

INLINE ARTISTIC

GUIDELINES FOR INTERNATIONAL COMPETITIONS & CHAMPIONSHIPS 01/10/2016 to 30/09/2017

SINGLE FIGURE SKATING ELITE DIVISION

I.	Category / Age requirements / Program length		Page 2
II.	Short Program for championships, junior & senior		Page 3
III.	Free Program content requirements		Page 4 - 11
	Chicks	4	
	Cubs	4	
	Novice A	5	
	Novice B	6	
	Novice Advanced	7	
	Junior	8	
	Senior	9	
	Adult master	10	
IV.	Levels of difficulty		Page 12
V.	Clarifications		Page 13
VI.	Scale of Value		Page 14-17
VII.	General technical rules		Page 18-21
	Deductions	18	
	Program content sheet		
	Call to the start		
	Eligibility	19	
	Judges and Technical Panel		
	Surface		
	Skates		
	Clothing		
	Duration of skating	20	
	Draws		
	Warm up		
	Allowance of a delayed start	21	
	Interruptions		
	Falls		
	Music		
VIII.	Judging system		Page 22 to 25

I. CATEGORY / AGE REQUIREMENTS / PROGRAM LENGTH

Category (birth dates)	Free Program
CHICKS (POUSSIN) <u>Has not reached the age of 9 at 01/ 09/ 2016</u>	Girls and Boys: 2'00'' (+/-10'')
CUBS (AVENIR) <u>Has reached the age of 9 , but not reached the age of 11 at 01/09/ 2016</u>	Girls and Boys: 2'30'' (+/-10'')

	Short program	Free Program
ADVANCE NOVICE <u>Has reached the age of 10, but not reached the age of 15 at 1/09/2016</u>	Ladies and Men : 2'15 (+/- 10'')	Ladies : 3'00'' (+/-10'') Men : 3'30'' (+/-10'')
JUNIOR <u>Has reached the age of 12 , but not reached the age of 19 at 01/09 /2016</u>	Ladies and Men : 2'30'' (+/-10'')	Ladies and Men : 3'30'' (+/-10'')
SENIOR <u>Has reached the age of 15 at 1/09/2016</u>	Ladies and Men : 2'30 (+/- 10'')	Ladies and Men : 4'00'' (+/-10'')

NOVICE COMPETITIONS

Two subgroups offering a different technical package are established:

- **Basic Novice (Basic Novice A and Basic Novice B)**
- **Advanced Novice**

NOVICE A / MINIMES <u>Has reached the age of 10, but not reached the age of 13 at 1/09/2016</u>	Girls and Boys : 2'30'' (+/-10'')
NOVICE B <u>Has reached the age of 13, but not reached the age of 15 at 1/09/2016</u>	Ladies and Men : 3'00 (+/-10'')

ADULT COMPETITIONS

Two subgroups offering a different technical package are established

ADULT MASTER (1, 2, 3...) (31 years and +, 41 years and +, 51 years and +...) at 01/09/2016	Ladies and Men: 3'00 (+/- 10'')
---	---------------------------------

The organizer decides on the disciplines and subgroups to be included in the event. The Member/Club entering skater(s)/team(s) will decide on the subgroup their athletes will participate.

