

17-20 FEBRUARY 2022



Roll the experience

ROME INTERNATIONAL TROPHY 2022

Version 1 – 04/12/21

The clubs “ASD Pian Due Torri Skating” and “ASD Pattinaggioroma” in collaboration with “FISR Lazio” will organize the 10th Edition of the Rome International Trophy of Artistic Roller Skating open to clubs and to the disciplines of individual free, figures, pairs, dance, solo dance, inline and groups.

At the same time will be held also following events:

– Pian Due Torri Cup: a promotional competition for non-official categories

And following technical stage:

- Stage of Freeskating with Locandro Sara, Felicioni Riccardo, Colombo Paolo, Lienhard Leonardo in collaboration with other national and regional federal coaches

– Stage of Solo Dance with Hollan Fabio in collaboration with other national and regional federal coaches

The competition will take place from 17 to 20 February 2022 on different tracks in Rome:

the sporting palace “PalaTorrino”, in Via Fiume Giallo 47 (wood panel, 21x42)

the sporting center “Tellene”, via Claudio Villa snc (parquet, 22x36)

the sporting palace “Pala Fonte” in via Roberto Ferruzzi 112 (two rinks in parquet: upper arena 18x38 and lower arena 20x40)

the sporting center “G. Fiorini”, via tito 40 (parquet, 20x40)

Subscription fee

Individual Free, Solo Dance (roll art categories): 25€ for each discipline (one training included – 20 minutes each group)

Individual Free, Solo Dance (others categories): 15€ for each discipline

Figures: 15€

Inline: 25€

Pairs-Dance (roll art categories): 40€ each couple (one training included – 20 minutes)

Pairs-Dance (others categories): 25€ each couple

Quartet: 40€ (one training included – 7 minutes each quartet)

Small group/Junior Group: 60€ (one training included – 8 minutes each group)

Large group: 90€ (one training included – 9 minutes each group)

Stage of Freeskating: 80€ (70€ for whom participates also at the Trophy)

Stage of Solo Dance: 60€ (50€ for whom participates also at the Trophy)

Applications

The application must be completed on the enclosed herewith application form, properly and accurately and then sent to the e-mail address: skateroma@yahoo.com

The application deadline is on 2022 January 19th. Any cancellation by February 6th will result in the loss of the total amount.

Payment account

IT29D02 0080 5226 0004 0049 4259

to: onlus polisportiva pian due torri

cause of payment: Rome 2021 trophy – name of club

cause of payment: Rome 2021 stage – name of club

Please send a copy of payment to: skateroma@yahoo.com

Training and Competitions

The competitions and training sessions will be open to the public compatibly with the regulations provided for at the time of the event. The organization reserves the right, regardless of the regulations in force, to limit the number of people who will be able to access the competition facilities. In any case, the presence within the competition venues of the athletes, coaches, managers, judges and personnel of the event actually engaged in the competitions or training sessions in progress will be guaranteed.

Streaming, Photos and Videos

The competitions will be streamed. All athletes who want to participate agree to be filmed and streamed on the official channels of the organization. Inside the event there will be a photographer and official video footage. The organization reserves the right to use this material for promotional purposes, by inserting the images of the event on the website dedicated to the trophy and on the channels reserved for the organization.

Opening Ceremony

The opening ceremony will take place on Thursday 17 February at the Palatorrino Sporting Palace. All clubs are invited to participate with the club uniform and possibly, for those who have it, with the club banner or flag. Two athletes per club, a coach and a manager will be admitted.

Hotel

The organization has entered into an agreement with the All Time Relais & Sport Hotel. The property is less than 5 minutes by car from the Palatorrino; 10 minutes by car from Tellene, Palafonte and G. Fiorini. At the time of booking you must communicate your participation in the Skating Trophy

Field Test

It will be available extra time for track testing on payment.

The time schedule of the field tests will be announced with the final program of the Trophy.

