sec. – FIRS Artistic Regulations
See rule 304 and Appendix 2

Rule 302

Special Rules for JUNIOR Couples Dance

Compulsory Dances: Flirtation Waltz (2 sequences)

Style Dance: Swing Medley – Same Rules of Senior SD, see rule 303 and Appendix 2
(2.40 minutes +/- 10 sec.)

Free Dance: 3.30 mins. +/- 10 sec. - FIRS Artistic Regulations, same rules of Senior
See rule 304 and Appendix 2

Rule 303

Regulations for Junior & Senior Style Dance

8.04.01 The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

8.04.02 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.

8.04.04 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 □

8.04.05 Style Dance required elements:

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

□ 1. ONE (1) PATTERN DANCE SEQUENCE (COMPULSORY DANCE)

This element consist on one (1) sequence of a complete compulsory dance selected by FIRS Artistic Technical Committee, 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 FIRS Artistic Technical Committee.
- The BPM of the piece of music selected for the Compulsory 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:

1. The rhythms used.
2. The number of BPM of the Compulsory Dance Sequence(s).

If in the event that these rules are not observed, FIRS Artistic Technical Committee shall

give a deduction of 1.0 in the A mark.

- Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of FIRS Artistic Technical Committee) and finish with the first step of the dance (step 1) required by the rules.
- Must maintain the same steps/recognized positions*/holds of the dance, respect the required timing of each step with the possibility of including choreographic movements of the lower/upper body to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.
* A recognized position is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other. The recognized positions and holds required by the rules may include choreographic movements of the upper body (with the other arm free from hold) to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

2. ONE (1) NO HOLD STEP SEQUENCE

The baseline will be selected each year by FIRS Artistic Technical Committee and may be performed either:

- Along the long axis.
- Diagonal.

General Rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position. NOTE: if a skater stops before this element for duration of less than 3 seconds, it will satisfy the requirement of starting from a stopped position but it will not be counted as a STOP.
- A minimum of two (2) different turns** must be executed by each skater.
- The steps must cover at least 80 % of the length of the skating surface.
- The distance between the skaters during the step sequence must be no greater than four (4) meters. The partner farthest from the baseline may go a maximum of 4 meters from the baseline and there may be no more than 4 meters between the partners.
- The maximum allowed distance of the skaters from the baseline must be no greater than four (4) meters for the entire sequence.
- No stops are allowed during the execution of this element.

**Turn: a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

3. ONE (1) DANCE HOLD STEP SEQUENCE

The baseline will be selected each year by FIRS Artistic Technical Committee and may be performed either:

- Circle clockwise.
- Circle counterclockwise.
- Serpentine.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- The couple must perform a minimum of two (2) different recognized dance positions*
- The release of contact is permitted only for quick changes of hold/position.
- A minimum of two (2) different turns** must be executed by each skater.
- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.
- In Serpentine step sequence, the skaters must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

* **Recognized dance positions:** all positions described on the FIRS Artistic Technical Committee rules book, except hand in hand (see recognized positions cited in required element 1).

****Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

4. ONE (1) DANCE LIFT

The typology of the lift will be selected annually by FIRS Artistic Technical Committee, with a maximum duration of ten (10) seconds, and may be performed either:

- Stationary position – a lift where the sustaining partner must maintain the stationary position during the entire lift, being able to perform a maximum of 1/2 revolution entering and 1/2 revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds. □
- Rotational – a lift with unlimited rotations, and with a minimum of 1 1/2 revolutions.
- Combination – stationary position and rotational: a lift composed of a free succession, executed during the same lift, of a stationary and a rotational lift combined with each other.

General rules

- The lift will be evaluated based on the ability of one/both skater(s), the creativity and fluidity of the lift, and the technical difficulties of the entrance and exit.
- The lift may have a maximum of ten (10) seconds.
- The sustaining partner's hands may go above their own head as long as the hips of the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do not go above their own head.
- The sustaining partner may hold the lifted partner's skate and the lifted partner may be supported/sit/lie down on the skate of the sustaining partner.

LIMITATIONS

DANCE LIFTS: none additional lifts are not permitted apart from the required one.

DANCE SPIN: a maximum of one (1) dance spin, done in hold with a minimum of two (2) revolutions, less than two (2) revolutions is not considered a spin. Lifted spins are not permitted.

STOP: a stop is considered when at least one of the skaters stops for more than three (3) seconds up to maximum of eight (8) seconds.

A maximum of two (2) stops executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). If both partners are on the floor at the same time, it shall be considered as once.

Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown

Stationary positions shall not be considered as elements of technical value, but as artistic value.

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

DANCE JUMPS (JUMP/ASSISTED JUMPS):

- A maximum of two (2) jumps, each skater, of one (1) revolution each (no more than one revolution in the air).
- A maximum of two (2) assisted jumps***, a maximum of one (1) revolution for the partner who jumps and half (1/2) revolution for the supporting partner.

***** Assisted Jump:** a continuous movement of ascent and descent performed by one partner, without suspension in the air of the partner performing the assisted jump. The supporting partner must offer passive assistance (without actively sustaining the partner in the air). The partners must remain always in contact.

Note: all jumps and assisted jumps shall not be considered as elements of technical value.

SEPARATIONS:

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners

- For only one (1) time during the program, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners (except where prohibited by the rules).
- For quick changes of position/hold between the partners during the entire program.

8.04.06 Style Dance – Judging Guidelines

In General, the following guidelines are applicable when also the quality of what presented is good, otherwise the value MUST decrease.

A Mark (Min 2,5; Max 10,0) □ □ - •

- Set Element PdSQ (Pattern Dance Step Sequence) .0,5-3,0

- 0,5 Pattern step sequence not presented or less than half performed
- 0,6 – 1,0 40% or less clean, edges, steps and turns with many errors. Flat and 40% of correct holds
- 1,1 – 1,5 50% clean with two major errors in edges, steps and turns. Generally Flat and 50% of correct holds
- 1,6 – 2,0 60% clean one major error in edges, steps or turns. Some flats and 60% of correct holds
- 2,1 – 2,5 80% clean edges, steps or turns with no major errors. Good curves 80% of correct holds
- 2,5 – 3,0 90%-100% clean. Deep or very deep edges 90%-100% of correct holds

- Set Element NhStSq (No Hold Step Sequence) .0,5-2,0

- 0,5 less than 3/4 of the length of the floor
- 0,6 – 1,0 One or two kinds of turns and steps
- 1,1 – 1,5 Three or Four kinds of turns and steps not in both directions, or one or two kinds in both directions
- 1,6 – 2,0 Five or six kinds of turns and steps, or three or four kinds in both directions.

- Set Element DhStSq (Dance Hold Step Sequence) .0,5-2,0

- 0,5 less than 3/4 of the length of the floor
- 0,6 – 1,0 One or two kinds of turns and steps, with one or two different holds
- 1,1 – 1,5 Three or Four kinds of turns and steps with one or two different holds, or one or two kinds in both directions with three or four different holds
- 1,6 – 2,0 Five or six kinds of turns and steps with three or four different holds and not in both directions, or three or four kinds in both directions with five or six change of holds.
- 2,1 – 2,5 Five or six kinds of turns and steps in both directions with five or six change of holds.

