

**RULES FOR  
ARTISTIC SKATING COMPETITIONS  
INLINE**

By World Skate Artistic Technical Commission

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**WORLD  
SKATE**

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## 1 OWNERSHIP

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## 2 FREE SKATING

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The competition consists of two parts: a short program and a long program of:

Short program

- Junior and Senior **2:40 minutes +/- 5 seconds.**
- Cadet and Youth **2:20 minutes +/- 5 seconds.**

Long program

- Junior and senior Ladies 4:00 +/- 10 seconds.
- Junior and senior Men from 4:00 to 4:30 minutes.
- Youth 3:30 minutes +/- 10 seconds.
- Cadet 3:30 minutes +/- 10 seconds.
- Espoir 3:00 minutes +/- 10 seconds.
- Minis 2:30 minutes +/- 10 seconds.
- Tots 2:00 minutes +/- 10 seconds.

The score for the short program and the long program will consist of two parts:

- Technical content.
- Artistic components.

### 2.1 Costume requirements

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- In all artistic competitive roller-skating events, the costumes for both women and men should be in character with the music but should not be such to cause embarrassment to the skater, judges, or spectators. **Training costumes are not required to be in character; however, all other costume rules apply in training.**
- Costumes which are very low cut at the neck, or which show bare midriffs are considered show costumes and are not suitable for championships skating.
- Any piece of the costume including beads, trimmings, feathers, etc. on the costumes must be very securely fixed so as not to cause obstruction to the following contestants. **Rhinestones, stones, crystals, mirrors, buttons, studs, pearls and half pearls bigger than 4mm in any dimension ARE NOT PERMITTED. Sequins of any size applied or sewn are allowed. All decorative embellishments must be securely fixed with glue or stitched firmly to the fabric.**
- The woman's costume must be constructed to completely cover the, hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hip bone. **Transparent materials ARE PERMITTED ONLY ON THE ARMS, LEGS, SHOULDERS and BACK (above the waistline).**
- The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimeters below the collarbone. Material with the appearance of nudity (**like sheer material and net**) or **complete nudity** is not permitted. **Transparent materials ARE PERMITTED ONLY ON THE ARMS AND SHOULDERS.** The man's shirt must not become detached from the waist of the trousers during a performance, to show a bare midriff.
- ~~• The appearance of nudity of a costume is considered a violation of the rules and will be penalized, (this means too much use of body-stocking material which gives the appearance of nudity).~~
- Props of any nature are not permitted. This means the costume remains the same throughout a performance with no additions during the performance, i.e. no use of props of any kind from beginning to the end.

- The painting of any part of the body is considered a “show” and is not allowed.
  - Penalties resulting from the violation of the costume rules will be 1.0.
- For costume deductions, referees will take into consideration the opinion of the judges.

## 2.2 Competitive warm-Up

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Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.

In free skating the warm-up time is based upon the skating time if time allows, plus two minutes (2:00). The announcer shall inform the contestants when one minute (1:00) remains in their warm-up period.

In free skating events, there will normally be no more than six (6) contestants in each warm-up group for cadet, youth, junior, senior and eight (8) for the others.

The next skater to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athlete/athletes.

At the conclusion of the warm-up period the first skater will be allowed up to one (1.0) minute before they have to take the floor.

For exceptional situations regarding the number of participants and/or time limitations the ATC may decide not to apply this rule.

## 3 TECHNICAL CONTENT

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The technical content is the sum of the values given to each technical element presented by the skater. To consult the values of the individual elements, please refer to the Free Skating/Inline Values.

The technical elements that will be evaluated are:

- Jumps.
- Spins.
- Footwork sequences.
- Choreographic sequences.

### 3.1 Initial definitions

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- **Call:** This is the validation of an element by the Technical Specialist. It may be complete, partial, increased or devalued, in accordance with the provisions of the regulations. The action of validating an item will therefore be known as "calling".
- **Solo Jump:** Any jump with recognised entry, exit and flight phase. This is an isolated jump, i.e. it is done on its own.
- **Combo Jump:** At least two consecutive jumps in which the landing edge of the first one is the entry edge of the second one. Any change of foot would mean the breakup of the combination and would be considered as two Solo Jumps.
- **Jump Element:** Solo jump or combo jump.
- **Connecting jumps (no jumps):** These are single rotation jumps within the combo jump, which is why they are called "connecting jumps". They will have no value (except for Mini and Tots) and will have the code "NJ" (no jump). However, the first and last jump of a combo will be called and will therefore count towards the total sum of the combo even if they are one-rotation jumps. For example: 1Lo+1Lo or 2T+NJ+1S.
- **Position in a spin:** The position in a spin is defined by its edge, foot and body posture. The *basic positions* are:

Upright  
Sit  
Camel

- Other spin with base value: Positions that can be called like it would be basic because they have a base value defined in the system are:

Heel  
Broken  
Inverted

All of them (**basic and other spins with base value**) will also have their corresponding foot and edge, which will define them. Any change of foot, edge or body position would mean two different positions. There are also difficult variations of basic positions and for the other spins with base value. If both are presented together (basic/spins with base value + variation), we would be dealing with two (2) different positions. For example: Camel + Camel Forward (variation) = 2 positions.

- **Solo spin**: Single position spin with one edge and one specific foot.
- **Combo spin**: Any spin in which there are at least two positions (with or without change of foot, edge or body posture). For example: Camel (Left foot) + Camel (Right foot).
- **Features**: These are positive characteristics (particularities or features) that will increase the base value of an element.

