



INDIA SKATE

RSFI ESTD. 1955

भारतीय रोलर स्केटिंग महासंघ

भारत सरकार द्वारा मान्यता प्राप्त ; RECOGNISED BY THE GOVERNMENT OF INDIA & IOA

A 895, Shastri Nagar, New Delhi-110052. | www.indiaskate.com

ARTISTIC TECHNICAL COMMITTEE

GENERAL REGULATIONS

RULEBOOK, EDITION 2022



1. PREFACE

It is with a great pleasure that we present you the new Artistic Technical Committee (ATC) Rulebook, Edition 2022. According to the RSFI - India Skate Statutes, the Artistic Technical Committee amends the Rulebook and it is applicable starting from June 1st 2022.

The present Technical Regulations Rulebook is the Official version, written in the Official India Skate language: English. In this document, the masculine gender is used in relation to all the India Skate Individuals. Quantity is written by letter and (by number). Example: two (2).

Chairman
Artistic Technical Committee – RSFI

Executive Director
–RSFI



AGE GROUP WISE REQUIREMENT for 60th Nationals – 2022

AGE GROUP: 5 TO 7 YEARS

FIGURES: (world skate Tots) Any 1 group to be drawn by lots

Group 1	1 a/b	4 a/b
Group 2	2 a/b	3 a/b

Figure no.	A / B	Figure	A Direction	B Direction
1	a / b	Circle Eight	ROF – LOF	LOF – ROF
2	a / b		RIF – LIF	LIF – RIF
3	a / b		ROB – LOB	LOB – ROB
4	a / b		RIB – LIB	LIB – RIB

FREE SKATING: (world Skate Tots) 2:30 +/- 10 sec

A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump.

- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- The same jump cannot be presented more than three (3) times.
- Two (2) spin elements must be performed. One of them MUST be a combination spin (maximum three (3) positions). ONLY upright positions and sit positions are allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1. To achieve level 1 Tots must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum thirty (30) seconds.

PAIR SKATING: 2:00 minutes +/- 10 seconds. (as per Tots – World Skate)

One (1) side by side jump (not in combo). Just one (1) rotation jumps can be performed.

One (1) side by side combo jump with a maximum of 3 jumps. Just one (1) rotation jumps can be performed.

One (1) side by side one position or combo spin, selected from uprights (maximum of two (2) positions if combo spin).

One (1) contact spin: one (1) position selected from uprights.

One (1) footwork sequence maximum level 1. To achieve level 1 Tots must have one of each of the four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum thirty (30) seconds.

LIFTS ARE NOT ALLOWED

SOLO DANCE: Free Dance: Timing: 2:15 minutes +/- 10 seconds (as per World Skate Mini-Excluding compulsory dance)

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

Footwork sequence, maximum level 1, maximum 30 seconds.

Artistic footwork sequence, maximum level 1, maximum 30 seconds.

One (1) traveling sequence, maximum level 1.

One (1) choreographic sequence.



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Couple Dance: free dance of 2:00 minutes +/- 10 seconds.(as per Tots – World Skate)

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

One (1) Dance Hold Footwork Sequence: maximum level 1. To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk. maximum 40 seconds.

One (1) Dance No Hold Footwork Sequence: maximum level 1. To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum 30 seconds.

Two (2) Choreo poses (same value as Choreo Lifts).

AGE GROUP: 7 to 9 YEARS

FIGURES:(World Skate Mini) Any 1 group to be drawn by lots

Group 1	8 a/b	11	14
Group 2	9 a/b	10	14

Figure no.	A / B	Figure	A Direction	B Direction
8	a & b	Three	ROF – LIB	LOF –RIB
9	a & b		RIF – LOB	LIF – ROB
10	a	Double Three	ROF – LOF	
11	a		RIF – LIF	
14	a	Loop	ROF – LOF	

FREE SKATING(same as World Skate Mini)2:45 +/- 10 sec

A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and

double salchow are allowed.

- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- It is mandatory to perform an Axel that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in

combination.

- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there MUST be at least one toe loop element (single or double).
- Two (2) spin elements must be performed. One of them MUST be a combination spin (maximum

three (3)

positions) and must include a sit spin. Broken ankle, heel, and inverted are NOT allowed. The two spins must be

different.

- One (1) footwork sequence maximum level 2, maximum thirty (30) seconds.

PAIR SKATING: 2:30 minutes +/- 10 seconds. (as per World Skate – Mini)

Maximum two (2) side by side jumps (not in combo). Maximum Axel, Double Toe loop, Double Salchow.

One (1) side by side one position or combo spin, selected from upright and sit (any edge). Maximum of two (2)

positions if combo spin.

Maximum two (2) throw jumps: single rotation or axel maximum (must be different jumps).

One (1) contact spin: one (1) position selected from upright, sit, hazel.

One (1) spiral, angel (camel) BO.

One (1) footwork sequence maximum level 2, maximum 30 seconds.

LIFTS ARE NOT ALLOWED.

INLINE: (as per world skate Tots): 2:00 minutes +/- 10 seconds

Jumps: Maximum 3 jump elements- Maximum 1 combination of 2 jumps Only 1 rotation jump, Waltz jump and single Axel (1A) are allowed, on their own or in combination. The same jump cannot be presented more than twice. If a jump is presented twice, at least one of them must be in a combination.

Spins: Maximum 2 spins. Only Upright, Sit or Camel are allowed. There must be one spin of each of the following types in the program: - One Solo Spin One Combo Spin (Maximum 3 positions) A position with the same base value (with the same foot and edge) cannot be presented more than twice. In a Combo Spin, minimum one (1) rotation per position.

Footwork Sequence: Maximum 1 Footwork Sequence. Maximum thirty (30) seconds. Maximum Level 1. To achieve level 1 Tots must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.

Choreo Sequence: Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. It must include one "clear" and "visible" skating element (Ina bauer, spread eagle, camel position, artistic upright position on one foot, etc.).

SOLO DANCE: (as per World Skate -Minis)

Compulsory Dance: (a) Denver shuffle (b) La Vista Cha Cha **(final dance to be performed will be drawn by lot 24**

hours prior to competition)

Free Dance: Timing: 2:15 minutes +/- 10 seconds

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

Footwork sequence, maximum level 1, maximum 30 seconds.

Artistic footwork sequence, maximum level 1, maximum 30 seconds.

One (1) traveling sequence, maximum level 1.

One (1) choreographic sequence.

Couple Dance: (as per World Skate -Minis)

Compulsory Dance: (a) Denver shuffle (b) La Vista Cha Cha **(final dance to be performed will be drawn by lot 24**

hours prior to competition)

Free Dance: Timing: 2:45 minutes +/- 10 seconds.

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

One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.

One (1) Dance No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.

One (1) Traveling sequence. Maximum level 1.

One (1) Choreo lift.

AGE GROUP: 9 to 11 YEARS

FIGURES:(World Skate Espoir) Any 1 group to be drawn by lots

Group 1	19 a/b	22 a/b	30 a/b
Group 2	18 a/b	28 a/b	15
Group 3	13	19 a/b	30 a/b

Figure no.	A / B	Figure	A Direction	B Direction
13	a	Double Three	RIB – LIB	
15	a	Loop	RIF – LIF	
18	a & b	Bracket	ROF – LIB	LOF – RIB
19	a & b		RIF – LBO	LIF – RBO
22 a/b	a & b	Counter	ROF – LBO	LOF – RBO
28 a/b	a & b	Change Double Three	RFOI – LFIO	LFOI – RFIO
30 a/b	a & b	Change Loop	RFOI – LFIO	LFOI – RFIO

FREE SKATING (same as World Skate Espoir) 3:15 +/- 10 sec

A maximum of ten (10) jumps are allowed excluding the connecting one (1) rotation jumps in the combinations. (double axel and triples are not allowed). It is mandatory to perform an Axel that can be presented also in combination.

Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5). In calculating the value of the combination jumps the connecting jumps will not be counted. Axel, singles, and doubles cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Minimum two (2), maximum three (3) spin elements are allowed. One of them must be a combination spin and must include a sit spin and one MUST be a solo spin. If 2 combos are presented, one of maximum four (4) positions and one of maximum three (3) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the three spins must be different.

One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

PAIR SKATING: 3:00 minutes +/- 10 seconds. (as per World Skate – Espoir)

One (1) one position lift*.

One (1) combo lift*.

Axel, Flip Reversed Split position, etc. No overhead lifts allowed. Each combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lift must not exceed four (4) rotations.

Maximum two (2) side by side jumps with a maximum of two (2) rotations (No double axel or triples allowed).

One (1) may be a combo of maximum two (2) jumps.

One (1) side by side combination spin with a maximum of two (2) positions, selected from upright and sit (any edge), camel FO & BO.

Maximum two (2) throw jumps – Axel, Double Toe loop, Double Salchow (must be different).

One (1) combination contact spin with a maximum of two (2) positions. Selected from upright, sit, hazel and camel in kilian, face to face, arabesque position.

One (1) spiral: Camel BO for 2022 (Man's position: the pivot must be clear with the hips no higher than the skating knee. The edge must be clear and continuous. Ladies positions: Camel spiral: the position must be a correct camel position held for the whole execution as well as on the required edge.)

One (1) footwork sequence maximum level 3, maximum 30 seconds.
The lifts take-offs must be different.

INLINE: (as per world skate Mini): 2:30 minutes +/- 10 seconds

Jumps: Maximum 4 jump elements. Maximum 2 combinations of 2 jumps. The presence of an Axel-type jump is compulsory. Only 1 rotation jump, waltz jump and single Axel (1A), double Toeloop (2T) and double Salchow (2S) are allowed, on their own or in combination. The same jump cannot be presented more than twice. If a jump is presented twice, at least one of them must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.

Spins: Maximum 2 spins. Only Upright, Sit or Camel are allowed. There must be one spin of each of the following types in the program: One Solo Spin and One Combo Spin (Maximum 3 positions). A position with the same base value (with the same foot and edge) cannot be presented more than twice. In a Combo Spin, minimum one (1) rotation per position.

Footwork Sequence: Maximum 1 Footwork Sequence. Maximum thirty (30) seconds. Maximum Level 2.

Choreo Sequence: Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds. It must include one "clear" and "visible" skating (Ina bauer, spread eagle, camel position, artistic upright position on one foot, etc.)

SOLO DANCE: (as per World Skate -Espoir)

Compulsory Dance (a) Manhattan blues (b) Werner Tango **(final dance to be performed will be drawn by lot 24**

hours prior to competition)

Free Dance: Timing: 2:30 minutes +/- 10 seconds

Footwork sequence, maximum level 2, maximum 30 seconds.

Artistic footwork sequence, maximum level 2, maximum 30 seconds.

One (1) traveling sequence, maximum level 2.

One (1) choreographic sequence.

Couple Dance: (as per World Skate -Espoir)

Compulsory Dance: (a) Manhattan blues (b) Werner Tango **(final dance to be performed will be drawn by lot 24**

hours prior to competition)

Free Dance: Timing: 3:00 minutes +/- 10 seconds.

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

One (1) Dance Hold Footwork Sequence: maximum level 2, maximum 40 seconds.

One (1) No Hold Footwork Sequence: maximum level 2, maximum 30 seconds.

One (1) Traveling sequence. Maximum level 2.

Two (2) Lifts : stationary and combo. Maximum level 2.

One Choreo lift.

AGE GROUP: 11 to 14 YEARS

FIGURES :(World Skate Espoir) Any 1 group to be drawn by lots

Group 1	19 a/b	22 a/b	30 a/b
Group 2	18 a/b	28 a/b	15
Group 3	13	19 a/b	30 a/b

Figure no.	A / B	Figure	A Direction	B Direction
13	a	Double Three	RIB – LIB	
15	a	Loop	RIF – LIF	
18	a & b	Bracket	ROF – LIB	LOF – RIB
19	a & b		RIF – LBO	LIF – RBO
22 a/b	a & b	Counter	ROF – LBO	LOF – RBO
28 a/b	a & b	Change Double Three	RFOI – LFIO	LFOI – RFIO
30 a/b	a & b	Change Loop	RFOI – LFIO	LFOI – RFIO

FREE SKATING (same as World Skate Espoir)3:15 +/- 10 sec

A maximum of ten (10) jumps are allowed excluding the connecting one (1) rotation jumps in the combinations. (double axel and triples are not allowed). It is mandatory to perform an Axel that can be presented also in combination.

Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5). In calculating the value of the combination jumps the connecting jumps will not be counted. Axel, singles, and doubles cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Minimum two (2), maximum three (3) spin elements are allowed. One of them must be a combination spin and must include a sit spin and one MUST be a solo spin. If 2 combos are presented, one of maximum four (4) positions and one of maximum three (3) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the three spins must be different.

One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

PAIR SKATING: (as per World Skate – Junior)

Short Programme: 3:00 min +/- 5 seconds

A throw jump

One contact spin: one position spin

One side by side jump (no combination).

One side by side spin: combination spin

One death spiral: Outside

One footwork sequence, maximum 40 seconds.

Two (2) one position lifts of no more than four (4) rotations for the man.

Long Programme: 4:30 minutes +/- 10 seconds.

Maximum two (2) throw jumps (must be different jumps).

One (1) twist jump.

One (1) contact spin: combo – the combination should contain a maximum four (4) positions.



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Maximum two (2) side by side jumps elements. One (1) must be a solo jump; the other can be a combination

jump (maximum four (4) jumps).

One (1) side by side spin: one position

- One (1) death spiral: Inside

- One (1) footwork sequence maximum 40 seconds.

- Two (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one (1)

combination lift

with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4

positions). The lifts take-offs must be different.

INLINE: (as per world skate Junior):

Short Programme: 2:45 minutes +/- 5 seconds.

One (1) Axel-type jump: Single, Double or Triple.

One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.

One (1) Solo Jump preceded by steps: Double or Triple. There must not be a pause between the steps and the start of the jump. If a skater makes a single jump (one turn), it will be invalidated. Axel-type jump is not allowed in this item.

One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position or a change of foot keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme.

One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.

One (1) Footwork Sequence: Maximum forty (40) seconds.

Long Programme: ladies 4:00 minutes +/- 10 seconds - men from 4:00 to 4:30 minutes

Jumps: Maximum 8 jump elements for men; and 7 jump elements for women. - Maximum 3 combinations. Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps. The presence of an Axel-type jump is compulsory. Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.

Spins: Maximum 3 spins. Minimum two (at least one of each type):

- One Solo Spin

- One Combo Spin (Maximum 5 positions)

A position with the same base value (with the same foot and edge) cannot be presented more than twice.

Remember: In a Combo Spin, minimum two (2) rotation per position.

Footwork Sequence: Maximum 1 Footwork Sequence. Maximum forty (40) seconds.

Choreo Sequence: Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds

SOLO DANCE: (as per World Skate - Junior)

Style Dance: Timing: 2:50 minutes +/- 10 seconds - Rhythm: Swing Medley.

1. Compulsory: Rocker Foxtrot 1 Sequence
2. Artistic footwork sequence, maximum 40 seconds.
3. Cluster sequence, maximum 20 seconds.
4. Traveling sequence. Maximum duration of the traveling is ten (10) seconds

Free Dance: Timing: 3:30 minutes +/- 10 seconds

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

1. Footwork sequence, maximum 40 seconds.
2. Artistic footwork sequence, maximum 40 seconds.
3. One (1) traveling sequence. Maximum duration of the traveling is ten (10) seconds
4. One (1) cluster sequence, maximum 20 seconds.
5. One (1) choreographic sequence.

Couple Dance: (as per World Skate - Junior)

Style Dance: Timing: 3:00 minutes +/- 10 seconds – Rhythm: Musical Opera

1. Compulsory: Viennese Waltz – Section 1
2. One (1) no hold footwork sequence, maximum 40 seconds.
3. One (1) hold cluster sequence, maximum 20 seconds.
4. One (1) dance lift: Combo lift

Free Dance: Timing: 3:50 minutes +/- 10 seconds

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

1. Stationary lift.
2. Rotational lift.
3. Choreographic lift.
4. Hold footwork sequence, maximum 50 seconds.
5. One partner footwork sequence, maximum 25 seconds.
6. No hold synchronized cluster sequence, maximum 20 seconds.
7. Synchronized Traveling sequence. Maximum duration of the traveling is ten (10) seconds.



AGE GROUP: 14 to 17 YEARS
(World Skate Junior to be followed)

FIGURES: Any 1 group to be drawn by lots

Group 1	42 a/b	38 a/b	36 a/b
Group 2	43 a/b	31 a/b	40 a/b
Group 3	44 a/b	38 a/b	40 a/b
Group 4	45 a/b	31 a/b	37 a/b

Figure	A / B	Figure	A Direction	B Direction
31	a & b	Change Loop	RBOI – LBIO	LBOI – RBIO
36	a & b	Paragraph Double Three	ROF – LIF	LOF – RIF
37	a & b		ROB – LIB	LOB – RIB
38	a & b	Paragraph Loop	RFOI – LFIO	LFOI – RFIO
40	a & b	Paragraph Bracket	ROF – LIF	LOF – RIF
42	a & b	Forward Outside Counter combined with bracket and inside Counter	ROF – LIF	LOF – RIF
43	a & b	Forward Outside Rocker combined with outside Double Three	ROF – LOB	LOF – ROB
44	a & b	Forward inside Rocker combined with inside Double Three	RIF – LIB	LIF – RIB
45	a & b	Backward Outside Counter combined with Bracket and inside Counter	ROB – LIB	LOB – RIB

FREE SKATING

Short Programme: 2:45 minutes +/- 5 seconds

Axel – single, double or triple.

Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps).

In

calculating the value of the combination jumps the connecting jumps will not be counted.

Solo jump – single, double, triple... (cannot be an Axel).

One position spin.

One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.

Footwork sequence maximum forty (40) seconds.

Long Programme: **LADIES: – 4:15 TO 4:30 MINUTES; MEN: – 4:30 MINUTES +/- 10 SECS**

Jumps:

A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination. Maximum three (3) jumps combinations. The number of jumps within the combination cannot be more than five (5) including the connecting jumps. In calculating the value of the combination jumps the connecting jumps will not be counted.

It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.

Axel, singles, doubles, and triples cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Spins:

Minimum two (2), maximum three (3) spin elements are allowed. One of them MUST be a combination spin and must include a sit spin and one MUST be a solo spin. If 2 combos are presented, one of maximum five (5) positions and one of maximum three (3) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two RBO Camels, maximum two LBI Sit etc.). The three spins must be different.

Footwork sequences:

One (1) footwork sequence, maximum forty (40) seconds.

One (1) choreographic sequence, maximum thirty (30) seconds.

PAIR SKATING:

Short Programme: 3:00 min +/- 5 seconds

A throw jump

One contact spin: one position spin

One side by side jump (no combination).

One side by side spin: combination spin

One death spiral: Outside

One footwork sequence, maximum 40 seconds.

Two (2) one position lifts of no more than four (4) rotations for the man.

Long Programme: 4:30 minutes +/- 10 seconds.

Maximum two (2) throw jumps (must be different jumps).

One (1) twist jump.

One (1) contact spin: combo - the combination should contain a maximum four (4) positions.

Maximum two (2) side by side jumps elements. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps).

One (1) side by side spin: one position

- One (1) death spiral: Inside

- One (1) footwork sequence maximum 40 seconds.

- Two (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one (1) combination lift with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions). The lifts take-offs must be different.

INLINE:

Short Programme: 2:45 minutes +/- 5 seconds.

One (1) Axel-type jump: Single, Double or Triple.

One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.

One (1) Solo Jump preceded by steps: Double or Triple. There must not be a pause between the steps and the start of the jump. If a skater makes a single jump (one turn), it will be invalidated. Axel-type jump is not allowed in this item.

One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position or a change of foot keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme.

One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.

One (1) Footwork Sequence: Maximum forty (40) seconds.

Long Programme: ladies 4:00 minutes +/- 10 seconds – men from 4:00 to 4:30 minutes

Jumps: Maximum 8 jump elements for men; and 7 jump elements for women. – Maximum 3 combinations. Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps. The presence of an Axel-type jump is compulsory. Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.

Spins: Maximum 3 spins. Minimum two (at least one of each type):

- One Solo Spin
- One Combo Spin (Maximum 5 positions)

A position with the same base value (with the same foot and edge) cannot be presented more than twice.

Remember: In a Combo Spin, minimum two (2) rotation per position.

Footwork Sequence: Maximum 1 Footwork Sequence. Maximum forty (40) seconds.

Choreo Sequence: Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds

SOLO DANCE:

Style Dance: Timing: 2:50 minutes +/- 10 seconds – Rhythm: Swing Medley.

1. Compulsory: Rocker Foxtrot 1 Sequence
2. Artistic footwork sequence, maximum 40 seconds.
3. Cluster sequence, maximum 20 seconds.
4. Traveling sequence. Maximum duration of the traveling is ten (10) seconds.

Free Dance: Timing: 3:30 minutes +/- 10 seconds

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

1. Footwork sequence, maximum 40 seconds.
2. Artistic footwork sequence, maximum 40 seconds.
3. One (1) traveling sequence. Maximum duration of the traveling is ten (10) seconds.
4. One (1) cluster sequence, maximum 20 seconds.
5. One (1) choreographic sequence.

Couple Dance:

Style Dance: Timing: 3:00 minutes +/- 10 seconds – Rhythm: Musical Opera

1. Compulsory: Viennese Waltz – Section 1
2. One (1) no hold footwork sequence, maximum 40 seconds.
3. One (1) hold cluster sequence, maximum 20 seconds.
4. One (1) dance lift: Combo lift

Free Dance: Timing: 3:50 minutes +/- 10 seconds

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

1. Stationary lift.
2. Rotational lift.
3. Choreographic lift.
4. Hold footwork sequence, maximum 50 seconds.
5. One partner footwork sequence, maximum 25 seconds.
6. No hold synchronized cluster sequence, maximum 20 seconds.
7. Synchronized Traveling sequence. Maximum duration of the traveling is ten (10) seconds.