II. SHORT PROGRAM FOR CHAMPIONSHIPS,

Junior and Senior

I - SHORT PROGRAM FOR CHAMPIONSHIPS,

Advanced Novice, Junior and Senior

Advanced NOVICE & JUNIOR & SENIOR JUMPS	<p>Junior/Senior Ladies&men Maximum 2'30 +/-10"</p> <p>Advanced Novice Maximum 2'15 +/-10"</p>	<p>Junior/Senior :</p> <p>a) One Axel Paulsen type jump (single/double/triple) ;</p> <p>b) One double/triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements, may not repeat jump a);</p> <p>c) One Jump combination consisting of a double jump, triple jump or quadruple jump and a single or double or triple jump, may not repeat jump a) or b) ;</p> <p>Advanced Novice :</p> <p>a) One Axel Paulsen type jump (single or double) ;</p> <p>b) One double/triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements, may not repeat jump a);</p> <p>c) One Jump combination consisting of a double jump and a single or double or triple jump, may not repeat jump a) or b) ;</p>
JUNIOR & SENIOR SPINS and STEPS		<p>d) One Flying spin (one position only without change of foot) with a minimum of four (4) revolutions in basic position;</p> <p>e) One spin with only one position, no flying entrance:</p> <ul style="list-style-type: none"> • Men : Camel spin or sit spin with only one change of foot, (the position must be different than the flying spin landing position), minimum of four (4) revolutions per foot in basic position. • Ladies : Lay back (or side ways) spin, minimum of four (4) revolutions in the required positions. No change of foot. <p>f) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (4) revolutions per foot ; No flying entrance.</p> <p>g) One Step sequence fully utilizing the floor surface.</p> <p>The 5 Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Composition • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 0.5 - for Ladies 0.5 <p><u>Deduction : 1.0 by Fall on the Total Program Score (TPS)</u></p>
Advanced NOVICE SPINS And		<p>d) One spin with only one position, no flying entrance:</p> <ul style="list-style-type: none"> • Men : Camel spin or sit spin with only one change of foot, minimum of four (4) revolutions per foot in basic position. • Ladies : Lay back (or side ways) spin, minimum of four (4) revolutions in the required positions. No change of foot

STEPS		<p>e) One Spin combination with only one change of foot and the 3 basic positions, with a minimum of four (4) revolutions per foot ; flying entrance is optional.</p> <p>f) One Step sequence fully utilizing the floor surface.</p> <p>The 4 Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 0.5 - for Ladies 0.5 <p>Deduction : 0.5 by Fall on the Total Program Score (TPS)</p>
--------------	--	--

Prohibited elements (from TP):

o Any kind of Somersault – deduction (2.0), (Novice -1 point)

o Split on the floor is treated as a fall – deduction 1 point ,(Novice -0,5 point)

The panel's points for each Program Component are then multiplied by a factor as follows (same for Advanced Novice, Junior and Senior):

Men	Short Program	0.5
Ladies	Short Program	0.5

In all spins, short program and long program the required number of rotation is in the required position(s).

III. A Free Skating program must contain

The required number of revolution in all spins is in basic position/required position(s)

Categories	Length	Contents
CHICKS	Girls Boys 2'00'' (+/- 10'')	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <u>Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence.</u></p> <p>b) There must be a maximum of two (2) spins of a different nature (abbreviation), minimum of four (4) revolutions per spin in basic positions, Change of foot allowed, flying entrance is not allowed.</p> <p>c) There must be a maximum : - One (1) step sequence, with a fixed Base value and evaluated in GOE only. Jumps and spins forbidden.</p> <p>d) There must be : The Choreographic Sequence must fully utilizing the rink surface for a <u>minimum of 15 seconds length</u>. This element must be the <u>choreographic highlight of the program</u> as required below :</p> <ol style="list-style-type: none"> 1 At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., <u>or any creative gliding positions....</u>, 2. At least one(1) creative jump(s) : small hops does not fullfil the requirement; <p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end</u>.</p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance <p>The Factor of the Program Components is 1.8 Deduction : 0,5 by Fall by Technical Panel</p>
CUBS	Girls Boys 2'30'' (+/- 10'')	<p>a) Maximum of 4 jump elements for Girls and Boys. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <u>Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence.</u></p>

		<p>b) There must be a maximum of two (2) spins as required below, change of foot is allowed, flying entrance is not allowed :</p> <ul style="list-style-type: none"> • One of which must be a spin combination with all three (3) basic positions. • And one spin in only one basic position <p>Change of foot is optional, Flying entry forbidden and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <p>- One (1) step sequence, with a fixed Base value and evaluated in GOE only.</p> <p>d) There must be : The Choreographic Sequence must fully utilizing the rink surface <u>for a minimum of 15 seconds length. This element must be the choreographic highlight of the program</u> as required below :</p> <ol style="list-style-type: none"> 3. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., <u>or any creative gliding positions...</u>, 4. At least one(1) creative jump(s) : small hops does not fullfil the requirement; <p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end.</u></p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to Level 1 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance <p>The Factor of the Program Components is 1.8 Deduction : 0,5 by Fall by Technical Panel</p>
<p>BASIC NOVICE A</p>	<p>Ladies Men 2'30'' (+/- 10'')</p>	<p>a) Maximum of 4 jump elements for Ladies and Men, One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. <u>Only one (1) jump can be repeated. This repetition must be either in a jump combination or in a jump sequence. .</u> Triple jumps are not permitted.</p> <p>b) There must be a maximum of two (2) spins as required below, change of foot is allowed,;</p> <ul style="list-style-type: none"> • One of which must be a spin combination with all three (3) basic positions. • And one spin in only one basic position <p>Change of foot and flying entry are optional and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <p>- One (1) step sequence with fully utilizing the surface.</p>