Payment for track testing:

- for figures is 5 euro each athlete for 20 minutes
- for freeskating, solo dance and inline categories is 8€ each athlete for 20 minutes
- for artistic and dance pairs is 10€ each pair for 20 minutes
- for quartets is 20€ each quartet for 20 minutes (max 2 quartets together)
- for groups is 5€ each athlete for 20 minutes (only one group)

Special track testing will be reserved for dance, pairs, groups and inline.

The payment of field test should be done through bank transfert.

The payment have to be done before february 10th.

Payment account

IT29D02 0080 5226 0004 0049 4259

to: onlus polisportiva pian due torri

description of payment: Rome 2022 field test

Please send a copy of payment to: skateroma@yahoo.com

PARTECIPATION RULES

Each club can compete for the trophy.

Each participant club may bring up to 20 athletes for each of the 6 individual or couple disciplines (individual free, figures, pairs, dance, solo dance, inline) and 5 teams for Groups.

In order to guarantee, the schedules of the competition, the organization informs that the subscriptions will be closed as soon the numerical limits per discipline will be reached.

Assignment of the individual and club points

Each discipline will assign his own trophy to the club that will join the highest score. The system of points is the following:

1st place 4 points

2nd place 2 points

3rd place 1 point

From 4th onwards 0 point

*with only 2 athletes the assignment point will be: 3pt to the first; 1 point to the second

**with only one athlete the assignment point will be: 2pt for the first

Assignment of Rome Trophy – general classification

The sum of the points scored by each athlete of a club will eventually form the general classifications for the Clubs regarding the seven disciplines: individual free, figures, pairs, dance, solo dance, inline and groups

To each participant club will be assigned at the end of the competition a score for each discipline, as well as a final standing.

Example: Individual Free discipline - 15 participant clubs. 1st placed Club 15 pt , 2nd places Club 14 pt etc.

The winner of the Trophy will be the Club that will obtain the highest general score in the seven discipline

They will be awarded the prices also for the best club in each discipline

TECHNICAL REGULATIONS

FREE & INLINE

CATEGORY	REGULATION	JUDGING SYSTEM	PROGRAM
TOTS A (2014)*	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
TOTS B (2013)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
MINIS A (2012)*	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
MINIS B (2011)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
ESPOIR A (2010)*	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
ESPOIR B (2009)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
CADET (2008-2007)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
YOUTH (2006)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
JUNIOR (2005-2004)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
SENIOR	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
PROMOTION MINIS A (2012)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION MINIS B (2011)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION ESPOIR A (2010)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION ESPOIR B (2009)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION CADET (2008-2007)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION YOUTH (2006)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION JUNIOR (2005-2004)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION SENIOR	FISR	WHITE	ONLY LONG PROGRAM
INLINE ELITE CATEGORIES	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
INLINE PROMOTION CATEGORIES	FISR	CIRCUIT	ONLY LONG PROGRAM

*categories Tots A, Minis A, Espoir A also if divided in years will follow world skate rules

DANCE & PAIR

CATEGORY	REGULATION	JUDGING SYSTEM	PROGRAM
TOTS (2014-2013)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
MINIS (2010-2001)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
ESPOIR (2008-2009)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
CADET (2006-2007)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
YOUTH (2005)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
JUNIOR (2003-2004)	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
SENIOR	WORLD SKATE	ROLL ART	ONLY LONG PROGRAM
PROMOTION MINIS (2012-2011)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION ESPOIR (2010-2009)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION CADET (2008-2007)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION JEUNESSE (2006)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION JUNIOR (2005-2004)	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION SENIOR	FISR	WHITE	ONLY LONG PROGRAM