AGE GROUP: Above 17 YEARS
(World Skate Senior to be followed)

FIGURES: Any 1 group to be drawn by lots

Group 1	46 a/b	39 a/b	47 a/b
Group 2	48 a/b	38 a/b	49 a/b
Group 3	50 a/b	39 a/b	51 a/b
Group 4	52 a/b	38 a/b	53 a/b

Figure	A / B	Figure	A Direction	B Direction
38	a & b	Paragraph Loop	RFOI - LFIO	LFOI - RFIO
39	a & b		RBOI - LBIO	LBOI - RBIO
46	a & b	Forward Outside Double Three combined with outside Rocker and backward Double Three paragraph (2 circuits)	ROF - LOB	LOF - ROB
47	a & b	Forward Outside Bracket combined with inside Counter and backward Bracket paragraph (2 circuits)	ROF - LOB	LOF - ROB
48	a & b	Backward Double Three combined with outside Rocker and forward Double Three paragraph (2 circuits)	ROB - LOF	LOB - ROF
49	a & b	Backward Outside Bracket combined with inside Counter and forward Bracket paragraph (2 circuits)	ROB - LOF	LOB - ROF
50	a & b	Forward Double Three combined with outside Counter and backward Double Three paragraph (2 circuits)	ROF - LOB	LOF - ROB
51	a & b	Forward Outside Bracket combined with inside Rocker and backward Bracket paragraph (2 circuits)	ROF - LOB	LOF - ROB
52	a & b	Backward Outside Double Three combined with outside Counter and forward Double Three paragraph (2 circuits)	ROB - LOF	LOB - ROF
53	a & b	Backward Outside Bracket combined with inside Rocker and forward Bracket paragraph (2 circuits)	ROB - LOF	LOB - ROF

FREE SKATING

Short Programme: 2:45 minutes +/- 5 seconds

Axel – single, double or triple.

Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps).

In

calculating the value of the combination jumps the connecting jumps will not be counted.

Solo jump – single, double, triple... (cannot be an Axel).

One position spin.

One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.

Footwork sequence maximum forty (40) seconds.

Long Programme: Ladies: 4:15 to 4:30 minutes – Men: 4:30 minutes +/- 10 seconds.

Jumps:

A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination. Maximum three (3) jumps combinations. The number of jumps within the combination cannot be more than five (5) including the connecting jumps. In calculating the value of the combination jumps the connecting jumps will not be counted.

It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination. Axel, singles, doubles, and triples cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Spins:

Minimum two (2), maximum three (3) spin elements are allowed. One of them MUST be a combination spin and must include a sit spin and one MUST be a solo spin. If 2 combos are presented, one of maximum five (5) positions and one of maximum three (3) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two RBO Camels, maximum two LBI Sit etc.). The three spins must be different.

Footwork sequences:

One (1) footwork sequence, maximum forty (40) seconds.

One (1) choreographic sequence, maximum thirty (30) seconds.

PAIR SKATING:

Short Programme: 3:00 min +/- 5 seconds

A throw jump

One contact spin: one position spin

One side by side jump (no combination).

One side by side spin: combination spin

One death spiral: outside

One footwork sequence, maximum 40 seconds.

One position lift of no more than four (4) rotations for the man.

One combination lift of no more than eight (8) rotations of the man and no more than two (2)

changes of

position for the lady (3 positions).

Long Programme: 4:30 minutes +/- 10 seconds.

Maximum two (2) throw jumps (must be different jumps).

One (1) twist jump.

One (1) contact spin: combo – the combination should contain a maximum four (4) positions.

Maximum two (2) side by side jumps elements. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps). The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only single rotation jumps at the beginning or end, doubles and triples in the combination will have a value).

One (1) side by side spin: one position

One (1) death spiral: Inside

One (1) footwork sequence maximum 40 seconds.

Three (3) lifts: one (1) one position lift (no more than four (4) rotations of the man) and two (2)

combination lifts

with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions).
The lifts take-offs must be different

INLINE:

Short Programme: 2:45 minutes +/- 5 seconds.

One (1) Axel-type jump: Single, Double or Triple.

One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.

One (1) Solo Jump preceded by steps: Double or Triple. There must not be a pause between the steps and the start of the jump. If a skater makes a single jump (one turn), it will be invalidated. Axel-type jump is not allowed in this item.

One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position or a change of foot keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme.

One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.

One (1) Footwork Sequence: Maximum forty (40) seconds.

Long Programme: ladies 4:00 minutes +/- 10 seconds - men from 4:00 to 4:30 minutes

Jumps: Maximum 8 jump elements for men; and 7 jump elements for women. Maximum 3 combinations. Only one of them can contain up to five (5) jumps, including the Connecting Jumps. The other combinations can contain a maximum of three (3) jumps, including Connecting Jumps. The presence of an Axel-type jump is compulsory. Axels, single, double or triple jumps cannot be presented more than twice as jumps with technical value. If presented twice, one must be in a combination. For a jump to be considered "equal" it must have the same nomenclature, i.e. the same entry and the same number of rotations. 1T and 2T are not the same.

Spins: Maximum 3 spins. Minimum two (at least one of each type):

- One Solo Spin

- One Combo Spin (Maximum 5 positions)

A position with the same base value (with the same foot and edge) cannot be presented more than twice.

Remember: In a Combo Spin, minimum two (2) rotation per position.

Footwork Sequence: Maximum 1 Footwork Sequence. Maximum forty (40) seconds.

Choreo Sequence: Maximum 1 Choreo Sequence. Free pattern and maximum thirty (30) seconds.

SOLO DANCE:

Style Dance: Timing: 2:50 minutes +/- 10 seconds - Rhythm: Modern Medley.

1. Compulsory: Rhythm Roll Dance Section 1
2. Artistic footwork sequence, maximum 40 seconds.
3. Cluster sequence, maximum 20 seconds.
4. Traveling sequence. Maximum duration of the traveling is ten (10) seconds.

Free Dance: Timing: 3:30 minutes +/- 10 seconds

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

1. Footwork sequence, maximum 40 seconds.
2. Artistic footwork sequence, maximum 40 seconds.
3. One (1) traveling sequence. Maximum duration of the traveling is ten (10) seconds.
4. One (1) cluster sequence, maximum 20 seconds.
5. One (1) choreographic sequence.

Couple Dance:

Style Dance: Timing: 3:00 minutes +/- 10 seconds – Rhythm: – Rhythm: Musical Opera

1. Compulsory: Starlight Waltz – From Step 20 to Step 34
2. One (1) no hold footwork sequence, maximum 40 seconds.
3. One (1) hold cluster sequence, maximum 20 seconds.
4. One (1) dance lift: Combo lift

Free Dance: Timing: 3:50 minutes +/- 10 seconds

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

1. Stationary lift.
2. Rotational lift.
3. Choreographic lift.
4. Hold footwork sequence, maximum 50 seconds.
5. One partner footwork sequence, maximum 25 seconds.
6. No hold synchronized cluster sequence, maximum 20 seconds.
7. Synchronized Traveling sequence. Maximum duration of the traveling is ten (10) seconds.

GROUP EVENTS:

Quartet : 3:00 minutes +/- 10 seconds

They shall not be made up of two couples, pairs or dance, but four skaters acting as a group.

All jumps with one rotation plus single axel, double toe loop and double salchow are allowed.

Spins are allowed except heels, broken ankle and inverted. Jumps and Spins will have the value like steps-transitions.

When sending the entries for Quartets a short explanation of no more than 25 words must be attached to the entries describing the performance in **English**. These descriptions will be given to the Judges and announced by the speaker once the group is in position and before starting the music.

Show Group (as per World skate small groups): 4:30 – 5:00 minutes +/- 10 seconds

Age Group	Number of Skaters	Timing
7 to 11 years	6 to 9	4:00 – 4:30 minutes +/- 10 seconds
11 and above	8 to 10	4:30 – 5:00 minutes +/- 10 seconds

Individual and artistic pairs skating are not allowed. Skating will be assessed as a whole.

Jumps with more than one (1) revolution are not allowed.

Only upright and sit spins without travelling are allowed.

When sending the entries for Show Group, a short explanation of no more than 25 words must be attached to the

entries describing the performance in **English**. These descriptions will be given to the Judges and announced by the

speaker once the group is in position and before starting the music.

Precision

Age Group	Number of Skaters	Timing
7 to 11 years	6 to 8	3:00 minutes +/- 10 seconds
11 and above	8 to 12	4:00 minutes +/- 10 seconds

Under 11: 3:00 minutes +/- 10 seconds

One (1) Linear element: Block

One (1) Travelling element: Wheel

One (1) Rotating element – Circle

One (1) Intersection element (with a point of intersection mandatory)

One (1) No Hold element with step sequence

Above 11 (as per World Skate Junior): 4:00 minutes +/- 10 seconds

Linear Element	Traveling Element	Rotating Element	Pivoting Element
One (1) Block	One (1) Wheel	One (1) Circle	One (1) Line
Intersection Element	Intersection Element	No Hold element	
One (1) Intersection (with point of intersection mandatory)	One (1) creative Intersection different shape from the previous	One (1) No Hold element (additional feature step sequence mandatory)	



NOTE:

- For technical details (including compulsory dance patterns and music as well as details on Artistic Impression (B marks)) please refer to the Artistic Skating Technical Rules 2022 on the World Skate website (worldskate.org)
- For the age group 14 to 17 and Above 17 years; where the requirements are as per World Skate Junior and Senior Groups; any changes made by the World Skate for the year 2022 will be incorporated for all events taking place for the year 2022
- For pairs and couple dance, the category will be determined by the age of the older partner
- State Association that will enter a male athlete in the Solo Dance category will also have to enter a Dance Couple in the same category (Cadet, Sub Junior, Junior & Senior). It is not necessary that the athlete enrolled in Solo Dance is the same as the Couple.
- In all events quad skates are permitted, except for inline competitions. In Show and Precision events each team member must have the same type of skates. They have the choice of either quad or Inline skates for each member or each team. There are no restrictions on skate frames, wheels, or boots.
- A skater can only participate in 6 out of 9 events in artistic.
- For Individual Event as under, the skater can participate in any of the following events:
 1. Figure Skating
 2. Solo Dance
 3. Free skating – either Quad or Inline – participating in both will not be allowed

For Team events, skater can participate in:

1. Pair Skating
2. Couple Dance
3. Quartet
4. Show Group or Precision – only 1 – not possible to participate in both

- For Free Skating, the skater has to choose either Quad or Inline. The same skater cannot participate in both events.
- State Association that will enter two or more male athletes in the Free Skating category will also have to enter a team in Pair Skating in the same category (for this purpose the category will (a) Cadet, (b) Sub Junior, Junior (c) Senior). It is not necessary that the athlete enrolled in Free Skating is the same as the Pair.
- World Skate 2022 rules will be applicable so World Skate Rule books to be referred for levels and other technical details.

ROLLER SKATING FEDERATION OF INDIA -age group: 5 to 7 Couple Free Dance (2:00 minutes +/- 10 seconds)

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

- One (1) Dance Hold Footwork Sequence: maximum level 1. To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk. maximum 40 seconds.
- One (1) Dance No Hold Footwork Sequence: maximum level 1. To achieve level 1 each skater must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum 30 seconds.
- Two (2) Choreo poses

CHOREO POSE: marks per pose.

The Choreographic pose is a held position of the couple that creates an interesting or artistic design in space. • The choreographic pose will be inserted to enhance or underline a part of the choreography. • The lift must be done in movement across the floor, not in stationary or stopped position. It cannot last more than ten (10) seconds.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Execution	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Music	Not coherent with the music and choreography	No choreographic reason Poor in originality	Good but meaningless	Some coherence with the music and choreography	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
<u>per pose marks</u>	0.2	0.4	0.6	0.8	1.0	1.2	1.5

Dance No Hold Footwork Sequence: maximum level 1. – Max. time 20 seconds

The four (4) steps that will be counted towards the level are: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk,

Base Level: • Skaters must include steps/linking steps. • The pattern is free; it must cover at least ¾ of the length of the rink.

No Level: Three turns not performed and between ½ to ¾ of the length covered

Level 1: Base Level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Edges/sureness	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent /variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe-pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Spacing between partners (not touching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease

Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Many variations in pathways, and logical distribution
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
No level	0	0.1	0.3	0.4	0.6	0.8	1.0
Base Level	0.3	0.5	0.8	1.1	1.5	1.7	2.0
Level 1	0.5	0.9	1.3	1.7	2.1	2.6	3.0

Hold Footwork Sequence: maximum level 1.

The four (4) steps and turns that will be counted towards the level are: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum 20 seconds. It MUST start from the short side of the rink and it must arrive on the opposite short side of the rink. turns executed during the dance hold footwork sequence can be the same between the two skaters (e.g. 2 brackets and 2 rockers), or different (e.g. one skater executes a turn and the other a step).

Base level requirements: • Skaters must include steps/linking steps. • Skaters must be in hold. • The pattern is free, it must cover at least $\frac{3}{4}$ of the length of the rink. • The couple must perform a minimum of two (2) different recognized dance positions

No Level: only 1 dance position done and coverage is between $\frac{1}{2}$ and $\frac{3}{4}$ of the length of the rink

Level 1 : Base Level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Features

1. Body movements: three (3) different body movements are required they must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Edges/sureness	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent/variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Many variations in pathways, and logical distribution
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Managing	Struggling and	Awkward	Laboured/	Generally	Correct &	Very good	Smooth &

Holds	uncontrolled		variable	correct and controlled	controlled	control & positioning	effortless
No Level	0.1	0.3	0.5	0.7	1.0	1.2	1.5
Base level	0.3	0.5	1.0	1.5	2.0	2.5	3
Level 1	1	1.5	2	2.5	3	3.5	4

ROLLER SKATING FEDERATION OF INDIA
ARTISTIC SKATING – QUAD 5-7 AGE GROUP PROGRAM (A MARKS)

Time : 2:30+/-10sec

A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump. • The same jump cannot be presented more than three (3) times.

- Maximum two (2) jumps combinations are allowed. • The number of jumps within the combination cannot be more than five (5).
- Two (2) spin elements must be performed. One of them MUST be a combination spin (maximum three (3) positions). ONLY upright positions and sit positions are allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1. To achieve level 1 Tots must have one of each of four (4) steps and turns confirmed: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, maximum thirty(30) seconds.

JUMP	Per jump (a jump to be counted once only)		Single	Feature
			Per jump/max.marks	
		waltz	0.3	0.14
		Toe loop / salchow	0.5	0.2
		flip / lutz	0.7	0.28
		loop / eular	0.9	0.36
		Jump Combination – minimum 2 and maximum 5 jumps		
		Upto 3 jump	1.0	0.40
		More than 3 jump	1.5	0.60

SPINS: Two (2) spin elements must be performed. One of them MUST be a combination spin (maximum three (3) positions). ONLY upright positions and sit positions are allowed. The two spins must be different.

SPINS		Marks	Features
	2 foot spin - each (only if 4 wheels on floor)	0.3	0.12
	Upright - each	0.5	0.2
	Combination spin - upright	0.7	0.3
	Combination spin - with sit	1.1	0.44

STEP SEQUENCE • Base level - The pattern is free; it must cover at least $\frac{3}{4}$ of the length of the rink. the steps & turns that can be counted toward the level are inside three turn, outside three turn, cross in front and open mohawk. Each type of step/turn can be attempted twice. One of each type must be confirmed to obtain the level.

<p>Marks for No Level will be given only if the rink coverage is between $\frac{1}{2}$ to $\frac{3}{4}$th - less than $\frac{1}{2}$ will not get an marks</p> <p>Level 1: Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only) The four (4) steps and turns that will be counted towards the level include: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.</p> <p style="text-align: center;">Footwork sequence Features</p> <p>Body movements: three (3) different body movements are required, they must be one from each spatial group: high, medium, low. Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted</p> <p>2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.</p>	No level	0.5 -1.0
	Base Level	1.1 -2.0
	Level – 1	2.1 -3.0

LONG PROGRAMME – Deductions

Each set element not attempted	0.5	by the Referee –	A mark
Each fall	0.2	by the Referee –	B mark

Features List

JUMPS

Very good height and length.

- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

SPINS

Good ability in centring the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position)

Good speed and acceleration during the execution.

Difficult variations

Number of rotations much higher than the minimum

Balanced number of rotations for combination spin

Matching the execution of the element with the music structure.

FOOTWORK SEQUENCE

Deep and clean edges (including entry and exit from change of directions).

- Clearness and precision.
- Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.
- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

CHOREO SEQUENCE (for B Marks)

New steps, new steps sequence.

- Intricate pattern.
- Originality.
- Variety.
- Musicality.
- Matching with the theme and music.
- Clear movements.
- Good energy.
- Good control and involvement of the whole body.

RSFI – INDIA SKATE National Roller Skating Championship

5 to 7 AGE GROUP PAIR SKATING PROGRAM Time: 2 minutes +/- 10sec

- Maximum one (1) side by side jump (not in combo). Just one (1) rotation jumps can be performed.
- Maximum one (1) side by side combo jump with a maximum of 3 jumps. Just one (1) rotation jumps can be performed.
- Maximum one (1) side by side one position or combo spin, selected from uprights (maximum of two (2) positions if combo spin).
- Maximum one (1) contact spin: one (1) position selected from uprights.
- Maximum one (1) footwork sequence maximum level 1, maximum 20 seconds.
- **LIFTS ARE NOT ALLOWED.**

ELEMENTS		MAX		Break up
1. one (1) side by side combo jump (Just one (1) rotation jumps can be performed)				
Side by Side Combo. jump	2.2	Combi. With ½ round – 2 jumps	0.5 -0.9	
		Combi. With ½ round – more than 2 jumps	1.0 -1.4	
		Combi. With full round – 2 jumps	1.5 -1.8	
		Combi. With full round – more than 2 jumps	1.9 -2.2	
2. ONE (1) SIDE BY SIDE JUMPS ELEMENTS NO COMBINATION.				
SIDE BY SIDE individual JUMP (1)	2.0	Waltz / all half round jumps	0.5 -0.8	
		Toe loop /Salchow	0.9 -1.3	
		Flip / lutz	1.4 -1.7	
		Loop / eular	1.8 -2.0	
3. MAXIMUM ONE (1) SIDE BY SIDE SPIN.				
SIDE BY SIDE SPIN	1.8	Solo 2 leg (4 wheels only)	0.6 -0.8	
		solo upright	0.9 -1.2	
		Upright combo	1.3 -1.8	
4. ONE (1) Contact Spin				
Contact Spinone (1) position selected from uprights	1.8	Only 3 rounds (basic requirement)	0.6 -0.9	
		4 -5 rounds	1.0 -1.3	
		More than 5 round	1.4 -1.8	
5. ONE (1) FOOTWORK SEQUENCE				
FOOTWORK SEQUENCE – Base Level requirements: • Skaters must include steps/linking steps. • It MUST start from the short side of the rink and it must arrive on the opposite short side of the rink. Features: Features 1. Body movements: three (3) different body movements Feature 2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forward to backward will be considered. Feature 5. Holds: skaters must perform 50% of the footwork sequence in Hold	2.2	No level: covers at least 50% but not 3/4 th of the length. Majority turns are 2 foot turns	0.4 -0.9	
		Base Level: The pattern is free; it must cover at least ¾ of the length of the rink. Majority turns are one leg turns	1.0 -1.6	
		Level 1 -Base LevelAND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only). The four (4) steps and turns that will be counted towards the level are: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.	1.7 -2.2	

ROLLER SKATING FEDARATION OF INDIA

SOLO FREE DANCE SCORING SHEET

age group 5 to 7

Time 2:15 +/- 10 minutes

- Footwork sequence, maximum level 1, maximum 30 seconds. 3.5
 - One (1) traveling sequence. Maximum level 1. 1.5
 - One (1) choreographic sequence 2.5 (The sequence must start from a stopped position or a stop and go)
- Artistic Footwork sequence, maximum level 1- maximum 30 seconds. 2.5

FOOTWORK SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted. Each type of turn can only be counted twice.

- Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.
- Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

No Level: Skaters must include steps/linking steps. it must cover at least ½ of the length of the rink

Base Level: Skaters must include steps/linking steps. it must cover at least ¾ of the length of the rink

Level 1 – Base Level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Features

1. Body movements: three (3) different body movements are required; they must be one from each spatial group: High, Medium, Low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable le speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toepushing	Wide stepping / 1 or 2 feet / toepushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURN		Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor Pattern and /or large sections without steps/turns	Poor in Pattern and /or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Limited variations in pathways and/or some illogical distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
NO LEVEL	0.1	0.3	0.7	0.9	1.1	1.3	1.5
Base Level	0.2	0.6	1.0	1.4	1.6	2.0	2.5
LEVEL 1	0.4	1	1.5	2	2.5	3.0	3.5

TRAVELING SEQUENCES • Maximum duration of the traveling is ten (10) seconds)

Base Level traveling requirements: Two (2) sets of two (2) rotations with a maximum of three (3) steps or turns in between
Level 1: Base Level and must include one (1) feature

Features

Group 1

a. Difficult entry in the first set of the element:

- i. Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
- ii. jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
- iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- iv. Turns: rocker or counter: it is not allowed to change the edge before starting rotation.

b. Different feet: one set must be executed on the right foot and one set on the left foot. If executing a third traveling set the change of foot can be between the second and third set.

Group 2

- a. Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Clapsed hands behind the back and far from it.
- d. Arms, one behind and the other infront like a screw.
- e. Straight arms clapsed infront& extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

Group 4 – Extra features

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

- a. Third traveling set (+0.5).
 - i. Must be presented third in the sequence of travelling.
 - ii. Must be of at least the number of rotations required for the maximum level of the category.
 - iii. Must be of minimum three (3) rotations.
 - iv. Must be executed within the ten (10) seconds allowed.
 - v. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
 - vi. Different feet feature from Group 1 can be executed between the second and third set.
 - vii. Change of direction required can be executed between the second and third set
- b. Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
- c. Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.5).
- d. Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	AWKWARD/ OFF BALANCE	HESITANT/LACK OF CONTROL	ABRUPT	SURE/STABLE	SURE AND SMOOTH	WITH EASE	SEAMLESS
CONNECTING STEPS	Completely uncontrolled	Some lack of control and	Labored/ variable	Sure/clean	Smooth/ neat	Very good and	Clever and exquisite

FOOTWORK		wide stepping				stylish	
ROTATIONAL SPEED	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically Wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
NO LEVEL	0	0	0	0.1	0.2	0.3	0.5
Base Level	0	0.1	0.2	0.4	0.6	0.8	1
LEVEL 1	0.1	0.2	0.4	0.6	0.8	1.0	1.5

CHOREO STEP SEQ

(The time to do this sequence is maximum thirty (30) seconds)

There is not a set pattern to follow. Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.

- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.
- The sequence must start from a stopped position or a stop and go and must cover at least $\frac{3}{4}$ of the rink

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
MUSICALITY, PHRASING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
VARIETY, ORIGINALITY, MUSICALITY	No variety, no originality, no musicality	Poor in variety originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
STEPS, TURNS	Very flat, shaky, stumble	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
ENERGY, CONTROL	Completely uncontrolled, no energy	Some lack of control and energy	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
INVOLVEMENT , MOVEMENTS	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movements and involvement	Very good movements and involvement	Completely involved and fine movements
	0.4	0.6	0.8	1.0	1.5	2.0	2.5

Artistic SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn **will not be counted**. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

LEVELS:

No level: few turns and between $\frac{1}{2}$ to $\frac{3}{4}$ of rink coverage

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Features (Features must achieve the correct position to be considered)

Skating elements: three (3) of the following should be inserted to be considered towards the level: Features must achieve the correct position to be considered and the three (3) skating elements must each **come from a different subgroup (a-f as listed)** to be considered as a feature for the level

- a. Ina Bauer using a minimum of six (6) wheels, spread eagles; hackenmond.
- b. Stag jump, split jump, butterfly, fly camel.
- c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jumps.
- d. Biellmann, inverted, ring (vertical or horizontal).
- e. Charlotte, illusion.
- f. Spin of minimum three (3) revolutions performed on one foot and an edge.