		<p>d) There must be : The Choreographic Sequence must fully utilizing the rink surface for a <u>minimum of 15 seconds length</u>. This element must be the <u>choreographic highlight of the program</u> as required below :</p> <ol style="list-style-type: none"> 5. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., <u>or any creative gliding positions....</u>, 6. At least one(1) creative jump(s) : small hops does not fullfil the requirement; <p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end</u>.</p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance <p>The Factor of the Program Components is 1.8 Deduction : 0,5 by Fall by Technical Panel</p>
<p>BASIC NOVICE B</p>	<p>Ladies Men 3'00'' (+/- 10'')</p>	<ol style="list-style-type: none"> a) Maximum of five (5) jump elements for Ladies and Men, One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Triple jumps are not permitted. <u>Only two (2) jumps with two or more revolutions can be repeated either in a jump combination or in a jump sequence.</u> b) There must be a maximum of two (2) spins as required below, flying entrance is allowed in all spins : <ol style="list-style-type: none"> 1. <u>One of which must be a spin combination</u> 2. One spin in one basic position only (with no change of position). <p>Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> c) There must be a maximum : - One (1) step sequence with fully utilizing the surface. d) There must be : The Choreographic Sequence must fully utilizing the rink surface for a <u>minimum of 15 seconds length</u> . This element must be the <u>choreographic highlight of the program</u> as required below : <ol style="list-style-type: none"> 7. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread

		<p>eagles, Ina Bauers..., or <u>any creative gliding positions...</u>,</p> <p>8. At least one(1) creative jump(s) : small hops does not fullfil the requirement;</p> <p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end.</u></p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>In all elements which are subject to Levels, only features up to Level 2 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Performance • Interpretation <p>The Factor of the Program Components is</p> <ul style="list-style-type: none"> - for men 1.6 - for ladies 1.6 <p>Deduction : 0,5 by Fall by Technical Panel</p>
<p>ADVANCE NOVICE</p>	<p>Ladies 3'00'' Men 3'30'' (+/- 10'')</p>	<p>a) A Maximum of five (5) jump elements for Girls and six (6) jump elements for Boys , One of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. One jump combinations can contain up to three (3) jumps and the other can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted. Any jump cannot be executed more than twice in total .</p> <p>Only two (2) jumps with 2 or more revolutions can be repeated. This repetition must be in a jump combination or in a jump sequence.</p> <p>b) There must be a maximum of two (2) spins as required below :</p> <ol style="list-style-type: none"> 3. <u>One of which must be a spin combination</u>, Flying entrance is not allowed. 4. <u>One Flying spin with only one landing basic position (no change of the landing basic position)</u> <p>Change of foot is allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum :</p> <ul style="list-style-type: none"> - One (1) step sequence with fully utilizing the surface. <p>d) There must be : The Choreographic Sequence must fully utilizing the rink surface <u>for a minimum of 15 seconds length.</u> This element must be the <u>choreographic highlight of the program</u> as required below :</p> <ol style="list-style-type: none"> 9. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., or <u>any creative gliding positions...</u>, 10. At least one(1) creative jump(s) : small hops does not fullfil the requirement;

		<p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end.</u></p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>Levels explanations: For Advanced Novice, in all elements which are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 1.4 - for ladies 1.2 <p>Deduction : 0,5 by Fall by Technical Panel</p>
<p>JUNIOR</p>	<p>Ladies & Men 3'30'' (+/- 10'')</p>	<p>a) Maximum of six (6) jump elements for ladies and men, One of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. One jump combinations can contain up to three (3) jumps and the other can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only the two most difficult jumps will be counted.</p> <p><u>Only 2 jumps with 2 or more revolutions can be repeated. This repetition must be in a jump combination or in a jump sequence.</u></p> <p>b) There must be a maximum of three (3) spins of a different nature (different name):</p> <ol style="list-style-type: none"> 5. <u>One of which must be a spin combination</u> 6. <u>One Flying spin or spin with a flying entrance.</u> 7. One spin in one basic position only (with no change of position). <p>Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum : One (1) step sequence with fully utilizing the surface.</p> <p>d) There must be : The Choreographic Sequence must fully utilizing the rink surface <u>for a minimum of 15 seconds length. This element must be the choreographic highlight of the program as required below :</u></p> <ol style="list-style-type: none"> 11. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., <u>or any creative gliding positions....,</u> 12. At least one(1) creative jump(s) : small hops does not fullfil the requirement;

