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Vocal Music permitted in Free Skating events

AR10.12.03 Vocal music, which expresses a message through recognizable words, is ~~not~~ permitted in any event. ~~This rule is not intended to prohibit the use of music containing human sounds such as humming or other vocal sounds, which may enhance the quality of the musical sound. Any spoken word in any language is not allowed and the referee will apply a penalty.~~ Exception: Vocal music is acceptable for SOLO CREATIVE FREE DANCE, INTERNATIONAL SOLO FREE DANCE, OPEN FREE DANCE, and WORLD CLASS ORIGINAL DANCE (OD), WORLD CLASS SOLO FREE DANCE and WORLD CLASS FREE DANCE, **WORLD CLASS FREE SKATING and all domestic free skating and pairs events.**

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No minimum score required for World Team Selection (AR7.05.04)

- AR7.05.04 Roller Figure Skating JUNIOR WORLD CLASS and WORLD CLASS events at the National Championship:
- (a) To qualify for the USA World Team at the national championship in JUNIOR WORLD CLASS and WORLD CLASS events, a skater/team must have proof of USA citizenship.
- ~~(b) JUNIOR WORLD CLASS and WORLD CLASS DANCE teams must obtain an average score of 8.0 or more for each dance in the Compulsory Dance Portion from a majority of the judges. Each score for the Original Dance and the Free Dance also requires an average score of 8.0 from a majority of the judges.~~
- ~~(c) JUNIOR WORLD CLASS and WORLD CLASS FREE SKATING AND JUNIOR WORLD CLASS and WORLD CLASS PAIRS The skater or team must obtain an average score of 8.0 or more in both the content and manner of performance scores from a majority of the judges in both the short and long programs.~~
- ~~(d) JUNIOR WORLD CLASS and WORLD CLASS FIGURES – A skater must obtain an average score of 8.0 or more from a majority of the judges.~~
- ~~(e) JUNIOR WORLD CLASS and WORLD CLASS SOLO DANCE – A skater must obtain an average score of 8.0 or more from the judges in both the Compulsory and Solo Free Dance.~~
- (b) JUNIOR WORLD CLASS and WORLD CLASS EVENTS - The rules of eligibility for qualifying to skate the National Championships in the JUNIOR WORLD CLASS events shall be the same as for the WORLD CLASS ELEMENTARY, FRESHMAN, FRESHMAN/SOPHOMORE AND SOPHOMORE skaters may compete in these events and
- in the same year compete in either a JUNIOR WORLD CLASS event and/or the WORLD CLASS.
- (c) Once a National medal placement (1, 2 or 3) is obtained in a JUNIOR WORLD CLASS or WORLD CLASS event, that skater will no longer be able to compete in the Level (A) division in that event in FRESHMAN, SOPHOMORE, JUNIOR OR YOUTH INTERNATIONAL SOLO in subsequent seasons.
- (d) **Any skater who participates in CLASSIC, JUNIOR/JUNIOR WORLD CLASS or WORLD CLASS event in a qualifying championship may not skate in the same Level (B) event or any (C) division competition (e.g. Figure to figure, dance to dance).**
- ~~1. For the world class inline free skating event, the skater must obtain an average score of 8.0 and place 1st or 2nd at the National Championship to be eligible to qualify and participate at the World Championship in this event.~~
- ~~2. To qualify for the USA World Team, skaters/teams must obtain an average score of 8.0 from the majority of the judges.~~
1. Skaters who qualify for a USA International Team must be U.S. citizen and be able to provide a USA passport for proof of citizenship.
- 2 WHEN YOU COMPETE YOU WILL BE SUBJECT TO DRUG TESTING. All members of the USA Roller Sports Federation are subject to drug testing by the United States Anti-Doping Agency (USADA). If you have general questions, you can contact usada@usantidoping.org or call 1-866-601-2632. Drug Reference Line: 1-800-233-0393 or email drugreference@usantidoping.org.

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AR8.02.265 Inline Free skating

~~FRESHMAN~~ **OPEN** INLINE ~~(A)~~ (Open)

Time limit: no minimum, maximum 3:00

Content requirements: NO MAXIMUM REQUIREMENTS (Refer to AR8.02.250 (g))

One section of circular, diagonal or serpentine footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included.

AR8.01.03

(e) **FREE SKATING** - (individuals, separate men and women) World Class, Junior/Junior World Class, Sophomore A Women, Freshman A Girls, Fresh/Soph A Men, Fresh/Soph B, Fresh/Soph C, Elementary A Girls, Juv/Elem B, Juv/Elem C, Juvenile A Girls, Juv/Elem A Boys, Primary, Novice, ~~Freshman~~ **Open** Inline & World Class Inline. ALL "C" DIVISION EVENTS ARE UNOFFICIAL NON-QUALIFYING EVENTS.

AR17.26.01 The skating times are as follows: (WC = World Class)

Inline Divisions –

~~Freshman~~ **Open** Inline Free Skating.....3:00 min. max.

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AR8.02.14 COMBINED EVENTS

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(a) All YOUTH FIGURE DIVISION skaters will be given the option to participate in their age appropriate figure division and also participate in their age appropriate loop or circle loop division, or they may skate each division event separately during the same qualifying championship.