IMP: Skating elements should be distributed throughout the sequence with steps/turns in between. Skating element presented one after another will be counted as only one element. skating elements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable le speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURNES	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distributio n	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
NO LEVEL (A)	0	0.1	0.3	0.6	0.9	1.1	1.5
Base Level	0.2	0.6	1.1	1.3	1.5	1.7	2.0
Level 1	0.3	0.6	0.9	1.3	1.7	2.1	2.5

ROLLER SKATING FEDERATION OF INDIA
ARTISTIC SKATING – QUAD 9-11 AGE GROUP PROGRAM (A MARKS) Time 2:45 minutes +/- 10 seconds
TOTAL TO BE DIVIDED BY 2

A maximum of twelve (12) jumps are allowed (excluding connecting jumps) Within the twelve (12) jumps single Axel, double toe-loop and double Salchow are allowed.

② Maximum two (2) jump combinations are allowed. In general, the combo jump should continue on the same foot as the landing of the preceding jump. • Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score. The number of jumps within the combination cannot be more than five (5).

② In the program, there MUST be at least one toe loop element (single or double).

② It is mandatory to perform an Axel that can be presented also in combination.

② Axel and doubles cannot be presented more twice.

② Maximum two (2) spin elements must be performed, one of them MUST be a combination spin (maximum three (3) positions) and must include a sit spin. The same kind of spin cannot be performed twice in the whole program. Broken ankle, heel, and inverted are NOT allowed. The two spins must be different.

② One (1) footwork sequence maximum level 2. maximum thirty (30) seconds

JUMPS per jump (a jump to be counted once only)		SINGLE	FEATURE	DOUBLE	FEATURE
		Per jump / max.		Per jump/max	
	Waltz / attempted axel	0.3	0.1		
	Axel	1.0	0.4		
	Toe loop and salchow	0.4	0.2	1.2	0.4
	Flip, lutz, eular	0.5	0.2		
JUMP COMBINATION Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score	Maximum Two (2) jumps combinations are allowed / marks per combi				
	2 jump	0.7	0.3	One double: 0.6 add Two double: 1.2 add	
	3 jump	1.0	0.4		
	4 jump	1.2	0.5		
	5 jump	1.4	0.6		

SPINS: Maximum two (2) spin elements must be performed, one of them MUST be a combination spin (maximum three (3) positions) and must include a sit spin. The same kind of spin cannot be performed twice in the whole program. Broken ankle, heel, and inverted are NOT allowed

SPIN COMBINATION Towards lower if 1 and towards higher if 2 and more with sit	SIT COMBINATION	MARKS	FEATURE		
			1 or 2	3 or 4	5 or 6
	With up right	0.8 – 1.0	0.3	0.6	0.9
	With sit	1.1 – 1.4	0.4	0.6	1.0
	With camel	1.5 – 1.8	0.5	1.0	1.2
	With lay over	1.6 -1.9	0.6	1.2	1.4
2 nd entry spin - if combination, 0.3 to be added – marks of the highest level of difficulty to be considered for combination	Up right	0.5	0.2	0.3	0.5
	Sit	0.8	0.3	0.5	0.6
	Camel	1.1	0.4	0.6	0.8
	lay over	1.3	0.5	0.8	1.0

STEP SEQUENCE • The pattern is free, it must cover at least ¼ of the length of the rink. maximum level 2. maximum thirty (30) seconds

No Level: rink coverage between ½ to ¾

Level 1: Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Level 2: Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2)

Features

1. Body movements: three (3) different body movements are required,

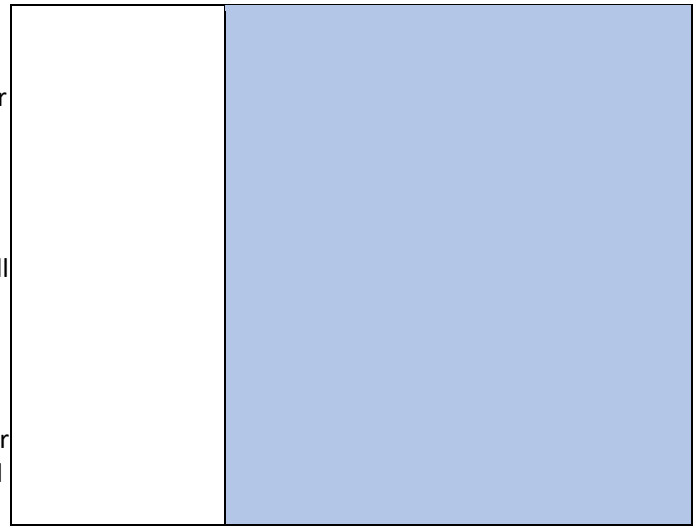
No level	0.6 -1.1
Base Level	1.2 – 2.0
Level - 1	2.2 – 3.0
Level - 2	3.2 – 4.0

they must be one from each spatial group: high, medium, low. Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.

3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed.

4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.



TOTAL MARKS TO BE DIVIDED BY 2 FOR THE FINAL SCORE

FEATURES

FEATURES

JUMPS

Very good height and length.

- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

SPINS

Good ability in centering the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

Good speed and acceleration during the execution.

Difficult entry (e.g. fly camel, butterfly).

Difficult variations of positions.

Balanced number of rotations for each position (combination spins).

Number of rotations much higher than the minimum.

Matching the execution of the element with the music structure.

Difficult traveling.

STEP SEQUENCE

Deep and clean edges (including entry and exit from change of directions).

Clearness and precision

Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.

- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

ROLLER SKATING FEDERATION OF INDIA

COUPLE FREE DANCE SCORING SHEET -

age group: 7 to 9

Free Dance 2:45 minutes +/- 10 seconds)

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

One (1) Dance Hold Footwork Sequence: maximum level 1, maximum 40 seconds.: 3.0

One (1) Dance No Hold Footwork Sequence: maximum level 1, maximum 30 seconds.: 2.5

One (1) Traveling sequence. Maximum level 1. : 2.5

One (1) Choreo lift.: 2.0

The choreographic lift will be inserted to enhance or underline a part of the choreography.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effortless
Music	Not coherent with the music and choreography	No choreographic reason Poor in originality	Good but meaningless	Some coherence with the music and choreography	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
	0.3	0.5	0.8	1.1	1.4	1.7	2.0

NO HOLD FOOTWORK SEQUENCES – max. 30 seconds

No Level: Skaters must include steps/linking steps. The pattern is free, it must cover between ½ to ¾ of the length of the rink.

Base level requirements:• Skaters must include steps/linking steps. The pattern is free, it must cover at least ¾ of the length of the rink.

Level 1: Base level AND must perform 4 turns and must include one(1) feature (chosen between feature 1 or 2 only).

Features

1. **Body movements:** three (3) **different** body movements are required;

2. **Choctaws:** skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Edges/sureness	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsisten t/variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%

Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Spacing between partners (not touching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
NO Level	0.1	0.2	0.3	0.4	0.6	0.8	1.0
Base Level	0.3	0.5	0.7	0.9	1.2	1.5	1.8
Level 1	1.1	1.3	1.5	1.8	2.1	2.3	2.5

FOOTWORK SEQUENCE - HOLD - •Max. 30 seconds

FOOTWORK SEQUENCE - HOLD –

Base level requirements: Skaters must include steps/linking steps. • Skaters must be in hold. • The pattern is free, it must cover at least $\frac{3}{4}$ of the rink. • The couple must perform a minimum of two (2) different recognized dance positions*.

No Level: Skaters must include steps/linking steps. • Skaters must be in hold. • The pattern is free, it must cover $\frac{1}{2}$ to $\frac{3}{4}$ of the rink. • The couple must perform a minimum of one (1) different recognized dance positions*.

Level 1: base level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low. Body Movements to be considered for the feature should be presented during a hold. Hand in hand will not be considered a hold.
2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent/variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
EDGES/ SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats & variable stability	Shallow but stable	Good curves & secure	Strong, confident	Deep & bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite

Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
No level	0.1	0.2	0.4	0.6	1.0	1.4	1.8
Base level	0.3	0.5	0.8	1.2	1.7	2.0	2.3
level 1	0.8	1.3	1.7	2.1	2.4	2.7	3.0

TRAVELING SEQUENCES -Maximum duration of the traveling is ten (10) seconds

Base level traveling requirements: Two (2) sets of a minimum of two (2) rotations with a maximum of three (3) steps or turns in between.

No Level: Two (2) sets of a one and half (1 ½) to two (2) rotations with a maximum of three (3) steps or turns in between.

Level1 : Base level and must include one (1) feature.

Features

Group 1

- a. Difficult entry in the element:
 - i. Spread Eagles/Ina Bauer (minimum of 6 wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set;
 - ii. Jump must be of minimum ½ revolution (180°) - maximum 1 revolution (360°): landing edge must be entry edge to the traveling;
 - iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- b. Set of travelings performed side by side with the two skaters rotating in opposite directions (mirror).
- c. Third traveling set.
 - i. Must be of minimum three (3) rotations maximum four (4).
 - ii. Must be executed within the ten (10) seconds allowed.
 - iii. Before the third traveling a maximum of three (3) steps or turns in between can be performed.
 - iv. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.

Group 2

- a. Elbow(s) at least level with or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Core of body is shifted off of vertical axis or torso twisted at least 45 degrees.
- d. Clapsed hands behind the back and far from it.
- e. Arms, one behind and the other in front like a screw.
- f. Straight arms clapsed in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45 degree angle from the vertical).
- d. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/ Completion	Awkward/	Hesitant/ lack of control	Abrupt	Sure/ stable	Sure and smooth	With ease	Seamless
Connecting steps footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/ clean	Smooth/ neat	Very good and stylish	Clever and exquisite

Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Rotational speed	Very slow	Slow	Variable	Normal	Good	Fast	Very fast
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically Wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
No level			0.3	0.5	0.6	0.8	1.0
Base level	0.2	0.3	0.5	0.7	1.0	1.5	2.0
level 1	0.3	0.4	0.7	0.9	1.5	2.0	2.5

ROLLER SKATING FEDERATION OF INDIA
COMPULSORY DANCE SCORING SHEET **age group 7 to 9**

Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the following section or the next step of the dance required by the rules • Must maintain the same steps/recognized positions*/holds of the dance and respect the required timing of each step* A recognized position is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other.

To confirm a Key point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern.

Level Base – 75% of sequence/section is completed by both partners.

Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point in each section is correctly executed.

Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points in each section are correctly executed.

Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points in each section are correctly executed.

Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points in each section are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

Marks are per circuit / round – dance required to be done 2 circuits

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/ steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/step s/ turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/step s/turns with no major error	90% clean edges/step/ turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct holds	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart & its repetition	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0.1	0.2	0.3	0.5	0.6	0.7	1
Level 1	0.2	0.7	1	1.2	1.5	1.8	2
Level 2	0.3	0.8	1	1.5	2	2.5	3
Level 3	1	1.5	2	2.5	3	3.5	4
Level 4	1.5	2.5	3	3.5	4	4.5	5

Key Points

Key Points – Denver Shuffle Couples

- Steps 6 Sd RFI (LFO) and 7 Sd LFO (RFI): correct technical execution of these steps, executed on the required edges (NOT to be skated "flat"). After step 7, the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8.
- Step 8 XF RFI (2 beats): correct technical execution of the cross in front with feet close and parallel, without deviation from the inside edge.
- Step 14 XR RFO (2 beats) and 15 XB LFI (two beats): correct technical execution of the cross roll (step 14) in the direction of the long axis, with an evident change of lean. Step 15: correct technical execution of the cross behind, without deviation from the inside edge.
- Step 18 RFO Sw (2+ 2: 4 total beats): correct technical execution of the swing, 4 beats total, with the swing executed on beat 3, without deviation from the outside edge, and the simultaneous movement of the free legs of the couple.

DENVER SHUFFLE –CouplesPosition: Kilian

The dance must be performed with liveliness and determination. The position is Kilian and the steps are the same for both skaters.

Step 1 LFO (2 beats), aims in the direction of the long side barrier followed by step 2 XFRFI (2 beats), a cross in front right forward inside edge with simultaneous extension of the free leg, skated parallel to the long side barrier. The movement of the left free leg on the XF is optional.

Step 3 LFO (1 beat) **step 4 ChRFI** (1 beat) and **step 5 LFO** (2 beats) are skated in the direction of the short side barrier; on step 5 the free leg, after finishing the push on the first beat, is brought into “and” position in preparation for the next step.

Steps: 6 and 7 Slip SLIDE in which the feet slide alternately with a forward extension, parallel to each other and on separate tracks with all eight wheels (for each skater) resting on the floor. The slides are executed at the top of the curve of the lobe of the short side barrier and intersect the long axis.

Step 6 Slip SLIDE, right forward inside edge remains as the center of gravity of the body while the left foot slides forward on an outside edge with extension of the left leg stretched forward.

Step 7 Slip SLIDE, left forward outside edge remains as the center of gravity of the body while the right foot slides forward on an inside edge with extension of the right leg stretched forward. At the end of the second slide (step 7) the four wheels of the right foot should be lifted simultaneously from the floor in preparation for **step 8 XF RFI** (2 beats), a cross in front right forward inside edge with the left free leg extended in back; Step 8 begins the downward phase of the curve started with step 3 and ending with step 10, in the direction of the long side barrier. The movement of the left free leg is optional.

Step 9 LFO (1 beat) aims in the direction of the long side barrier, followed by **step 10 ChRFI** (1 beat) and a sequence of runs, **step 11 LFO** (1 beat), **12 RFI** (1 beat), and **13 LFO** (2 beats), the latter moving away from the long side barrier, curving in the direction of the long axis to arrive at a baseline parallel to the long axis.

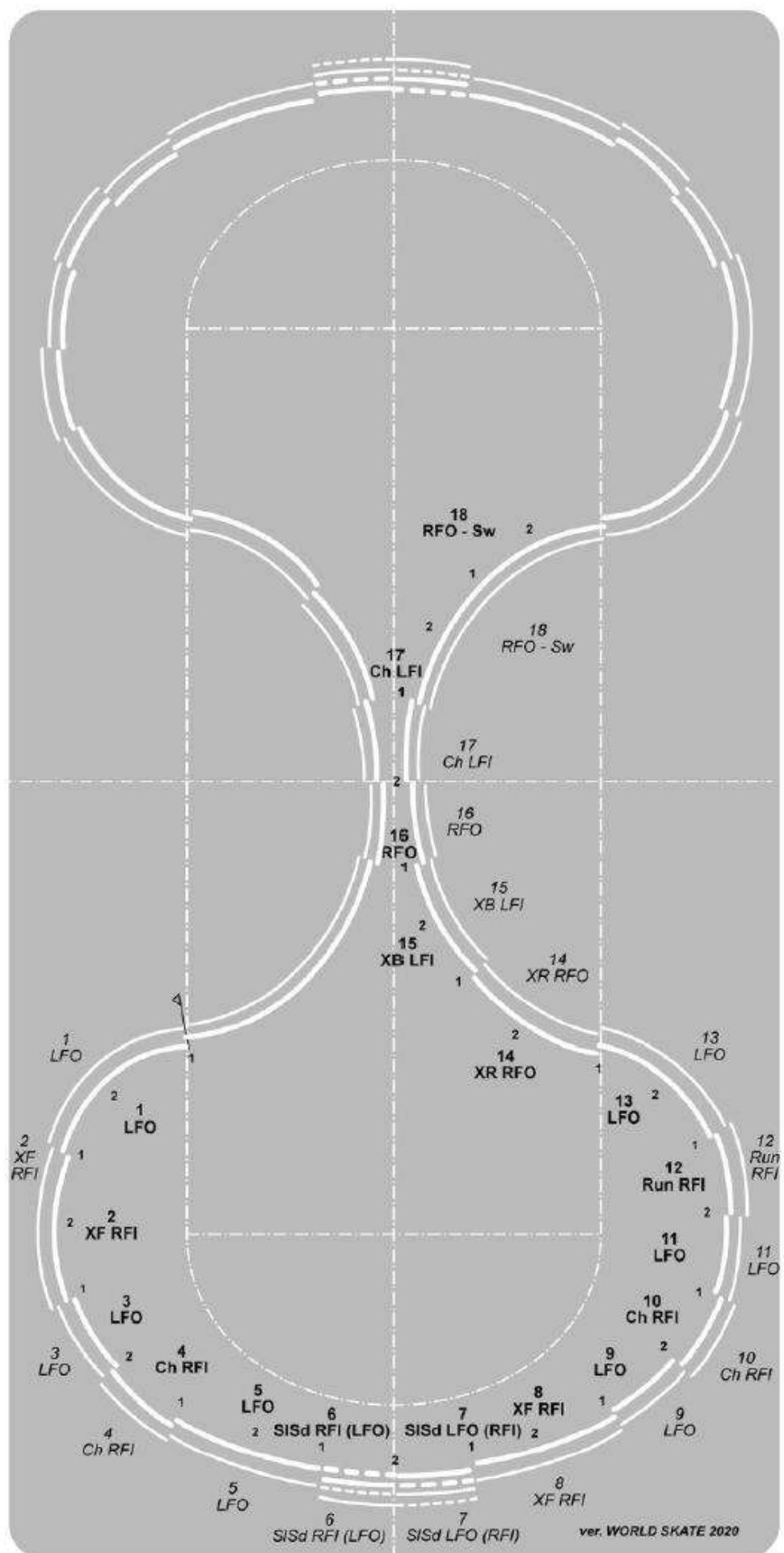
Step 14 XR RFO (2 beats) is a cross roll on a right forward outside edge in the direction of the long axis; **Step 15 XB LFI** (two beats) is a cross behind left forward inside edge with the right free leg stretched in front, which is aimed in the direction of the long axis.

Step 16 RFO (1 beat) begins before the short axis and is followed by **step 17 Ch LFI** (1 beat) skated after the short axis and **18 RFO Sw**, (2+2 beats, 4 beats total), in which the free leg extends in back for two beats and swings in front on the 3rd beat; finishing on the baseline almost parallel to the short axis in the direction of the long side barrier. It is essential to pay attention to the edges in the center lobe, so as not to deform the shape of the corners of the rink.

List of steps - Denver Shuffle Couples

HOLD	STEP NO.	MAN'S STEPS	MUSICAL BEATS	WOMAN'S STEPS
Kilian	1	LFO	2	LFO
	2	XF RFI*	2	XF RFI
	3	LFO	1	LFO
	4	Ch RFI	1	Ch RFI
	5	LFO	2	LFO
	6	SlSd RFI (LFO)	1	SlSd RFI (LFO)
	7	SlSd LFO (RFI)	1	SlSd LFO (RFI)
	8	XF RFI*	2	XF RFI
	9	LFO	1	LFO
	10	Ch RFI	1	Ch RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XR RFO	2	XR RFO
	15	XB LFI	2	XB LFI
	16	RFO	1	RFO
	17	Ch LFI	1	Ch LFI
	18	RFO Sw (3rd beat)	2+2	RFO Sw (3rd beat)
*The movement of the free leg is optional.				

Pattern - Denver Shuffle Couples



Key Points – La Vista Cha Cha Couples

1. Steps 4 XR RFO and Step 5 XB LFI: correct technical execution of the cross roll on an outside edge, with the appropriate change of lean. And correct technical execution of the cross backward with feet close and parallel skated on the required inside edge.
2. Step 9 XR LFO and Step 10 XB RFI: correct technical execution of the cross roll on an outside edge, with the appropriate change of lean. Correct technical execution of the cross backward with feet close and parallel skated on the required inside edge.
3. Step 14 XF RFI Cha-Cha Tuck: correct technical execution of the cross forward with feet close and parallel on the required inside edge.
4. Step 15 XB LFO Cha-Cha Tuck: correct technical execution of the cross backward with feet close and parallel on the required outside edge.

List of steps - La Vista Cha Cha Couples

HOLD	STEPS	STEPS OF MAN	BEATS	STEPS OF WOMAN
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	XR RFO	2	XR RFO
	5	XB LFI	2	XB LFI
	6	RFO	1	RFO
	7	Run LFI	1	Run LFI
	8	RFO	2	RFO
	9	XR LFO	2	XR LFO
	10	XB RFI	2	XB RFI
	11	LFO	1	LFO
	12	Run RFI	1	Run RFI
	13	LFO	2	LFO
	14	XF RFI (CHA CHA TUCK)*	1+1+2	XF RFI (CHA CHA TUCK)*
	15	XB LFO (CHA CHA TUCK)*	1+1+2	XB LFO (CHA CHA TUCK)*
	16	Run RFI	1	Run RFI
	17	LFO	1	LFO
	18	Run RFI	2	Run RFI
	*The movement of free leg is optional (see note)			

LA VISTA CHA CHA – Couples Hold: Kilian

The dance must be performed with liveliness, determination and with cha cha rhythm. The position is Kilian and the steps are the same for both skaters.

Step 1 LFO (1 beat) stroke, **step 2 Run RFI** (1 beat) and **step 3 LFO** (2 beats) stroke, the first aiming toward the long side barrier and the second parallel to it; the third step aims toward the long axis.

Step 4 XR-RFO (2 beats) is a cross roll to a right forward outside edge, aims toward the long axis.

Step 5 XB-LFI (2 beats) a cross backward that concludes with the free leg extended in front; becomes parallel to the long axis at the end of the second beat of the step.

Step 6 RFO (1 beat) stroke, **step 7 Run LFI** (1 beat), **step 8 RFO** (2 beats) stroke, are three steps, ending towards the long side barrier. Steps 4 through step 8 form the center lobe of the dance.

Step 9 XR-LFO (2 beats) is a cross roll, aims toward the long side barrier.

Step 10 XB-RFI (2 beats) is a cross backward that concludes with the free leg extended in front. Becomes parallel to the long side barrier.