### 3.2 General

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- **The elements in excess will be called by the technical panel, however will receive no value (0) and a symbol \* will appear. They are NOT considered an illegal element and will NOT be penalized.**
- All attempts will occupy a “specific” box in the system (that means: Solo Jump, Combo Jump, Solo Spin, Combo Spin, Footwork Sequence or Choreo Sequence).
- The same Combo Jumps **and Combo Spin (position, edge and direction)** cannot be presented more than once. **If this happens the second Combo Jump/Spin will receive no value and a symbol \* will appear. It will NOT be considered an illegal element and will NOT be penalized.**
- The same jump cannot be presented more than twice. If it happens the value of the third jump will not be added to the Technical Content and a symbol \* will appear.
- The same basic position or spin with base value, with or without difficult variation and the same foot and edge, cannot be presented more than twice (i.e. Camel Right Backward Outside in a basic position and Camel Right Backward Outside in a difficult variation forward, are counted as twice). If it happens the value of the third spin will not be added to the Technical Content and a symbol \* will appear.
- **A difficult variation or a difficult position of the spins will be counted just once in the whole program.** For example, Sideway position for a sit spin will be considered just once as difficult position in the whole program. **The second one (or the second time it will be attempted) will be ignored and receive no value for a difficult variation/position.**
- For every jump of the combination jump a percentage of the basic value will be added.
- Kneeling or laying on the floor is allowed a maximum of once and for maximum of five (5) seconds.
- **In the Program element content sheet, it is mandatory to write the start time of footwork sequences and specify where the skater is attempting a Lutz jump.**

### 3.3 Short Program

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- There will be a penalty if the skater does not attempt one of the compulsory elements.

#### 3.3.1. Short Program Junior and Senior

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- One (1) Axel-type jump: Single, Double or Triple. A Waltz Jump is not allowed.
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.

- One (1) Solo Jump preceded by steps: Double or Triple. There must not be a pause between the steps and the start of the jump (this would affect the QOE's). If a skater makes a single jump (one turn), it will be invalidated by the technical panel with the symbol “\*”. Axel-type jump is not allowed in this item.
- One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.
- One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit. **Remember: Minimum two (2) rotations per position to be confirmed.**
- One (1) Footwork sequence: **Maximum forty (40) seconds.**

### 3.3.2. Short Program Cadet and Youth

- One (1) Single Axel (1A).
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.
- One (1) Solo Jump preceded by steps: Single, Double or Triple. There must not be a pause between the steps and the start of the jump (this would affect the QOE's). Axel-type jump is not allowed in this item.
- One (1) Solo Spin: In addition to the basic position, variations of difficult position are permitted as long as no more than two rotations are used to achieve them; otherwise it will be considered a combo spin.
- One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit.
- One (1) Footwork sequence: **Youth: maximum level 4 and maximum forty (40) seconds. Cadet: maximum level 3, maximum thirty (30) seconds.**

## 3.4 Long program

- As a general rule, all elements will be called by the Technical Panel. However, if any are to be removed for non-compliance with the regulation, the symbol \* will be used and the element will stop having any value.

### 3.4.1. Long Program Senior

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• Maximum 8 jump elements for men; and 7 jump elements for women.</li> <li>• Maximum 3 combinations. <b>Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps.</b></li> <li>• The presence of an Axel-type jump is compulsory.</li> <li>• Single Axel, double or triple jumps cannot be presented more than twice. If those jumps are presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.</li> </ul>
Spins	<p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> <li>- One Solo Spin</li> <li>- One Combo Spin (Maximum 5 positions)</li> </ul> <p>The same position (position with base value) with the same foot and edge cannot be presented more than twice). <b>Remember: In a Combo Spin, minimum two (2) rotation per position.</b></p>
Footwork Sequence	Maximum 1 Footwork Sequence. <b>Maximum forty (40) seconds.</b>
Choreo Sequence	Maximum one choreographic sequence that occupies <b>all the rink.</b>

### 3.4.2. Long program Junior

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• Maximum 8 jump elements for men; and 7 jump elements for women.</li> <li>• Maximum 3 combinations. <b>Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps.</b></li> <li>• The presence of an Axel-type jump is compulsory.</li> <li>• Single Axel, double or triple jumps cannot be presented more than twice. If those jumps are presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.</li> </ul>
Spins	<p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> <li>- One Solo Spin</li> <li>- One Combo Spin (Maximum 5 positions)</li> </ul> <p>The same position (position with base value) with the same foot and edge cannot be presented more than twice).</p> <p><b>Remember: In a Combo Spin, minimum two (2) rotation per position.</b></p>
Footwork Sequence	Maximum 1 Footwork Sequence. <b>Maximum forty (40) seconds.</b>
Choreo Sequence	Maximum one choreographic sequence that occupies <b>all the rink.</b>

### 3.4.3. Long program Youth

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• Maximum 6 jump elements.</li> <li>• Maximum 3 combinations. <b>Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps.</b></li> <li>• At least one of the jumps must be a double.</li> <li>• The presence of an Axel-type jump is compulsory.</li> <li>• Single Axel, double or triple jumps cannot be presented more than twice. If those jumps are presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.</li> </ul>
Spins	<p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> <li>- One Solo Spin</li> <li>- One Combo Spin (Maximum 5 positions)</li> </ul> <p>The same position (position with base value) with the same foot and edge cannot be presented more than twice).</p>
Footwork Sequence	Maximum 1 Footwork Sequence. <b>Maximum forty (40) seconds. Maximum Level 4.</b>
Choreo Sequence	Maximum one choreographic sequence that occupies <b>all the rink.</b>

### 3.4.4. Long program Cadet

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• Maximum 5 jump elements.</li> <li>• Maximum 2 combinations. <b>Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combination must be from 2 to 3 jumps, including Connecting Jumps.</b></li> <li>• At least one of the jumps must be a double.</li> </ul>