(b) Those skaters who participate in both age appropriate division events; e.g. FIGURES and LOOPS, OR CIRCLE LOOPS,

through the initial round of competition, will be tabulated into the combined champion score sheet.

(c) All skaters who participate in the ELEMENTARY INTERNATIONAL SOLO DANCE division event AND the ELEMENTARY INTERNATIONAL SOLO FREE DANCE division event will be tabulated into the combined champion score sheet by virtue of the ~~“total sum” from the four (4) scores given between the two events.~~ Sums of placements in each element. The skater with the lowest sum will achieve the highest placement in the combined events. In case of a tie, the lowest total ordinal will break the tie, if still tied, the higher total points will break the tie.

(d) All skaters who participate in the YOUTH INTERNATIONAL SOLO DANCE division event AND the YOUTH INTERNATIONAL SOLO FREE DANCE division event will be tabulated into the combined champion score sheet by virtue of the Sums of placements in each element. The skater with the lowest sum will achieve the highest placement in the combined events. In case of a tie, the lowest total ordinal will break the tie, if still tied, the higher total points will break the tie.

(e) All skaters who participate in the JUNIOR WORLD CLASS FIGURE division event AND the JUNIOR WORLD CLASS FREE SKATING division event will be tabulated into the combined champion score sheet. The tabulation will be done in the CIPA format.

(f) All skaters who participate in the WORLD CLASS FIGURE division event AND the WORLD CLASS FREE SKATING division event will be tabulated into the combined champion score sheet. The tabulation will be done in the CIPA format.

(g) Entry fee must be paid to be registered into the “Combined” event for any qualifying championships.

(h) If a skater places 1-2 or 3 at the National Championships in a domestic figure/loop combined event, but does not place 1-2 or 3 in the individual events leading to the combined figure/loop national medal, the skater is not mandated to move to the next higher division in subsequent skating seasons.

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AR8.02.503 – NOVICE PRECISION

AR8.02.503 NOVICE PRECISION

- (a) Skating teams shall consist of a minimum of 8 skaters, but not more than 16 plus two alternates.
- (b) Age of the skaters shall be 12 years and older.
- (c) Once the team is ready for the music to commence a team member must raise their hand to advise the announcer.
- (d) Neither portable nor hand-held props shall be used.
- (e) The following limitations shall be enforced:
 - 1. No jumps exceeding half a revolution
 - 2. No spins exceeding one revolution
 - 3. No lifts
 - 4. No highlighting of individual skaters
- (f) Vocal music shall be permitted.
- (g) Teams may consist of ladies and men in any proportion.
- (h) The team may be comprised of a single club, be from multiple clubs, or include unattached skaters providing all are USARS registered from the same region as the Qualifying Championship. Skaters may skate this event and Standard Events.
- (i) One ~~quarter (1/4)~~ half (1/2) of the participants in the Novice event may be Junior Precision competitors to enable clubs to have adequate number of skaters to complete a team.

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AR11.04.05 JUNIOR WORLD CLASS AND WORLD CLASS TEAM DANCE

AR11.04.05 JUNIOR WORLD CLASS and WORLD CLASS TEAM DANCE

World Class Dance shall consist of compulsory dances, **Style Dance** and free dance elements, which shall all be scored as a combined event with a single award presented. Placement in the World Class Dance event will qualify a team to represent the United States in world competition according to team size as established by the USARS Board of Directors. For athlete rights under U.S. Public Law establishing entry into international qualifying events, see USARS GRI.03 concerning "Protected Competitions."

- (a) At any championships using recorded music for compulsory dance, the meet host must provide CDs of adequate duration to cover the required number of repetitions as listed in (f) below, without interruption or break in the contestant's musical program.
- (b) In case of a fall or other interruption in the skating, the teams must resume the dance at the nearest technically feasible point. In the case of interference, the flight will begin anew and the judging will resume at the point of interference.
- (c) Warm-up - All teams will warm-up on the first dance to be skated, and then all teams will be judged on that dance. After the judging of the first dance, all teams will be given a warm-up period on the second dance, followed by the judging of that dance, etc.
- (d) Flight Times & Rotations - WORLD CLASS DANCE and JUNIOR WORLD CLASS DANCE shall use a one-team flight system. This one-team flight will be maintained throughout the flight rotation.
 1. The required number of repetitions of the dance will be listed in the "World Class Dance Repetition Requirements."
 2. The skating time of WORLD CLASS FREE DANCE will be three minutes, thirty seconds (3:30) plus or minus ten (10) seconds. In the event the team skates less than three minutes, twenty seconds (3:20), the judges will be informed so that this can be reflected in their scores. If the team is continuing to skate past the three minutes, forty second (3:40) mark, a whistle will be blown and the judging will cease. The timing of the program shall begin when the skater(s) move any part of his or her body.
 3. For Compulsory Dance the flights will be divided into groups comparable to the number of dances to be skated, including OD. The first team will begin the first dance, followed by the rest of the field of competitors in order. The team's in-group one will then go to the end of the skating order and the first team in group two will begin the second dance. The same procedure is followed for the Original Dance, with the first team in-group three leading all the others. **For competitions when there are less skaters or teams than the requirements to be skated, the skaters or teams will be rotated. (CIPA ONLY)**
 4. For the ~~Original Dance (OD)~~, **Style Dance** the teams will skate one at a time. Time shall be two minutes, 40 seconds (2:40) +/- 10 seconds. The timing will start with the first movement.
 5. In Free Dance, the teams will draw for their skating order based on placement after the Compulsory Dances **Style Dance** scores, combined.
 6. When a couple is announced for compulsory dances, original dance and free dance the entrance must be no longer than fifteen (15) seconds. The exit of the compulsory dances, original dance and free dance must be no longer than fifteen (15) seconds.
- (e) World Class Dance Repetitions - In compliance with CIPA regulations, for WORLD CLASS DANCE two sequences of each of the compulsory dances will be skated, with the exception of the Quickstep, which will be four sequences.
 1. It is obligatory that each team skate the required repetitions for each particular dance. Judges, therefore, will award a grade at the completion of the required repetition.
 2. If a team fails to complete the required repetitions, the referee shall inform the team of this and give them the opportunity to complete the requirements.
 3. Junior World Class and World Class Dance Judges must watch each team for their required amount of repetitions.