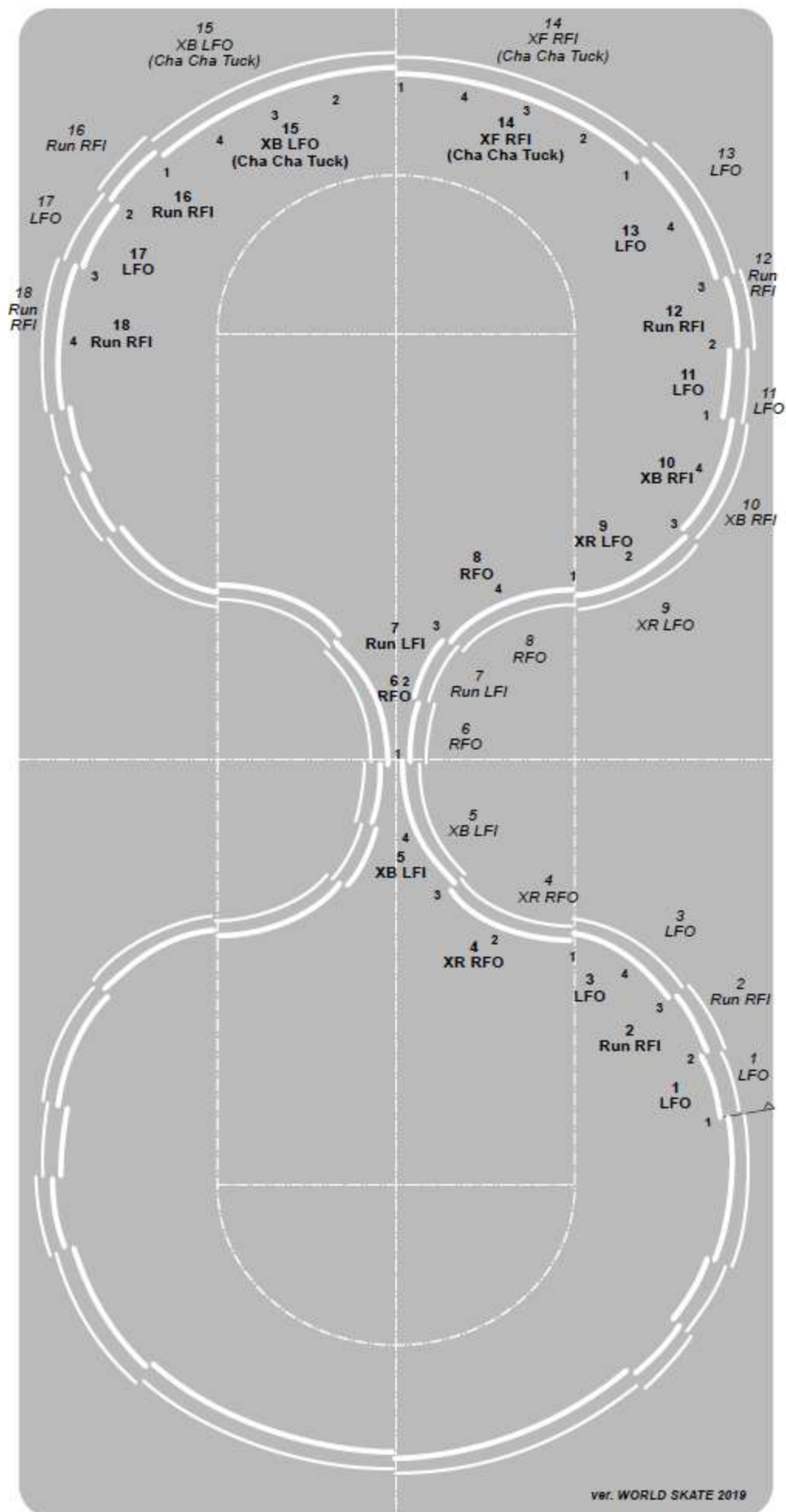
Step 11 LFO (1 beat) stroke, **step 12 Run RFI** (1 beat), **step 13 LFO** (2 beats) stroke are three steps; the direction of these steps begins parallel to the long side barrier and goes away from it.

Step 14 XF-RFI Cha Cha Tuck (1+1+2 beats) is a cross forward, with the backward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beats) the movement of the free legs is optional.

Step 15 XB LFO Cha Cha Tuck (1+1+2 beats) is a cross backward, with the forward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beat) the movement of the free legs is optional.

Step 16 Run RFI (1 beat), **step 17 LFO** (1 beat), **step 18 Run RFI** (2 beats) are three steps that end the dance.

Pattern - La Vista Cha Cha Couples



RSFI – INDIA SKATE National Roller Skating Championship
7 to 9 AGE GROUP PAIR SKATING PROGRAM –(QUAD) Time: 2:30 +/- 10 sec

- Maximum two (2) side by side jumps (not in combo). Maximum Axel, Double Toe loop, Double Salchow.
 - Maximum one (1) side by side one position or combo spin, selected from upright and sit (any edge). Maximum of two (2) positions if combo spin.
 - Maximum two (2) throw jumps: single rotation or axel maximum (must be different jumps).
 - Maximum one (1) contact spin: one (1) position selected from upright, sit, hazel.
 - Maximum one (1) spiral, angel (camel) BO.
 - Maximum one (1) footwork sequence maximum level 2, maximum 30 seconds.
- LIFTS ARE NOT ALLOWED.

1.TWO (2) THROW JUMP

Max. 2 THROW JUMP(2) single rotation or axel maximum	2.0	2 single	Toe loop &salchow	0.4 -0.7
			Flip &lutz/loop	0.8 -1.1
		One Axel and one single	Toe loop / salchow + Axel	1.2 – 1.4
			Flip / lutz + Axel	1.5 -1.7
			loop + Axel	1.8 – 2.0

2. MAXIMUM ONE (1) CONTACT SPIN. THE ELEMENT CAN BE PERFORMED AS ONE POSITION, WITH MINIMUM OF THREE ROTATIONS.

CONTACT SPIN (1) one position spin	1.4	Upright	0.4 -0.6
		Sit	0.7 -1.0
		Hazel	1.1 -1.4

3. MAXIMUM ONE (1) SIDE BY SIDE SPIN.

SIDE BY SIDE SPIN (1) selected from upright and sit (any edge)	1.4	Upright one position	0.3 - 0.5
		Upright combo. spin	0.6 – 0.8
		Sit – one position	0.9 - 1.1
		Sit combo. spin	1.2 - 1.4

4. Max. TWO (2) SIDE BY SIDE JUMPS ELEMENTS NO COMBINATION.

SIDE BY SIDE JUMP – Max. (2) - <u>no combination</u>	1.5	Both single	0.3 - 0.6
		Axel I(lower if the second jump is single and higher if its double)	0.5 – 1.0
		Both Double toe loop/ salchow	1.1 - 1.5

5. ONE (1) FOOTWORK SEQUENCE - maximum level 2, maximum 20 seconds

<p>The pattern is free, it must cover at least ¾ of the length of the rink.</p> <p>Features</p> <p>1. Body movements: three (3) different body movements by both skaters are required. They must be one from each spatial group: high, medium, low.</p> <p>2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.</p> <p>5. Holds: skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the feature.</p>	2.2	No level (between ½ to ¾ area of the rink)	0.3 – 0.6
		Base level: Skaters must include steps/linking steps.The pattern is free, it must cover at least ¾ of the rink	0.7 -1.1
		Level 1 – Base AND mustperform 4 turns andmust include one(1) feature (chosenbetween feature 1,2 or 5 only).	1.2 -1.7
		Level 2 – Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5)	1.8– 2.2

6. Maximum one (1) spiral, angel (camel) BO

OB Spiral , camel (Clear edge maintained for the	1.5	Camel -. The lady in the camel position. Free leg position (knee and heel) must not be under thehip.	0.5 -0.9
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entirety of the spin) The man in correct centered pivot position, with the contact arm fully extended	Spiral :The lady in the inverted position with her hips at the same height as the skating kneewith a pronounced arch and hershoulders and head close to the surface and contactarm fully extended.The lady should maintain contact of the skating foot on the floor with at least threewheels maintaining contact with the skating surface on the inside spiral.	1.0 -1.5
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ROLLER SKATING FEDERATION OF INDIA

COMPULSORY DANCE SCORING SHEET

age group 7 to 9

PATTERN DANCE

Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules.

Level Base – 75% of sequence/section is completed.

- Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point is correctly executed.
- Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points are correctly executed.
- Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

IMPORTANT: to confirm a Key Point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern Timing faults will bring the level down a minimum of one and will be marked down in the components.

SEQUENCES/ SECTIONS OF PATTERN DANCE (marks per sequence - 2 sequence to be performed)

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/steps / turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/steps / Turns with no major error	90% clean edges/step / Turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct tracking, restart and its repetition (if required)	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
no Level	0.1	0.2	0.3	0.5	0.6	0.7	1
Level 1	0.2	0.7	1	1.2	1.5	1.8	2
Level 2	0.3	0.8	1	1.5	2	2.5	3
Level 3	1	1.5	2	2.5	3	3.5	4
Level 4	1.5	2.5	3	3.5	4	4.5	5

Key Points

Denver Shuffle

1. Steps 6 Sd RFI (LFO) and 7 Sd LFO (RFI): correct technical execution of these steps, executed on the required edges (NOT to be skated "flat"). After step 7, the 4 wheels of the right skate are raised simultaneously (not the two front wheels before the two rear wheels). It must be an evident lifting of the entire foot from the floor and then skating step 8.
2. Step 8 XF RFI (2 beats): correct technical execution of the cross in front with feet close and parallel, without deviation from the inside edge.
3. Step 14 XR RFO (2 beats) and 15 XB LFI (two beats): correct technical execution of the cross roll (step 14) in the direction of the long axis, with an evident change of lean. Step 15: correct technical execution of the cross behind, without deviation from the inside edge.
4. Step 18 RFO Sw (2+2, 4 total beats): correct technical execution of the swing, 4 beats total, with the swing executed on beat 3, without deviation from the outside edge

STEP NO.	STEPS	BEATS
1	LFO	2
2	XF RFI*	2
3	LFO	1
4	Ch RFI	1
5	LFO	2
6	SLSd RFI (LFO)	1
7	SLSd LFO (RFI)	1
8	XF RFI*	2
9	LFO	1
10	Ch RFI	1
11	LFO	1
12	Run RFI	1
13	LFO	2
14	XR RFO	2
15	XB LFI	2
16	RFO	1
17	Ch LFI	1
18	RFO Sw (3 rd beat)	2+2
*The movement of the free leg is optional		

Step 1 LFO (2 beats), aims in the direction of the long side barrier followed by **step2 XF RFI** (2 beats), a cross in front right forward inside edge with simultaneous extension of the free leg, skated parallel to the long side barrier. The movement of the left free leg on the XF is optional.

Step 3 LFO (1 beat) **step 4 ChRFI**(1 beat) and **step 5 LFO** (2 beats) are skated in the direction of the short side barrier; on step 5 the free leg, after finishing the push on the first beat, is brought into "and" position in preparation for the next step.

Steps: 6 and 7 Slip SLIDE in which the feet slide alternately with a forward extension, parallel to each other and on separate tracks with all eight wheels resting on the floor. The slides are executed at the top of the curve of the lobe of the short side barrier and intersect the long axis.

Step 6 Slip SLIDE, right forward inside edge remains as the center of gravity of the body while the left foot slides forward on an outside edge with extension of the left leg stretched forward.

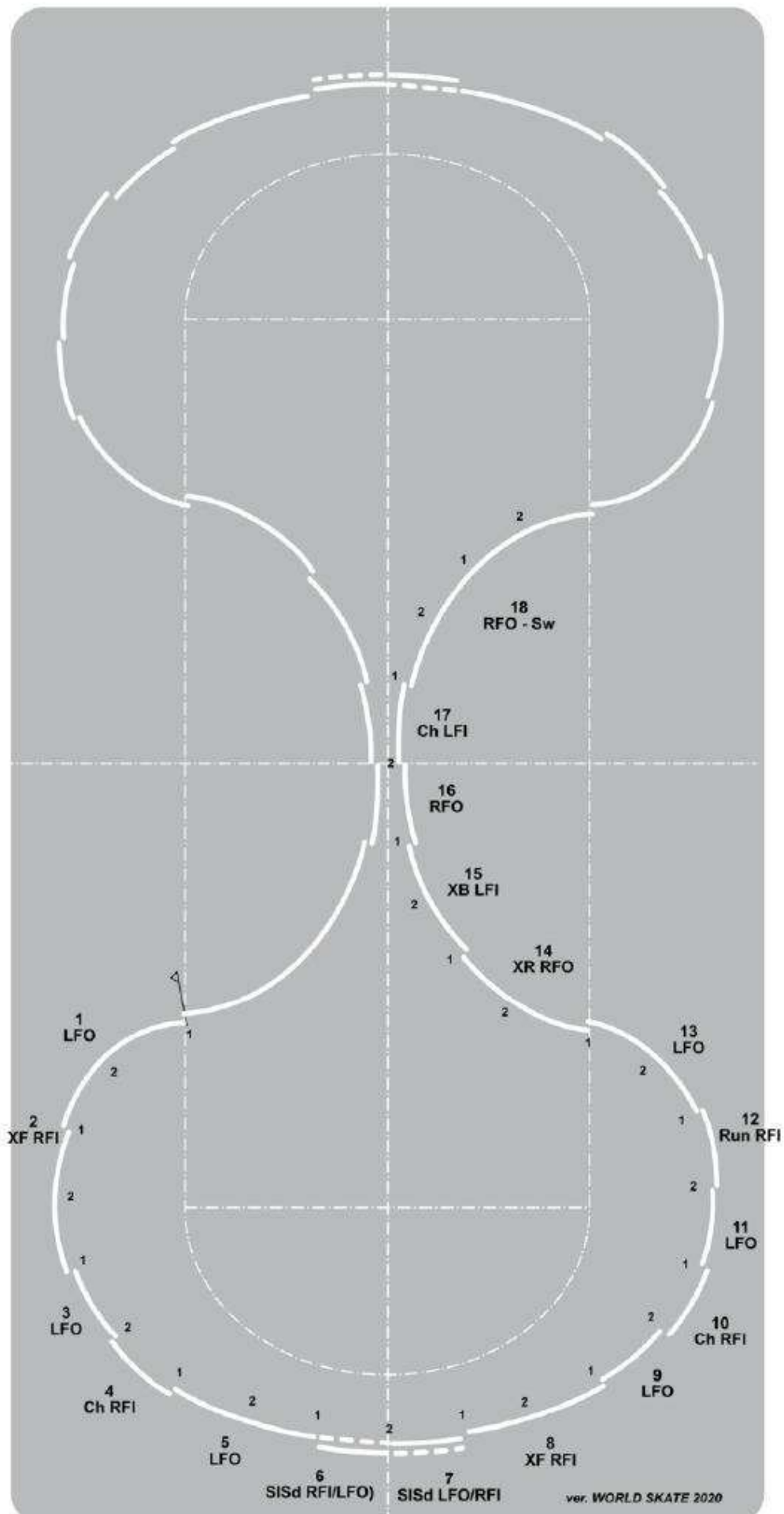
Step 7 Slip SLIDE, left forward outside edge remains as the center of gravity of the body while the right foot slides forward on an inside edge with extension of the right leg stretched forward. At the end of the second slide (step 7) the four wheels of the right foot should be lifted simultaneously from the floor in preparation for **step**

8 XF RFI (2 beats), a cross in front right forward inside edge with the left free leg extended in back; Step 8 begins the downward phase of the curve started with step 3 and ending with step 10, in the direction of the long side barrier. The movement of the left leg is optional.

Step 9 LFO (1 beat) aims in the direction of the long side barrier, followed by **step 10 ChRFI**(1 beat) and a sequence of runs, **step 11 LFO** (1 beat), **12 RFI** (1 beat), and **13 LFO** (2 beats), the latter moving away from the long side barrier, curving in the direction of the long axis to arrive at a baseline parallel to the long axis.

Step 14 XR RFO (2 beats) is a cross roll to a right forward outside edge in the direction of the long axis; **Step 15 XB LFI** (two beats) is a cross behind left forward inside edge with the right free leg stretched in front, which is aimed in the direction of the long axis.

Step 16 RFO (1 beat) begins before the short axis and is followed by **step 17 Ch LFI**(1 beat) skated after the short axis and **Step 18 RFO Sw**, (2+2 : 4 beats total), in which the free leg extends in back for two beats and swings in front on the 3rd beat; finishing on the baseline almost parallel to the short axis in the direction of the long side barrier. It is essential to pay attention to the edges in the center lobe, so as not to deform the shape of the corners of the rink.



Key Points – La Vista Cha Cha Solo

1. Steps 4 XR RFO and Step 5 XB LFI: correct technical execution of the cross roll on an outside edge, with the appropriate change of lean. And correct technical execution of the cross backward with feet close and parallel skated on the required inside edge.
2. Step 9 XR LFO and Step 10 XB RFI: correct technical execution of the cross roll on an outside edge, with the appropriate change of lean. Correct technical execution of the cross backward with feet close and parallel skated on the required inside edge.
3. Step 14 XF RFI Cha-Cha Tuck: correct technical execution of the cross in front with feet close and parallel on the required inside edge.
4. Step 15 XB LFO Cha-Cha Tuck: correct technical execution of the cross behind with feet close and parallel on the required outside edge.

List of steps - La Vista Cha Cha Solo

STEP NO.	STEPS	BEATS
1	LFO	1
2	Run RFI	1
3	LFO	2
4	XR RFO	2
5	XB LFI	2
6	RFO	1
7	Run LFI	1
8	RFO	2
9	XR LFO	2
10	XB RFI	2
11	LFO	1
12	Run RFI	1
13	LFO	2
14	XF RFI (Cha Cha Tuck)*	4
15	XB LFO (Cha Cha Tuck)*	4
16	Run RFI	1
17	LFO	1
18	Run RFI	2
*Movement of the free leg is optional (see note)		

LA VISTA CHA CHA – Solo

Music: Cha-cha 4/4 **Tempo:** 108 beats per minute

The dance begins with three steps: **1 LFO** (1 beat) stroke, **2 Run RFI** (1 beat), **3 LFO** (2 beat) stroke, with the first aiming toward the long side barrier and the second parallel to it; the third step aims toward the long axis.

Step 4 XR-RFO (2 beats) is a cross roll to a right forward outside edge, followed by **Step 5 XB-LFI** (2 beats) a cross behind that concludes with the free leg extended in front; Step 4 aims toward the long axis, and Step 5 becomes parallel to it at the end of the second beat of the step.

Steps 6 RFO (1 beat) stroke, **7 Run LFI** (1 beat), **8 RFO** (2 beats). Steps 4 through 8 form the center lobe of the dance.

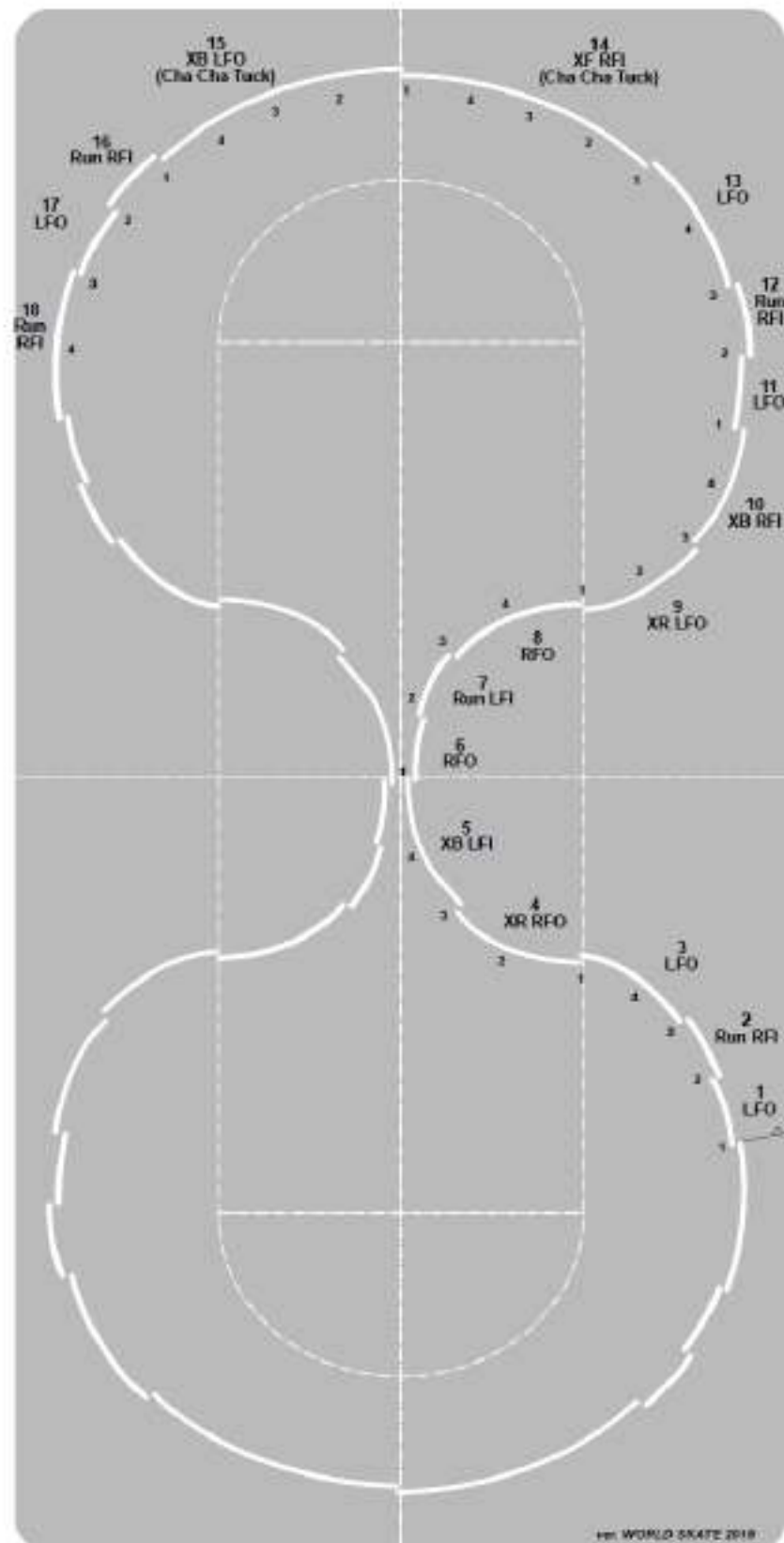
Step 9, XR-LFO (2 beats) is a forward cross roll followed by **Step 10 XB-RFI** (2 beats), a cross behind that concludes with the free leg extended in front. Step 9 aims toward the long side barrier, while Step 10 becomes parallel to it. The lobe continues with **Steps 11 LFO** (1 beat) is a stroke, **12 Run RFI** (1 beat), **13 LFO** (2 beats) is a stroke; the aim of these steps begins parallel to the long side barrier and goes away from it.

Step 14 XF-RFI Cha Cha Tuck is a cross in front (1+1+2 beats total), with the backward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the free leg to the skating leg; during the remaining beats (3rd and 4th beats) the movement of the free leg is optional.