STEPS AND TURNS SHOULD BE PERFORMED IN EQUAL NUMBERS BY BOTH PARTNERS

- Set Element DLf (Dance Lift) .0,5-1,0

- Balance, sureness, position definition, difficulty if the change of position/s is required, musicality.

- Transitions .0,5-2,0

- Variety
- Steps, edges, arms, bust, head, free leg
- On the music

B Mark (Min 2,0; Max 10,0)

- Choreography/Style .0,5-3,0
- Interpretation/Execution .0,5-3,0
- Musicality/Timing .0,5-2,0
- Unison/Synchronism .0,5-2,0

Rule 304

Regulations for Junior & Senior Free Dance

8.05.01 The Free Dance program shall be considered as the final competitive segment of the roller dance skating event.

8.05.02 All teams shall skate a final program.

8.05.03 Free Dance Required Elements

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

1. ONE (1) NO HOLD STEP SEQUENCE

The baseline shall be selected annually by FIRS Artistic Technical Committee and may be performed either:

- Along the long axis.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position. If a skater stops before this element for duration of less than 3 seconds, it will satisfy the requirement of starting from a stopped position but it will not be counted as a STOP.
A minimum of two (2) different turns** must be executed by each skater
- The steps must cover at least 80% of the length of the skating surface
- The distance between the skaters during the step sequence must be no greater than four (4) meters. The partner farthest from the baseline may go a maximum of 4 meters from the baseline and there may be no more than 4 meters between the partners.
- The maximum allowed distance of the skaters from the baseline must be no greater than four (4) meters for the entire sequence.

- No stops are allowed during the execution of this element.

****Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

2. ONE (1) DANCE HOLD STEP SEQUENCE

The baseline shall be selected annually by FIRS Artistic Technical Committee and can be performed either:

- Circle clockwise
- Circle counterclockwise.
- Serpentine.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music. □
- The couple must perform a minimum of two (2) different recognized dance positions* □
- The release of contact is permitted only for quick changes of hold/position.
- A minimum of two (2) different turns** must be executed by each skater.
- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.
- In Serpentine step sequence, the skaters must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

Recognized dance positions: all positions described on the FIRS Artistic Technical Committee rules book, except hand in hand (see recognized positions cited in style dance).

****Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

3. THREE (3) DANCE LIFTS

Three (3) required dance lifts, with a maximum duration of eight (8) seconds, one for each typology selected from:

- **Stationary position:** a lift where the sustaining partner must maintain the stationary position during the entire lift, being able to perform a maximum of 1/2 revolution entering and 1/2 revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds.
- **Rotational:** a lift with unlimited rotations, and with a minimum of 1 1/2 revolutions.
- **Combination:** stationary position and rotational: a lift composed of a free

succession, executed during the same lift, of a stationary position and a rotational lift combined with each other.

General Rules

- The lifts will be evaluated based on the ability of one/both skater(s), the creativity and fluidity of the lift, and the technical difficulty of the entrance and exit.
- The maximum duration of each lift is eight (8) seconds □
- The sustaining partner's hands may go above their own head as long as the hips of the □ lifted partner remain below the sustaining partner's head. □
- The lifted partner's hips may go above the sustaining partner's head as long as the □ sustaining partner's hands do not go above their own head. □
- The sustaining partner may hold the lifted partner's skate and the lifted partner may be □ supported/sit/lie down on the skate of the sustaining partner. □
- The required lifts must be executed while skating. □

LIMITATIONS □

DANCE LIFTS: in addition to the three (3) required lifts, two (2) free lifts, selected from the three (3) typologies mentioned for the required lifts, are permitted for a maximum duration of eight (8) seconds each. □

DANCE SPINS: a maximum of one (1) dance spin, done in hold, with a minimum of two (2) revolutions, (less than two (2) revolutions is not considered a spin). Lifted spins are not permitted.

STOPS: a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds.

A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (Including the beginning and end). If both partners are on the floor at the same time, it shall be considered as once.

Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

Stationary positions shall not be considered as elements of technical value, but as artistic value.

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

DANCE JUMPS (JUMP/ASSISTED JUMPS):

- A maximum of two (2) jumps each skater, of one (1) revolution each (no more than one revolution in the air; less than one (1) revolution is not considered a jump).
- A maximum of two (2) assisted jumps***, a maximum of one (1) revolution for the partner jumping and half (1/2) revolution for the supporting partner.

***** Assisted Jump:** a continuous movement of ascent and descent performed by

one partner, without suspension in the air of the partner performing the assisted jump. The supporting partner must offer passive assistance (without actively sustaining the partner in the air). The partners must remain always in contact.

Note: all jumps and assisted jumps shall not be considered as elements of technical value.

SEPARATIONS:

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the Stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners.
- For only two (2) times during the program, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between them.

Update

Rule 305

Special Rules for YOUTH Couples Dance

Compulsory Dances: Kilian (4 sequences)
Keats Foxtrot (4 sequences)

Free Dance: 3 mins. +/- 10 sec. - Maximum 4 lifts. – See Rule 309

– Set elements that MUST BE included in Free Dance programme are:

- **One step sequence** – performed together in any dance hold, in diagonal, extending as near as possible to the full length of the skating surface.

Rule 306

Special Rules for CADET Couples Dance

Compulsory Dances: Tudor Waltz (4 sequences)
Siesta Tango (4 sequences)

Free Dance: 3 mins. +/- 10 sec. - Maximum 4 lifts. Same rules of Youth. – See Rule 309

Rule 307

Special Rules for ESPOIR Couples Dance

Compulsory Dances: Country Polka (4 sequences)
Swing Foxtrot (4 sequences)

Free Dance 2.30 mins +/- 10 sec. – Maximum 3 Lifts – [See Rule 309](#)
Note that in Espoir Free Dance (Couple) no set elements required.

Rule 308

Special Rules for MINIS Couples Dance

Compulsory Dances: [City Blues](#) (4 sequences)
[Olympic Foxtrot](#) (4 sequences)

Rule 309

Regulations for Youth, Cadet, Espoir Free Dance

All steps, turns and changes of edge and position are permitted.

Free skating movements, appropriate with the rhythm, music and character of the dance are permitted.

Intricate footwork must be included and must display both originality and difficulty.

Feats of strength and skill inserted to demonstrate physical prowess are not permitted.

The following movements are not permitted: standing, sitting, or leaning on partner's boots; holding the partner's boots or skates; sitting or lying over a partner's leg without having at least one skate in contact with the skating surface; or lying on the skating surface. Kneeling or laying on the floor is only allowed at the beginning and/or end of the performance. This may be done for a maximum of 5 (five) seconds at the beginning or at the end.