Dance	Tempo	One (1) Team/Skater Flight	Two (2) Team/Skater Flight
Fourteen Step	108	4	6

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Fourteen Step (Jr.)	104	4	6
Flirtation Waltz	120	2	4
Flirtation Waltz (Jr.)	108	2	4
American Waltz	168	2	4
European Waltz	120	3	4
Rocker Foxtrot	104	4	4
Keats Foxtrot	96	3	4
Keats Foxtrot (Jr.)	92	3	4
Italian Foxtrot	96	2	4
Blues	88	2	4
Harris Tango	100	2	4
Quickstep	112	4	6
Paso Doble	112	2	4
Westminster Waltz	138	2	4
Viennese Waltz	138	2	4
Argentine Tango	96	2	4
Iceland Tango	100	2	4
Starlight Waltz	168	2	4
Imperial Tango	104	4	4
Fiesta Tango	100	2	4
Dutch Waltz	138	2	4
Casino March	100	2	4
Fourteen Step Plus	108	2	NA
Kleiner Waltz	138	2	4
Castel March	100	2	NA
Tango Delanco	104	2	NA
Kent Tango	100	2	4
Terenzi Waltz	168	2	2
Tango Delancha	104	2	NA

5. To be consistent with CIPA regulations, no World Class compulsory dance opening may exceed 24 beats of music.
The timing will begin with the first movement of either skater. Movement is defined as any movement of the head, arm, leg or foot.
6. All World Class Compulsory dances shall start at the same end of the skating surface, to be designated prior to the start of the event by the referee. The compulsory dances shall be skated with the first step of the dance being skated towards the panel of judges.
7. Order of Dances to be skated is determined by CIPA. (See Competitive Requirements section.)

~~(f) ORIGINAL DANCE (OD)~~

~~Event Special Requirements – The following rules must be observed:~~

~~1. MUSIC – Each couple must choose their own music, tempo, and composition. Orchestral music and vocal music is~~

~~permitted. This does not preclude background musical effects, which are considered as being expressive of~~

~~a particular type of folk music.~~

~~2. The Original Dance will consist of a dance constructed to a minimum of two (2) or a maximum of three~~

~~(3) three~~

~~rhythms – (they can repeat a first rhythm but it must be the same melody and tune as the first).~~

~~2015 - Latin Combination.~~

~~ORIGINAL DANCE SET ELEMENTS~~

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- a) One straight line step sequence, along the long axis of the rink, extending as near as possible the full length of the skating surface. During this step sequence the partners **MUST NOT** touch but remain no more than one arms length apart. **This element must be included.**
- b) One change of direction lift — one **SMALL LIFT MUST BE** executed with one change of direction — there must not be more than one half (1/2) revolution in the lift, only a change of direction (either change of edge and/or forward to backwards, or backwards to forwards), with the lady's waist no higher than the man's shoulder. **During the execution of this element it is not allowed for the lady to assume an upside down position with the legs in a split or semi split position in front of the man's face. This element must be included.**
- c) One diagonal step sequence together in any dance hold. **This element must be included.**
- d) One dance spin (one position only) in any dance hold/position, with minimum two (2) and maximum five (5) revolutions. **This element must be included.**
1. Time The OD shall be a total time of 2:30 (TWO minutes, THIRTY seconds) +/- 10 sec.
 2. Timing of the dance will begin with the first movement of any part of the body and end with the last movement.
 3. The OD can be started at any place on the floor.
 4. EXECUTION The choice of steps, connecting steps, turns and rotations is left to the skaters, provided these choices conform to the OD rules. This does not exhaust all the possibilities of steps, turns and rotations. Any steps are permissible, providing that at least one skate of each skater remains on the skating surface at all time throughout the dance except when performing the one required lift and the duration of music at the beginning and end of the music where specific movements are allowed, lying down on the skating surface and/or stationary movements in character with the music. Toe stop steps are permitted but remember whilst on the toe stop, there are no edges skated and therefore considered less difficult. Little hops (lifting of the skating foot a small distance from the floor) are allowed to express the character of the dance.
 5. Two stops are allowed during the dance that must not exceed TEN (10) seconds for each stop.
 6. Pulling or pushing the partner by the boot or skate is not permitted.
 7. Partners must not separate except to change dance holds, or to perform brief movements in character with the rhythm chosen, or during a permitted stop, provided that they are performed no more than TWO (2) arms length apart and no more than TEN (10) seconds except for the beginning and end of the routines.
 8. There are no restrictions on dance holds, arm movement, hand claps etc. which are interpretive of the music.
 9. The dance must contain difficult movements and be expressive of the music.
 10. THE DANCE MUST NOT BE A FREE DANCE.
 11. During the first and last TEN (10) seconds of the OD, the following movements are allowed (but not obligatory):
 - a) laying with hands, knees or other parts of the body on the skating surface.
 - b) stationary movements in character with the rhythm of the OD.