Step 15 XB LFO Cha Cha Tuck is a cross behind (1+1+2 beats total) with the forward extension of the free leg (on the 1st beat), followed by a bending of the skating leg (on the 2nd beat) with the simultaneous approach of the

free leg to the skating leg; during the remaining beats (3rd and 4th beat) the movement of the free leg is optional. The final three steps of the dance: **16 Run RFI** (1 beat), **17 LFO** stroke (1 beat), **18 Run RFI** (2 beats).

Pattern - La Vista Cha Cha Solo



ROLLER SKATING FEDERATION OF INDIA

SOLO FREE DANCE SCORING SHEET

age group 7 to 9

Time

2:15 minutes +/- 10 seconds

Footwork sequence, maximum level 1, maximum 30 seconds.: 3.0

Artistic footwork sequence, maximum level 1, maximum 30 seconds. : 2.5

One (1) traveling sequence, maximum level 1.: 2.0

One (1) choreographic sequence.: 2.5

FOOTWORK SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted. Each type of turn can only be counted twice.

- Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.
- Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Features

1. Body movements: three (3) different body movements are required; they must be one from each spatial group: High, Medium, Low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable le speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURN		Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor Pattern and /or large sections without steps/turns	Poor in Pattern and /or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Limited variations in pathways and/or some illogical distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level	0.1	0.3	0.7	0.9	1.1	1.4	2.0
LEVEL 1	0.3	0.6	1.0	1.5	2.0	2.5	3.0

TRAVELING SEQUENCES • Maximum duration of the traveling is ten (10) seconds)

Base Level traveling requirements: Two (2) sets of two (2) rotations with a maximum of three (3) steps or turns in between
 Level 1: Base Level and must include one (1) feature

Features**Group 1****a. Difficult entry in the first set of the element:**

- i. Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
- ii. jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
- iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- iv. Turns: rocker or counter: it is not allowed to change the edge before starting rotation.

b. Different feet: one set must be executed on the right foot and one set on the left foot. If executing a third traveling set the change of foot can be between the second and third set.

Group 2

- a. Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Clasped hands behind the back and far from it.
- d. Arms, one behind and the other in front like a screw.
- e. Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

Group 4 – Extra features

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

- a. Third traveling set (+0.5).
 - i. Must be presented third in the sequence of travelling.
 - ii. Must be of at least the number of rotations required for the maximum level of the category.
 - iii. Must be of minimum three (3) rotations.
 - iv. Must be executed within the ten (10) seconds allowed.
 - v. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
 - vi. Different feet feature from Group 1 can be executed between the second and third set.
 - vii. Change of direction required can be executed between the second and third set
- b. Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
- c. Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.5).
- d. Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
ENTRY/COMPLETION	AWKWARD/OFF BALANCE	HESITANT/LACK OF CONTROL	ABRUPT	SURE/STABLE	SURE AND SMOOTH	WITH EASE	SEAMLESS
CONNECTING STEPS FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/variable	Sure/clean	Smooth/neat	Very good and stylish	Clever and exquisite

ROTATIONAL SPEED	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Position of the freeLeg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically Wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
Base Level	0.1	0.2	0.4	0.5	0.7	0.9	1.1
Level 1	0.2	0.4	0.6	0.9	1.2	1.5	2.0

CHOREO STEP SEQ

(The time to do this sequence is maximum thirty (30) seconds)

There is not a set pattern to follow. Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.

- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.
- The sequence must start from a stopped position or a stop and go and must cover at least ¾ of the rink

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
MUSICALITY, PHRASING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
VARIETY, ORIGINALITY, MUSICALITY	No variety, no originality, no musicality	Poor in variety, originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
STEPS, TURNS	Very flat, shaky, stumble	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
ENERGY, CONTROL	Completely uncontrolled, no energy	Some lack of control and energy	Labored/variable	Sure/clean	Smooth/neat	Very good and stylish	Clever and exquisite
INVOLVEMENT, MOVEMENTS	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movements and involvement	Very good movements and involvement	Completely involved and fine movements
	0.3	0.5	0.7	1.0	1.5	2.0	2.5

Artistic SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn **will not be counted**. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

LEVELS:

No level: few turns and between ½ to ¾ of rink coverage

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Features (Features must achieve the correct position to be considered)

Skating elements: three (3) of the following should be inserted to be considered towards the level: Features must achieve the correct position to be considered and the three (3) skating elements must each **come from a different subgroup (a-f as listed)** to be considered as a feature for the level

a. Ina Bauer using a minimum of six (6) wheels, spread eagles; hackenmond.

b. Stag jump, split jump, butterfly, fly camel.

c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jumps.

d. Biellmann, inverted, ring (vertical or horizontal).

e. Charlotte, illusion.

f. Spin of minimum three (3) revolutions performed on one foot and an edge.

IMP: Skating elements should be distributed throughout the sequence with steps/turns in between. Skating element presented one after another will be counted as only one element. skating elements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable le speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURN	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
NO LEVEL	0	0.1	0.3	0.6	0.9	1.1	1.5
Base Level	0.2	0.6	1.1	1.3	1.5	1.7	2.0
Level 1	0.3	0.6	0.9	1.3	1.7	2.1	2.5

ROLLER SKATING FEDERATION OF INDIA

ARTISTIC SKATING – QUAD 9 -11 AGE GROUP PROGRAM (A MARK) Time: 3:15 minutes +/- 10 seconds

TOTAL MARKS TO BE DIVIDED BY 2 FOR FINAL SCORE

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (double axel and triples are not allowed) A Waltz jump will be accepted as an attempt of the required Axel element.
- Maximum two (2) jumps combinations are allowed. (The number of jumps within the combination cannot be more than five (5). In general, the combo jump should continue on the same foot as the landing of the preceding jump. Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score)
- It is mandatory to perform an Axel that can be presented also in combination. A Waltz jump will be accepted as an attempt of the required Axel element. • Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- Minimum two (2), maximum three (3) spin elements are allowed. One of them must be a combination spin (maximum four (4) positions) and must include a sit spin and one **MUST** be a solo spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the three spins must be different. If 2 combos are presented, one of maximum four (4) positions and one of maximum three (3) positions.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

Individual JUMPS marks are to be given per jump (a jump to be counted once only) A Waltz jump will be accepted as an attempt of the required Axel element.		SINGLE	FEATURE	DOUBLE	FEATURE
		Per jump/max		Per jump/max	
	Waltz / attempted axel	0.3			
	Axel	0.5 -0.9	0.36		
	Toe loop and salchow	0.20	0.08	1.1	0.4
	flip and Lutz	0.30	0.12	1.3	0.5
	loop and eular	0.40	0.16		

JUMP COMBINATION the combo jump should continue on the same foot as the landing of the preceding jump. Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score)	Marks will be as per the no. of higher rotation jumps performed / marks are per combination				
	2 jump	0.5	0.2	One double: 0.5 add Two double: 1.0 add	
	3 jump	0.7	0.3		
	4 jump	0.9	0.4		
	5 jump	1	0.4		

SPINS: Minimum two (2), maximum three (3) spin elements are allowed. One of them must be a combination spin (maximum four (4) positions) and must include a sit spin and one **MUST** be a solo spin. Broken is not allowed and the three spins must be different

SPIN COMBINATION(Sit spin mandatory)		MARKS	Lower if 1 or 2 positions and higher if 3 and more positions with sit	FEATURE		
				1 or 2	3 or 4	5 or 6
	With up right	0.8 – 1.0		0.3	0.6	0.9
	With sit	1.1 – 1.4		0.4	0.6	1.0
	With camel	1.5 – 1.8		0.5	1.0	1.2
	With lay over	1.6 -1.9		0.6	1.2	1.4
Solo Spin	With Heel	2.0 -2.5		0.9	1.6	
	Up right	0.5		0.2	0.3	0.5
	Sit	0.8		0.3	0.5	0.6
	Camel	1.1		0.4	0.6	0.8
	lay over	1.3		0.5	0.8	1.0
	Heel	1.6		0.6	1	1.2

Additional entry (3rd Spin – not mandatory - therefore marks are less as compared to the mandatory entries / should not be a repeat)

Element	Solo	Combination (highest spin marks to be considered)	1 or 2	3 or 4	5 or 6
Upright	0.2	0.3	0.2	0.3	0.4
Sit	0.4	0.5	0.3	0.4	0.5
Camel	0.6	0.7	0.4	0.5	0.6
Layover	0.8	0.9	0.5	0.6	0.8

heel	1.0	1.1	0.6	0.8	1.0
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STEP SEQUENCE

The pattern is free; it must cover at least $\frac{3}{4}$ of the length of the rink. Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted.

Level 1: Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)
 Level 2: Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2)
 Level 3: Base AND must perform 8 turns and must include three (3) different features

Features

1. Body movements: three (3) different body movements are required, they must be one from each spatial group: high, medium, low. Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.

Base level	0.6 -1.1
Level -1	1.2 – 2.0
Level - 2	2.2 – 3.0
Level - 3	3.2 – 4.0

TOTAL MARKS TO BE DIVIDED BY 2 FOR FINAL SCORE

FEATURES

JUMPS

Very good height and length.

- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

SPINS

Good ability in centering the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

Good speed and acceleration during the execution.

Difficult entry (e.g. fly camel, butterfly).

Difficult variations of positions.

Balanced number of rotations for each position (combination spins).

Number of rotations much higher than the minimum.

Matching the execution of the element with the music structure.

Difficult traveling.

STEP SEQUENCE

Deep and clean edges (including entry and exit from change of directions).

Clearness and precision

Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.

- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

CHOREO SEQUENCE

New steps, new steps sequence.

Intricate pattern.

Originality.

Variety.

Musicality.

Matching with the theme and music.

Clear movements.

Good energy.

Good control and involvement of the whole body

ROLLER SKATING FEDERATION OF INDIA**SOLO FREE DANCE SCORING SHEET****age group 9 to 11****Time: 2:30 +/- 10 minutes**

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

Footwork sequence, maximum level 2, maximum 30 seconds. : 3

Artistic footwork sequence, maximum level 2, maximum 30 seconds: 2.5

One (1) traveling sequence, maximum level 2 max. 10 seconds: 2

One (1) choreographic sequence.: 2.5

FOOTWORK SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted. Each type of turn can only be counted twice.

• Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Level 2 – Base level AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2)

Features

1. Body movements: three (3) different body movements are required; they must be one from each spatial group: High, Medium, Low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURNES		Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor Pattern and /or large sections without steps/turns	Poor in Pattern and /or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Limited variations in pathways and/or some illogical distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level	0.1	0.2	0.3	0.5	0.6	0.8	1.0
LEVEL 1	0.2	0.4	0.7	0.9	1.1	1.5	2.0
Level 2	0.5	0.9	1.2	1.6	2.0	2.5	3.0

TRAVELLING SEQUENCES

LEVELS

- Base Level: Base level traveling requirements: Two (2) sets of two (2) rotations with a maximum of three (3) steps or turns in between
- Level 1: Base Level and must include one (1) feature.
- Level 2: Base AND each set must be of three (3) rotations. The sequence must include two (2) features from two different groups. One of the sets must be in different direction.

Features

Group 1

a. Difficult entry in the first set of the element:

- i. Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
- ii. jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
- iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- iv. Turns: rocker or counter: it is not allowed to change the edge before starting rotation.

b. Different feet: one set must be executed on the right foot and one set on the left foot. If executing a third traveling set the change of foot can be between the second and third set.

Group 2

- a. Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Clapsed hands behind the back and far from it.
- d. Arms, one behind and the other infront like a screw.
- e. Straight arms clapsed infront& extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

Group 4 – Extra features

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

- a. Third traveling set (+0.5).
 - i. Must be presented third in the sequence of travelling.
 - ii. Must be of at least the number of rotations required for the maximum level of the category.
 - iii. Must be of minimum three (3) rotations.
 - iv. Must be executed within the ten (10) seconds allowed.
 - v. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
 - vi. Different feet feature from Group 1 can be executed between the second and third set.
 - vii. Change of direction required can be executed between the second and third set
- b. Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
- c. Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.5).
- d. Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

ASPECTS travelling	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
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ENTRY/COMPLETION	AWKWARD / OFF BALANCE	HESITANT/LACK OF CONTROL	ABRUPT	SURE/STABLE	SURE AND SMOOTH	WITH EASE	SEAMLESS
CONNECTING STEPS FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/variable	Sure/clean	Smooth/neat	Very good and stylish	Clever and exquisite
ROTATIONAL SPEED	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically Wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
Base Level	0	0.1	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.4	0.6	0.8	1.0	1.4
Level 2	0.4	0.6	0.9	1.2	1.5	1.8	2

CHOREO STEP SEQ

(The time to do this sequence is maximum thirty (30) seconds)

There is not a set pattern to follow. Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.

- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.

- The sequence must start from a stopped position or a stop and go and must cover at least $\frac{3}{4}$ of the rink

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
MUSICALITY, PHRASING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
VARIETY, ORIGINALITY, MUSICALITY	No variety, no originality, no musicality	Poor in variety, originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
STEPS, TURNS	Very flat, shaky, stumble	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
ENERGY, CONTROL	Completely uncontrolled, no energy	Some lack of control and energy	Labored/variable	Sure/clean	Smooth/neat	Very good and stylish	Clever and exquisite
INVOLVEMENT, MOVEMENTS	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movements and involvement	Very good movements and involvement	Completely involved and fine movements
	0.4	0.6	0.8	1.0	1.5	2.0	2.5

Artistic SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn **will not be counted**. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only))

Level 2 – Base level AND must 4 turns and must include two (2) different features (one of them must be feature 1 or 2)

Features

1. Skating elements: three (3) of the following should be inserted to be considered towards the level: Features must achieve the correct position to be considered and the three (3) skating elements must each **come from a different subgroup (a-f as listed)** to be considered as a feature for the level.

a. Ina Bauer using a minimum of six (6) wheels, spread eagles; hackenmond.

b. Stag jump, split jump, butterfly, fly camel.

c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jumps.

d. Biellmann, inverted, ring (vertical or horizontal).

e. Charlotte, illusion.

f. Spin of minimum three (3) revolutions performed on one foot and an edge.

IMP: Skating elements should be distributed throughout the sequence with steps/turns in between. Skating element presented one after another will be counted as only one element. skating elements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable le speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURNS	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0	0.1	0.3	0.6	0.9	1.1	1.5
Level 1	0.2	0.6	1.1	1.3	1.5	1.7	2.0
Level 2	0.3	0.6	0.9	1.3	1.7	2.1	2.5

ROLLER SKATING FEDERATION OF INDIA

COUPLE FREE DANCE SCORING SHEET -

age group: 9 to 11

Free Dance 3 minutes +/- 10 seconds)

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

- One Choreo lift. Max 10 seconds: 1.0
- Stationary lift: Maximum level 2max.time 10 seconds : 1.5
- Combo lift: Maximum level 2. Max. time15 seconds:2.5
- One (1) No Hold Footwork Sequence: maximum level 2, maximum 30 seconds : 1.5
- One (1) Dance Hold Footwork Sequence: maximum level 2, maximum 40 seconds.: 2.0
- One (1) Traveling sequence. Maximum level 2. : 1.5

The choreographic lift will be inserted to enhance or underline a part of the choreography. It cannot last more than ten (10) seconds.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effortless
Music	Not coherent with the music and choreography	No choreographic reason Poor in originality	Good but meaningless	Some coherence with the music and choreography	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
	0.1	0.2	0.3	0.5	0.6	0.8	1.0

DANCE LIFTS - stationary lift - maximum time allowed ten (10) seconds.

DANCE LIFTS - stationary lift

Level:

Base level requirements The lifting partner will not perform any rotation and the lifted partner will stay in a stationary position for at least three (3) seconds. Seconds will start from the definition of the position of the lifted partner. The lifting partner is allowed to do a half rotation to enter the lift and a half rotation to exit.

Level 1: Base Level and must include one (1) feature.

Level 2 : Base Level and must include two (2) features

Features

Features

1. Change of position: each position must be held for at least between one (1) and two (2) seconds.
2. Difficult entry: to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: it must be kept for at least between one (1) and two (2) seconds in a position if presented with feature number one (1), or at least between two (2) or three (3) seconds if presented in a one position lift.
4. Difficult position of the lifted partner: it must be kept for at least between one (1) and two (2) seconds in a position if presented with feature number one (1), or at least between two (2) or three (3) seconds if presented in a one position lift

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
Base Level	0.1	0.2	0.3	0.4	0.6	0.8	1

level 1	0.2	0.3	0.4	0.5	0.8	1.1	1.3
level 2	0.3	0.5	0.7	0.9	1.1	1.3	1.5

DANCE LIFT –Combolift -maximum time allowed is ten (15) seconds

This lift is a combination of a stationary lift and a rotational lift.

It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.

- 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.
- A dance lift occurs when the partner is lifted in the air for at least two (2) seconds (less than two (2) seconds is not considered a lift).
- Each type of difficult position/entry, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.

Level

Base level requirements: A lift with one (1) stationary position held for two (2) seconds combined with a rotational lift of three (3) revolutions of the lifting partner. The maximum time allowed for the execution of the combination lift is fifteen (15) seconds.

Level 1 : Base level and must include one (1) feature.

Level 2: Base level and must include two (2) features and three (3) revolutions by the lifting partner in the rotational.

Features

1. Change of position: each position must be held for at least for two (2) revolutions if executed in the rotational or at least between one (1) and two (2) seconds if executed in the stationary. Note: the two (2) stationary positions do not have to be in succession, example: stationary 1 – rotational – stationary 2. The COP feature can be performed between the stationary and rotational parts, within the stationary part or within the rotational part, however the COP feature will only be considered once as a feature toward the level.
2. Difficult entry: to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds if presented with feature (1), two (2) to three (3) seconds otherwise.
4. Difficult position of the lifted partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds the stationary part if presented with feature (1), two (2) to three (3) seconds otherwise

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
Base level	0.3	0.5	0.7	0.9	1.1	1.5	1.8
level 1	0.5	0.7	1.1	1.5	1.7	1.9	2.2
level 2	0.8	1.1	1.4	1.8	2	2.3	2.5

NO HOLD FOOTWORK SEQUENCES – max. 30 seconds

Base level requirements:• Skaters must include steps/linking steps.The pattern is free, it must cover at least ¾ of the length of the rink.

Level 1: Base level AND mustperform 4 turns andmust include one(1) feature (chosenbetween feature 1or 2 only).

Level 2: Base level AND mustperform 6 turnsand must includetwo (2) differentfeatures

Features

- 1. Body movements:** three (3) **different** body movements are required;
- 2. Choctaws:** skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.
- 3. Cluster:** to be considered as a feature,turns presented in the cluster must be confirmed.
- 4. Turns on different feet:** turns required for the level must be presented both on the right foot and on the left foot, or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and the right foot/clockwise

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Edges/sureness	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and bold
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent/variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toepushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Spacingbetween partners (nottouching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level	0.1	0.2	0.3	0.4	0.6	0.7	0.8
Level 1	0.2	0.3	0.4	0.5	0.7	0.9	1.1
Level 2	0.3	0.5	0.7	0.9	1.1	1.3	1.5

FOOTWORK SEQUENCE - HOLD - •Max. 30 seconds

FOOTWORK SEQUENCE - HOLD –

Base level requirements: Skaters must include steps/linking steps. • Skaters must be in hold. • The pattern is free, it must cover at least ¾ of the rink. • The couple must perform a minimum of two (2) different recognized dance positions*.

Level 1: base level AND mustperform 4 turns andmust include one(1) feature (chosenbetween feature 1or 2 only).

Level 2: base levelAND mustperform 6 turnsand must includetwo (2) differentfeatures and three(3) differentholds. (one of them must befeature 1 or 2).

Features

1. Body movements: three (3) different body movements by both skaters are required;they must be one from each spatial group: high, medium, low. Body Movements to beconsidered for the feature should be presented during a hold. Hand in hand will not beconsidered a hold.
2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise.Only Choctaws from forwards to backwards will be considered
3. Cluster: to be considered as a feature, both partners must perform a cluster where thethree (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented bothon the right foot and on the left foot, or clockwise and anti-clockwise for loops andtravelings. They must be evenly distributed between the left foot/anti-clockwise andthe right foot/clockwise.
5. Loops: both skaters must perform two (2) confirmed loops, one clockwise and the otheranti-clockwise. They cannot be performed one after another without performing at leastone hold between.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsisten t/variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toepushing Just in one part of the sequence	Wide stepping or one on two feet or toepushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
EDGES/ SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats & variable stability	Shallow but stable	Good curves & secure	Strong, confident	Deep & bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Base level	0.1	0.2	0.3	0.4	0.6	0.7	0.8
level 1	0.2	0.3	0.5	0.6	0.9	1.1	1.3
level 2	0.3	0.8	1	1.3	1.5	1.7	2.0

TRAVELING SEQUENCES -Maximum duration of the traveling is ten (10) seconds

Base level traveling requirements: Two (2) sets of a minimum of two (2) rotations with a maximum of three (3) steps or turns in between.

Level1 : Base level and must include one (1) feature.

Level 2: base level AND each set must be of three (3) rotations and must include two (2) features from two different groups.

One of the sets must be in different direction.

Features

Group 1

a. Difficult entry in the element:

i. Spread Eagles/Ina Bauer (minimum of 6 wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set;

ii. Jump must be of minimum ½ revolution (180°) - maximum 1 revolution (360°): landing edge must be entry edge to the traveling;

iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.

b. Set of travelings performed side by side with the two skaters rotating in opposite

directions (mirror).

c. Third traveling set.

i. Must be of minimum three (3) rotations maximum four (4).

ii. Must be executed within the ten (10) seconds allowed.

iii. Before the third traveling a maximum of three (3) steps or turns in between can be performed.

iv. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.

Group 2

a. Elbow(s) at least level with or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).

b. Significant continuous motion of arms during required number of rotations.

c. Core of body is shifted off of vertical axis or torso twisted at least 45 degrees.

d. Clapsed hands behind the back and far from it.

e. Arms, one behind and the other in front like a screw.

f. Straight arms clapsed in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

a. Free leg crossed in front or behind under the knee line (pirouettes).

b. Free skate wheels held by one or two hands.

c. High free leg stretched lateral or forward (at least 45 degree angle from the vertical).

d. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/ Completion	Awkward/	Hesitant/ lack of control	Abrupt	Sure/ stable	Sure and smooth	With ease	Seamless
Connecting steps footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/ clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Rotational speed	Very slow	Slow	Variable	Normal	Good	Fast	Very fast
Position of the free Leg	Completely uncontrolled	Some lack of control and aestheticall y wrong	Aesthetically Wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in

				nuance			every turn, step & feature.
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Base level	0.1	0.2	0.3	0.5	0.6	0.8	0.9
level 1	0.2	0.3	0.5	0.7	0.8	1	1.2
level 2	0.3	0.4	0.7	0.9	1.1	1.3	1.5

ROLLER SKATING FEDERATION OF INDIA
COMPULSORY DANCE SCORING SHEET age group 9 to 11

Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the following section or the next step of the dance required by the rules • Must maintain the same steps/recognized positions*/holds of the dance and respect the required timing of each step* A recognized position is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other.