SOLO DANCE

CATEGORY	REGULATION	JUDGING SYSTEM	PROGRAM
TOTS (2014-2013)	FISR	WHITE	ONLY FREE PROGRAM
MINIS (2012-2011)	WORLD SKATE	ROLL ART	ONLY FREE PROGRAM
ESPOIR (2010-2009)	WORLD SKATE	ROLL ART	ONLY FREE PROGRAM
CADET (2008-2007)	WORLD SKATE	ROLL ART	ONLY FREE PROGRAM
YOUTH (2006)	WORLD SKATE	ROLL ART	ONLY FREE PROGRAM
JUNIOR (2005-2004)	WORLD SKATE	ROLL ART	ONLY FREE PROGRAM
SENIOR	WORLD SKATE	ROLL ART	ONLY FREE PROGRAM
PROMOTION ESPOIR (2010-2009)	FISR	WHITE	ONLY FREE PROGRAM
PROMOTION CADET (2008-2007)	FISR	WHITE	ONLY FREE PROGRAM
PROMOTION JEUNESSE (2006)	FISR	WHITE	ONLY FREE PROGRAM
PROMOTION JUNIOR (2005-2004)	FISR	WHITE	ONLY FREE PROGRAM
PROMOTION SENIOR	FISR	WHITE	ONLY FREE PROGRAM

GROUPS

CATEGORY	REGULATION	JUDGING SYSTEM	PROGRAM
LARGE GROUPS	WORLD SKATE	WHITE	ONLY LONG PROGRAM
SMALL GROUPS	WORLD SKATE	WHITE	ONLY LONG PROGRAM
JUNIOR GROUPS	WORLD SKATE	WHITE	ONLY LONG PROGRAM
SENIOR QUARTET	WORLD SKATE	WHITE	ONLY LONG PROGRAM
JUNIOR QUARTET	WORLD SKATE	WHITE	ONLY LONG PROGRAM
CADET QUARTET	WORLD SKATE	WHITE	ONLY LONG PROGRAM
PROMOTION QUARTET	FISR	WHITE	ONLY LONG PROGRAM
PROMOTION SMALL GROUPS	FISR	WHITE	ONLY LONG PROGRAM

INDIVIDUAL FIGURES EXPERIMENTAL COMPETITION

The compulsory competition will be carried out with an experimental judgment method. The regulation provides for the normal running of the competition with the execution of the exercises already drawn for each category and listed below. The judgment will be expressed with points from 0.0 to 10.0 but will not be exposed to the public. Each judge will judge only part of the exercise and the sum of the scores of each judge will determine the ranking. The athlete who has obtained the highest score by adding the total of the exercises performed will therefore win. Male and female compete together

International categories

Tots A (2014)

Par 1 – eight forward outside left

Par 2 – eight forward inside right

Tots B (2013)

Par 1 – eight forward outside left

Par 2 – eight forward inside right

Minis A (2012)

Par 2 – eight forward inside right

Par 3 – eight backward outside right

Minis B (2011)

Par 3 – eight backward outside right

Par 8 – three forward outside left

Espoir A (2010)

Par 19 – bracket forward inside left

Par 14 – loop forward outside right

Espoir B (2009)

Par 18 – bracket forward outside right

Par 14 – loop forward outside right

Cadet

Par 18 – bracket forward outside right

Par 21 - Forward Inside Rocker left

Par 30 – Forward Change Loop right

Par 28 – Forward Change Double Three left

Youth

Par 23 - Forward Inside Counters left

Par 32 – Forward Outside Change Bracket right

Par 30 – Forward Change Loop left

Par 29 - Back Change Double Three right

Junior

Par 44 - Forward Inside Rocker Left combined with Inside Double Three (3 circuits)

Par 38 - Forward Outside Paragraph Loop Right (2 circuits)

Par 40 – Forward Outside Paragraph Bracket Left (2 circuits)

Senior

Par 46 - Forward Outside Double Three Right combined with Outside Rocker and backward Double Three Paragraph (2 circuits)

Par 39 - Back Outside Paragraph Loops Left (2 circuits)

Par 47 - Forward Outside Bracket Right combined with Inside Counter and Backward Bracket Paragraph (2 circuits)

Promotion categories**Promotion Minis A (2012)**

Par 1 – eight forward outside right

Par 2 – eight forward inside right

Promotion Minis B (2011)

Par 2 – eight forward inside right

Par 3 – eight backward outside right

Promotion Espoir A (2010)

Par 3 – eight backward outside right

Par 8 – three forward outside left

Promotion Espoir B (2009)