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The Team Style Dance (SD)

1. The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.
2. One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.
3. The duration of the Style Dance is 2:40 min. +/- 10 sec.

4. Rhythms (2016)

RHYTHMS

Swing Medley

Foxtrot, Quickstep, Swing, Charleston, Lindy Hop

	Compulsory Dance	Style Dance Pattern Dance	Style Dance "No hold" Step Sequence	Style Dance "Dance Hold" Step Sequence	Style Dance Lift	Style Dance Theme
Junior 2016	Flirtation Waltz	Rocker Foxtrot	Diagonal	Circular Counterclockwise	Rotational	Swing Medley (Foxtrot, Quickstep, Swing, Charleston, Lindy Hop)
Senior 2016	Starlight Waltz	Quickstep	Diagonal	Circular Counterclockwise	Rotational	Swing Medley (Foxtrot, Quickstep, Swing, Charleston, Lindy Hop)

I. Style Dance required elements:

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

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

This element consists on one (1) sequence of a complete compulsory dance selected by FIRS Artistic Technical Committee, which covers the entire surface of the skating floor, or two (2) sequences of a complete compulsory dance with a pattern that covers half of the skating floor.

(a) General rules

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- Must adhere to the diagram/pattern provided by FIRS Artistic Technical Committee.
- The BPM of the piece of music selected for the Compulsory Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / P2 BPM.

For example: *in compulsory dances with a required tempo of 100 BPM, the number of beats may be, for the duration of the pattern dance sequence, from a minimum of 98 to a maximum of 102 BPM.*

There can be an introduction before the beginning of the pattern dance sequence, and also after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it MUST remain constant for the entirety of the pattern dance sequence.

For example: *A piece of waltz music has an introduction with a tempo of 148 BPM; but during the skating of the Starlight Waltz the tempo must be within the range of 166 to 170 BPM (168 BPM +/- 2); remaining constant throughout the sequence; and after the pattern dance sequence is completed the tempo changes to 128 BPM.*

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:

- (a) The rhythms used.
- (b) The number of BPM of the Compulsory Dance Sequence(s).

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

Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of FIRS Artistic Technical Committee) and finish with the first step of the dance (step 1) required by the rules.

- Must maintain the same steps/recognized positions*/holds of the dance, respect the required timing of each step with the possibility of including choreographic movements of the lower/upper body to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

* **A recognized position** is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the

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position of the skaters with respect to each other. The recognized positions and holds required by the rules may include choreographic movements of the upper body (with the other arm free from hold) to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

(2) ONE (1) NO HOLD STEPSEQUENCE

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

~~• Along the long axis.~~

• Diagonal.

(b) General Rules

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

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

(3) ONE (1) DANCE HOLD STEPSEQUENCE

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

~~• Circle clockwise.~~

• Circle counterclockwise.

~~• Serpentine.~~

~~• Diagonal.~~

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(c) **General rules**

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

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

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

(4) **ONE (1) DANCE LIFT**

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

- ~~Stationary position – a lift where the sustaining partner must maintain the stationary position during the entire lift, being able to perform a maximum of ½ revolution entering and ½ revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds.~~
- **Rotational – a lift with unlimited rotations, and with a minimum of 1 ½ revolutions.**
- ~~Combination – stationary position and rotational: a lift composed of a free succession, executed during the same lift, of a stationary and a rotational lift combined with each other.~~

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(d) **General rules**

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

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II. LIMITATIONS

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

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

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

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

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

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

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

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

(a) **DANCE JUMPS (JUMP/ASSISTED JUMPS):**

- A maximum of two (2) jumps, each skater, of one (1) revolution each (no more than one revolution in the air).
- A maximum of two (2) assisted jumps***, a maximum of one (1) revolution for the partner who jumps and half (½) revolution for the supporting partner.

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

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

(b) **SEPARATIONS:**

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners
- For only one (1) time during the program, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum

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distance of four (4) meters between the partners (except where prohibited by the rules).

- For quick changes of position/hold between the partners during the entire program.

c) **Painting on any part of your body is considered “show” and is not allowed in figures, free skating, pairs or dance with the exception of all Creative events (Novice Precision, Junior Precision, World Class Precision, World Class Show Team, World Class Small Show Team, Open A Creative Solo Free Dance, Open B Creative Solo Free Dance, Elementary A Creative Solo Free Dance, Open A Inline Creative Solo Free Dance).** (See ARI 1.02.03) A deduction of 0.2 from both the A and the B mark will be made for any violation of the above.

d) **ENTRY AND EXIT ON THE FLOOR FOR WORLD CLASS DANCE**

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

- (h) Marking **Style Dance** - In scoring the .SD., two scores must be given on a scale of (0 -10.0).