To confirm a Key point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern.

Level Base – 75% of sequence/section is completed by both partners.

Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point in each section is correctly executed.

Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points in each section are correctly executed.

Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points in each section are correctly executed.

Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points in each section are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

Marks are per circuit / round – dance required to be done 2 circuits

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/ steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/step s/ turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/step s/turns with no major error	90% clean edges/step/ turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct holds	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart & its repetition	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0.1	0.2	0.3	0.5	0.6	0.7	1
Level 1	0.2	0.7	1	1.2	1.5	1.8	2
Level 2	0.3	0.8	1	1.5	2	2.5	3
Level 3	1	1.5	2	2.5	3	3.5	4
Level 4	1.5	2.5	3	3.5	4	4.5	5

Key Points

Key Points – Manhattan Blues Couples

- Step 5 HhMk (heel-to-heel) LBO (2 beats): correct placement of the heel of the free foot near the heel of the skating foot, with adequate pressure on the outside edge, without deviating from it, respecting the outside edges required before and after the mohawk. Attention to the transition from Reverse Kilian to Kilian position without distancing between the partners.
- Step 7 XR LBO (4 beats): Correct technical execution of the cross roll with an angular placement of the free foot as it becomes the skating foot, on the prescribed outside edge without deviation from it and with evident change of inclination of the skaters.
- Step 12 OpCw RBO (2 beats): correct placement of the free foot to the inside of the skating foot, on an outside edge, without deviation from it, with respect to the prescribed edges required before and after the OpCw and the control of the Reverse Kilian position during the rotation, without distancing between the partners.
- Step 13 XF LBI (2 beats): correct technical execution of cross in front on an inside edge with feet close and parallel, where the skaters, curving with pressure on the inside edge, move, while maintaining the prescribed position without distancing. Attention at the correct edge.

MANHATTAN BLUES – Couples Position: Reverse Kilian, Kilian

The dance begins in Reverse Kilian position, which is held from Step 1 to Step 4 and from Step 8 to Step 14. From step 5 to step 7, the couple is in Kilian position.

Step 1 LFO (1 beat) is a stroke and **Step 2 RFI** (1 beat) is a run performed in the direction of the long side barrier.

Step 3 LFO (4 beats) is a stroke that begins at the long side barrier and ends in the direction of the long axis. The free leg movement on this step is optional.

Step 4 RFO (2 beats) is a stroke that aims initially toward the center of the rink and finishes parallel to the long axis.

Step 5 HhMk LBO (2 beats) is a heel-to-heel mohawk, that begins parallel to the long axis and finishes in the direction of the long side barrier, where the couple passes into Kilian position. The free leg at the end of the mohawk can be held close to or behind the skating foot.

Step 6 XB RBO (2 beats) is a cross behind with feet close on an outside edge.

Step 7 XR LBO (4 beats) is a cross roll on an outside edge maintained for the entire duration of the step where the movement of the free leg on this step is optional.

Step 8 CwRFI (2 beats) is a right forward inside choctaw toward the long side barrier, with feet close, in which the couple assumes Reverse Kilian position, followed by **Step 9 LFO**, a stroke (1 beat) and **Step 10 RFI**, a run (1 beat).

Step 11 LFO-I-Sw (2+2 beats) is a stroke on an outside edge, followed by a change of edge to inside on the third beat with a simultaneous swing of the free leg in front. The step begins moving away from the long side barrier and aims toward the long axis and finishes toward the short side barrier.

Step 12 OpCw RBO (2 beats) is skated in the direction of the short side barrier, where the couple maintains Reverse Kilian position. The free leg, at the end of the open choctaw, can be kept close to or behind the skating foot.

Step 13 XF LBI (2 beats) is a left backward cross in front on an inside edge with feet close and parallel, where the skaters, curving with pressure on the inside edge, move, while maintaining the prescribed position until the skating feet are aligned. This alignment will be facilitated by a turning of the torso toward the center of the rink. **Step 14**

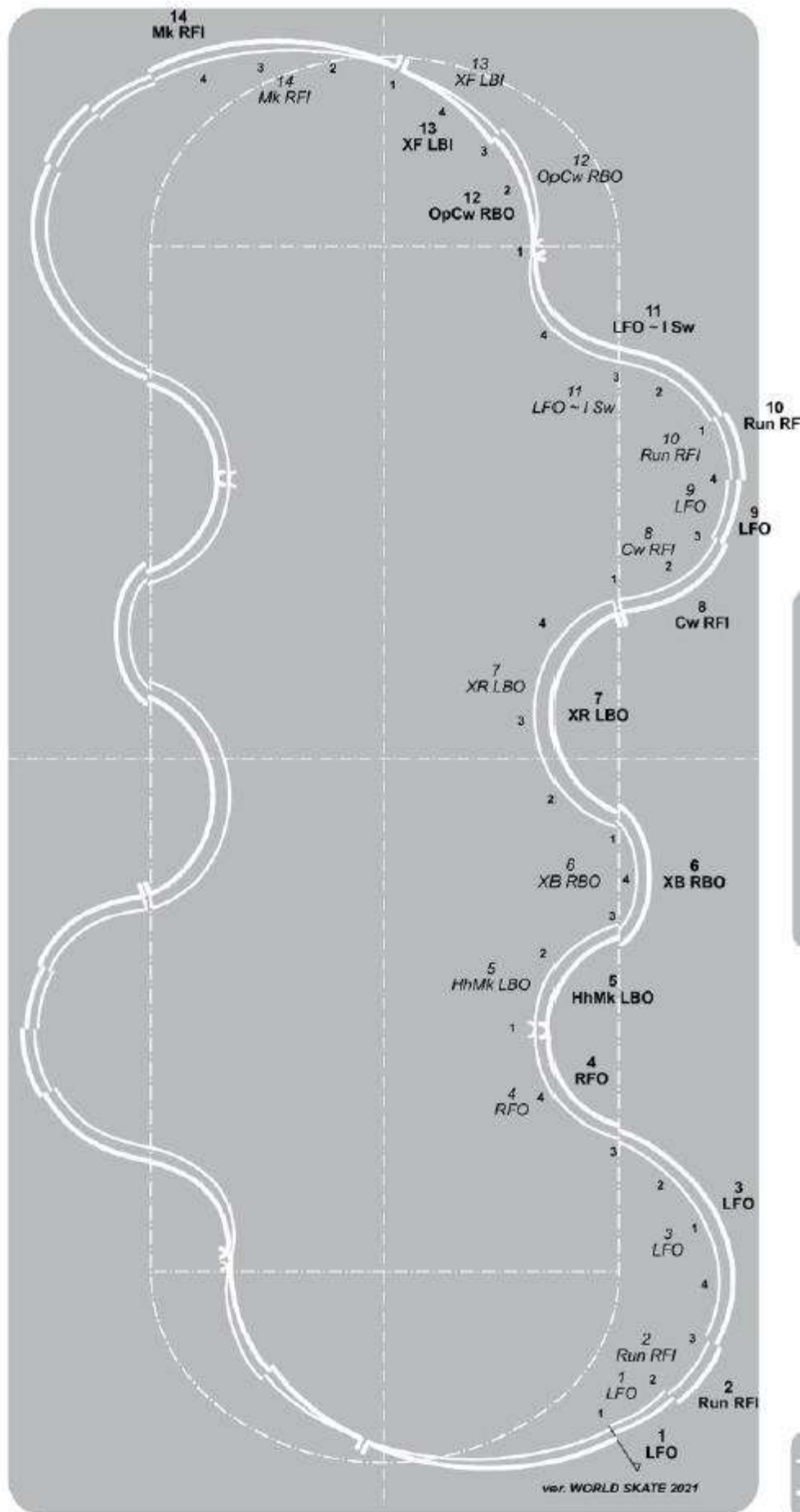
MkRFI (4 beats) is a right inside forward mohawk that must begin with the feet close together, in which the couple maintains the Reverse Kilian position. The free leg movement on this step is optional.

List of steps - Manhattan Blues Couples

POSITION	N°	WOMAN'S STEPS	MUSICAL BEATS	MAN'S STEPS
1st SECTION				
	1	LFO	1	LFO
Kilian reverse	2	Run RFI	1	Run RFI
	3	LFO*	4	LFO*
	4	RFO	2	RFO
Kilian	5	Hh Mk LBO	2	Hh Mk LBO
	6	XB RBO	2	XB RBO
	7	XR LBO*	4	XR LBO*
Kilian reverse	8	CwRFI	2	CwRFI
	9	LFO	1	LFO
	10	Run RFI	1	Run RFI
	11	LFO-I-Sw	2+2	LFO-I-Sw
	12	Op Cw RBO	2	Op Cw RBO
	13	XF LBI	2	XF LBI
	14	MkRFI*	4	MkRFI*

* Movement of the free leg is optional

Diagram - Manhattan Blues Couples



Key Points Werner Tango

1. Step 2 Ch LFI (1 beat): correct technical execution of the Chasse. Correct timing and clear lift from the floor of the free skates from both skaters. The couple must be in a correct reverse kilian position without separation during the steps, with a correct lean and synchronization.

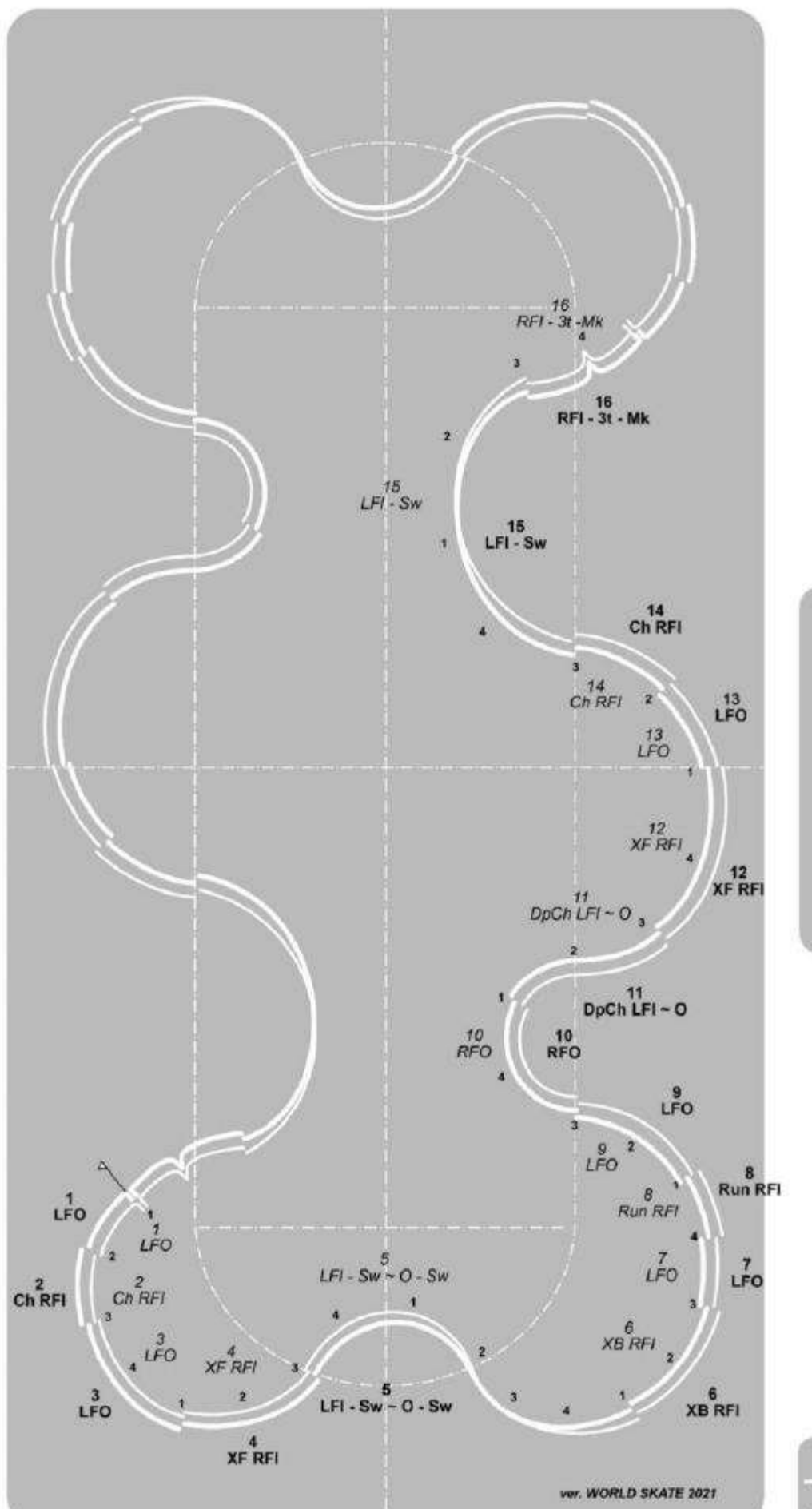
2. Step 5 LFI Sw/O Sw (2+1+(1+2) beats): correct execution of the COE (change of edge) Double Swing, respecting the prescribed free legs position and the timing. Correct change of the prescribed positions. Starting in reverse Kilian position, at the beginning of the 3rd beat the couple must assume a tandem position that must be maintained till the end of the 4th beat. At the beginning of the 5th beat the couple changes to kilian position. This change of position must be smooth, synchronized and with a nice flow of both skaters' axis.

3. Step 11 DpCh LFI/O (1+(1) beats): correct execution of the DpCh with a clear change of edge on the correct timing. The couple must be in a correct kilian position without separation during the steps, with a correct lean and synchronization during the COE (change of edge).

4. Step 15 LFI Sw (2+2 beats): correct timing execution of the swing for both skaters. Correct change of position from kilian to reverse kilian. The couple on the 2nd beat prepares the change from kilian position to reverse kilian position that must be clearly assumed on the 3rd beat till the end of the swing. This change of position must be smooth, synchronized and with a nice flow of both skaters' axis.

List of steps - Werner Tango Couples

HOLD	STEP	MAN'S STEP	BOTH	WOMAN'S STEPS
Reverse Kilian	1	LFO	1	LFO
	2	Ch RFI	1	Ch RFI
	3	LFO	2	LFO
	4	XF RFI	2	XF RFI
Reverse Kilian to Tandem to Kilian	5	LFI Sw I/O Sw	2+1+1+2	LFI Sw I/O Sw
	6	XB RFI	2	XB RFI
	7	LFO	1	LFO
	8	Run RFI	1	Run RFI
	9	LFO	2	LFO
	10	RFO	2	RFO
	11	DpCh LFI/O	1+1	DpCh LFI/O
	12	XF RFI	2	XF RFI
	13	LFO	1	LFO
	14	Ch RFI	1	Ch RFI
Kilian to Reverse Kilian	15	LFI Sw	2+2	LFI Sw
	16	RFI 3t	1+1	RFI 3t
		Mk to...		Mk to...



WERNER TANGO – Couples Positions: Reverse Kilian, Tandem, Kilian Pattern:

The couple starts the dance in Reverse Kilian position. This dance should be skated with strong edges and character. The couple will have to perform Reverse Kilian, Tandem and Kilian positions. Free legs and choreographed upper body movements should be added, as long as they respect the correct edges, timing and prescribed free leg positions.

Step **1 LFO** (1 beat) must be aimed toward the long side barrier near the left corner away from the judge stand.

Step **2 CH RFI** (1 beat) is parallel to the long side barrier;

Step **3 LFO** (2 beats) is a stroke aimed toward the short side barrier;

Step **4 XF RFI** (2 beats) is a cross in front that ends aiming toward the center of the floor.

Step **5 LFI Sw/O Sw** (2+1+(1+2) beats) is a double swing of 6 beats with a change of edge (3 beats in inside edge + 3 beats on outside edge), for both skaters. It starts towards the center of the floor, changing the edge aiming toward the short side barrier and finishing parallel to it. On this step, the free legs stay back for 2 beats and are swung forward on the 3rd beat. The change of edge to outside occurs on 4th beat still holding the free legs in front. On the 5th beat the free leg is swung back and stays back till the end of the 6th preparing for the next step. On this step the couple starts to change position from reverse kilian to kilian to tandem position at the beginning of the 3rd beat and must assume the tandem position till the end of the 4th beat. At the beginning of the 5th beat the couple changes to kilian position.

Step **6 XB RFI** (2 beats) is a cross behind aiming toward the long side barrier;

Step **7 LFO** (1 beat) is a stroke followed by step **8 Run RFI** (1 beat), both of one beat. The lobe finishes with step

9 LFO (2 beats) aimed toward the center of the floor. Step **10 RFO** (2 beats) is a deep outside stroke of two beats

to allow step **11 DpCh LFI/O** (1+(1) beats), an inside dropped chasse with a change of edge. The inside edge must be held for 1st beat, and the change of edge to outside occurs on the 2nd beat of the step, aiming toward the long side barrier.

Step **12 XF RFI** (2 beats) that finishes parallel to the long side barrier.

Step **13 LFO** (1 beat) is a stroke starting after the short axis, followed by

Step **14 CH RFI** (1 beat) aimed toward the center of the floor, finishing the lobe.

Step **15 LFI Sw** (2+2 beats) is a **LFI Swing** back/front starting toward the center of the floor and finishing aiming toward the long side barrier. The free legs swing in front on the 3rd beat. At the end of the 4th beat the free legs assume and-position to prepare the next step. During this step the couple prepares to change from kilian to reverse kilian position on the 2nd beat, finishing the swing in a clear reverse kilian position. This change of position must be smooth and with a nice flow of both skaters' axis.

Step **16 RFI 3t** (1+1 beats) is performed by the skaters in a non-hold position. The couple performs a right forward inside open stroke for 1 beat and a 3t on the 2nd beat, finishing on a RBO edge. After the 3t the couple performs a mohawk to execute step 1 of the dance in a clear reverse kilian position.

RSFI – INDIA SKATE National Roller Skating Championship

9 to 11 AGE GROUP PAIR SKATING PROGRAM –(QUAD)9-11 pair

Time: 3 minutes +/- 10 sec

- Maximum two (2) throw jumps – Axel, Double Toe loop, Double Salchow (must be different).
- Maximum one (1) combination contact spin with a maximum of two (2) positions. Selected from upright, sit, hazel and camel in kilian, face to face, arabesque position.
- Maximum two (2) side by side jumps with a maximum of two (2) rotations (No double axel or triples allowed). One (1) may be a combo of maximum two (2) jumps
- Maximum one (1) side by side combination spin with a maximum of two (2) positions, selected from upright and sit (any edge), camel FO & BO.
- One (1) spiral: Camel BO for 2022 (Man's position: the pivot must be clear with the hips no higher than the skating knee. The edge must be clear and continuous. Ladies positions: Camel spiral: the position must be a correct camel position held for the whole execution as well as on the required edge.)
- Maximum one (1) footwork sequence maximum level 3, maximum 30 seconds
- Maximum one (1) one position lift - No overhead lifts allowed
- Maximum one (1) combo lift - No overhead lifts allowed

. The lifts take-offs must be different.

ELEMENT	Details		Marks Range
THROW JUMP – max. 2	1.2	2 single	0.2 – 0.4
		Axel with single	0.4 -0.7
		Axel with double	0.5 -0.9
		2 doubles	0.9 -1.2
Combination CONTACT SPIN (1) – max. 2 positions - Selected from upright, sit, hazel and camel in kilian, face to face, arabesque position	1.3	Upright	0.2 - 0.3
		Sit	0.4 -0.7
		Hazel	0.8 -1.1
		Camel	1.2 -1.3
SIDE BY SIDE JUMP Maximum two (2) One (1) <u>may be</u> a combo of maximum two (2) jumps.	1.0	Single	0.2
		Axel	0.4
		Doubles	0.7
		Combination with single	0.5
		Combination with axel	0.8
		Combination with double	1.0
SIDE BY SIDESPIN COMBINATION(1) maximum of 2 positions, selected from upright and sit (any edge), camel FO & BO.	1.0	Upright	0.2 -0.4
		Sit	0.5 -0.7
		Camel / layover	0.8 -1.0
SPIRAL(1)	1.0	OB Camel	0.5 -0.7
		OB Death Spiral	0.8 -1.0

6. ONE (1) FOOTWORK SEQUENCE TO BE CHOSEN FROM SERPENTINE, CIRCLE, DIAGONAL, STRAIGHT LINE.

FOOTWORK The pattern is free, it must cover at least ¾ of the length of the rink.	1.4	Base Level Level 1: Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only). Level 2: Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5) Level 3: Base AND must perform 8 turns and must include three (3) different features.	0.1 -0.4 0.5 -0.7 0.8 -1.0 1.1 -1.4
		Features 1. Body movements: three (3) different body movements by both skaters are required. They must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted. 2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered. 3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners. 4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. Quick stops are permitted if they need to characterize the music 5. Holds: skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the feature.	
ONE POSITION LIFT - No overhead lifts allowed. Each single position lift must not exceed four (4) rotations.	1.4	Others	0.2
		Class L Bucket	0.3 - 0.5
		Class K Pass over axel	0.6 -0.8
		Class H Flip lift	0.9 -1.1
		Class G (Hands stretch both skaters) Around the back	1.2 -1.4
COMBO LIFT - No overhead lifts allowed. Each combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions)	1.7	Others	0.3 -0.5
		Class L with Bucket	0.6 -0.8
		Class K Pass over axel	0.9 -1.1
		Class H Flip lift	1.2 -1.4
		Class G (Hands stretch both skaters) Around the back	1.5 -1.7

ROLLER SKATING FEDERATION OF INDIA
COMPULSORY DANCE SCORING SHEET age group 9 to 11

PATTERN DANCE

Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules.

Level Base – 75% of sequence/section is completed.

- Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point is correctly executed.
- Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points are correctly executed.
- Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

IMPORTANT: to confirm a Key Point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern **Timing faults will bring the level down a minimum of one and will be marked down in the components.**

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
SEQUENCES/ SECTIONS OF PATTERN DANCE (marks per sequence - 2 sequence to be performed)							
Quality/ correctness of edges/ steps/ turns for the whole pattern dance element	40% or less clean edges/steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/steps / turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/steps / Turns with no major error	90% clean edges/step / Turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct tracking and restart and its repetition (if required)	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
no Level	0.1	0.2	0.3	0.5	0.6	0.7	1
Level 1	0.2	0.7	1	1.2	1.5	1.8	2
Level 2	0.3	0.8	1	1.5	2	2.5	3
Level 3	1	1.5	2	2.5	3	3.5	4
Level 4	1.5	2.5	3	3.5	4	4.5	5

Key Points

Manhattan Blues

1. Step 5 HhMk (heel to heel) LBO (2 beats): correct execution of the heel to heel mohawk, performed with feet close, placing the heel of the free foot near the heel of the skating foot, showing the correct outside edge at the moment of the step, respecting the outside edges required before and after the mohawk.
2. Step 7 XR LBO (4 beats), correct execution of the cross roll with an angular placement of the free foot as it becomes the skating foot, on the prescribed outside edge.
3. Step 12 OpCw RBO (2 beats), correct execution of the open choctaw, placing the right skate to the inside of the left skate, on a clear outside edge, maintained for 2 beats, respecting the prescribed edges required before and after the open choctaw.
4. Step 13 XF LBI (2 beats): correct technical execution of cross in front on an inside edge with feet close and parallel. Attention at the correct edge.

N°	STEP	BEATS
1	LFO	1
2	Run RFI	1
3	LFO*	4
4	RFO	2
5	Hh Mk LBO	2
6	XB RBO	2
7	XR LBO*	4
8	CwRFI	2
9	LFO	1
10	Run RFI	1
11	LFO - I - Swing	2+2
12	Op Cw RBO	2
13	XF-LBI	2
14	MkRFI*	4

*The movement of free leg is optional

MANHATTAN BLUES - Solo

Music: Blues 4/4 Tempo: 92 bpm

The dance begins aiming toward the long side barrier with 3 steps. **Step 1 LFO** (1 beat) is a stroke performed in the direction of the long side barrier, **Step 2 RFI** (1 beat) is a run and **Step 3 LFO** (4 beats) is a stroke that starts parallel to the long side barrier and ends in the direction of the long axis. The movement of the free leg on step 3 is optional.

Step 4 RFO (2 beats) is a stroke that aims initially toward the center of the rink and finishes parallel to the long axis.

Step 5 HhMk LBO (2 beats) is a heel to heel mohawk, performed with feet close together, bringing the left heel to the right heel, showing the correct outside edge at the moment of the step. The free leg, at the end of the mohawk can be kept close or behind the skating foot.

Step 6 XB RBO (2 beats) is a cross behind on an outside edge.

Step 7 XR LBO (4 beats), is a cross roll on an outside edge maintained for the entire step. The movement of the free leg is optional.

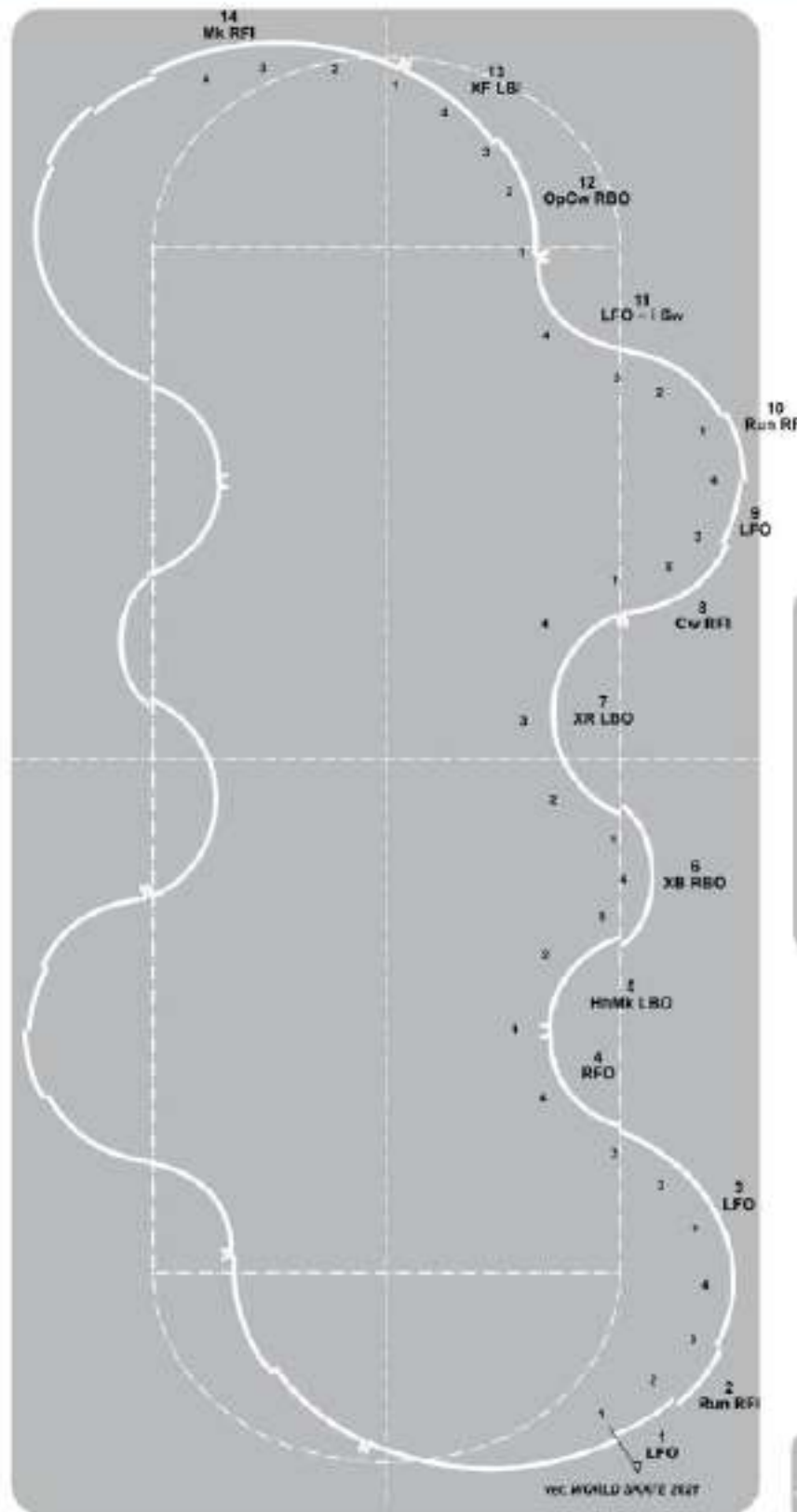
Step 8 CwRFI (2 beats) is a right forward inside choctaw toward the long side barrier, with feet close, followed by **Step 9 LFO** (1 beat) a stroke and **Step 10 RFI** (1 beat) a run.

Step 11 LFO-I-Sw (2+2 beats) in which the skater performs a stroke on an outside edge with a change of edge on the 3rd beat with a simultaneous swing of the free leg in front.

Step 12 OpCw RBO (2 beats) is skated in the direction of the short side barrier. The free leg, at the end of the open choctaw, can be kept close or behind the skating foot.

Step 13 XF LBI (2 beats) is a left backward cross in front, maintaining the inside edge for 2 beats.

Step 14 Mk RFI (4 beats) is a right forward inside mohawk with feet starting with feet close together, where the movement of the free leg is optional.



Key Points – Werner Tango Solo

1. Step 2 Ch LFI (1 beat): correct technical execution of the Chasse. Correct timing and clear lift from the floor of the free skate.
2. Step 5 LFI Sw/O Sw (2+1+(1+2) beats): correct execution of Double Swing Change of edge, respecting the prescribed free leg position and the timing. The free leg stays back for 2 beats and is swung forward on the 3rd beat. The change of edge to outside occurs on 4th beat still holding the free leg in front. On the 5th beat the free leg is swung back and stays back till the end of the 6th beat, preparing for the next step.

3. Step 11 DpCh LFI/O (1+1 beats): correct timing and technical execution of the DpCh, with a clear change of edge on the 2nd beat.

4. Step 16 RFI 3t (1+1 beats): Correct technical execution and clear cusp edges at the entrance and exit of the 3 Turn that must be done on the 2nd beat.

List of steps - Werner Tango Solo

NO.	STEPS	BEATS
1	LFO	1
2	Ch RFI	1
3	LFO	2
4	XF RFI	2
5	LFI Sw I/O Sw	2+1+1+2
6	XB RFI	2
7	LFO	1
8	Run RFI	1
9	LFO	2
10	RFO	2
11	DpCh LFI/O	1+1
12	XF RFI	2
13	LFO	1
14	Ch RFI	1
15	LFI Sw	2+2
16	RFI 3T	1+1
	Mk to...	

WERNER TANGO - Solo

Music: Tango 4/4 Tempo: 100 Bpm

Competitive requirements: 4 sequences Pattern: set

This dance should be skated with strong edges and character. Free leg and choreographed upper body movements should be added, as long as they respect the correct edges, timing and prescribed free leg positions.

Step 1 LFO (1 beat) must be aimed toward the right long side barrier near the left corner away from the judge stand.

Step 2 Ch RFI (1 beat) is parallel to the long side barrier.

Step 3 LFO (2 beats) is a stroke aimed toward the short side barrier.

Step 4 XF RFI (2 beats) is a cross in front that ends aiming toward the center of the floor.

Step 5 LFI Sw/O Sw (2+1+(1+2) beats) is a double swing of 6 beats with a change of edge (3 beats in inside edge + 3 beats on outside edge), starting toward the center of the floor, changing the edge aiming toward the short side barrier and finishing parallel to it. On this step, the free leg stays back for 2 beats and is swung forward on the 3rd beat. The change of edge to outside occurs on the 4th beat still holding the free leg in front. On the 5th beat the free leg is swung back and stays back till the end of the 6th preparing for the next step.

Step 6 XB RFI (2 beats) is a cross behind aiming toward the long side barrier.

Step 7 LFO (1 beat) is a stroke followed by step 8 Run RFI (1 beat), both of 1 beat. The lobe finishes with step 9 LFO (2 beats) aimed toward the center of the floor.

Step 10 RFO (2 beats) is a deep outside stroke of two beats to allow Step 11 DpCh LFI/O (1+(1) beats), is an inside dropped chasse with a change of edge. The inside edge must be held for 1st beat, and the change of edge to outside occurs on the 2nd beat of the step, aiming toward the long side barrier.

Step 12 XF RFI (2 beats) that finishes parallel to the long side barrier.

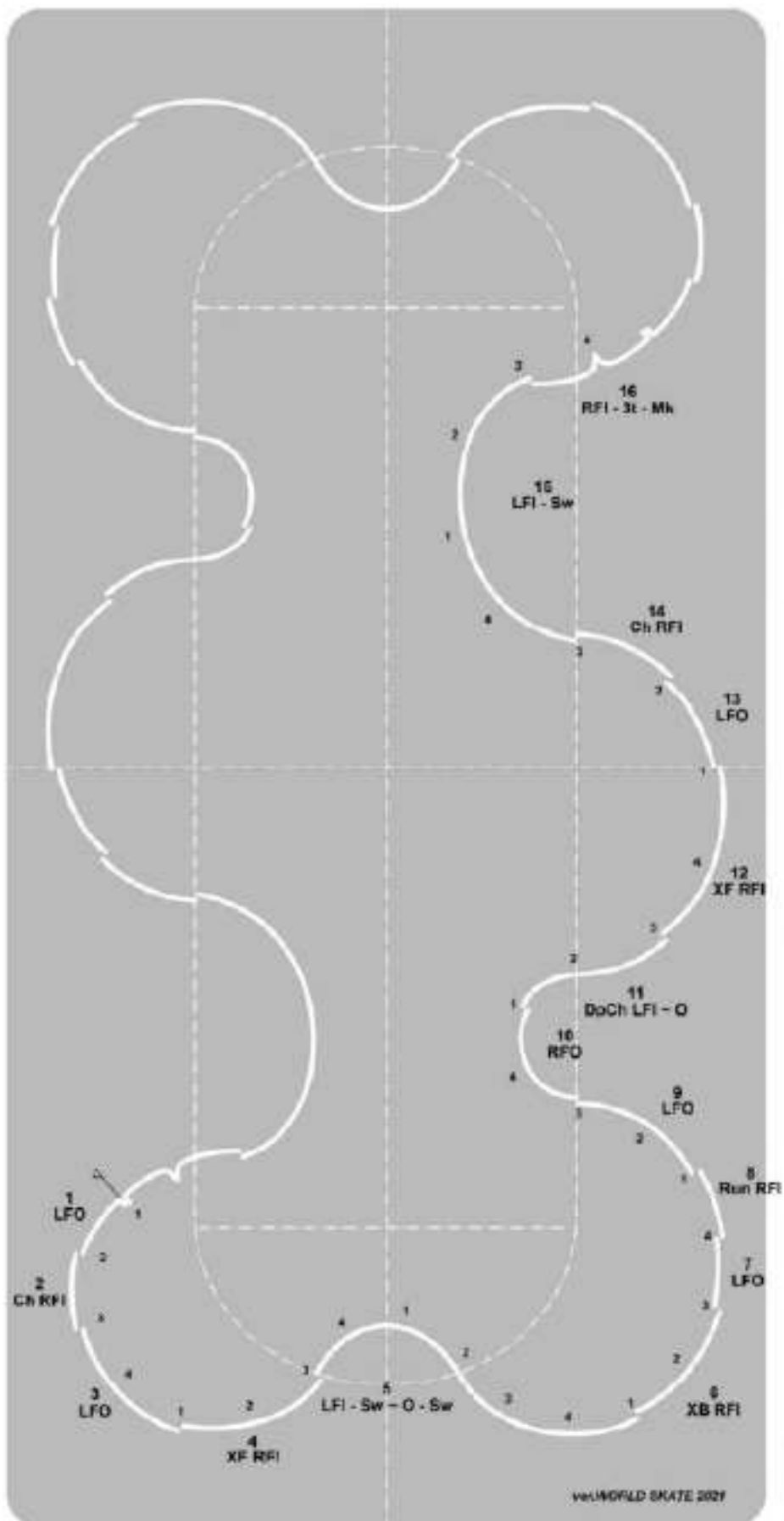
Step 13 LFO (1 beat) is a stroke starting after the short axis, followed by Step 14 Ch RFI (1 beat) aimed toward the center of the floor, finishing the lobe.

Step 15 LFI Sw (2+2 beats) is a 4 beats LFI Swing back/front starting toward the center of the floor and finishing aiming toward the long side barrier. The free leg swings in front on the 3rd beat. At the end of the 4th beat the free leg assumes and-position to prepare the next step.

Step 16 RFI 3t (1+1 beats) is a right forward inside open stroke for 1 beat and a 3t on the 2nd beat, finishing on a RBO edge.

After the 3t the skater performs a mohawk to execute step 1 of the dance.

Pattern - Werner Tango Solo



ROLLER SKATING FEDERATION OF INDIA

COUPLE STYLE DANCE –Musical OperaAge group 11 -17 time: 3:00 minutes +/- 10 seconds

PATTERN: 3	Viennese Waltz –Section 1	Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules
FOOT Seq: 2.5	No HOLD – max. 40 seconds	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.
Dance LIFT: 2	Combo - maximum 15 seconds	At least three (3) revolutions of the lifting partner and the lifted partner must be in one position for at least two (2) rotations. The maximum time allowed for the execution of the rotational lift is ten (10) seconds.
CLUSTER SEQ: 2.5	HOLD – max. 20 seconds	The couple can never break the hold during the execution of the sequences, the holds can be recognized or not

NO HOLD FOOTWORK SEQUENCES

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor will not be counted. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.

LEVELS

Base level requirements: Skaters must include steps/linking steps, it must cover at least ¾ of the length of the rink

Level 1 : Base level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).

Level 2 : Base Level AND must perform 6 turns must include two (2) different features (one of them must be feature 1 or 2)..

Level 3 : Base AND must perform 8 turns and must include three (3) different features

Level 4 : Base AND must perform 10 turns and must include four (4) different features

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.
3. Cluster: to be considered as a feature, both partners must perform a cluster where three (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot, or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and the right foot/clockwise. loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level

ASPECTS – No hold footwork	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats & variable stability	Shallow but stable	Good curves & secure	Strong, confident	Deep & bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent t/variable	Some speed & some flow	Good speed with variable flow	Considerable speed & constant flow	Considerable speed achieved effortlessly and fluidly
PARTNER BALANCE	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent

FOOTWORK	Both on two feet or both toe-pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
TURN	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Spacingbetween partners (nottouching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.4	0.6	0.7	1	1.2
Level 2	0.2	0.3	0.5	0.7	1	1.3	1.6
Level 3	0.2	0.5	0.7	1	1.2	1.6	2
Level 4	0.3	0.8	1	1.3	1.5	2	2.5

Hold Clusters Sequences Max. 20 seconds

Base Level Hold Cluster requirements: • The couple must introduce two (2) set of clusters separated by dance steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns. • The couple can never break the hold during the execution of the sequences, the holds can be recognized or not • Each set must start with at least three (3) different turns. • Partners can execute different turns within the set or the same turns • It is allowed for the couple to execute the steps between the sets in a no hold position however, before the first turn of the second sequence, they must be in dance hold. • Both sets must be different: it is possible to use the same turns in the sets but in a different order • For Base level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.

Level 1: Base level and atleast three (3) confirmed turns in each set AND must include one (1) feature.

Level 2: Base level AND at least three (3) confirmed turns in each set AND must include two (2) different features..

Level 3: Base Level AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.

Level 4: Base level AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different features.

Features

1. Difficult entries in both sets.

- Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Assisted jump of at least ½ rotation.
- The difficult entries for each set must be different.
- Only Choctaws from forwards to backwards will be considered.

2. Different feet: one set must be executed on the right foot and one set on the left foot.

3. Loops or Travelings.

- The couple need to introduce a minimum of one loop or one traveling in each set of the cluster.
- As a minimum, in one set a loop or traveling will be performed by the man and in one set a loop or traveling will be performed by the lady.

ASPECTS - Hold cluster	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
EDGES	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
SPACING BETWEEN PARTNERS	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
SYNCHRONIZATION	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.3	0.5	0.6	0.8	1
Level 2	0.1	0.3	0.5	0.6	0.7	1	1.3
Level 3	0.2	0.4	0.7	1	1.1	1.4	1.9
Level 4	0.3	0.6	0.9	1.2	1.5	2	2.5

PATTERN DANCE Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of World Skate ATC) and finish with the first step of the following section or the next step of the dance required by the rules • Must maintain the same steps/recognized positions*/holds of the dance and respect the required timing of each step* A recognized position is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other.

To confirm a Key point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern.

Level Base – 75% of sequence/section is completed by both partners.

Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point in each section is correctly executed.

Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points in each section are correctly executed.

Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points in each section are correctly executed.

Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points in each section are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

ASPECTS – Compulsory Dance	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/ steps/turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/step s/ turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/step s/turns with no major error	90% clean edges /step/turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep

Correct hold	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart and its repetition	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Level 1	0.1	0.2	0.3	0.4	0.5	0.6	1
Level 2	0.1	0.2	0.4	0.7	1	1.2	1.5
Level 3	0.2	0.4	0.8	1.2	1.6	1.8	2.2
Level 4	0.5	0.8	1.2	1.6	2	2.5	3

Key Points – VienneseWaltz –Section 1

- Step 4 XF RFO of the man and XB LBO of the woman (1 beat each): correct technical execution of the cross in front for the man and cross behind for the woman with feet close; the skating foot, when placed on the floor must assume immediately an outside edge with a change of lean with respect the step before.
- Steps 5 XB LFI~O of the man (2+1 beats) and a XF RBI~O of the woman (2+1 beats): correct technical execution of the cross behind for the man and cross in front for the woman with feet close and parallel; clear change of edge to outside on the third beat with the free foot passing very close to the skating foot.
- Step 7 LFO 3t of the man (2+1 beats): correct technical execution of the three turn with feet close, correct edges before and after the turn (not hopped), and the correct timing on the third beat.
- Step 10 ClCw RBO of the man (2 beats) and 11 OpMk RBO of the woman (1 beat): correct technical execution of the closed choctaw for the man, with feet close together (not wide) and the immediate RBO edge with free leg in front at the end of the turn; correct technical execution of the open mohawk for the woman, positioning of the free foot inside the supporting foot (in step) and the immediate RBO edge.

3.73 VIENNESE WALTZ – Couples Position: Waltz, Partial Tango, Tango, Partial Reverse Tango, Foxtrot
The Viennese Waltz is danced at a good pace and with strongly curved edges. This is a lilting and graceful dance. The movements of the free legs, if not mentioned, are of free interpretation (optional). The dance begins on Waltz position or in Partial tango maintained until step 4.

Step 1 LFO man/RBO woman (1 beat) stroke, step 2 run RFI man/LBI woman (1 beat), step 3 LFO man/RBO woman stroke (3 beats) are a sequence of steps aimed toward the long side barrier and finishing to the long axis. The partners’ position may be directly in Waltz or slightly to one side in Partial Tango for the purpose of expression as long as the variations do not interfere with the correct edges and good skating. Partner positions on steps 1, 2, 3 and 16, 17, 18 may be directly opposite each other, or slightly to one side for purpose of expression as long as the variations do not interfere with the correct edges and good skating.

Step 4 is a **XF RFO** (1 beat) for the man and a **XB LBO** (1 beat) for the woman, where both partners change to Tango position.

Steps 5 is a **XB LFI~O** (2+1 beats) for the man and a **XF RBI~O** (2+1 beats) for the woman. This step, originated from a cross behind for the man and a cross in front for the woman, places partners in Tango position. The change of edge is performed with the free foot passing close to the skating foot and must be executed on the third beat. The hold flows from Partial Tango to Waltz during the change edge.

Step 6 XB RFI (3 beats) for the man and **XF LBI** (3 beats) for the woman, partners assume Partial Reverse Tango position. **Step 7 LFO-3t** (2+1 beats) for the man is a stroke followed a 3 turn and **RBO** (3 beats) stroke for the woman. The position flows from Partial Reverse Tango to Waltz, at the end of 3 turn of the man.

Step 8 RBO~I (2+1 beats) for the man is a stroke and **Mk LFO~I** (2+1 beats) for the woman. The woman should be careful to follow her partner’s tracing, remaining in Waltz position. On the last beat of step 8, there should be a slight change of edge. There is a change of lean at the end of step 8 and the man skates ahead on step 9, while the woman follows and parallels his tracing. This step is parallel to the long axis.

Step 9 Mk LFI (3 beats) for the man and **RFO** (3 beats) stroke for the woman, the partners are momentarily in Foxtrot position with the shoulders parallel to the tracing. This step initially aims to the short axis and finishes toward the long side barrier.

Step 10 ClCw RBO (2 beats) a closed choctaw for the man while the woman skates a **LFO** (2 beats) stroke, partners cross tracing and assume Partial Tango position. The direction of this step is perpendicular to the long side barrier.