	<ul style="list-style-type: none"> <li>• The presence of an Axel-type jump is compulsory.</li> <li>• Single Axel, double or triple jumps cannot be presented more than twice. If those jumps are presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.</li> </ul>
Spins	<p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> <li>- One Solo Spin</li> <li>- One Combo Spin (Maximum 5 positions)</li> </ul> <p>The same position (position with base value) with the same foot and edge cannot be presented more than twice).</p>
Footwork Sequence	Maximum 1 Footwork Sequence. <b>Maximum thirty (30) seconds. Maximum Level 3.</b>
Choreo Sequence	Maximum one choreographic sequence that occupies <b>all the rink.</b>

### 3.4.5. Long Program Espoir

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• Maximum 4 jump elements.</li> <li>• Maximum 2 combinations with <b>2 to 3 jumps</b> (including the Connecting Jumps).</li> <li>• The attempt of a single Axel (1A) is compulsory.</li> <li>• Jumps of more than two rotations are not allowed.</li> <li>• The same jump cannot be presented more than twice. If a jump is presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.</li> </ul>
Spins	<p>Maximum 3 spins. Minimum two (at least one of each type):</p> <ul style="list-style-type: none"> <li>- One Solo Spin</li> <li>- One Combo Spin (Maximum 4 positions)</li> </ul> <p>The same position (position with base value) with the same foot and edge cannot be presented more than twice).</p>
Footwork Sequence	Maximum 1 Footwork Sequence. <b>Maximum thirty (30) seconds. Maximum Level 3.</b>
Choreo Sequence	Maximum one choreographic sequence that occupies at least 50% of the rink.

### 3.4.6. Long Program Minis

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• Maximum 4 jump elements.</li> <li>• Maximum 2 combinations of 2 jumps.</li> <li>• The attempt of an Axel-type jump is compulsory.</li> <li>• Only 1 rotation jump and single Axel (1A), double Toe-loop (2T) and double Salchow (2S) are allowed, on their own or in combination.</li> <li>• The same jump cannot be presented more than twice. If a jump is presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.</li> </ul>
Spins	<p>Maximum 2 spins. There must be one spin of each of the following types in the program:</p> <ul style="list-style-type: none"> <li>- One Solo Spin</li> </ul>

	- One Combo Spin (Maximum 3 positions) The same position (position with base value) with the same foot and edge cannot be presented more than twice).
<b>Footwork Sequence</b>	Maximum 1 Footwork Sequence. <b>Maximum thirty (30) seconds. Maximum Level 2.</b>
<b>Choreo Sequence</b>	Maximum one choreographic sequence that occupies at least 50% of the rink.

### 3.4.7. Tots Long Program

ITEM	CLARIFICATION
<b>Jumps</b>	<ul style="list-style-type: none"> <li>• Maximum 3 jump elements.</li> <li>• Maximum 1 combinations of 2 jumps</li> <li>• Only 1 rotation jump, Waltz jump and <b>single Axel (1A)</b> are allowed, on their own or in combination.</li> <li>• The same jump cannot be presented more than twice. If a jump is presented twice, at least one of them must be in a combination.</li> </ul>
<b>Spins</b>	Maximum 2 spins. There must be one spin of each of the following types in the program: <ul style="list-style-type: none"> <li>- One Solo Spin</li> <li>- One Combo Spin (Maximum 2 positions)</li> </ul> The same position (position with base value) with the same foot and edge cannot be presented more than twice).
<b>Footwork Sequence</b>	Maximum 1 Footwork Sequence. <b>Maximum twenty (20) seconds. Maximum Level 1.</b> The four (4) steps and turns that will be counted towards the level include and are limited to: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.
<b>Choreo Sequence</b>	Maximum one choreographic sequence that occupies at least 50% of the rink.

## 4 TECHNICAL ELEMENTS

### 4.1 Jumps

Jumps will have some special considerations in Inline Artistic Skating:

- Landing from jumps may be slightly assisted by the toe stop (tip of the toe or brake). This assistance will consist of simply cushioning the impact of the skate on the ground (lasting no more than one second) rather than complete support, in order to prevent the skater from losing his or her balance. The end result will be: 1st toe stop, and 2nd complete footbed.
- Loop jump: Use of the brake is permitted in take-off. Furthermore, entry on two feet using the right tip of the skate (in the case of a right-handed skater) for propelling at the moment of take-off is allowed. ~~In this case, the jump will be called as a Loop, but will have an intermediate value between the Flip and the Toe-loop and will be marked with the symbol “i”. If, on the other hand, the Loop is entered on one foot and jumped without brake assistance (except in the case of 3Lo, where such assistance is allowed), the jump will receive the full credit.~~
- A jump will be considered **Under rotated** if the number of rotations is incomplete by  $\frac{1}{4}$  and less than  $\frac{1}{4}$  of a rotation. It will be indicated with the symbol “<”. The system will decrease the basic value of the jump by 30% for jumps of one (1) single rotation and doubles, and by 20% for triples and quadruples rotations jumps. **When the landing of a jump is executed in a curve with a maximum of 1/12 lack of rotation (that means 5 minutes), and there is no rotation on the brake to correct that lack and the description of the curve is maintained, the jump will be considered full.**
- A jump will be considered **Half rotated** if the number of rotations is incomplete by

more than  $\frac{1}{4}$  through to and including  $\frac{1}{2}$  of a rotation. It will be indicated with the symbol “<<”. The system will decrease the basic value of the jump by 50% for one (1) single rotation jumps and double jumps, by 40% to triple jumps and by 30% for quadruples jumps.

- A jump will be considered **Downgraded** if more than  $\frac{1}{2}$  a rotation is incomplete of the total required rotations. It will be indicated with the symbol “<<<”. The system will give the value of the jump of one rotation less, e.g. triple Salchow downgraded will get the value of a double Salchow.
- All jumps where there is more than a half-turn anticipation in take-off will be considered Downgraded.
- In the combo jumps, each jump (as long as they are not connected, i.e. No Jump) will receive a QOE that will be evaluated by the judges. For example: 2T (+1) + NJ + 2S (+1).