In the composition of the free dance, excessive repetition of any movements, i.e. toe stops; hand-in-hand positions; skating side by side; skating one after the other; or mirror skating should be avoided. □

Free skating movements such as turns, arabesques, pivots, jumps, lifts, partner separations, etc., are permitted in a free dance program. A deduction of marks will be made by all judges if a free dance program exceeds the rules. The movements are allowed with the following limitations:

Separations within the free dance to execute intricate footwork are permitted. No more than five (5) may be used, with duration of no longer than five (5) seconds each. Separations at the beginning and at the end of the program are permissible, provided the distance between the partners does not exceed five (5) meters and/or ten (10) seconds.

Arabesques and pivots are permitted. No more than three (3) may be used, with a duration no longer than four (4) measures of waltz music (3/4) or two (2) measures of other music (i.e. 4/4, 6/8,

etc.).

Spins are permitted, provided the number of revolutions per spin does not exceed three (3).

Dance lifts are permitted to enhance the performance of the programme (not to display feats or strength or acrobatics). A maximum of four (4) lifts for Cadet/Youth and three (3) for Espoir in the free dance will be allowed. The number of the revolutions may not exceed one and a half (1,5), **with the man's hands no higher than his shoulders**. Any choreographic movements in which the partner is assisted aloft, and has both feet off the floor shall be considered a lift. The change of position in a lift is permitted.

During a lift it is not allowed for the lady to assume an upside down position with the legs in a split or semi-split position in front of the man's face.

A carried lift is a lift which exceeds the permitted number of measures of music (four (4) measures of waltz music - 3/4; or two (2) measures of other music - 4/4, 6/8, etc.).

Dance jumps involving change of foot or direction are permitted, provided their total number does not exceed five (5). The jumps may be accomplished separately or by holding hands and they must not be thrown or lifted. Toe jumps and assisted jumps are included in the total permitted of five (5). Jumps not exceeding a half revolution may be executed by both partners at the same time. The partners must be in a dance position at a distance of no more than two (2) arm-lengths. Only one partner may execute jumps of a greater magnitude with a maximum of one (1) revolution at a time.

An assisted jump is a jump in which the partner gives passive assistance in a non-supportive role. In this action, there is one continuous ascending and descending movement.

Short, jerky movements are acceptable only when they serve to emphasize the character of the music. □

Stops in which teams remain stationary on the skating surface while performing body movements (twisting or posing, etc.), are permitted. The duration of these stops may not exceed two (2) measures of music.

Change:

Rule 310

Solo Dance Categories – General notes

General notes about Solo dance:

- In all categories women and men compete together in one category **with the exception of Youth, Junior & Senior Solo Dance where there will be two events** – one for Youth/Junior/Senior Men and one for Youth/Junior/Senior Ladies. The dances will be the same for both, and the Ladies steps will be skated in each event.

..... Omissis

Change:

Rule 311

Special Rules for SENIOR Solo Dance

SENIOR

Compulsory Dances: Quickstep (4 sequences)

Style Dance: 2.20 mins. +/- 10 sec. – See rule 313 and Appendix 2.

Free Dance: 2.30 mins. +/- 10 sec. – See rule 314 and Appendix 2.

Rule 312

Special Rules for JUNIOR Solo Dance

Compulsory Dances: Rocker Foxtrot (4 sequences)

Style Dance: 2.20 mins. +/- 10 sec. – See rule 313 and Appendix 2.

Free Dance: 2.30 mins. +/- 10 sec. – See rule 314 and Appendix 2.

Rule 313

Regulations for Junior & Senior Solo Style Dance

9.02.01 The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

9.02.02 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.

9.02.04 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 □

9.02.05 Style Dance required elements:

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

□1. ONE (1) PATTERN DANCE SEQUENCE (COMPULSORY DANCE)

This element consist on one (1) sequence of a complete compulsory dance selected by FIRS Artistic Technical Committee, 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 FIRS Artistic Technical Committee.
- The BPM of the piece of music selected for the Compulsory 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:

1. The rhythms used.

2. The number of BPM of the Compulsory Dance Sequence(s).

If in the event that these rules are not observed, FIRS Artistic Technical Committee shall give a deduction of 1.0 in the A mark.

- Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of FIRS Artistic Technical Committee) and finish with the first step of the dance (step 1) required by the rules.
- Must maintain the same steps/recognized positions*/holds of the dance, respect the required timing of each step with the possibility of including choreographic movements of the lower/upper body to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

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

2. ONE (1) STRAIGHT STEP SEQUENCE

The baseline will be selected each year by FIRS Artistic Technical Committee and may be performed either:

- Along the long axis.
- Diagonal.

General Rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position. NOTE: if a skater stops before this element for duration of less than 3 seconds, it will satisfy the requirement of starting from a stopped position but it will not be counted as a STOP.
- A minimum of two (2) different turns.**
- The steps must cover at least 80 % of the length of the skating surface.
- The maximum allowed distance of the skater from the baseline must be no greater than four (4) meters for the entire sequence.
- No stops are allowed during the execution of this element.

**Turn: a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

3. ONE (1) CIRCULAR STEP SEQUENCE

The baseline will be selected each year by FIRS Artistic Technical Committee and may be performed either:

- Circle clockwise.
- Circle counterclockwise.
- Serpentine.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- Each skater must execute a minimum of two (2) different Turns*
- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skater must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.
- In Serpentine step sequence, the skater must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

***Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

LIMITATIONS

DANCE SPIN: a maximum of one (1) spin, with a minimum of two (2) revolutions (less than two (2) revolutions is not considered a spin).

DANCE JUMPS: a maximum of two (2) jumps, of one (1) revolution (no more than one revolution in the air). All the jumps shall not be considered as elements of technical value.

STOP: a stop is considered when the skater stops for more than three (3) seconds up to 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: skaters may not exceed eight (8) seconds of being stopped.

9.02.06 Style Dance – Judging Guidelines

In General, the following guidelines are applicable when also the quality of what presented is good, otherwise the value MUST decrease.

A Mark (Min 2,0; Max 10,0) □ □ - •

- Set Element PdSQ (Pattern Dance Step Sequence) .0,5-3,0

- 0,5 Pattern step sequence not presented or less than half performed
- 0,6 – 1,0 40% or less clean, edges, steps and turns with many errors. Flat
- 1,1 – 1,5 50% clean with two major errors in edges, steps and turns. Generally Flat
- 1,6 – 2,0 60% clean one major error in edges, steps or turns. Some flats
- 2,1 – 2,5 80% clean edges, steps or turns with no major errors. Good curves
- 2,5 – 3,0 90%-100% clean. Deep or very deep edges

- Set Element StStSq (Straight Line Step Sequence) .0,5-2,5

- 0,5 less than 3/4 of the length of the floor
- 0,6 – 1,0 One or two kinds of turns and steps
- 1,1 – 1,5 Three or Four kinds of turns and steps not in both directions, or one or two kinds in both directions
- 1,6 – 2,0 Five or six kinds of turns and steps not in both directions, or three or four kinds in both directions.
- 2.1 – 2.5 Five or six kinds of turns and steps in both directions