The first score is for “technical merit” (“**A**” mark) which consists of:

1. Originality
2. Difficult
3. Variety
4. Position
5. Pattern
6. Speed of the Dance

The second score is for “artistic impression” (“**B**” mark) which consists of:

1. Correct timing of the dance
2. Movements of the couple in rhythm
3. Relationship of the skating movements to the character of the music.
4. Cleanness, execution, and utilization of the skating surface
5. General carriage and line of the couple

- (i) **COSTUMES** – should be in character with the dance but not extreme. Women must have a COMPLETE skirt. (CIPA

SR3.12; 3.12.04) Props of any nature are forbidden. Skaters will be required to change any costume not meeting the

foregoing regulations. All warm-up periods must be conducted in costume. These dress standards must also be observed

for practice sessions when wearing alternate attire. Tank tops, cut offs and leotards without skirts are prohibited. Women

skating costumes when worn outside the practice rink or competition site must be covered with slacks, street length skirt,

coat or other normally accepted public attire. Costumes for male and female skaters may reflect the character of the

music selected. **Painting on any part of your body is considered “show” and is not allowed in figures, free**

skating, pairs or dance with the exception of all Creative events (Novice Precision, Junior Precision, Sr.

Precision, Sr. Show Team, Sr. Small Show Team, Open A Creative Solo Free Dance, Open B Creative

Solo Free Dance, Elementary A Creative Solo Free Dance, Open A Inline Creative Solo Free Dance). (See

ARI 1.02.03) When costumes do not meet the foregoing requirements, in the opinion of the Chief Referee, he/she shall

instruct the tabulator to penalize the contestant with a scoring deduction of five (5) points. NOTE: All warm-up periods

must be conducted in costume.

- (j) The provisions of the rules must be closely observed in scoring the Original Dance. All CIPA deductions are available on the USARS website.

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ART 1.04.05.1 JUNIOR AND SENIOR WORLD CLASS TEAM FREE DANCE

Couple Free Dance	3:30 min. +/- 10 sec
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A. Free Dance Required Elements

	No Hold Step Sequence	Dance Hold Step Sequence
Junior 2016	Long Axis	Serpentine
Senior 2016	Long Axis	Serpentine

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

1. ONE (1) NO HOLD STEP SEQUENCE

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

- Along the long axis.

~~• Diagonal.~~

General rules

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

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

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counters, mohawks, inverted mohawks, etc.

2. ONE (1) DANCE HOLD STEPSEQUENCE

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

- ~~• Circle clockwise~~
- ~~• Circle counterclockwise~~
- **Serpentine.**
- ~~• Diagonal~~

General rules

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

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

3. THREE (3) DANCE LIFTS

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

- **Stationary position:** a lift where the sustaining partner must maintain the stationary position during the entire lift, being able to perform a maximum of ½ revolution

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entering and $\frac{1}{2}$ revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds

- **Rotational:** a lift with unlimited rotations, and with a minimum of $1\frac{1}{2}$ revolutions.
- **Combination:** stationary position and rotational: a lift composed of a free succession, executed during the same lift, of a stationary position and a rotational lift combined with each other.

General Rules

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

B. LIMITATIONS

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

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

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

A maximum of two (2) stops may be executed during the program for a minimum of three

(3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). If both partners are on the floor at the same time, it shall be considered as once. Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

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

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

(a) **DANCE JUMPS (JUMP/ASSISTED JUMPS):**

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

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

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

(b) **SEPARATIONS:**

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

For quick changes of position/hold between the partners (during the entire program).

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AR11.04.06 RULES FOR OPEN FREE DANCE, ~~WORLD CLASS DANCE and JUNIOR WORLD CLASS DANCE~~ (NOTE: THE RULES FOR OPEN TEAM FREE DANCE HAVE NOT BEEN CHANGED.)