Par 8 – three forward outside left

Par 14 – loop forward outside right

Promotion Cadet (2008-2007)

Par 18 – bracket forward outside right

Par 14 – loop forward outside right

Promotion Youth (2006)

Par 18 – bracket forward outside left

Par 15 – loop forward inside right

Promotion Junior (2005-2004)

Par 18 – bracket forward outside right

Par 15 – loop forward inside right

Promotion Senior

Par 19 – bracket forward inside right

Par 14 – loop forward outside right

TECHNICAL FISR REGULATIONS

FREE SKATING

Promotion Categories

Promotion Minis A (2012)

Jumps:

- Max. Jumps of 1 revolution
- A total of two (2) combinations can be executed (from 2 to 5 Jumps)

Spins:

- Can perform upright spins
- Combination spins are free but with max two combinations in each spin

Footwork:

- There must be one diagonal step sequence
- Must be inserted One spiral (arabesque) sequence fully utilizing the long axis of the rink surface

Promotion Minis B (2011)

Jumps:

- Max. Jumps of 1 revolution + axel
- Axel can not be executed in combination
- A total of two (2) combinations can be executed (from 2 to 5 Jumps)

Spins:

- Can perform upright spins and back inside sit spin
- Combination of upright spins are free but with max two combinations in each spin
- Back inside sit spin can not be executed in combination

Footwork:

- There must be one diagonal step sequence
- Must be inserted One spiral (arabesque) sequence fully utilizing the long axis of the rink surface

Promotion Espoirs A (2010)

Jumps:

- Max. Jumps of 1 revolution+ axel
- A total of two (2) combinations can be executed (from 2 to 5 Jumps)

Spins:

- Can perform upright spins and sit spins
- Combination spins are free from the spins listed above but with max 2 combinations in each spin

Footwork:

- There must be one step sequence (serpentine, diagonal, cercle)
- Must be inserted One spiral (arabesque) sequence fully utilizing the long axis of the rink surface

Promotion Espoirs B (2009)

Jumps:

- Max. Jumps of 1 revolution+ axel+ double toeloop or double salchow
- Double toeloop or double salchow can not be executed in combination
- A total of two (2) combinations can be executed (from 2 to 5 Jumps)

Spins:

- Can perform upright spins, sit spins and back outside camel spin
- Combination spins are free from the spins listed above but with max 2 combinations in each spin
- Back outside camel spin can not be executed in combination

Footwork:

- There must be one step sequence (serpentine, diagonal, cercle)
- Must be inserted One spiral (arabesque) sequence fully utilizing the long axis of the rink surface

Promotion Cadet (2008-2007)

Jumps:

- Max. Jumps of 2 revolutions (not double rittberger/loop or axel)
- A total of three (3) combinations can be executed (max 5 Jumps)

Doubles can be presented no more than three (3) times. If presented three times one must be in combination

Spins:

- Can perform upright spins, sit spins and camel spins (not broken ankle, not heel, not inverted)
- Combination spins are free from the spins listed above

Footwork:

- There must be one step sequence (serpentine, diagonal, cercle)

Promotion Youth (2006)

Jumps:

- Max. Jumps of 2 revolutions (not double axel)
- A total of three (3) combinations can be executed (max 5 Jumps)
- Doubles can be presented no more than three (3) times. If presented three times one must be in combination

Spins:

- Can perform upright spins, sit spins and camel spins (not broken ankle)
- Combination spins are free from the spins listed above

Footwork:

- There must be one step sequence (serpentine, diagonal, cercle)

Promotion Junior/Senior (2005-2004/ 2003-)

Jumps:

- Max. Jumps of 2 revolutions (allowed double axel)
- A total of three (3) combinations can be executed (max 5 Jumps)
- Doubles can be presented no more than three (3) times. If presented three times one must be in combination

Spins:

- Can perform upright spins, sit spins and camel spins
- Combination spins are free from the spins listed above

Footwork:

- There must be one step sequence (serpentine, diagonal, cercle)

DANCE

Promotion Categories

Promotion Minis (free dance 2.00 min +/- 10 sec)

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

- One (1) Dance No Hold Footwork Sequence: maximum level 1.