#### 4.1.1. Percentages increasing the jumps value

The following will be applied to all the situations when the jumps will have the basic value increased by a percentage:

- If a jump is executed after the half length of the program, it will have a 10% increase of the basic value **in the Long Program of the categories Cadet, Youth, Junior and Senior.**
- If a jump is presented in a combination jump, it will have an increase percentage from its basic value:
  - 2% Toeloop and Salchow.
  - 7% Flip, Lutz and Loop.
  - 8% Axel.
  - 9% double Toeloop and double Salchow.
  - 14% double Flip, double Lutz and double Loop.
  - 15% double Axel.
  - 16% triple Toeloop and triple Salchow.
  - 21% triple Flip, triple Lutz and triple Loop.
  - 22% triple Axel.
  - 23% quad Toe Loop and quad Salchow.
- If the jumps are presented in combination without the use of connecting jumps, the percentages will be:
  - 10% double - double.
  - 20% double - triple/triple-double.
  - 30% triple - triple.

**Note: Double Axel is considered a ‘triple’ rotation jump for this purpose.**

#### 4.1.2. Clarifications

ITEM	CLARIFICATION
Jumps	<ul style="list-style-type: none"> <li>• A “saving Toe-Loop” (when a skater uses a toe-loop between jumps in a combination to save the element cause by loss of control), will be considered a stepping out by the judges, with negative QOE to the jump executed just before and the saving Toe-Loop will be called as NO JUMP, occupying a box.</li> <li>• Axel, doubles and triples can be performed maximum twice. If presented twice, one must be in combination. For example, if the skater falls on the 2F Solo Jump and then falls again on the 2F supposed to be the first jump of the Combo Jump, the system will consider the second 2F as a Solo Jump and it will not be considered in the value of the technical content.</li> <li>• <b>A Waltz jump will be accepted as an attempt of the required Axel element.</b></li> </ul>

	<ul style="list-style-type: none"> <li>The Technical Panel may only watch the replay in <b>regular speed</b> to determine the cheat and downgrade on take-off (in general Toe-Loop, Salchow, Loop).</li> <li>Technical Panel has the authority not to call single jumps that are performed within a transition and have a clear <b>choreographic</b> intent (except Tots and Minis).</li> <li>Half rotated jumps where the skater opens from their wrapped position in the air and lands in an open position (not coded landing) will be called <b>DOWNGRADED</b>.</li> </ul>
Combination Jumps	<ul style="list-style-type: none"> <li>Under-rotated one rotation jumps in between jumps will decrease the quality of the following jump. E.g. 2Lo-Thoren (Under or half rotated)-2S. The 2S will have not good QOE.</li> <li>Minimum two (2) jumps to call a combination jump.</li> <li>If in between the doubles and/or the triples there are more than one connecting jump the following double or triple jumps will be scored by the judges: <ul style="list-style-type: none"> <li>With a QOE of maximum +1 if the number of connecting jumps is two (2).</li> <li>With a QOE of maximum 0 if the number of connecting jump is three (3).</li> </ul> </li> <li>In general, the combo jump should continue on the same foot as the landing of the preceding jump.</li> <li>Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score.</li> <li>In general, there should be at least half a revolution of a jump in the air, a three turn will be allowed before to continue the combination jump.</li> </ul>
Lutz Jump	It is responsibility of the technical panel to call the Lutz jump if the required technical characteristics are fulfilled. The technical panel will call 'Lutz No Edge' otherwise and the system will give to the element 50% of its value and the judges will score accordingly to the guidelines.
Calls	All the jumps or combo jump will be called by the technical panel. The system and the referee will check if they will be counted or not based on the limitations rules.
Jumps in excess	When skaters perform more jumps than he/she is allowed, the system will not add the value of the excess jumps executed.

## 4.2 Spins

A spin will be considered completed when the skater complies with the following rules:

- Solo Spin: Minimum two (2) continuous rotations in the position already reached to be called.
- Combo Spin:
  - Junior and Senior:** Minimum two positions with the correct rotation and posture. Each position must have a minimum of two (2) continuous rotation with the required body posture already reached in order to be called.
  - Tot, Mini, Espoir, Cadet and Youth:** Minimum two positions with the correct rotation and posture. Each position must have a minimum of one (1) continuous rotation with the required body posture already reached in order one be called.

Any spin or position that does not reach the required minimum number of turns or does not reach the required body posture will be considered No Value. If one of them does not reach the established minimums, in a three-position combo spin, it will be considered a "No-Confirmed" position, but the rest of the positions will still count. For example: Camel - Sit No-Confirmed- Camel = Camel + Camel.

#### 4.2.1. General specifications

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- The rotational axis of each position can be assisted by the toe stop (the brake), or oscillate between the first wheel and the toe stop, due to the difficulty of marking an edge with the line skate and the high angular friction produced from having the wheels attached to a fixed, non-flexible axle. For this reason, inline artistic skating spins will generally lack edge, meaning judges must focus their attention on the correct execution of the position (from a postural perspective) and the number of rotations achieved by the skater.
- The number of rotations in Upright position is unlimited at the end of any Solo Spin, and should not be considered a change of position. This will apply as long as the exit Upright is in basic position and there is no difficult variation of the position or change of foot. In the case of the Combo Spin, the Upright spin will be called whenever it goes between two other positions, or when it is done at the end of the spin in a **difficult variation in position or with legs and arms in a clear artistic position**.
- Body movements that significantly affect balance, increasing the difficulty of the spin, should be considered a feature for QOE.
- The judges **MUST NOT** give +3 if the spins are executed without difficult variations.
- For a Combo Spin, the judges give a single QOE for all positions.
- The Biellmann position will be considered a difficult variation of the Camel and not of the Upright.
- **Combination Spins for Cadet, Youth, Junior and Senior can have maximum five (positions), for Espoir maximum four (4) positions and for Minis and Tots maximum three (3) positions.**

#### 4.2.2. Difficult entry

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The difficult entries for spins are:

- Fly Camel.
- Butterfly.
- **Any acrobatic position that alters the equilibrium and makes the entry into the spin difficult (for example: Windmill/Charlotte or free arm and free leg held during traveling).**

#### 4.2.3. Basic positions and Position with base value

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The basic positions of the spins are:

- **Upright:** When the skating leg is extended or slightly bent but the body is not parallel to the ground.