		<p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end.</u></p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Program Components are on judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Composition • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 1.4 - for ladies 1.2 <p>Deduction : 1.0 by Fall by Technical Panel</p>
<p>SENIOR</p>	<p>Ladies and Men 4'00'' (+/- 10''</p>	<p>a) Maximum of 7 jump elements for ladies and Men, one of which must be an Axel type jump. There may be up to three (3) jump combinations or sequences. Only one (1) Jump combination can contain up to three (3) jumps and the others Jump combinations can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. A same jump with a different number of rotation will count as an other jump.</p> <p>Only 2 jumps with 2 or more revolutions can be repeated. This repetition must be in a jump combination or in a jump sequence.</p> <p>b) There must be a maximum of three (3) spins of a different nature (different name):</p> <ol style="list-style-type: none"> 8. <u>One of which must be a spin combination</u> 9. <u>One Flying spin or spin with a flying entrance.</u> 10. One spin in one basic position only (with no change of position). <p>Flying entrance and change of foot are allowed for all spins and there must be 4 revolutions per foot in the required positions.</p> <p>c) There must be a maximum : One (1) step sequence with fully utilizing the surface.</p> <p>d) There must be : The Choreographic Sequence must fully utilizing the rink surface for a <u>minimum of 20 seconds length (senior).</u> <u>This element must be the choreographic highlight of the program as required below :</u></p> <ol style="list-style-type: none"> 13. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., <u>or any creative gliding positions...</u>, 14. At least one(1) creative jump(s) : small hops does not fullfil the requirement; <p>Those two requirements must be <u>included in a strong choreography</u> and should be executed according to the character of the music. Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end.</u></p>

		<p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Composition • Interpretation <p>The factors for the Program Components is</p> <ul style="list-style-type: none"> - for men 1.4 - for ladies 1.2 <p>Deduction : 1.0 by Fall by Technical Panel</p>
<p>ADULTS MASTER</p>	<p>Ladies Men 3'00 (+/- 10'')</p>	<p>a) There must be a maximum of 5 jump elements, one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. Only one (1) Jump combination can contain three (3) jumps and the other Jump combination can contain only two (2) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted.</p> <p>Only 2 jumps with 2 or more revolutions can be repeated. This repetition must be in a jump combination or in a jump sequence.</p> <p>b) There must be a maximum of two (2) spins, change of foot and flying entrance are allowed:</p> <ul style="list-style-type: none"> • One of which must be a spin combination with all three (3) basic positions. The spin combination can be executed with a change of foot then a minimum of six (6) revolutions is required in total ; or without a change of foot then a minimum of four (4) revolutions is required in total. <p>c) Maximum of 1 step sequence <u>fully utilizing the surface</u> ;</p> <p>d) There must be :</p> <p>The Choreographic Sequence must fully utilizing the rink surface <u>for 15 seconds length.</u> <u>This element must be the choreographic highlight of the program as required below :</u></p> <ol style="list-style-type: none"> 1. At least two (2) gliding elements : 1 on each foot and/or each rotational curve (like the pattern of a « s »), like but not limited to, spirals, arabesques, spread eagles, Ina Bauers..., <u>or any creative gliding positions...</u>, <p>15. At least one(1) creative jump(s) : small hops does not fullfil the requirement;</p> <p>Those two requirements must be <u>included in a strong choreography and should be executed according to the character of the music.</u> Listed jump(s) included in the Choreographic Sequence will not be called and will not occupy a jump box element. The pattern is not restricted, but the sequence must be clearly visible <u>with a beginning and an end.</u></p> <p>This element is called ChSq1 (choreo sequence confirmed) or ChSq0 (if not confirmed).</p> <p>The Technical Panel identifies the Choreographic Sequence which commences with the first skating movement and is concluded with the preparation to the next element (if the Choreographic Sequence is not the last element of the program). It can be performed before or after the Step Sequence.</p> <p>The Program Components are only judged in</p> <ul style="list-style-type: none"> • Skating Skills • Transitions • Performance • Composition