To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum 20 seconds.

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

- One (1) Choreo lift
- One (1) Choreo poses (same value as Choreo Lifts).

Promotion Espoir (free dance 2.00 min +/- 10 sec)

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

- One (1) Dance No Hold Footwork Sequence: maximum level 1.

To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum 20 seconds.

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

- One (1) Stationary lift: maximum level 1
- One (1) Choreo Lift.

Promotion Cadet (free dance 2.30 min +/- 10 sec)

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 1.
- One (1) Stationary lift: maximum level 1

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

- One (1) Choreo Lift

Promotion Youth (free dance 2.30 min +/- 10 sec)

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

- One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 2
- One (1) Rotational lift: maximum level 2

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

- One (1) Choreo Lift

Promotion Junior (free dance 3.00 min +/- 10 sec)

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

- One (1) Dance Hold Footwork Sequence: maximum level 2, maximum 30 seconds.
- One (1) No Hold Footwork Sequence: maximum level 2, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 2
- Two (2) Lifts: One (1) Stationary Lift – One (1) Rotational lift: maximum level 2

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

- One (1) Choreo Lift

Promotion Senior (free dance 3.00 min +/- 10 sec)

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

- One (1) Dance Hold Footwork Sequence: maximum level 2, maximum 30 seconds.
- One (1) No Hold Footwork Sequence: maximum level 3, maximum 30 seconds.
- One (1) Traveling sequence. Maximum level 3
- Two (2) Lifts: One (1) Stationary Lift – One (1) Combo lift: maximum level 3

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

- One (1) Choreo Lift

SOLO DANCE

International & Promotion Categories

International categories

Tots (free dance 1.30 min +/- 10 sec)

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

- Footwork sequence, maximum level 1

To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk

- One (1) choreographic sequence

Promotion categories:

Promotion Espoir (free dance 1.45 min +/- 10 seconds)

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

- Footwork sequence, maximum level 1

To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk

- Artistic footwork sequence, maximum level 1
- One (1) traveling sequence, maximum level 1
- One (1) choreographic sequence

Promotion Cadet (free dance 2.00 min +/- 10 seconds)

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

- Footwork sequence, maximum level 2
- Artistic footwork sequence, maximum level 2
- One (1) traveling sequence, maximum level 2
- One (1) choreographic sequence

Promotion Youth (free dance 2.30 min +/- 10 seconds)

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

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

Promotion Junior (free dance 2.30 min +/- 10 seconds)

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

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

Promotion Senior (free dance 2.45 min +/- 10 seconds)

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

- Footwork sequence
- Artistic footwork sequence
- One (1) traveling sequence
- One (1) cluster sequence
- One (1) choreographic sequence

PAIRS

Promotion Categories

Promotion Minis (2.30 min +/- 10 seconds)

CAN insert:

- INDIVIDUAL JUMPS of max one rotation
- INDIVIDUAL SPINS upright BO or BI. Combination are not allowed
- LIFTS are not allowed. Only one (1) couple figuration is allowed
- THROW JUMPS of one rotation (no twist lutz)
- CONTACT SPINS: upright. Combination are allowed
- SPIRAL angel (camel) back outside

MUST insert:

- One diagonal sequence of footwork

Promotion Espoir (3.00 min +/- 10 seconds)

CAN insert:

- INDIVIDUAL JUMPS of max one rotation plus axel and double salchow
- INDIVIDUAL SPINS upright and sit
- LIFTS: max 2. OVERHEAD LIFTS ARE NOT ALLOWED. Max 3 rotations of the Man

- THROW JUMPS of one rotation plus axel and double salchow
- CONTACT SPINS: upright. Combination are allowed
- SPIRALS angel (camel) back outside and/or inside.