- **Sit:** The hip of the supporting leg must not be above the height of the knee of the supporting leg. The line forming the quadriceps part of the supporting leg may be at a maximum height parallel to the ground.



- **Camel:** Body parallel to the ground and free leg behind with knee or skate tip higher than hip level.



- **Heel:** This is a spin in Camel position but executed on the heel, i.e. lifting two of the wheels of the supporting skate and making the rotations on a single wheel.



- **Inverted:** This is a spin in Camel position but with the body face up (in inverted position). Given the difficulty of completing this position with line skates, the following minimums must be met to call the inverted spin: at least 80% of the trunk, both shoulders and at least one hip must face upwards and be parallel to the floor.



#### 4.2.4. Difficult variations of the basic spins

##### Variations of Upright position

- Forward: Torso bent forward.



- Layback: Back arched backwards with chest and shoulders facing upwards.



- Sideways: Free leg at an angle of 150 degrees with the back straight.



##### Variations of Sit position

- Forward: Free leg stretched forward with the torso completely bent over the leg. **The head and forehead should be close to the knee of the free leg.**



- Sideways: Leg to the side and equilibrium point shifted to one side. **The shoulder and trunk must be turned to one side.**



- Behind: Free back leg stretched or bent.



### Variations of Camel position

- Forward: The shoulder line will be parallel to the ground. The free leg will be held back. **The back must be arched and decidedly higher than the pelvis.**



- Sideways: The shoulder line will be rotated vertically and perpendicular to the ground. The free leg will be held back.
- Torso Sideways. Free leg and arm outstretched. The leg grip is behind the shoulder line. The chest will be upright and not parallel to the ground (as in the Camel Forward).
- Layover: With the shoulder line rotated vertically or perpendicular to the ground, but not holding the free leg. The hip will be open, i.e. also turned to the side.



- a. Biellmann: The foot must be higher than the head and supported with at least one hand behind the back, with the torso in an upright position. Holding must be very close to the rotational axis, and the back must be bent. The supporting leg must be as straight as possible. **The degrees between the back and the hamstring of the free leg must be less than 90.**



#### Variations of the Heel position:

- Layover: Similar to the Camel Layover position but on the heel.
- Forward and Sideways: Same variation as in the Camel but with the heel of the supporting foot raised (on one wheel).



#### Variation of the Inverted position:

- Bryant: With free leg supported crosswise and at least 80% of the trunk, both shoulders and at least one hip must face upwards and be parallel to the floor. The difficulty comes in the centring phase of the spin, as it will go from a Camel position with the leg held to an Inverted position with the leg supported.



#### 4.2.5. Solo Spin

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Depending on the characteristics of the spin, the bonus the technical panel will apply will be as follows:

- A single-position spin with more than five (5) rotations will have an additional 20% of the value of the spin, **except for Inverted that will get the additional value with more than three (3) rotations.**
- A Solo Spin spin with a difficult entry will have an additional 15% of the value of the spin. Difficult entry means any movement affecting the equilibrium point during the centring and/or preparation phase: For example: Spirals (Charlotte) during the centring phase; Fly (jump entry) with the landing position already reached in the air (Camel or Sit); and Travelling with the free leg supported behind the back during the movement, and even during the centring phase.
- Difficult variations in the Upright spin:
  - Forward: **+ 1 bonus points**
  - Layback: + 1 bonus points
  - Sideways: +2 points and 50% of the value of the basic Upright
  - Upright heel: **+ 1 bonus points**
  - **Upright Behind (crossed Behind): 20% of the base value of the spin**
- Difficult variations in the Sit spin:
  - Sideways: **20% of the base value of the spin**
  - Forward: **60% of the base value of the spin**
  - Behind: **30% of the base value of the spin**
- Difficult variation in the Camel spin:
  - Biellmann: + 2 points plus 80% of the value of the Camel spin
  - Torso Sideways: 70% of the value of the spin
  - Layover: 20% of the base value of the spin
  - Forward: 20% of the base value
  - Sideways: 20% of the base value
- Difficult variations in the Heel spin:
  - Layover: +30% of the base value of the spin
  - Forward or Sideways: 50% of the value of the spin
- Difficult variation of the Inverted spin:
  - Bryant: 25% of the base value of the spin

Despite these features, any variation which is not included in this manual could be considered as a feature if it is adding body movements that alter the equilibrium, and therefore increasing the difficulty of the spin. The Technical Panel should be able to make this decision. However, the base value could not be increased more than 20%.

#### 4.2.6. Combo spin

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Combo spins will be considered to be whenever there is a change of edge, foot, position or jump. The maximum number of positions in a combo spin is five (5).

The Technical Panel will call each position during the Combo Spin, and the system will add up the values of each position called.

The judges will give a QOE for the whole combo spin.

The value of the Combo Spin can be increased in two ways:

- Due to the features (difficult positions) achieved in each position (see section 4.2.4). The increase will be in the value of each item, before the overall sum. In the case of a difficult entry, the value to be increased will be applied (15%) to the first position only, if it is confirmed.
- Due to the order and way these positions take place. In the following cases:
  - Sit spin in between two camels position spins -> 15% on the sit spin and the positions executed after.
  - Change of foot executed by a jump or butterfly -> 15% on the positions executed after the change of foot.
  - Both directions immediately following each other in sit or camel -> 20% on the positions executed after the change of direction.