		<ul style="list-style-type: none">• Interpretation <p>The factors for the Program Components is 1.4</p> <p><u>Deduction : 1.0 by Fall</u></p>
--	--	--

Prohibited elements:

- Any kind of Somersault – deduction (1.0)

IV. LEVELS OF DIFFICULTY, SINGLE SKATING

Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4

Step Sequences

- 1) Minimum variety (Level 1), simple variety (Level 2), variety (Level 3), complexity (Level 4) of difficult turns and steps throughout (**compulsory**)
- 2) Rotations in either direction (left and right) with full body rotation covering at least 1/3 of the pattern in total for each rotational direction
- 3) Use of body movements for at least 1/3 of the pattern
- 4) Two different combinations of 3 difficult turns (rockers, counters, brackets, twizzles, loops) executed with a clear rhythm within the sequence (for level 4 the two combinations must be on different feet).

6 Difficult Turns and step : twizzle, brackets, loops , counters, rockers and choctaws.

6 Easy Steps : three turn, toe steps, chasses, Mohawks, change of edge, cross rolls .

- Minimum variety : must include 5 Difficult turns and steps , none of the types can be counted more than twice.

- Simple variety : must include 7 Difficult turns and steps , none of the types can be counted more than twice .

- Variety : must include 9 difficult turns and steps , none of the types can be counted more than twice .

- Complexity : must include 11 difficult turns and steps , none of the types can be counted more than twice. 5 types of turns and steps must be executed in both directions.

All Spins

- 1) Difficult variations (count as many times as performed with limitations specified below)
- 2) Change of foot executed by jump
- 3) Jump within a spin without changing feet
- 4) Difficult change of position on the same foot
- 5) Difficult entrance into a spin (**any kind of traveling entrance can be executed only once per program with more than 2 full rotations prior the spin**)
- 6) Heel spin or Clear change of edge in all basic positions
- 7) All 3 basic positions on the second foot
- 8) Both directions immediately following each other in sit or camel spin
- 9) Clear increase of speed in the same basic positions, except non difficult upright
- 10) At least 5 rev. without changes in the same position/variation, in all positions except non difficult upright.
- 11) *Flying entry in flying spins/spins with a flying entrance*

Additional features for the Layback spin:

- 12) One clear change of position backwards-sideways or reverse, at least 1 rev. in each position (counts also if the Layback spin is a part of any other spin)
- 13) Biellmann position after Layback spin, after 4 revolutions in layback spin in short program and 2 rev. in free program.

Features 2 – 9, 11 – 13 count only once per program (first time they are attempted). Feature 10 counts only once per program (in the first spin it is successfully performed; if in this spin 5 revs are executed on both feet, any one of these executions can be taken in favor of the skater).

Any category of difficult spin variation in a basic position counts only once per program (first time it is attempted). A difficult variation in a non-basic position counts once per program in spin combination only (first time it is attempted).

In any spin with change of foot the maximum number of features attained on one foot is two (2).

V. CLARIFICATIONS Single Inline Figure Skating

A competitor can compete in only one single category per event.

A competitor can downgrade from a category any time if the age requirement is respected, with those exceptions :

- Being on an international championship podium in the previous category, during the year or the year before.

CHOREOGRAPHIC SEQUENCE

Minimum length for the entire sequence of 20 seconds for seniors, 15 seconds for the other categories

A minimum of two(2) Gliding positions

- Any position is permitted like spirals, spread eagles, Ina Bauer If those positions are clear and on deep edges it deserves credit from the judges.
- One on each foot and/or one on each directional curve (clockwise and anti-clockwise)

A minimum of one(1) creative jump (not just a hop)

- Any kind of creative jumps.
- Listed Jumps up to 1,5 rotations will not be called during the Choreo Sequence as long as they are part of the ChSq requirement
- Listed jumps of at least 2 rotations and listed spins will be called and will be the end of the choreo Sequence.

A strong choreography, matches with the music and theme, must include those elements.

The base score of the Choreo Sequence and the GOE are between 0,9 and 6,0 points !

SPINS

Sign V is applied for :

1) **Flying spins** (only 1 position and no change of foot) of both Short Program and Free Skating, all categories, if at least one of the following requirements is not fulfilled :

- a) a clear visible jump;
- b) basic landing position reached within the first 2 revs;
- c) basic landing position Not held for at least **one (1)** revs when riched.