- Set Element ClStSq (Circular Step Sequence) .0,5-2,5

- 0,5 less than 3/4 of the length of the floor
- 0,6 – 1,0 One or two kinds of turns and steps
- 1,1 – 1,5 Three or Four kinds of turns and steps not in both directions, or one or two kinds in both directions
- 1,6 – 2,0 Five or six kinds of turns and steps not in both directions, or three or four kinds in both directions.
- 2.1 – 2.5 Five or six kinds of turns and steps in both directions

- Transitions .0,5-2,0

- Variety
- Steps, edges, arms, bust, head, free leg
- On the music

B Mark (Min 1,5; Max 10,0)

- Choreography/Style .0,5-3,5
- Interpretation/Execution .0,5-3,5
- Musicality/Timing .0,5-3,0

Rule 314

Regulations for Junior & Senior Free Solo Dance

9.03.01 Free Dance required elements

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year. □ □

1. ONE (1) STRAIGHT STEP SEQUENCE

The baseline shall be selected annually by FIRS Artistic Technical Committee and may be performed either:

- Along the long axis.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position. If a skater stops before this element for duration of less than 3 seconds, it will satisfy the requirement of starting from a stopped position but it will not be counted as a STOP. □
A minimum of two (2) different turns* must be executed by each skater □
- The steps must cover at least 80% of the length of the skating surface .
- The maximum allowed distance of the skater from the baseline must be no greater than four (4) meters for the entire sequence.
- No stops are allowed during the execution of this element.

***Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

2. ONE (1) CIRCULAR STEP SEQUENCE

The baseline shall be selected annually by FIRS Artistic Technical Committee and can be performed either:

- Circle clockwise
- Circle counterclockwise.
- Serpentine.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- A minimum of two (2) different turns* must be executed by each skater.
- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.
- In Serpentine step sequence, the skaters must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

***Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

3. ONE (1) DANCE SPIN

One (1) spin, with a minimum of two (2) revolutions (less than two (2) revolutions will not be considered a spin), in which the skater must achieve a vertical position on an edge, then and only then can they make any variations to the exit (for example: on the toe stop).

All spins are permitted except:

- Heel Camel
- Broken Ankle Camel
- Inverted Camel

4. ONE (1) ROTATIONAL TURN SEQUENCE

- A continuous rotational motion comprising of a minimum of a two (2) revolutions sequences of successive three turns, on each foot, in a clockwise and/or counterclockwise direction, for a maximum duration of eight (8) seconds.
- Clearness of the entering edge (forward, backward, outside, inside).
- Maximum of three (3) steps/turns to change foot.
- Focus on linear and rotation speed of the element.

LIMITATIONS □

DANCE SPINS: a maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions (less than two (2) revolutions is not considered a spin).

DANCE JUMPS:

A maximum of two (2) jumps of one (1) revolution (no more than one revolution in the air; less than one (1) revolution is not considered a jump).

Jumps shall not be considered as elements of technical value.

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

A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor are 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.

Update:

Rule 315

Special Rules for YOUTH Solo Dance

Compulsory Dances: European Waltz (4 sequences)
Imperial Tango (4 sequences)

..... Omissis

Rule 316

Special Rules for CADET Solo Dance

Compulsory Dances: Federation Foxtrot (4 sequences)
Siesta Tango (4 sequences)

Free Dance: 2.00 mins. +/- 10 sec. - Follow the same Rules of Youth Solo Dance.

Rule 317

Special Rules for ESPOIR Solo Dance

Compulsory Dances: Swing Foxtrot (4 sequences)
Rhythm Blues (4 sequences)

Free Dance 2.00 mins. +/- 10 sec. – Following these rules:

..... Omissis

Rule 318

Special Rules for MINIS Solo Dance

Compulsory Dances: City Blues (4 sequences)
Glide Waltz (4 sequences)

Change:

Rule 319

General Rules about Couple and Solo Dance Competitions

- DS 8.02.01 – Entry and Exit on the Floor for Dance & Solo Dance – ALL CATEGORIES

When a couple/skater is announced for compulsory dances, Style dance and free dance the entrance must be no longer than fifteen (15) seconds. The exit of the compulsory dances, Style dance and free dance must be no longer than fifteen (15) seconds.

The penalty for each extra second will be 0,1 for compulsory and 0,1 from the “B” mark for SD/Free dance.

- DS 8.21.01 – Timing violations – Compulsory Dance, SD and Free Dance

Any deduction made by a judge for incorrect timing to the music must be based on the duration of the fault. For a timing fault, there is a minimum deduction of 0,2 for Compulsory Dances and 0,2 from the “B” mark for SD / Free Dance.

- DS 8.21.02 - Opening Step in Compulsory Dances

The number of beats to be used for all dances must not exceed 24 beats of music. Timing starts with the first movement of the skater/skaters. A movement is defined as a movement of the arm/head/leg/foot. The penalty for each extra beat will be 0.1 given by the Referee.

- Specification Dance Rules: The reasonable crossing of the long axis in any compulsory dance is possible for keeping the speed but the coverage of the corner/s must be maintained at all times according to the set patterns laid down in the CERS / FIRS Artistic regulations.

Clarification:

Rule 320 (before Rule 318)

Warm-Up Couples & Solo Dance Competitions

..... Omission

Rule 321 (before Rule 319)

Rules concerning the allocation of Couple & Solo Dance in groups

..... Omission

Change:

General Rules about Competitions of Single, In-Line, Pairs, Couple & Solo Dance

Rule 400

Rules about Music for the events

- **Music for the all Events:** music for all events must be on a USB (in mp3, mp4, etc.). The name of each file should be: skater's name skater's Last name – Category (Minis/Espoir/Cadet/Youth/Junior/Senior) – Modality (free skating, pairs, dance, solo dance) – short or long programme, style dance or free dance.

- **Vocal music:** Free Skating, Pairs, and Dance (Couples and Solo) vocal music is allowed. The music should not express any offensive text or words. Violation of this could result in a penalization.

Timing of all the Programmes shall begin with the first movement of either member of the team.

..... Omission

Update & change:

Precision Team

Rule 500

Precision Teams Categories

Championships

1. Precision Teams. Groups may consist of women and/or men.

Competitions

1. Senior Precision Teams 16-24 skaters
2. Junior Precision Teams 16-24 skaters (ages official, no more than 19 years, 1997 included)

IMPORTANT NOTE: the minimum age will be twelve (12) years, 2004 inc..

Rule 501

Technical Conditions

1. *Length:* Senior Precision Teams: 4.30 min. +/- 10 sec.
Junior Precision Teams: 4 min. +/- 10 sec.

Time starts with the first movement of one of the skaters.

2. *Participants:* All participants must belong to a club, which is a member of a National Federation affiliated to CERS. Groups may consist of individuals belonging to different clubs. Only a maximum of six (6) skaters participating at Europeans in Junior Precision Category will be allowed to skate in the same championships in the Senior Precision Category. All participants must be approved by their Federation.

3. General Rules:

- Each team will be permitted 30 seconds for the positioning before the commencement of the performance. Once the team is ready the team captain must raise their hand to advise the announcer.

- Neither portable nor hand-help props shall be used.