#### 4.2.6. Difficult variations Summary Features in Solo and Combo Spin

SPIN	ADDITIONAL VALUE
More than 5 rotations (only in Solo spin) More than 3 rotation for Inverted (Solo Spin)	20% of the Solo Spin
Difficult entry	15% (If it is performed in a Combo Spin, only in the first position)
<b>Upright position</b>	
Forward	1 point
Layback	1 point
Sideways	2 points and 50% (on the basic Upright)
Upright heel	1 point
<b>Sit position</b>	
Sit sideways	20%
Sit forward	60%
Sit behind	30%
<b>Camel position</b>	
Biellmann	2 points and 80% (on the basic Camel value)
Torso sideways	70%
Layover camel	20%
Layover heel	30%
Bryant	25% (on the basic Inverted value)
Camel Forward or Sideway (Leg held)	20%
Heel Forward or Sideways (Leg held)	50%
<b>Combination spin</b>	
Sit Spin between two Camels and/or Inverted and/or Heel	15% on the sit spin and the positions executed after
Change of foot executed by a jump	15% on the positions executed after
Both directions immediately followed in Sit Spin and/or Camel and/or Heel and/or Inverted	20% on the positions executed after

#### 4.2.7. Clarifications

ITEM	CLARIFICATION
Spin - not confirmed (no value)	<ul style="list-style-type: none"> <li>• Fall before the spin (during the traveling), or during the execution where the minimum required rotations have not been met.</li> <li>• Required position (compulsory) not achieved or not performed.</li> <li>• Less rotations than required for Solo Spin (2 rotation) or Combo Spin (2 rotation per position on Junior and Senior; and 1 rotation per position in</li> </ul>

	<p>the remaining categories).</p> <ul style="list-style-type: none"> <li>If the spin does not achieve the correct position (as defined in sections 4.2.3 and 4.2.4) the technical panel will call the spin followed by <b>not confirmed (no spin)</b>.</li> </ul>
Spins combination	<ul style="list-style-type: none"> <li>If one of the position of the combination is <b>not confirmed</b>, the spin will be called but overall the spin cannot get more than 0 as QOE from the judges.</li> <li>In a spin combination, if only one (1) of the positions is confirmed by the technical panel, the whole spin will receive no value.</li> <li>If the position <b>before and</b> after a difficult change is not <b>confirmed</b> (no spin), <b>the difficult change will be called but no bonus value will be applied</b>.</li> <li><b>For the features sit in between camel and difficult change, at the point of any position not confirmed after the feature, the bonus value will stop being applied.</b></li> <li>If after changing foot the axis of the spin travels in an evident way, judges must consider it as a poor-quality combination spin.</li> <li><b>For the two combos to be ‘different’ the skaters cannot perform the same type of spins (foot/edge/direction) consecutively in both combos.</b></li> <li><b>For an upright spin to be called and counted as a position at the end of a combination spin it must show either: a recognized difficult variation in position or a clear artistic position with legs in a pirouette or crossed position and the arms in a clear artistic position.</b></li> </ul>
Mandatory Positions	<ul style="list-style-type: none"> <li><b>Where a mandatory position is required (for example Sit on the short program) if this position is not attempted the skater will be penalized by one (1.0) point.</b></li> <li><b>Where a position is mandatory and the skater does not achieve this position, the whole combination will receive NO VALUE.</b></li> </ul>
Entry	<ul style="list-style-type: none"> <li>If a skater executes more than two (2) rotations on entry, this position will be called, so even if the spin is one position spin, the spin will use the box as a combination spin.</li> <li>To reach any position (basic or difficult variation) the skater may not exceed the minimum number of rotations established for a spin to be called. If this rule is not met, the preparation and position will be considered TWO (2) different positions and the final result will have an effect on the overall computation of the program (e.g. if a Solo Spin becomes a Combo Spin). <ul style="list-style-type: none"> <li>For example 1: If a skater does two turns in Camel position to prepare a Heel, the spin will be called: Combo Spin (Camel confirmed + Heel confirmed).</li> <li>For example 2: In a combo spin, if a skater takes more than one turn to prepare a Camel Forward, the spin will be called: Camel + Camel Forward, and will therefore be two (2) positions and not one.</li> </ul> </li> </ul>

<p>Difficult positions/ variations</p>	<ul style="list-style-type: none"> <li>• The difficult position to be considered by the judges as positive QOE must involve an important change in the equilibrium, with muscular stretch, tension. E.g. Inverted spin changed Bryant where both arms and free leg are involved.</li> <li>• Choreographic movement during the execution of the spin will not be considered a difficult position but can be considered positively in the judges' QOE.</li> <li>• <b>There is no limit to the number of difficult positions/variations used however</b>, the same difficult position/variation will be counted a maximum once in each program.</li> <li>• If the position after a difficult entry is not <b>confirmed</b> (no spin), the difficult entry will not be <b>confirmed</b>.</li> </ul>
<p>Jump entry or jump change of foot</p>	<p>The jump spin should get one of the following position in the air:</p> <ul style="list-style-type: none"> <li>• Sit position.</li> <li>• Butterfly split: body, arms and legs straight and are parallel to the floor. Landing on the toe-stop is permitted.</li> <li>• <b>Flying Camel.</b></li> <li>• <b>For a difficult change to be confirmed both, the spin before and the spin after the difficult change must be confirmed.</b></li> </ul>
<p>Calls</p>	<ul style="list-style-type: none"> <li>• All the spins or combo spin will be called by the technical panel. The system and the referee will check if each spin/position will be counted or not based on the limitations rules.</li> <li>• Falls: in a Solo Spin, the spin will be <b>confirmed</b> only if the two (2) rotations were executed. In a combo spin, the positions achieved before the fall, will be <b>confirmed</b>.</li> </ul>
<p>Spins in excess</p>	<ul style="list-style-type: none"> <li>• All positions considered "extras" (for example the sixth position in a combo spin of maximum five position) or "repetitions" (the third time they are performed during the program) will initially be called by the technical panel, but the Referee will later invalidate them using the symbol *.</li> </ul>

### 4.3 Footwork Sequence

#### 4.3.1. Definitions

**One-foot turns:** Turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (traveling - two full rotations must be executed quickly to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.