2) **Spin combination** when there is only 2 different basic positions instead of the Three basic positions required
Exemple :

- Camel + upright =2 basic Positions of one full rotation each, In that case if the upright is in final there must be at least a simple variation of upright to count the position for a combination spin ,

- Camel+Sit+ Upright =3 basic Positions. In that case no variation of the upright in final is required.

Abreviation examples : CoSp2V (combo spin level 2 with only 2 basic positions) , CCoSpB (change combo spin 3 positions base level).

VI. Scale of Values 2016-2017

		+3	+2	+1	BASE	V	V1	-1	-2	-3
Choreographique Sequences (for Seniors and Adult Master)										
Choreo Sequence	ChSq1	3,0	2,0	1,0	3,0			-0,7	-1,4	-2,1

		+3	+2	+1	BASE	V	V1	-1	-2	-3
Choreographique Sequences (for all other categories)										
Choreo Sequence	ChSq1	1,5	1,0	0,5	2,0			-0,7	-1,4	-1,7

		+3	+2	+1	BASE	V	V1	-1	-2	-3
JUMPS FOR 3d and 4th DIVISION only										
Waltz Jump	1AV1	0,2	0,1	0,1	0,2				0,1	
half Toeloop	1TV1	0,4	0,3	0,2	0,3			-0,1	-0,2	-0,2
half Salshow	1SV1				0,3					
half Loop	1LoV1				0,4					
half Flip	1FV1				0,4		0,3			
half Lutz	1LzV1				0,5		0,4			

		+3	+2	+1	BASE	V	V1	-1	-2	-3
SINGLE AND PAIR SKATING										
Jumps										
Single Toeloop	1T	0,6	0,4	0,2	0,4	0,3		-0,1	-0,2	-0,3
Single Salshow	1S				0,4	0,3				
Single Loop	1Lo				0,5	0,4				
Single Flip	1F				0,5	0,4	0,3			
Single Lutz	1Lz				0,6	0,5	0,4			

Single Axel	1A	0,6	0,4	0,2	1,1	0,8		-0,2	-0,4	-0,6
Double Toeloop	2T				1,3	0,9				
Double Salshow	2S					0,9				
Double Loop	2Lo	0,6	0,6	0,3	1,8	1,3		-0,3	-0,6	-0,9
Double Flip	2F				1,9	1,4	1,3			
Double Lutz	2Lz				2,1	1,5	1,4			

Double Axel	2A	1,5	1,0	0,5	3,3	2,3		-0,5	-1,0	-1,5
Triple Toeloop	3T	2,1	1,4	0,7	4,3	3,0		-0,7	-1,4	-2,1
Triple Salshow	3S				4,4	3,1				
Triple Loop	3Lo				5,1	3,6				
Triple Flip	3F				5,3	3,7	3,2			
Triple Lutz	3Lz				6,0	4,2	3,6			

Triple Axel	3A	3,0	2,0	1,0	8,5	5,9		-1,0	-2,0	-3,0
-------------	----	-----	-----	-----	-----	-----	--	------	------	------

		+3	+2	+1	BASE	V	V1	-1	-2	-3
One position Spins attempt, Combo spin 2 positions attempt For 3d and 4th division only										
Level Base mandatory (the poor basic position cannot bring any features)										
Upright 2 feet level B	USpBV1	0,4	0,3	0,2	0,5			-0,2	-0,3	-0,4
(C)Sit level B	(C)SSpBV1				0,7					
(C)Camel level B	(C)CSpBV1				0,7					
Layback level B	LSpBV1				0,7					
(C)CoSp 2 positions level B	(C)CoSpBV1				0,7					

		+3	+2	+1	BASE	V	V1	-1	-2	-3
Spins (solo spins for pairs)										
Spin in one position and no change of foot (upright, layback, camel or sit)										
Upright level B	USpB	1,5	1,0	0,5	1,0			-0,3	-0,6	-0,9
Upright level 1	USp1				1,2					
Upright level 2	USp2				1,5					
Upright level 3	USp3				1,9					
Upright level 4	USp4				2,4					

Layback level B	LSpB	1,5	1,0	0,5	1,2			-0,3	-0,6	-0,9
Layback level 1	LSp1				1,5					
Layback level 2	LSp2				1,9					