- The following limitations shall be enforced:

- No jumps exceeding half a revolution.
- No spins exceeding one revolution.
- No lifts are permitted except during the Choreographic Stop.

- Vocal music shall be permitted.

- At least three (3) well defined variations of music and tempos are required.

- Stationary (stopping or standing) positions during the performance are not allowed, except during the Choreographic Stop.

- Judging Precision will always take place on the LONG SIDE of the rink. The FIRS Artistic system of calculating shall be used to determine the placements of all teams.

- Well balanced programme of recognized elements for formation teams must include: as circles, wheels, lines, blocks and intersecting manoeuvre. The manoeuvres must be dominant from one element to the other.

General Rules for Set Elements are:

- Set elements may be skated in any order.
- Any type of handhold or combination of handholds can be used. However – at least 3 different handholds must be shown.
- All elements may incorporate forward and/or backward skating.
- Footwork is permitted during any element.
- Set elements may be repeated.
- Additional elements may be used.

Rule 502

Rules for Senior Precision Skating

The following elements MUST be included in the program. These elements may be

repeated without penalty:

1. CIRCLE MANOUVRE:

- one circle manouvre must consist of only one (1) circle revolving in either a clockwise or counter clockwise direction, or may be a combination of both directions. A minimum of two (2) revolutions is required. □
- one multiple circle with minimum of one (1) rotation. □

2. LINE MANOUVRE:

- one line must be a single line along the short axis and move down the long axis for at least 3/4 of length of the rink □
- one line must be a single line along the long axis and move down the short axis for at least 3/4 of the length of the rink □
- one separated line in maximum 2 segments (parallel or adjacent) which moves along the diagonal axis. □

3. BLOCK MANOUVRE: the number of lines in the block must not exceed six (6) and must not be less than four (4):

- one block using at least two (2) different axes □
- one open block – no hold (in any type of configuration) which moves along the longitudinal axis (straight line): □
 - o this block must begin from a stop position (maximum 3 seconds) and come to a stop (maximum 3 seconds) □
 - o it must travel the entire length of the floor □
 - o elements which MUST BE mandatory incorporated in the block:
 - ◆ a visible change of edge
 - ◆ a choctaw or mohawk
 - ◆ a double three
 - ◆ a bracket
 - o These elements can be performed with additional steps.

4. WHEEL MANOUVRE:

- one wheel manouvre must consist of a three (3) or more spokes pinwheel revolving in either a clockwise or a counter clockwise direction. A minimum of two (2) revolutions is required □
- one wheel manouvre of parallel wheels made up of 2 or more extensions/spokes. Minimum one rotation □
- one wheel with more than one pivot. Two or more wheels side by side. Minimum one rotation. □

5. INTERSECTING MANOUVRE: any type of intersection is permitted (splicing or pass through):

- one maneuver in which each skater must pass through any intersecting point only once
- at least 2 partial intersections where one part of the skaters intersect and the rest of the group performs another figure. □ FIRS Artistic Technical Committee 86 RULE BOOK 2016

6. CHOREOGRAPHIC STOP: A clear visible choreographic stop (10 seconds max) must be incorporated within the programme (not at the beginning or end). This will characterize and reinforce the musical theme even more.

A lift can be implemented during the choreographic stop. This lift may be performed by the group and not by only 2 skaters.

Rule 503

Rules for Junior Precision Skating

The following elements **MUST** be included in the program. These elements may be repeated without penalty:

1. CIRCLE MANOUVRE

- The circle manouvre must consist of only one (1) circle revolving in either a clockwise or counter clockwise direction, or may be a combination of both directions. A **MINIMUM** of two (2) revolutions is required.
- **One multiple circle** with minimum of one rotation.

2. LINE MANOUVRE

- The line **MUST** be a **SINGLE LINE** along the short axis and move down the long axis for at least of length of the rink.
- **Line manouvre** - the line must be a single line along the long axis and move down the short axis for at least $\frac{3}{4}$ of the length of the rink.

3. BLOCK MANOUVRE: the number of lines in the block **MUST NOT** exceed six (6) and **MUST NOT** be less than four (4).

- At least two (2) different axes **MUST** be used.
- **Open block** – no hold (in any type of configuration) with moves along the longitudinal axis (straight line)
 - This block must begin from a stop position (maximum 3 seconds) and come to a stop (maximum 3 seconds).
 - It must travel the entire length of the floor
 - Elements which **MUST BE** mandatory incorporated in the block:
 - ◆ a visible change of edge
 - ◆ a choctaw or mohawk
 - ◆ an inside three
 - ◆ an outside three
 - ◆ a bracket

4. WHEEL MANOUVRE

- This **MUST** consist of a three (3) or more spokes pinwheel revolving in either a clockwise or a counter clockwise direction. A **MINIMUM** of two (2) revolutions is required.
- **Parallel wheel** made up of 2 or more extensions/spokes. Minimum one rotation

5. INTERSECTING MANOUVRE: any type of intersection is permitted (splicing or pass through).

- In the maneuver each skater must pass through any intersecting point only once.

- they must include at least 2 partial intersections where one part of the skaters intersect, and the rest of the group performs another figure.

6. Choreographic Stop: a clear visible choreographic stop (10 seconds max.) must be incorporated within the programme (not at the beginning or end). This will characterize and reinforce the musical theme even more.

Clarification & change:

Rule 504 (before 503)

Costume rules for Precision Competition

..... Omission

Both men and women in precision teams are permitted to wear long trousers. Ballet tights are not permitted.

..... Omission

Rule 505 (before 504)

Drawing Order, Training & Warm-up groups

..... Omission

Rule 506 (before 505)

Marking

..... Omission

Rule 507 (before 506)

General Rules about CERS Artistic listed Precision Competitions

..... Omission

Update:

Show Teams

Rule 600

..... Omission

IMPORTANT NOTE: In all categories, the minimum age will be twelve (12) years, 2004 inc..

Rule 601

Technical Conditions

1. Length: Quartet:	3 min +/- 10 sec.
Youth Quartet:	3 min. +/- 10 sec.
Youth Groups	3.30 min. +/- 10 sec.
Small Groups:	minimum 4.30, maximum 5 min +/- 10 sec.
Large Groups:	minimum 4.30, maximum 5 min +/- 10 sec.

..... Omission

Change:

General Regulations for Europeans Championships & Cup of Europe.

Rule 700

Championships of Europe for all Categories

..... Omission

2. Entry per nation

3 Ladies	(figure and Free)	2 combined max (Cadet & Youth only)
3 Men	(figure and Free)	2 combined max (Cadet & Youth only)
3 Pairs		
3 Dance		
3 Solo Dance	Junior & Senior European Championships only to include: 3 Junior Ladies / 3 Junior Men Solo Dance 3 Senior Ladies / 3 Senior Men Solo Dance	

The Federation can enter only 3 ladies and 3 men competing in Figure and Free where maximum two, **in Cadet & Youth Categories only**, can compete and be placed in combination, while the third skater is placed in Figures and Free and not in Combination. The names of the entries to Figures, Free and Combination **(Cadet & Youth only)** must be specified at the entry form and cannot be changed after the initial draw of starting order.