MUST insert:

- One diagonal sequence of footwork

Promotion Cadet (3.00 min +/- 10 seconds)

Can insert:

- LIFTS: Max two (2) Lifts (One Single and One Combined). OVERHEAD LIFTS ARE NOT ALLOWED. Each combination lift must not exceed eight (8) rotation. Choreographic movements are NOT allowed at the exit.
- INDIVIDUAL JUMPS of max two (2) rotation (no double rittberger). Combination are allowed
- INDIVIDUAL SPINS: upright, sit and back outside camel. Combination are not allowed
- THROW JUMPS of one rotation, axel and double salchow
- CONTACT SPINS: upright, sit and back outside camel. Combination are not allowed
- SPIRALS: camel spiral or death spiral

MUST insert:

- one Step Sequence Diagonal, Circle or Serpentine.
- one sequence of Spirals (Arabesque) with three (3) different positions with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds

Promotion Youth (3.00 min +/- 10 seconds)

Can insert:

- LIFTS: Max two (2) Lifts (Single or in Combinations). OVERHEAD LIFTS ARE NOT ALLOWED. Each combination lift must not exceed eight (8) rotation. Choreographic movements are NOT allowed at the exit.
- INDIVIDUAL JUMPS of max two (2) rotation. Combination are allowed
- INDIVIDUAL SPINS: free (no broken ankle). Combination are allowed
- THROW JUMPS of two (2) rotations
- CONTACT SPINS: free. Forbidden Impossible Spins (all type) and Spin around over the head camel with the ladies in inverted position

MUST insert:

- one Step Sequence Diagonal, Circle or Serpentine.
- one sequence of Spirals (Arabesque) with three (3) different positions with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds
- SPIRALS: at least one death spiral, if more must be in different hedge

Promotion Junior (3.30 min +/- 10 seconds)

Can insert:

- LIFTS: Max two (2) Lifts (Single or in Combinations), are not allowed Reverse Cartwheel (all type) and all Lifts where the Ladies during the take-off make a Spin with the head down. Each combination lift must not exceed eight (8) rotations of the man. Choreographic movements are allowed at the exit.
- INDIVIDUAL JUMPS of max two (2) rotation. Combination are allowed
- INDIVIDUAL SPINS: free. Combination are allowed

- THROW JUMPS of two (2) rotations

MUST insert:

- one Step Sequence Diagonal, Circle or Serpentine.
- one sequence of Spirals (Arabesque) with three (3) different positions with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds
- SPIRALS: at least one death spiral, if more must be in different hedge
- CONTACT SPINS: free. Forbidden Impossible Spins (all type) and Spin around over the head camel with the ladies in inverted position
- one Single Jump or a Throw Jump prepared from footwork or choreographic movements. In both case, the last step must be the starting foot of the Single Jump or Throw Jump

Promotion Senior (4.00 min +/- 10 seconds)

Can insert:

- LIFTS: Max two (2) Lifts (Single or in Combinations). Each combination lift must not exceed eight (8) rotations of the man. Choreographic movements are allowed at the exit.
- INDIVIDUAL JUMPS of max two (2) rotation. Combination are allowed
- INDIVIDUAL SPINS: free. Combination are allowed
- THROW JUMPS free
- CONTACT SPINS: free.

MUST insert:

- one Step Sequence Diagonal, Circle or Serpentine.
- one sequence of Spirals (Arabesque) with three (3) different positions with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds
- SPIRALS: at least one death spiral, if more must be in different hedge
- one Single Jump or a Throw Jump prepared from footwork or choreographic movements. In both case, the last step must be the starting foot of the Single Jump or Throw Jump

SHOW

Promotion Categories

Promotion Quartet (3.00 min +/- 10 sec.)

- The minimum age will be 14 years
- Same rules of Quartet

Promotion Small Groups (min 3.30/max 4.00 +/- 10 sec.)

- The minimum age will be 14 years
- Same rules of Small Groups

Groups

Name	Title	Category	N. athlete	Word

The president declares that all registered athletes have read the regulation (with acceptance of the streaming) and are in compliance with the competitive medical certification and are covered by insurance

Date.....

Sign.....

Bank Account: IT29D02 0080 5226 0004 0049 4259

to: onlus polisportiva pian due torri description: Rome 2022 - club

Please send a copy of payment to: skateroma@yahoo.com