Layback level 3	LSp3				2,4				
Layback level 4	LSp4				2,7				

Camel level B	CSpB	1,5	1,0	0,5	1,1	V	V1	-0,3	-0,6	-0,9
Camel level 1	CSp1				1,4					
Camel level 2	CSp2				1,8					
Camel level 3	CSp3				2,3					
Camel level 4	CSp4				2,6					
		+3	+2	+1	BASE			-1	-2	-3

Sit level B	SSpB	1,5	1,0	0,5	1,1	V	V1	-0,3	-0,6	-0,9
Sit level 1	SSp1				1,4					
Sit level 2	SSp2				1,6					
Sit level 3	SSp3				2,1					
Sit level 4	SSp4				2,5					

Spin with a change of foot and no change of position (upright, layback, camel or sit)											
Upright level B	CUSpB	1,5	1,0	0,5	1,5	1,1	V	V1	-0,3	-0,6	-0,9
Upright level 1	CUSp1				1,7	1,2					
Upright level 2	CUSp2				2,0	1,4					
Upright level 3	CUSp3				2,4	1,7					
Upright level 4	CUSp4				2,9	2,0					

Layback level B	CLSpB	1,5	1,0	0,5	1,7	1,2	V	V1	-0,3	-0,6	-0,9
Layback level 1	CLSp1				2,0	1,4					
Layback level 2	CLSp2				2,4	1,7					
Layback level 3	CLSp3				2,9	2,0					
Layback level 4	CLSp4				3,2	2,2					

Camel level B	CCSpB	1,5	1,0	0,5	1,7	1,2	V	V1	-0,3	-0,6	-0,9
Camel level 1	CCSp1				2,0	1,4					
Camel level 2	CCSp2				2,3	1,6					
Camel level 3	CCSp3				2,8	2,0					
Camel level 4	CCSp4				3,2	2,2					

Sit level B	CSSpB	1,5	1,0	0,5	1,6	1,1	V	V1	-0,3	-0,6	-0,9
Sit level 1	CSSp1				1,9	1,3					
Sit level 2	CSSp2				2,3	1,6					
Sit level 3	CSSp3				2,6	1,8					
Sit level 4	CSSp4				3,0	2,1					
		+3	+2	+1	BASE	V	V1	-1	-2	-3	

Flying Spin (any position upright, layback, camel or sit)											
Upright level B	FUSpB	1,5	1,0	0,5	1,5	1,1	V	V1	-0,3	-0,6	-0,9
Upright level 1	FUSp1				1,7	1,2					
Upright level 2	FUSp2				2,0	1,4					
Upright level 3	FUSp3				2,4	1,7					
Upright level 4	FUSp4				2,9	2,0					

Layback level B	FLSpB	1,5	1,0	0,5	1,7	1,2	V	V1	-0,3	-0,6	-0,9
Layback level 1	FLSp1				2,0	1,4					
Layback level 2	FLSp2				2,4	1,7					
Layback level 3	FLSp3				2,9	2,0					
Layback level 4	FLSp4				3,2	2,2					

Camel level B	FCSpB	1,5	1,0	0,5	1,6	1,1	V	V1	-0,3	-0,6	-0,9
Camel level 1	FCSp1				1,9	1,3					
Camel level 2	FCSp2				2,3	1,6					
Camel level 3	FCSp3				2,8	2,0					
Camel level 4	FCSp4				3,2	2,2					

Sit level B	FSSpB	1,5	1,0	0,5	1,7	1,2	V	V1	-0,3	-0,6	-0,9
Sit level 1	FSSp1				2,0	1,4					
Sit level 2	FSSp2				2,3	1,6					
Sit level 3	FSSp3				2,6	1,8					
Sit level 4	FSSp4				3,0	2,1					
		+3	+2	+1	BASE	V	V1	-1	-2	-3	

Spin Combination with change of position and no change of foot (two positions)											
level B	(F)CoSp2pB	1,5	1,0	0,5	1,1	1,0	V	V1	-0,3	-0,6	-0,9
level 1	(F)CoSp2p1				1,3	1,1					
level 2	(F)CoSp2p2				1,5	1,3					
level 3	(F)CoSp2p3				1,8	1,5					
level 4	(F)CoSp2p4				2,1	1,7					