3. Following Championships titles awarded

Figures	Ladies & Men
Free	Ladies & Men
Combination	Ladies & Men (ONLY FOR CADET & YOUTH)
Pairs	
Dance	
3 Solo Dance	Junior & Senior European Championships only to include:

3 Junior Ladies / 3 Junior Men Solo Dance
 3 Senior Ladies / 3 Senior Men Solo Dance

4. *Factor*

Individual / Combination	=	figures	2
		short	1
		long	3
Pairs	=	short	1
		long	3
Dance Couples	=	compulsory	2,5
(Senior & Junior)		Style dance	1,75
		Free dance	2
Solo Dance	=	compulsory	2,5
(Senior & Junior)		Style dance	1,75
		Free dance	2
Dance Couples & Solo	=	compulsory	1
(Youth & Cadet)		Free Dance	1

Change & Update:

Rule 701

Cup of Europe

1. *The Cup of Europe* is a competition for Promotional Pairs, Solo Dance, Free skating & In-Line.

2. *Per Nation*

3 Ladies	in Minis, Espoir, Cadet & Youth
3 Men	in Minis, Espoir, Cadet & Youth
3 Pairs	in Minis, Espoir and Promotional categories
3 Solo Dance	in Minis, Espoir, Cadet, Youth Ladies & Youth Men
3 Couples Dance	in Minis and Espoir
3 Ladies	In-Line
3 Men	In-Line
3 Skaters	In-Line Promotional (up to 18 years – 1998 inc.), see rule 140

3. *Special Rules:*

In Cadet/Youth Free Skating and Junior/Senior Solo Dance, Skaters placed 1-3 in their respective European Championships in the same year cannot compete in Cup of Europe.

..... Omission

Update:

Rule 702

European Championships for Precision and Show Teams

..... Omission

7. Junior Precision Teams 16-24 skaters (ages official, no more than 19 yrs, **1997** included)

IMPORTANT NOTE: In all categories, the minimum age will be twelve (12) years, **2004 inc..**

..... Omission

Change:

Rule 706

Display of the Marks & Deductions

The Referees deductions should be shown on the electronic scoreboard as the marks are being put up.

If no electronic scoreboard is available, the Referee will instruct the Announcer to state any penalties given before the marks are announced. A standard procedure of announcing any deductions will always be used by a Referee.

Change:

Rule 754

European Championships for Precision and Show Teams

1. Organising Charge

Quota set at **2.500 Euro**.

..... Omission

Change:

Rule 780

Ceremony

Opening Ceremony – (One hour maximum, including show performance if wanted by the organizers)

..... Omission

- g) **Optional:** Oaths (*) by a representative of the Skaters and of the Judges.
- h) Opening by the President of CERS or by his stand-in.

..... Omission

Presentation Medals – (after each category where possible)

- a) Announcing the three highest placed competitors and presentation on the podium.
- b) Presentation of medals and CERS Cup:
by the President of CERS / CERS Artistic Members or a dignitary.
- c) Winners National Anthem
- d) **ONLY MEDAL WINNING COMPETITORS WITHOUT ANY KIND OF PROPS/FLAGS WILL BE ALLOWED ON THE PODIUM.**

..... Omission

Change:

Rules for International Competitions

Rule 800

International Competitions – Categories & Tax

..... Omission

- c) Remittance of the organisation charge of **350 Euro for A Category** and **175 Euro for B category**, payable to:

CONFEDERATION EUROPEENNE DE ROLLER SKATING

ACCOUNT NO. 2562 – ABI 05308 – CAB 69440

IBAN: IT34 Z053 0869 4400 0000 0002 562

SWIFT: BLOPIT22XXX

Banca Popolare di Ancona Spa

Viale della Resistenza 168/v

63837 Falerone (FM)

Italy

..... Omission

Change:

Appendix n°2

CERS ARTISTIC COMPULSORY DANCES

COUPLES

..... Omission

YOUTH

- 1- Kilian
- 2- European Waltz
- 3- Imperial Tango
- 4- 14 Step
- 5- Association Waltz
- 6- Keats Foxtrot

JUNIOR

- 1- Blues
- 2- Harris Tango
- 3- Imperial Tango
- 4- Rocker Foxtrot
- 5- Flirtation Waltz
- 6- 14 Step

SENIOR

- 1- Italian Foxtrot
- 2- Argentine Tango
- 3- Iceland Tango
- 4- Tango Delanco
- 5- Castel March
- 6- Starlight Waltz
- 7- Viennese Waltz
- 8- Westminster Waltz
- 9- Quickstep
- 10- Paso Doble
- 11- Midnight Blues**

	2016	2017
Minis	City Blues	TBC
	Olympic Foxtrot	TBC
Espoir	Country Polka	TBC
	Swing Foxtrot	TBC
Free Dance	2.30 min	2.30 min
Cadet	Tudor Waltz	TBC
	Siesta Tango	TBC
Free Dance	3.00 min	3.00 min
Youth	Kilian	TBC
	Keats Foxtrot	TBC
Free Dance	3.00 min	3.00 min
Junior	Flirtation Waltz	Blues
Style Dance	Style Dance – Swing Medley (Rocker Foxtrot)	Style Dance – Spanish Medley (Harris Tango)
	2.40 min	2.40 min
Free Dance	3.30 min	3.30 min
Senior	Starlight Waltz	Midnight Blues
Style Dance	Style Dance – Swing Medley (Quickstep)	Style Dance – Spanish Medley (Tango Delanco)
	2.40 min	2.40 min
Free Dance	3.30 min	3.30 min

Order of dances - 1st Quick dance, 2nd Waltz, 3rd Foxtrot/Blues, 4th Tango

SOLO DANCE

..... Omission

YOUTH

- 1- Kilian
- 2- European Waltz
- 3- Terenzi Waltz
- 4- Imperial Tango
- 5- Association Waltz
- 6- Rocker Foxtrot
- 7- Keats Foxtrot

JUNIOR

- 1- 14 Step Plus
- 2- Imperial Tango
- 3- Blues
- 4- Flirtation Waltz
- 5- Harris Tango
- 6- Rocker Foxtrot

SENIOR

- 1- Quickstep
- 2- Westminster Waltz
- 3- Viennese Waltz
- 4- Starlight Waltz
- 5- Paso Doble
- 6- Argentine Tango
- 7- Italian Foxtrot
- 8- Iceland Tango
- 9- Tango Delancha
- 10- Midnight Blues

	2016	2017
Minis	City Blues Glide Waltz	TBC TBC
Espoir	Swing Foxtrot Rhythm Blues	TBC TBC
Free Dance	2.00 min	2.00 min
Cadet	Federation Foxtrot Siesta Tango	TBC TBC
Free Dance	2.00 min	2.00 min
Youth	European Waltz Imperial Tango	TBC TBC
Free Dance	2.30 min	2.30 min
Junior	Rocker Foxtrot	Terenzi Waltz
Style Dance	Style Dance – Classic Medley (Flirtation Waltz)	Style Dance – Rock Medley (Blues)
Free Dance	2.20 min 2.30 min.	2.20 min 2.30 min.
Senior	Quickstep	Argentine Tango
Style Dance	Style Dance – Classic Medley (Starlight Waltz)	Style Dance – Rock Medley (Midnight Blues)
Free Dance	2.20 min 2.30 min.	2.20 min 2.30 min.