- (a) General: The free dance, in contrast to compulsory dances, has no required sequence of steps. The free dance must:
1. contain non-repetitive combinations of new or known dance movements composed into a program displaying the personal ideas of the dancers in concept and in arrangement;
 2. are constructed so that the element of competitive dancing is predominant;
 3. not have the character of a pairs skating program.
- (b) The duration of the OPEN Free Dance is 2:00 to 3:00 minutes. ~~For Junior and World Class Free Dance, the duration is 3:30 minutes (+/- 10 seconds).~~ The timing of the program begins when the skater(s) move any part of his or her body.
- (c) Costume: The costume for both man and woman should be in character with the music, but should not be such so as to cause embarrassment to either the judges, audience or skaters concerned. Women must have a COMPLETE skirt. ~~(CIPA SR3-12-3-12.04)~~ Props of any nature are not permitted to be used. All warm-up periods must be conducted in costume.
- These dress standards must also be observed for practice sessions when wearing alternate attire. Tank tops, cut offs and leotards without skirts are prohibited. Women skating costumes when worn outside the practice rink or competition site must be covered with slacks, street length skirt, coat or other normally accepted public attire. **Painting on any part of your body is considered “show” and is not allowed in figures, free skating, pairs or dance with the exception of all Creative events (Novice Precision, Junior Precision, World Class Precision, World Class Show Team, World Class Small Show Team, Open A Creative Solo Free Dance, Open B Creative Solo Free Dance, Elementary A Creative Solo Free Dance, Open A Inline Creative Solo Free Dance).** (See AR11.02.03)
- (d) Music: The music chosen for the free dance is at the discretion of each couple. The music chosen must:
1. be dance music suitable for roller skating;
 2. have a tempo, rhythm and character suitable for dance skating;
 3. not necessarily be constant in tempo, but may vary from fast to slow or slow to fast, etc.
 4. have a beat;
 5. orchestral music and vocal music is permitted.
 6. not have one rhythm so short that it fails to create a change.
Acceptable music is as follows:
 7. all types including classical, ballet, folk and contemporary, providing it is suitable for dance skating;
 8. classical music like symphonies, sonatas, concertos ONLY if transcribed to the rhythm of dance music;
 9. parts of a ballet or opera only if transcribed or originally based on folk music, jazz or ballroom rhythms.
- (e) Technical content:
1. all steps, turns and changes of position are permitted;
 2. free skating movements, appropriate with the rhythm, music and character of the dance are permitted;
 3. Intricate footwork must be included and must display originality and difficulty;
 4. Feats of strength and skill, inserted to show physical prowess, are not permitted;
 5. The following movements are not permitted: standing, sitting or leaning on partner's boots, holding of partner's skates (boots/skates), sitting or lying over partner's leg without having at least one foot on the floor, lying on the floor to excess.
 6. Kneeling or lying on the floor is only allowed at the beginning and/or end of the performance. This may be done for a maximum of five (5) seconds at the beginning or at the end.
 7. A maximum of five (5) lifts in free dance will be allowed. The number of revolutions may not exceed one-and-one-half (1.5), with the woman's waist never held higher than the man's shoulder. Any choreographic movement in which the partner is assisted aloft and has both feet off the floor shall be considered a lift.
- (f) Definitions of above:
1. A lift is an action whereby the woman is elevated to a higher level, sustained and set down. Mainly the man remaining on the floor provides the impetus of the lift. In the execution of a lift, the woman's waist must not be higher than the man's shoulders. The sustained position must be maintained through the support of the partner remaining on the floor. In all lifts, the supporting partner may give assistance with the hands or arms. Sitting or lying on the partner's shoulder is considered a feat of prowess and not allowed. The

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body may not be used as the main support for the sustained positions. Therefore, sitting or lying on the partner's shoulder is considered to be a feat of prowess and not allowed.

2. A carried lift is a lift that exceeds the permitted number of measures of music (four (4) measures of Waltz music-3/4; or two (2) measures of other music-4/4, 6/8, etc.).
 3. An assisted jump is a jump in which the partner gives passive assistance in a non-supportive role. In this action, there is one continuous ascending and descending movement. In the composition of the free dance, excessive repetition of any movements, i.e., kneeling, toe steps, hand-in-hand positions, skating side by side, one after the other, or mirror skating should be avoided.
- (g) Limitations for technical content: Free skating movements such as turns, arabesques, pivots, jumps, lifts, partner separations, etc., are permitted with the following limitations:
1. ENTRY AND EXIT ON THE FLOOR FOR DANCE. When a couple is announced for compulsory dances, original dance and free dance, the entrance must be no longer than fifteen (15) seconds. The exit of the compulsory dances, original dance and free dance must be no longer than fifteen (15) SECONDS.
 2. Separations within the free dance to execute intricate footwork are permitted; number - maximum of five; duration - no longer than five seconds. Separations at the beginning and end of the free dance are permissible provided the distance between the partners does not exceed five meters and/or 10 seconds.
 3. Arabesques and pivots are permitted; number -combined total not to exceed three; duration - four measures of Waltz music (3/4 time) or two measures of other music (e.g. 4/4, 6/8, etc.).
 4. Spins are permitted. Number of revolutions not to exceed three.
 5. Dance lifts are permitted to enhance the performance of the program (not to display feats of strength or acrobatics). A maximum of five (5) lifts in free dance will be allowed. The number of revolutions may not exceed one and a half (1 ½), with the man's hands no higher than his shoulders. Any choreographic movements in which the partner is assisted aloft, and has both feet off the floor shall be considered a lift. The change of position in a lift is permitted. During a lift it is not allowed for the lady to assume an upside down position with the legs in a split for semi-split position in front of the man's face.
 6. Small dance jumps for the purpose of changing feet or direction are permitted; number - combined total by both partners not to exceed five; position - executed in dance position or at not more than two arm-lengths; number of revolutions - not to exceed half a revolution. Toe jumps are included in the total number permitted. Both partners may jump at the same time. Dance jumps of greater magnitude, executed by only one skater at a time are permitted; number - combined total by both partners not to exceed five; position - jumped separately or holding hands; number of revolutions - not to exceed one revolution. They must not be thrown or lifted. Assisted jumps are included in the total permitted.
 7. Short, jerky movements are acceptable only when they emphasize the character of the music.
 8. Stops in which couples remain stationary on the floor while performing body movements, twisting or posing, etc., are permitted; duration - not to exceed two measures of music.
ATTENTION: all judges will make a deduction of marks if a free dance program exceeds the rules. (In International competition, all judges will make a deduction of 0.1 per violation if a free dance program exceeds the rules.)
- (h) Set elements that **MUST BE** included in **OPEN** team free dance program are:
1. One straight-line step sequence, along the long axis of the rink (the middle of the rink), extending as near as possible the full length of the skating surface. During this step sequence the partners **MUST NOT** touch but remain no more than one arms-length apart. NOTE: The closer the couple skate this sequence without touching the more credit it will be given.
 2. One step sequence – performed together in any dance hold, either Diagonal OR Serpentine, extending as near as possible to the full length of the skating surface.
- (i) **TIMING VIOLATIONS – COMPULSORY DANCE, SD AND FREE DANCE**
Any deduction made by a judge for incorrect timing to the music must be based on the duration of the fault.
For a timing fault in, there must be a minimum deduction of zero point two (0.2). All CIPA deductions are available on USARS website.
- ARI 1.04.07 FREE DANCE will be judged as follows:
- (a) Technical Merit of program: difficulty of steps and movements, variety and inventiveness, sureness of edge running, cleanliness of movement, harmonious composition of the program as a whole and utilization of space.
 - (b) Artistic Impression: expression of various rhythms, neatness of footwork, timing of steps to music, body timing, unison of team and carriage. The mark for content covers the elements of difficulty, variety, cleanness and sureness. They might be