**Two feet turns:** Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI - RBO, the direction will be considered anticlockwise).

**Steps:** Are all the technical difficulties that can be executed keeping the same direction or changing direction changing also the foot: toe steps, chasses, change of edge, cross rolls.

Note: half rotation jumps or one rotation jumps on two feet or one foot is not considered a turn or a step. Skating forward and skating backward is not a change of rotational direction.

**Cluster:** Sequence of at least three (3) different turns executed on one foot, the three turn will be counted as a turn for the cluster.

**Body movements:** The choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered. At least two parts of the body must be used.

### Base Level features:

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

#### 4.3.2. Levels

Level Base - StB	Level 1 - St1	Level 2 - St2	Level 3 - St3	Level 4 - St4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).	Level B AND must perform 6 turns and must include two (2) different features.	Level B AND must perform 8 turns and must include three (3) different features.	Level B AND must perform 10 turns and must include four (4) different features.

#### 4.3.4. Features

1. **Body movements:** Three (3) **different** body movements are required.
2. **Choctaws:** Skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
3. **Cluster:** To be considered as a feature all the turns presented in the cluster must be confirmed.
4. **Turns on different feet:** Turns required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. See Clarifications.

#### Clarifications

- It **MUST** start from a stopped or a stop and go position. If not, the Technical Panel will start to count when they realize the footwork sequence is started.
- None of the types can be counted more than twice.
- “Three-turn” will not be considered as turn to be counted to get the level.
- The turns of the cluster are included in the ones required for the level.
- Turns to be considered as such, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns will not be counted.
- If a skater puts the free leg on the floor at the exit of a turn, this turn will not be considered.
- For feature number 1: **movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.**
- For feature number 4 it's not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. For example:
  - First example:
    - Right Bracket.
    - Left Bracket.
    - Right Counter.
    - Left Counter.
    - Right Rocker.
    - Left Rocker.
  - Second example:
    - Right Bracket.
    - Left Counter.
    - Right Rocker.
    - Left Bracket.

- Loop Clockwise.
  - Traveling Anticlockwise.
- Third example:
  - Loop Clockwise.
  - Loop Anticlockwise.
  - Traveling Anticlockwise.
  - Traveling Clockwise.
  - Right Bracket.
  - Left Rocker.
- Turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- Quick stops are permitted if they need to characterize the music.
- It can include just one (1) jump of maximum one (1) rotation (even if not a recognized jump). An extra jump will be considered an illegal element and will be penalized as such.
- **If the skater/s present more turns than required for the maximum level of the category, the level could be lowered by 1.**

#### 4.4 Choreographic Sequence

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The Choreographic Sequence is a succession of steps, turns and skating movements that represent a choreographic high point of the program, in which the skater demonstrates his or her maximum expressive capacity, interpreting and skating according to the character of the music.

All kinds of technical elements such as steps, splits, camel turns, pivots, in a bauer, jumps, fast turns can be used.

The sequence has a fixed value of 2.0. The technical panel will call the execution and the judges will give the relevant QOE.

There is no set pattern to follow, but it should include some elements:

- An element of equilibrium, performed on one foot, in which the free leg is raised at least to hip height (for example: A camel) The position must be maintained for at least 3 seconds or over 10 metres.
- A skating element in which there is a demonstration of balance, but with the possibility of having both feet on the ground (For example: a spread eagle). The position must be maintained for at least 3 seconds or 10 meters.
- A creative jump (maximum one rotation and must not be recognised) or choreographic leap.

Turns and steps can also be included apart from these elements (e.g. Mohawks, threes, brackets, etc.), pivots (such as Canadians on any edge) or heel steps.

## 5 QOE

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Judges must score the QOE for each technical element called. To determine the final QOE, judges should consider the good features of the element and decrease in case of errors. Following are some of the guidelines for the judges to determine the right QOE to score.

### 5.1 Positive QOE

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Judges should score their QOE using the following guidelines:

- 0 when skaters achieve the basic characteristics of the element.
- +1 when skaters fulfill 1 - 2 features.
- +2 when skaters fulfill 3 - 4 features.
- +3 when skaters fulfill 5 - 6 features.

## Features

The definition of a *feature* is: a typical **quality** or an **important part** of a technical element.

JUMPS
<ul style="list-style-type: none"><li>• Very good height and length.</li><li>• Very good extension during landing and/or original and creative exit.</li><li>• Difficult and/or unexpected take off.</li><li>• Clear, recognizable steps and skating movements executed just before the takeoff.</li><li>• Difficult and artistic position in the air and/or late start of rotation.</li><li>• Very good fluidity <b>and horizontal speed</b> in taking off and landing.</li><li>• Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).</li><li>• Matching the execution of the element with the music structure.</li></ul>
SPINS
<ul style="list-style-type: none"><li>• Good ability in centering the spin quickly.</li><li>• Good control of the spin during its execution (entry, rotation, exit, change of foot/position).</li><li>• Good speed and acceleration during the execution.</li><li>• Difficult entry (e.g. fly camel, butterfly).</li><li>• Difficult variations of positions.</li><li>• Balanced number of rotations for each position (combination spins).</li><li>• Number of rotations much higher than the minimum.</li><li>• Matching the execution of the element with the music structure.</li><li>• Difficult traveling.</li></ul>
FOOTWORK SEQUENCE
<ul style="list-style-type: none"><li>• Deep and clean edges (including entry and exit from change of directions).</li><li>• Clearness and precision.</li><li>• Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.</li><li>• Good energy of execution.</li><li>• Good speed and acceleration during the execution.</li><li>• Matching the execution of the element with the music structure.</li><li>• Creativity and originality.</li></ul>
CHOREO SEQUENCE
<ul style="list-style-type: none"><li>• New steps, new steps sequence.</li><li>• Intricate pattern.</li><li>• Originality.</li><li>• Variety.</li><li>• Musicality.</li><li>• Matching with the theme and music.</li><li>• Clear movements.</li><li>• Good energy.</li><li>• Good control and involvement of the whole body.</li></ul>



## 5.2 Negative QOE

The following table shows on the left-hand side errors for which the QOE MUST be the one listed and on the right-hand side errors for which the judges must decrease their score if the error described occurs.