Order of dances - 1st Quick dance, 2nd Waltz, 3rd Foxtrot/Blues, 4th Tango

Important!!!: All Solo Dances must be performed for both men and ladies the ladies steps.

JUNIOR AND SENIOR DANCES FOR 2016

	<u>Compulsory Dance</u>	<u>Style Dance Pattern Dance</u>	<u>Style Dance "No Hold" Step Sequence</u>	<u>Style Dance "Dance Hold" Step Sequence</u>	<u>Style Dance Lift</u>	<u>Style Dance Theme</u>
<u>Senior Couples</u>	<u>Starlight Waltz</u>	<u>Quickstep</u>	<u>Diagonal</u>	<u>Circular Counterclockwise</u>	<u>Rotational</u>	<u>Swing Medley</u> (<u>Foxtrot, Quickstep,</u> <u>Swing, Charleston,</u> <u>Lindy Hop</u>)
<u>Junior Couples</u>	<u>Flirtation Waltz</u>	<u>Rocker Foxtrot</u>	<u>Diagonal</u>	<u>Circular Counterclockwise</u>	<u>Rotational</u>	<u>Swing Medley</u> (<u>Foxtrot, Quickstep,</u> <u>Swing, Charleston,</u> <u>Lindy Hop</u>)
	<u>Compulsory Dance</u>	<u>Style Dance Pattern Dance</u>	<u>Straight Step Sequence</u>	<u>Circular Step Sequence</u>		<u>Style Dance Theme</u>
<u>Senior Solo</u>	<u>Quickstep</u>	<u>Starlight Waltz</u>	<u>Long Axis</u>	<u>Circular Clockwise</u>		<u>Classic Medley</u> (<u>Waltz, March, Classic</u> <u>Polka, Galop</u>)
<u>Junior Solo</u>	<u>Rocker Foxtrot</u>	<u>Flirtation Waltz</u>	<u>Long Axis</u>	<u>Circular Clockwise</u>		<u>Classic Medley</u> (<u>Waltz, March, Classic</u> <u>Polka, Galop</u>)

JUNIOR AND SENIOR DANCES FOR 2017

!	<u>Compulsory Dance</u>	<u>Style Dance Pattern Dance</u>	<u>Style Dance "No Hold" Step Sequence</u>	<u>Style Dance "Dance Hold" Step Sequence</u>	<u>Style Dance Lift</u>	<u>Style Dance Theme</u>
<u>Senior Couples</u>	<u>Midnight Blues (modified for roller)</u>	<u>Tango Delanco</u>	<u>Long Axis</u>	<u>Serpentine</u>	<u>Combination</u>	<u>Spanish Medley</u>
<u>Junior Couples</u>	<u>Blues (single pattern)</u>	<u>Harris Tango</u>	<u>Long Axis</u>	<u>Serpentine</u>	<u>Combination</u>	<u>Spanish Medley</u>
!	<u>Compulsory Dance</u>	<u>Style Dance Pattern Dance</u>	<u>Straight Step Sequence</u>	<u>Circular Step Sequence</u>	!	<u>Style Dance Theme</u>
<u>Senior Solo</u>	<u>Argentine Tango</u>	<u>Midnight Blues (modified for roller)</u>	<u>Diagonal</u>	<u>Serpentine</u>	!	<u>Rock Medley</u>
<u>Junior Solo</u>	<u>Terenzi Waltz</u>	<u>Blues (single pattern)</u>	<u>Diagonal</u>	<u>Serpentine</u>	!	<u>Rock Medley</u>

JUNIOR & SENIOR FREE DANCE FOR 2016

	<u>"No Hold" Step Sequence</u>	<u>"Dance Hold" Step Sequence</u>
<u>Senior Couples</u>	<u>Long Axis</u>	<u>Serpentine</u>
<u>Junior Couples</u>	<u>Long Axis</u>	<u>Serpentine</u>
	<u>Straight Step Sequence</u>	<u>Circular Step Sequence</u>
<u>Senior Solo</u>	<u>Diagonal</u>	<u>Serpentine</u>
<u>Junior Solo</u>	<u>Diagonal</u>	<u>Serpentine</u>

JUNIOR & SENIOR FREE DANCE FOR 2017

	<u>"No Hold" Step Sequence</u>	<u>"Dance Hold" Step Sequence</u>
<u>Senior Couples</u>	<u>Diagonal</u>	<u>Circular clockwise</u>
<u>Junior Couples</u>	<u>Diagonal</u>	<u>Circular clockwise</u>
	<u>Straight Step Sequence</u>	<u>Circular Step Sequence</u>
<u>Senior Solo</u>	<u>Long Axis</u>	<u>Circular counterclockwise</u>
<u>Junior Solo</u>	<u>Long Axis</u>	<u>Circular counterclockwise</u>

Appendix n°3

CERS ARTISTIC BONUS / DEDUCTIONS

FIGURE DEDUCTIONS

1.	Touch Down on the Major Part	1.0	deductions by the Referee
2.	Touch Down on the Minor Part	0.5	deductions by the Referee
3.	Fall or stop	1.0	deductions by the Referee
4.	Incorrect turn	1.0	deductions by the Referee

GENERAL

1.	Kneeling or laying on the floor,	0.3	deduction by the Referee - B mark
2.	Costume violation	<u>0.2-1.0</u>	according to the degree of violation deductions by the Referee - B mark
3.	Excessive make-up Minis/Espoir	0.3	deduction by the Referee - B mark
4.	Duration shorter than required	0.2	in A & B mark for each 10 seconds under – deductions by the Referee

COMPULSORY DANCE – COUPLES/SOLO

1.	Opening steps using more than 24 beats	0.1	for each extra beat deductions by the Referee
2.,	Entrance & exit longer than 15 secs	0.1	for each extra sec. deductions by the Referee
3.	Timing fault,	0.2-2.0	by the Judges
4.	Falls	small 0.1-0.2	by the Referee
		medium 0.3-0.7	by the Referee
		major 0.8-1.0	by the Referee
5.	Each Compulsory Dance sequence not skated.	1.0	by the Referee

STYLE DANCE – COUPLES

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	No correct selection of BPM for the Dance Set Pattern	1.0	by the Referee
3.	Timing fault	0.2-2.0	by the Judges – B mark
4.	Falls	small 0.1-0.2	by the Referee – B mark
		medium 0.3-0.7	by the Referee – B mark
		major 0.8-1.0	by the Referee – B mark
5.	Each set element not performed	0.5	by the Referee – A mark
6.	Violation of set elements	0.2	by the Referee – A mark
7.	Timing of separations and stops	0.2	by the Referee – A & B mark