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considered the athletic components of a couple's performance, the tangible part. Difficulty is evaluated as to the whole

program, not just individual moves. Smooth, harmonious transitions are difficult and variety in itself is difficult.

A program

planned and skated well to the music, an essential in dancing, rates higher than one which does not relate so intimately

with the musical phrasing and rhythm. A program performed with the firm edges well skated out, good lean, done with conviction and authority, shows cleanness and sureness over one that looks as though it is only half learned or is like a walking rehearsal. The mark for technical merit is an evaluation of the couple's skating ability as demonstrated in the program. The mark for artistic impression is to evaluate the aesthetic elements, the intangibles of the performance. They include the harmonious and artistic composition and arrangement of the program and its relation to the music chosen; balanced utilization of the skating surface; easy movements in time with the music; unison of the couple with each other and with the rhythm; and the dancer's form and carriage. Couples should consider the following areas when planning their

free dancing program, and judges will look carefully for the fulfillment of:

1. Is the structure of the program blended together in harmony of sequence and design?
2. Is there a variety of difficulty; a variety of rhythm?
3. Are the various parts of the free dance related? Does it move in a connected and continuous manner?
4. Does the program show creative ability?
5. Does the program have original and surprise moves?
6. Have they complied with the rules as to the number of separations, jumps, etc.?
7. Do they have control, flow and glide?
8. Have good form, posture and unison been demonstrated?
9. Is the performance rhythmic; does it express the mood of the music?
10. ARE THEY REALLY DANCING???

(In international competitions, the judges for violations of the rules must make deductions for free dance marks.)

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AR11.04.08 WORLD CLASS AND JUNIOR WORLD CLASS SOLO FREE DANCE AND INTERNATIONAL **Youth and Elementary** SOLO FREE DANCE RULES

All rules and regulations of solo free dance are the same as the CIPA rules for team dance, except the following:

- (a) General notes on technical merit solo free dance:
1. All steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted. Women must have a COMPLETE skirt. (CIPA SR3.12; 3.12.04)
 2. Intricate footwork must be included and must display both originality and difficulty.
 3. Kneeling or laying on the floor is only allowed at the beginning and/or end of the program. This may be done for a maximum of five (5) seconds at the beginning or at the end. The deduction will be 0.3 in the "B" mark for each violation.
 4. Certain free skating movements such as turns, arabesques, pivots, jumps and spins are permitted with the following limitation:
 5. No more than three (3) revolutions per spin are permitted, from the start of the spin to the end of the spin. The revolutions will be counted when the position of the spin is obtained. Entrance and exit revolutions shall not count as part of the spin, when of a different position. The total number of spins must not exceed two (2), including the required spin. Entrance and exit revolutions shall not count as part of the spin.
 6. Small dance jumps are permitted but must not exceed more than one (1) revolution, with the total number of jumps NOT EXCEEDING THREE (3) INCLUDING THE REQUIRED JUMP. Any other jumps of half revolution or less will not be considered as a Jump element, but as part of the technical element of a program and will be considered as such by the judges. There is no penalty for half revolution jumps in a program in the above categories.
 7. Vocal music is allowed.
 8. Props of any nature are not permitted. This refers to: any costuming MUST remain the same throughout a performance with no additions to the costuming during the performance; i.e. no use of props of any kind from beginning to end. (CIPA RULE 3.11.06)
 9. A free dance program which contains more than the above number of spins or jumps will be penalized by the judges, referees for each violation 0.2 in the "A" mark.
 10. Penalties resulting from the violation of the costume rules will range between five-tenths (0.5) and one point zero (1.0), according to the degree of violation. At the instruction of the referee, this penalty will be deducted after the score has been assigned by the judges and will be deducted from the "B" mark. (CIPA RULE 3.11.08)
- (b) Set elements that MUST be included in the solo free dance:
- ~~1. One (1) spin with three (3) revolutions (not more than 3 revolutions), from the start of the spin to the end of the spin. The revolutions will be counted when the position of the spin is obtained. Entrance and exit revolutions shall not count as part of the spin, when of a different position. The total number of spins must not exceed two (2), including the required spin. Entrance and exit revolutions shall not count as part of the spin.~~
 - ~~2. One (1) small jump (not more than one (1) revolution, with the total number of jumps not exceeding three (3) including the set jump.~~
 - ~~3. One diagonal step sequence extending as near as possible the diagonal of the skating surface.~~
 - ~~4. One straight line step sequence commencing from a standing start along the long axis of the rink extending as near as possible the full length of the skating surface.~~