Spin Combination with change of position and no change of foot (three positions)											
level B	(F)CoSp3pB				1,5	1,1	V	V1			
level 1	(F)CoSp3p1				1,7	1,2					

level 2	(F)CoSp3p2	1,5	1,0	0,5	2,0	1,4		-0,3	-0,6	-0,9
level 3	(F)CoSp3p3				2,5	1,8				
level 4	(F)CoSp3p4				3,0	2,1				
Spin Combination with change of position and change of foot (two positions)										
level B	(F)CCoSp2pB	1,5	1,0	0,5	1,5	1,1		-0,3	-0,6	-0,9
level 1	(F)CCoSp2p1				1,7	1,2				
level 2	(F)CCoSp2p2				2,0	1,4				
level 3	(F)CCoSp2p3				2,5	1,8				
level 4	(F)CCoSp2p4				3,0	2,1				
Spin Combination with change of position and change of foot (three positions)										
level B	(F)CCoSp3pB	1,5	1,0	0,5	1,7	1,2		-0,3	-0,6	-0,9
level 1	(F)CCoSp3p1				2,0	1,4				
level 2	(F)CCoSp3p2				2,5	1,8				
level 3	(F)CCoSp3p3				3,0	2,1				
level 4	(F)CCoSp3p4				3,5	2,5				
		+3	+2	+1	BASE	V	V1	-1	-2	-3

Step Sequences										
level B	StSqB	1,5	1,0	0,5	1,7			-0,3	-0,6	-0,9
level 1	StSq1				2,0					
level 2	StSq2				2,5					
level 3	StSq3				3,0					
level 4	StSq4				3,5					

VII. GENERAL TECHNICAL RULES

DEDUCTIONS – Who is responsible ?

VIOLATIONS :	POINTS	Who responsible ?
Program time	- 1.0 for every 15 seconds lacking or in excess	Referee
Illegal element/movement	-2.0 per violation (-1 up to Novice)	TP
Costume violation	-1 per program	Majority of the judges
Costume drops and props	-1 per violation	Referee
Fall	▪ Single Skating: -1.0 for every Fall (0,5 up to Novice)	TP
Late start	<p><u>20 seconds from the call to start to get into starting position</u></p> <p>-1.0 point for start between 1 and 20 seconds late (0,5 up to Novice)</p> <p>Passed 40 seconds late from the call to start without explanation to the referee, the skater is considered as withdrawn.</p> <p>-3.0 points for the allowance to skate at the end of the group (from the Referee) ; -1,5 points up to Novices</p>	Referee
Interruption in performing the program	<p>For every Interruption Junior and Senior of:</p> <ul style="list-style-type: none"> ▪ more than 10 seconds up to 20 seconds: - 1.0 ▪ more than 20 seconds up to 30 seconds: - 2.0 ▪ more than 30 seconds up to 40 seconds: - 3.0 <p>For every Interruption up to Novice categories of:</p> <ul style="list-style-type: none"> ▪ more than 10 seconds up to 20 seconds: - 0,5 ▪ more than 20 seconds up to 30 seconds: - 1.0 ▪ more than 30 seconds up to 40 seconds: - 1.5 	Referee
Interruption of the program with Referee's allowance of up to three (3) minutes to resume from the point of interruption or of a total restart at the end of the group.	<p>- 4.0 per program Junior/Senior</p> <p>- 2.0 per program up to Novice</p>	Referee

Program Content Sheet

Each Skater, shall present a Program Content Sheet (an official form indicating the planned elements for each Part of the competition).

Call to the start

I. Prior to each performance, the names of those about to compete must be clearly called on the rink.

Each Skater/Pair/Couple must take the starting position of each Part of the competition (Short Program, Free Skating) at the latest **twenty (20) seconds** after she/he/they are called to the start. If this time has expired and the skater/s has/have not yet taken the starting position, the Referee shall apply a deduction (deducted from the final score). **Passed 41 seconds from the call to start without explanation to the referee and the skater/s has/have not yet taken the starting position, he/they will be considered as withdrawn.**

Procedure : The skater has 40 seconds to go to the Referee and explain the problem. If not, the Referee shall wistle and the speaker announce the Referee decision. A 2 minutes break is given before the next skater is called.

In the case of correct explanation before the 41 seconds, the referee might allow the skater to skate at the end of the group. 2 minutes break must be given before the call of the next skater, a general announcement must be done. The Referee shall apply a deduction.