FREE DANCE – COUPLES

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2-2.0	by the Referee – B mark
3.	Falls	small 0.1-0.2	by the Referee – B mark
		medium 0.3-0.7	by the Referee – B mark
		major 0.8-1.0	by the Referee – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Violation of set elements	0.2	by the Referee – A mark
6.	Lift violation	0.2	by the Referee – A mark
7.	Spin Violation	0.2	by the Referee – A mark
8.	Timing/number of separations and stops	0.2	by the Referee – A & B mark
9.	Jumps or revolution in excess	0.2	by the Referee – A mark
10.	Carried Lifts	0.2	by the Referee – A mark
11.	Arabesque, Pivot, Spin violation	0.2	by the Referee – A mark
12.	Pulling or pushing the partner by the boot or skate is not permitted	0.2	by the Referee – B mark

STYLE DANCE – SOLO

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	No correct selection of BPM for the Dance Set Pattern	1.0	by the Referee
3.	Timing fault	0.2-2.0	by the Judges – B mark
4.	Falls	0.1-0.2	by the Referee – B mark
	small	0.1-0.2	by the Referee – B mark
	medium	0.3-0.7	by the Referee – B mark
	major	0.8-1.0	by the Referee – B mark
5.	Each set element not performed	0.5	by the Referee – A mark
6.	Violation of set elements	0.2	by the Referee – A mark
7.	Timing/number of stops	0.2	by the Referee – A & B mark

FREE DANCE – SOLO DANCE

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2-2.0	by the Referee – B mark
3.	Falls	0.1-0.2	by the Referee – B mark
	small	0.1-0.2	by the Referee – B mark
	medium	0.3-0.7	by the Referee – B mark
	major	0.8-1.0	by the Referee – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Violation of set elements	0.2	by the Referee – A mark
6.	Excess jumps/Spins and/or revolutions	0.2	by the Referee – A mark
7.	Timing/number of stops	0.2	by the Referee – A & B mark

FREE SKATING

SHORT PROGRAMME – A MARK

1.	Jump Combination with more than 5 jumps	0.5	by the Referee
2.	Spin Combination with more than 3 positions	0.5	by the Referee
3.	Single Spin with more than one position	0.5	by the Referee
4.	Each element not attempted	0.5	by the Referee
5.	“Pumping” in Spins	0.3	by the Referee
6.	Toe Loop (All kinds of Toe Loop) in the element “Toe Assisted Jump” as described in the 3 rd execution – Rule 146	0.5	by the Referee

SHORT PROGRAMME – B MARK

1.	Each fall	0.2	by the Referee
2.	Additional element	0.5	by the Referee
3.	Incorrect order of elements	0.5	by the Referee
4.	Excess of acrobatic movements	0.2	by the Referee

LONG PROGRAMME

1.	Each fall	0.2	by the Referee – B mark
2.	Each set element not attempted	0.5	by the Referee – A mark
3.	Each Extra Element – No credit	0.5	by the Referee – B mark
4.	Each jump (type/rotation) performed more than three (3) times	0.3	by the Referee – A mark
5.	Each combination jumps performed more than once	0.3	by the Referee – A mark
6.	For programmes not containing a combination spin	0.5	by the Referee – A mark
7.	For programmes containing less than two (2) spins	0.5	by the Referee – A mark
8.	Programme not well balanced	0.5	by the Referee – B mark
9.	Open Toe Loop (All kinds) Minis/Espoir/Cadet/Youth (each)	0.2	by the Referee – A mark
10.	Lutz wrong edge Minis/Espoir (each)	0.2	by the Referee – A mark
11.	“Pumping” in Spins	0.3	by the Referee – A mark
12.	Excess of acrobatic movements	0.2	by the Referee – B mark
13.	Not presenting the third double or triple in combination	0.3	by the Referee – A mark
14.	Properly wrapped “loop step”, Minis/Espoir receive a BONUS	+0.2	by the Referee – A mark
15.	Extreme CONTROLLED Flexibility in the Spiral Sq. Minis/Espoir	+0.2	by the Referee – A mark
16.	Spiral pattern not conforming to the rules	0.2	by the Referee – A mark

PAIRS SKATING

SHORT PROGRAMME – A MARK

1.	Each element not attempted	0.5	by the Referee
2.	One position lift with more than 4 rotations	0.5	by the Referee
3.	Combination lift with more than 8 rotations	0.5	by the Referee
4.	Shadow spin with more than one position	0.5	by the Referee

SHORT PROGRAMME – B MARK

1.	Each fall	0.2 (one skater) 0.3 (both skaters)	by the Referee
2.	Additional elements	0.5	by the Referee

LONG PROGRAMME

1.	Each set element not attempted	0.5	by the Referee – A mark
2.	Each additional element	0.5	by the Referee – B mark
3.	Lift with more than 4, 8 or 12 rotations	0.5	by the Referee – B mark
4.	Each fall	0.2 (one skater) 0.3 (both skaters)	by the Referee – B mark

PRECISION

1.	Elements not attempted	1.0	by the Referee - A mark
2.	Set element attempted but not performed correctly	0.5	by the Referee – A mark
3.	Jumps of more than half ½ revolution or spins with more than one revolution	0.4	by the Referee - A mark
4.	Lifts of any kind with the exception of Choreographic Stop	0.4	by the Referee - A mark
5.	Break in the execution of manoeuvres	0.2-0.4	by the Referee - A mark
6.	Less than three (3) different handholds	0.4	by the Referee - A mark
7.	Less than three variation of tempo or music	0.4	by the Referee - A mark
8.	Falls –		
	• <u>Major</u> (more than one skater for a prolonged time	0.8-1.0	by the Referee - B mark
	• <u>Medium</u> (either one skater for prolonged time or down and up for more than one skater)	0.4-0.6	by the Referee – B mark
	• <u>Minor</u> (down and right up for one skater)	0.2	by the Referee - B mark
9.	Stationary Position/laying on the floor	0.2	by the Referee - B mark

SHOW

All deductions given by the Referee

1.	More than 4 typical precision elements	1.0	A mark per element
2.	Entry into the rink longer than the permitted time	0.3	A mark
3.	Exit of the rink longer than 40 sec. permitted	0.5	B mark
4.	More than 15 sec. of music before first movement	0.2	B mark
5.	When the performance is not a show but a precision	1.0	B mark
6.	If elements, that are not allowed, are included in the programme	0.5	A & B mark per element
7.	Props not correctly used	0,5	A mark
8.	Falls		
	○ <u>Major</u> (more than one skater for a prolonged time	0.8-1.0	B mark
	○ <u>Medium</u> (either one skater for prolonged time or down and up for more than one skater)	0.4-0.6	B mark
	○ <u>Minor</u> (down and right up for one skater)	0.2	B mark
9.	Penalty for not cleaning the floor according to the rules	0.5	B mark

IF ANY UNFORESEEN EVENT SHOULD HAPPEN DURING THE CHAMPIONSHIPS WHICH ARE NOT PROVIDED FOR IN THE WRITTEN REGULATIONS, THE MATTER SHALL BE SETTLED BY THE REFEREE IN THE BEST INTERESTS OF THE SPORT.