AR11.01.05.2 Junior and Senior WC SOLO Style Dance

- i) The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different

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rhythms. The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm. One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.

- ii) The duration of the Style Dance is 2:20 min \pm 10 seconds.
- iii) Rhythms (2016)

RHYTHMS

	Compulsory Dance	Style Dance Pattern Dance	Style Dance "No hold" Step Sequence	Style Dance "Dance Hold" Step Sequence	Style Dance Theme
Junior 2016	Rocker Foxtrot	Flirtation Waltz	Long Axis	Circular Clockwise	Classic Medley (Waltz, March, Classic Polka, Galop)
Senior 2016	Quickstep	Starlight Waltz	Long Axis	Circular Clockwise	Classic Medley (Waltz, March, Classic Polka, Galop)

- iv) Style Dance required elements:

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

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

This element consists on one (1) sequence of a complete compulsory dance selected each year by FIRS Artistic Technical Committee that covers the entire surface of the skating floor, or two (2) sequences of a complete compulsory dance with a pattern that covers half the skating surface.

I. General rules

- Must adhere to the diagram/pattern provided by FIRS Artistic Technical Committee.
- The BPM of the piece of music selected for the Compulsory Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / P2 BPM.

For example: *in compulsory dances with a required tempo of 100 BPM, the number of beats may be, for the ~~entire piece~~ duration of the pattern dance sequence, from a minimum of 98 to a maximum of 102 BPM.*

There can be an introduction before the beginning of the pattern dance sequence, and also after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it MUST remain constant for the entirety of the pattern dance sequence.

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For example: *A piece of waltz music has an introduction with a tempo of 148 BPM; but during the skating of the Starlight Waltz the tempo must be within the range of 166 to 170 BPM (168 BPM +/- 2); remaining constant throughout the sequence; and after the pattern dance sequence is completed the tempo changes to 128 BPM.*

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:

- (a) the rhythms used
- (b) the number of BPM of the Compulsory Dance Sequence(s)

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

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

(2) ONE (1) STRAIGHT STEP SEQUENCE

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

- Along the long axis.
- ~~Diagonal.~~

II. General rules

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

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

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(3) ONE (1) CIRCULAR STEP SEQUENCE

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

- Circular clockwise.
- ~~Circular counterclockwise.~~
- ~~Serpentine.~~

III. General rules

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

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III. International Youth/Elementary and Junior and Senior Solo Free Dance required elements

	Straight Step Sequence	Circular Step Sequence
Junior 2016	Diagonal	Serpentine
Senior 2016	Diagonal	Serpentine

Solo Free Dance	2:30 min. +/- 10 sec
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The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

1. ONE (I) STRAIGHT STEP SEQUENCE

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

~~Along the long axis~~

Diagonally (2016)

General rules

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

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

2. ONE (I) CIRCULAR STEP SEQUENCE

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

~~Circular clockwise~~

~~Circular counterclockwise~~

Serpentine.(2016)

General rules

- During the execution of this element, skater should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- A minimum of two (2) different turns must be executed.*

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- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skaters must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same at the same axis point. The circle must be in the center of the skating floor.
- In Serpentine step sequence, the skaters must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

3. ONE (1) DANCE SPIN

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

All spins are permitted except:

- Heel camel.
- Broken ankle camel.
- Inverted camel.

4. ONE (1) ROTATIONAL TURN SEQUENCE

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

IV. LIMITATIONS

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

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

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

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

Stationary positions: kneeling/ lying down on the floor are permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

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

Addendum 2016 Rulebook – Rule changes

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

5. All CIPA deductions are available on USARS website.
6. DURATION OF SKATING FOR THE SOLO FREE DANCE IS: 2:30 MINUTES +/- TEN (10) SECONDS
7. **Painting on any part of your body is considered “show” and is not allowed in figures, free skating, pairs or dance with the exception of all Creative events (Novice Precision, Junior Precision, World Class Precision, World Class Show Team, World Class Small Show Team, Open A Creative Solo Free Dance, Open B Creative Solo Free Dance, Elementary A Creative Solo Free Dance, Open A Inline Creative Solo Free Dance).** (See AR I.02.03)
8. Solo Free Dance; there will normally be no more than 8 contestants assigned to each warm up group.