Errors for which the QOE MUST be the one listed	Values	Errors for which QOE can vary	Values
<b>JUMPS</b>			
Downgrade (<<<)	-3	No speed, no height, no length, wrong position in the air	-1 or -2
Fall	-3	Underrotated (<)	-1
Landing on two feet or wrong foot	-3	Half rotated (<<)	-2
Stepping out	-2 or -3	Take off technically not corrected	-1 or -2
Two hands on the floor during landing	-3	No fluidity and rhythm between the jumps of a combination	-1 or -2
Double three or half toe-loop after landing	-2 or -3	Not clean landing (wrong position/ excess in the use of the toe-stop)	-1 or -2
SHORT PROGRAM: Pause between the steps and the start of the mandatory Solo Jump	-2	Hand or free leg on the floor at landing	-1
		Long preparation	-1
		Lutz No Edge	-2
<b>SPINS</b>			
Two hands on the floor to avoid the fall	-3	Wrong positions, slowness	-1 to -3
Sit spin two feet exit	-3	Change of foot not correctly executed: entry/exit curve, toe-stops, and edges.	-1 to -3
Inverted with bended leg to get to minimum rotations	-2 or -3	Moving / not centralized	-2 or -3
Fall	-3	Hand or free leg on the floor to avoid the fall	-2 or -3
		Pumping	-2
		Bad traveling	-1
		Change of foot with traveling axis	-2
		Poor control (entry, rotation, exit, position)	-2
<b>FOOTWORK SEQUENCE</b>			
Fall	-3	Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in speed and acceleration	-1
		Poor in edges	-2
<b>CHOREO FOOTWORK SEQUENCE</b>			
Fall	-3	Lack of musicality	-1 to -3
		Stumble	-1 or -2
		Out of time	-1 or -2
		Poor in energy	-1 or -2
		Poor performance	-1 or -2
		Poor in originality	-1

## 6 ARTISTIC COMPONENTS

Score for the artistic impression will be the sum of four (4) components. For each one of the components judges should award a score between 0.25 and 10.

- Skating skills.
- Transitions.
- Performance
- Choreography/composition.

### 6.1 Categories and artistic impression

- Senior: four (4) components from a minimum of 0.25 to a maximum of 10.0.
- Junior: four (4) components from a minimum of 0.25 to a maximum of 9.0.
- Youth: four (4) components from a minimum of 0.25 to a maximum of 8.0
- Cadet, Espoir, Minis, Tots: four (4) components from a minimum of 0.25 to a maximum of 7.0.

## 7 PENALIZATIONS

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

### 7.1 By the referee

More than one (1) rotation jump or more than one (1) jump in the footwork sequence	1.0 point
Kneeling or laying on the floor more than once or more than maximum five (5) seconds	1.0 point
Mandatory position in a spin element not attempted	1.0 point
Costume violation (with opinion of judges)	1.0 point
Time of the program less than the minimum	0.5 point each 10 secs or part thereof
The time from the start of the music and the first movement is more than 10 seconds	0.5 points
Music with inappropriate or expletive lyrics in any language	1.0 point
• Falls (1.0 point per fall in Cadets, Youth, Junior and Senior; 0.5 points per fall in Tots, Mini and Espoir).	From 0.5 to 1.0 point

### 7.2 By the technical panel

Missing mandatory element	1.0 point
Illegal element	1.0 point

## 8 GENERAL ON FREE SKATING Jumps description








<b>f</b> Forward		Split
<b>b</b> Backward		Outside
<b>o</b> Outside		Inside
<b>i</b> Inside		Right Outside
<b>T</b> Rotation in the sense of three turn (natural rotation)		Left Inside
<b>C</b> Rotation in the sense of counter turn (counter rotation)		Revolution of 360° in the air
<b>!</b> Toe push		Revolution of 180° in the air
<b>X</b> Symbol for crossed feet (Mazurka)		

Figure	Number	Description	Factor	Denomination
	1	fo ½ Tbo	1	Three Jump (Waltz Jump)
	2a	fo 1 ½ Tbo	4	Axel Paulsen
	2b	fo 2 ½ Tbo	7	Double Axel Paulsen
	2c	fo 3 ½ Tbo	10	Triple Axel Paulsen
	5a	bi 1 Tbo	2	Salchow
	5b	bi 2 Tbo	4	Double Salchow
	5c	bi 3 Tbo	6	Triple Salchow
	7a	bi! 1 Tbo	3	Flip
	7b	bi! 2 Tbo	5	Double Flip
	7c	bi! 3 Tbo	8	Triple Flip

	8	bo 1 Tbo	2	Half Loop (Thoren)
	9a	bo 1 Tbo	3	Loop
	9b	bo 2 Tbo	5	Double Loop
	9c	bo 3 Tbo	8	Triple Loop
	10a	bo! 1 Tbo	2	Toe-Loop
	10b	bo! 2 Tbo	3	Double Toe-Loop
	10c	bo! 3 Tbo	6	Triple Toe-Loop
	11	bf! ½ Tif	2	Split
	13a	bo ! 1 Tbo	4	Lutz
	13b	bo ! 2 Tbo	6	Double Lutz
	13c	bo ! 3 Tbo	8	Triple Lutz