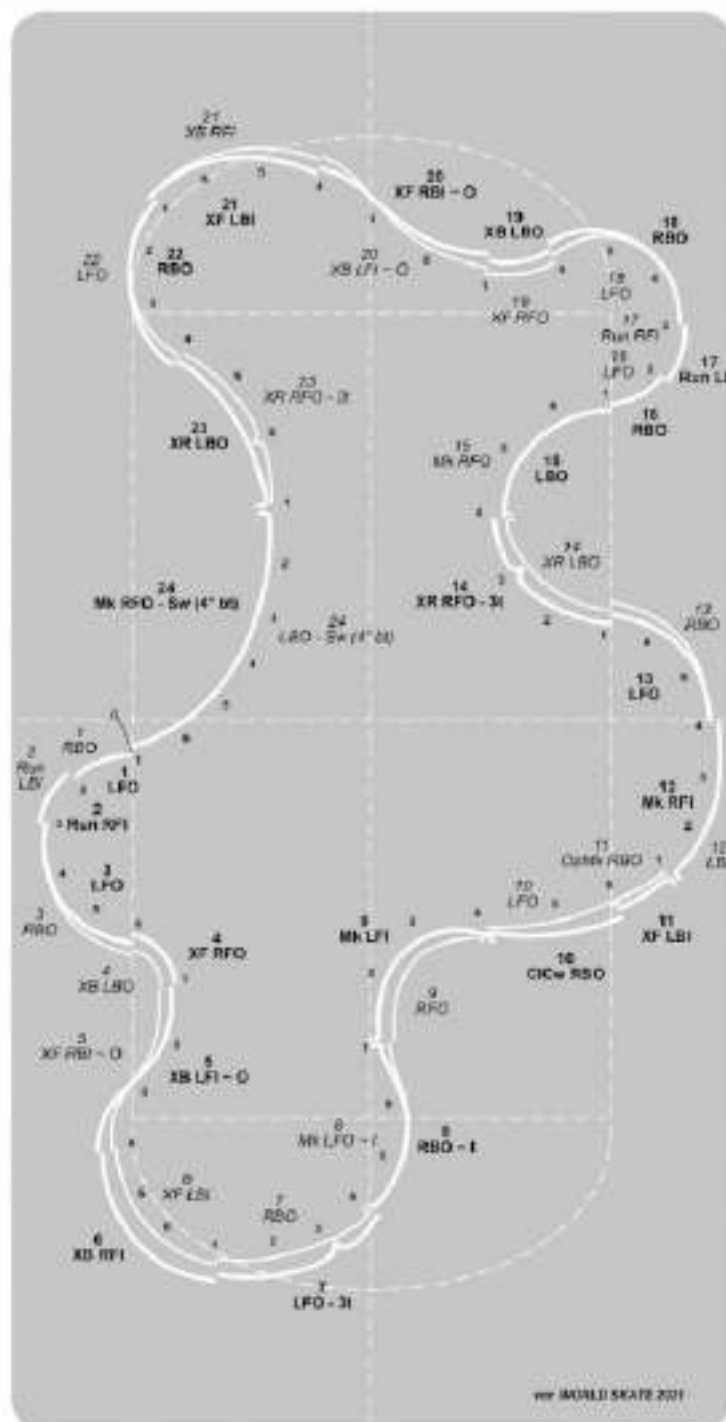
Steps 11 is a **XF LBI** (1 beat) for the man and **OpMk RBO** (1 beat) an open mohawk for the woman. After the mohawk, the woman’s **step 12 LBI** (3 beats) is placed at the side and slightly back of the right foot while the man skates a **RFI** (3 beats). The partners assume Waltz position.

Step 13 LFO (3 beats) for the man and **RBO** (3 beats) for the woman, are strokes. The aim is initially parallel to the long axis, goes away from the long side barrier, finishing almost toward the center of the rink.

List of steps - Viennese Waltz

STEP	HOLD	MAN'S STEPS	M	BOTH	W	WOMAN'S STEPS
1	Waltz or Partial Tango	LFO	1		1	RBO
2		RFI Run	1		1	LBI Run
3		LFO	3		3	RBO
4	Tango	XF-RFO	1		1	XB-LBO
5	Partial Tango to Waltz	XB-LFIO	3		3	XF-RBIO
6	Partial Reverse Tango	XB-RFI	3		3	XF-LBI
7	Waltz	LFO-3t	3		3	RBO
8		RBOI	3		3	Wk LFOI
9	Foxtrot	Wk LFI	3		3	RFO
10	Partial Tango	CICw RBO	2		2	LFO
11		XF LBI	1		1	Wk RBO
12	Waltz	Wk RFI	3		3	LBI
13		LFO	3		3	RBO

Pattern - Viennese Waltz



Combo Lift - maximum time allowed is fifteen (15) seconds. This lift is a combination of a stationary lift and a rotational lift. It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.

- 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.
- A dance lift occurs when the partner is lifted in the air for at least two (2) seconds (less than two (2) seconds is not considered a lift).
- Each type of difficult position/entry, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.

Level

Base level requirements: A lift with one (1) stationary position held for two (2) seconds combined with a rotational lift of three (3) revolutions of the lifting partner. The maximum time allowed for the execution of the combination lift is fifteen (15) seconds.

Level 1 : Base level and must include one (1) feature.

Level 2: Base level and must include two (2) features and three (3) revolutions by the lifting partner in the rotational.

Level 3 : base level and must include three (3) features and four (4) revolutions by the lifting partner in the rotational.

Level 4: Base level and must include four (4) features and five (5) revolutions by the lifting partner in the Rotational.

Features

1. Change of position: each position must be held for at least for two (2) revolutions if executed in the rotational or at least between one (1) and two (2) seconds if executed in the stationary. Note: the two (2) stationary positions do not have to be in succession, example: stationary 1 – rotational – stationary 2. The COP feature can be performed between the stationary and rotational parts, within the stationary part or within the rotational part, however the COP feature will only be considered once as a feature toward the level.
2. Difficult entry: to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds if presented with feature (1), two (2) to three (3) seconds otherwise.
4. Difficult position of the lifted partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds the stationary part if presented with feature (1), two (2) to three (3) seconds otherwise.

ASPECTS – Dance Lift	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
Level 1		0.1	0.1	0.2	0.3	0.4	0.6
level 2	0.1	0.2	0.3	0.5	0.6	0.8	1.0
level 3	0.2	0.3	0.5	0.7	0.9	1.1	1.4
Level 4	0.3	0.5	0.8	1.1	1.4	1.7	2

PATTERN:	3	Rocker Foxtrot 1 sequence: Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules.
Artistic Footwork SEQ. 2.5		maximum 40 seconds. • The pattern is free; it must cover at least ¾ of the length of the rink. Skaters must include steps/linking steps.
TRAVELLING Seq2		Maximum duration of the traveling is ten (10) seconds. Multiple continuous rotations (no edge three turns) skated on the same skating foot (minimum two rotations). If the rhythm changes, it is not good because it is not a continuous action.
CLUSTER SEQ 2.5		Max. 20 seconds The skater must introduce two (2) sequences of clusters separated by a maximum of three (3) steps or two feet turns (no one foot turns). sequence of at least three different turns executed on one foot, the three turn will be counted as a turn for the cluster.

Artistic SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn **will not be counted**. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least ¾ of the length of the rink

Level 1 – Base Level AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only))

Level 2 – Base level AND must 4 turns and must include two (2) different features (one of them must be feature 1 or 2)

Level 3 – Base level AND must perform 6 turns and must include three (3) different features

Level 4 – Base Level AND must perform 8 turns and must include four (4) different features

Features

1. Skating elements: three (3) of the following should be inserted to be considered towards the level: Features must achieve the correct position to be considered and the three (3) skating elements must each **come from a different subgroup (a-f as listed)** to be considered as a feature for the level.

a. Ina Bauer using a minimum of six (6) wheels, spread eagles; hackenmond.

b. Stag jump, split jump, butterfly, fly camel.

c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jumps.

d. Biellmann, inverted, ring (vertical or horizontal).

e. Charlotte, illusion.

f. Spin of minimum three (3) revolutions performed on one foot and an edge.

IMP: Skating elements should be distributed throughout the sequence with steps/turns in between. Skating element presented one after another will be counted as only one element. skating elements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

3. Cluster: to be considered as a feature three (3) of the turns presented in the cluster must be confirmed.

4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise and anti-clockwise for loops and travels. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. NOTE: loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level.

ASPECTS <u>Artistic Sequence:</u>	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe-pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURNS	Jumped/awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.4	0.6	0.7	1	1.2
Level 2	0.2	0.3	0.5	0.7	1	1.3	1.6
Level 3	0.2	0.5	0.7	1	1.2	1.6	2
Level 4	0.3	0.8	1	1.3	1.5	2	2.5

Clusters Sequences

If the skater falls or there is a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption.

• If there is an interruption or a loss of control momentarily and the skater is able to continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption. i.e. If the skater touches down momentarily after three confirmed turns in the first set and then continues to complete a second set, the technical panel will consider the first set of three confirmed turns and what was completed after the interruption in the subsequent set.

Traveling as a turn for the cluster will only be considered once for the entire element. • Three turn as a turn for the cluster will only be considered once for the entire element. • One rotation jump used as a difficult entry are counted within the maximum allowed jumps in the program

CLUSTERS SEQUENCES LEVELS

Base level cluster requirements: The skater must introduce two (2) set of clusters separated by steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns (dependent on the category) • Both sets must be different: it is possible to use the same turns in the two sets but in a different order.

- Level 1 – Base Level B and must include at least three (3) confirmed turns in each set AND must include one (1) feature.
- Level 2 – Base Level AND at least three (3) confirmed turns in each set AND must include two (2) different features.
- Level 3 – Base Level AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.
- Level 4 – Base level AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different

features.

Features

1. Difficult entries in both sets. The difficult entries must precede immediately the first turn of the set. In the second sequence, the difficult entry must be the step preceding the first turn of the second sequence. The difficult entries will be considered as part of the time limit
 - a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Jump of one (1) complete rotation. Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not allowed to execute a change of edge before the first turn. Jumps must be very clear to be considered as difficult entries and the turns of the set must begin immediately after the edge is taken.
 - b. The difficult entries for each set must be different.
 - c. Only Choctaws from forwards to backwards will be considered.
2. Body movements: skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be from different spatial groups. They cannot be executed at the end or at the beginning of the sets they must be executed during or between the turns.
3. Different feet: one set must be executed on the right foot and one set on the left foot.

ASPECTS – <u>Cluster</u>	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
EDGES	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Level 1	0.1	0.2	0.3	0.5	0.6	0.8	1
Level 2	0.1	0.3	0.5	0.6	0.7	1	1.4
Level 3	0.2	0.4	0.7	1	1.1	1.4	1.9
Level 4	0.3	0.6	0.9	1.2	1.5	2	2.5

TRAVELLING SEQUENCES LEVELS

- Base Level: Base level traveling requirements: Two (2) sets of two (2) rotations. • Maximum duration of the traveling is ten (10) seconds.
- Level 1: Base Level AND each set must be of at least three (3) rotations and must include one (1) feature.
- Level 2: Base AND each set must be of atleast three (3) rotations and must include two (2) features from two different groups. One of the sets must be in different direction.
- Level 3: Base AND each set must be of at least three (3) rotations and must include three (3) features, from three different groups. One of the sets must be in different direction.
- Level 4: Base AND AND each set must be of at least four (4) rotations and must include four (4) features, from four different groups. One of the sets must be in different direction.

Features

Group 1

a. Difficult entry in the first set of the element:

- i. Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
- ii. jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
- iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- iv. Turns: rocker or counter: it is not allowed to change the edge before starting rotation.

b. Different feet: one set must be executed on the right foot and one set on the left foot. If executing a third traveling set the change of foot can be between the second and third set.

Group 2

- a. Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Clapsed hands behind the back and far from it.
- d. Arms, one behind and the other in front like a screw.
- e. Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

Group 4 – Extra features

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

- a. Third traveling set (+0.5).
 - i. Must be presented third in the sequence of travelling.
 - ii. Must be of at least the number of rotations required for the maximum level of the category.
 - iii. Must be of minimum three (3) rotations.
 - iv. Must be executed within the ten (10) seconds allowed.
 - v. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
 - vi. Different feet feature from Group 1 can be executed between the second and third set.
 - vii. Change of direction required can be executed between the second and third set
- b. Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
- c. Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.5).
- d. Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

TRAVELING SEQUENCES Maximum duration of the traveling is ten (10) seconds.

ASPECTS - Travelling	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Connecting steps FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
ROTATIONAL SPEED	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Musical relationship	Absolutely no musical relevance	Somemusical Reasoning	Element makes sense in itsmusical placement	Beginning of the element matchesmusicalnuance	Musical relationship in at least one set	Musical Relationship withboth sets	Perfect harmonious relationship with music in every turn, step &feature.
Level 1		0.1	0.1	0.2	0.3	0.4	0.6
Level 2	0.1	0.2	0.3	0.5	0.6	0.8	1.0
Level 3	0.2	0.3	0.5	0.7	0.9	1.1	1.4
Level 4	0.3	0.5	0.8	1.1	1.4	1.7	2

PATTERN DANCE

Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules.

Level Base – 75% of sequence/section is completed.

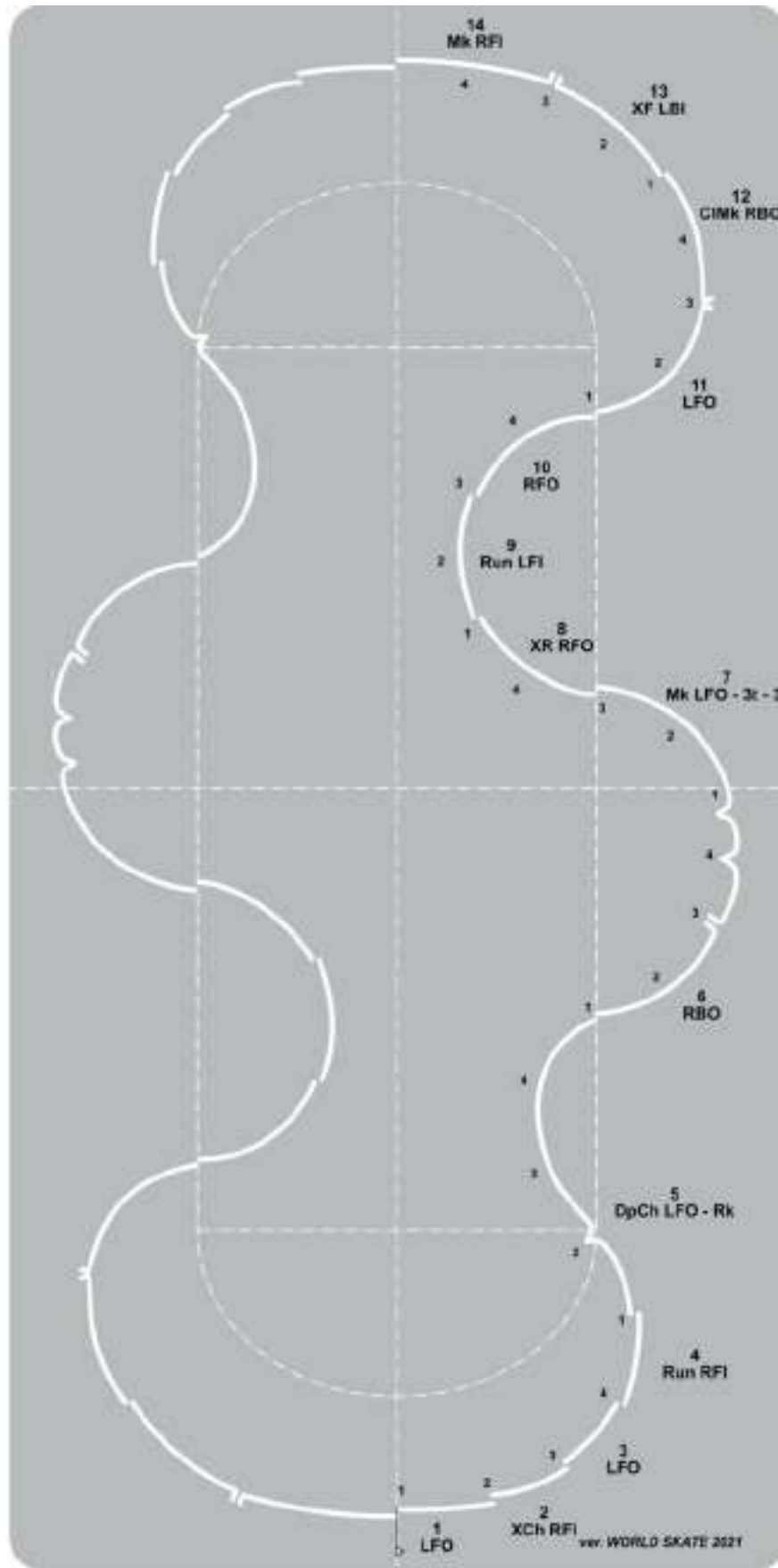
- Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point is correctly executed.
- Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points are correctly executed.
- Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

IMPORTANT: to confirm a Key Point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern **Timing faults will bring the level down a minimum of one and will be marked down in the components.**

ASPECTS - Compulsory	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Quality/ correctness of edges/ steps/ turns for the whole pattern dance element	40% or less clean edges /steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/steps / turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/steps / Turns with no major error	90% clean edges/step / Turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct tracking & restart and its repetition (if required)	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Level 1	0.1	0.2	0.3	0.4	0.5	0.6	1
Level 2	0.1	0.2	0.4	0.7	1	1.2	1.5
Level 3	0.2	0.4	0.8	1.2	1.6	1.8	2.2
Level 4	0.5	0.8	1.2	1.6	2	2.5	3

Key Points – Rocker Foxtrot Solo (modified)

1. Step 5 DpCh LFO Rk (4 beats): correct technical execution of dropped chasse with feet together close and parallel starting the step; correct technical execution of the rocker on the second beat of the step keeping the outside edges before/after the turn with well defined deep curves.
2. Step 7 LFO 3t 3t (1+ ½ + ½ +2, total 4 beats): correct technical execution of the three turns and the timing of the turns on half beats.
3. Step 12 CIMk RBO (2 beats): correct technical execution of the closed mohawk with feet close together, executed on a clear outside edge.
4. Step 13 XF LBI (2 beats): correct technical execution of cross in front, maintaining the inside edge throughout, not changing or flattening the edge.



List of steps - Rocker Foxtrot Solo (modified)

STEP No.	STEP	NUMBER OF BEATS OF MUSIC	
1	LFO		1
2	XCh RFI		1
3	LFO		1
4	Run RFI		1
5	DpCh LFO Rk	1+3	4
6	RBO		2
7	Mk LFO 3t 3t	1+ ½ + ½ +2	4
8	XR RFO		2
9	Run LFI		2
10	RFO		2
11	LFO		2
12	CIMk RBO		2
13	XF LBI		2
14	Mk RFI		2

ROCKER FOXTROT (modified) - Solo

Music: Foxtrot 4/4 Tempo: 104 bpm Patter: Set

The dance, which begins at the intersection of the long axis with the short side barrier, forms three lobes toward the long side barrier and two toward the center of the rink. The pattern of the dance covers half of the skating surface; therefore, one time around the floor is composed of two sequences of the dance.

Steps 1 through 5 form a lobe that initially opens toward the long side barrier and successively becomes parallel to it, and finishes aiming toward the center of the rink. This lobe consists of: **Step 1 LFO** (1 beat), **step 2 XCh RFI** (1 beat) a crossed chasse with feet close and parallel, **step 3 LFO** (1 beat) followed by **step 4 RFI** (1 beat) progressive run.

Step 5 DpCh LFO Rk (4 beats) is a dropped chasse followed by an outside forward rocker for four beats total, aimed initially toward the center of the rink, then parallel to the long axis and finally toward the long side barrier. The rocker must be performed on the second beat of the step. The movement of the skater's free leg on the third and fourth beats is optional.

Step 6 RBO (2 beats) the skater performs outside backward edge, aimed toward the long side barrier on a strong outside edge.

Step 7 Mk LFO 3t 3t (1+ ½ + ½ +2, total 4 beats) is an outside forward mohawk and two three turns of ½ beat each, that begins parallel to the long side barrier and then moves away from it, finishing toward the long axis; the movement of the free leg is optional.

Step 8 XR RFO (2 beats) aimed toward the long axis where the skater should perform an evident change of lean of the body baseline from the previous step.

Step 9 Run LFI (2 beats) progressive run for two beats that begins toward the long axis and becomes parallel to it.

Step 10 RFO (2 beats) a stroke that is aimed toward the long side barrier, completes the lobe begun by step 8.

Step 11 LFO (2 beats) is an outside forward stroke followed by **Step 12 CIMk RBO** (2 beats). The skater aims toward the long side barrier in preparation for the turn and ends moving away from it.

Step 13 XF LBI (2 beats) maintains the curve on an inside edge for two beats. The movement of the free leg is optional during this step.

Step 14 Mk RFI (2 beats) concludes the dance, bringing the skater to the short side of the rink, ending at the long axis.

ROLLER SKATING FEDERATION OF INDIA

COUPLE FREE DANCE SCORING SHEET age group: 11 above all groups Free Dance (3:50 minutes +/- 10 seconds)

Compulsory Elements:

1. Stationary lift. Max. time 10 seconds: 1.3
2. Rotational lift. Max. time allowed 10 seconds: 1.4
3. Choreographic lift.: 1.2
4. Hold footwork sequence, maximum 50 seconds.: 1.8
5. One partner footwork sequence, maximum 25 seconds.: 1.4
6. No hold synchronized cluster sequence, maximum 20 seconds.: 1.5
7. Synchronized Traveling sequence. Maximum duration of the traveling is ten (10) seconds.: 1.4

CHOREO LIFT:

The choreographic lift will be inserted to enhance or underline a part of the choreography. It cannot last more than ten (10) seconds.

ASPECTS choreo lift	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/exit	Shaky/dropped	Fumbling	Hesitant/abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effortless
Music	Not coherent with the music and choreography	No choreographic reason Poor in originality	Good but meaningless	Some coherence with the music and choreography	On the music	Coherent with the theme and the choreography Original	Absolutely in the flow of the music and on the meaning of the theme, originality
	0.1	0.2	0.4	0.6	0.8	1.0	1.2

DANCE LIFTS - stationary lift

Level:

Base level requirements The lifting partner will not perform any rotation and the lifted partner will stay in a stationary position for at least three (3) seconds. Seconds will start from the definition of the position of the lifted partner. The lifting partner is allowed to do a half rotation to enter the lift and a half rotation to exit.

Level 1: Base Level and must include one (1) feature.

Level 2 : Base Level and must include two (2) features

Level 3 : Base Level and must include three (3) features

Level 4 : Base level and must include four (4) features

Features

1. Change of position: each position must be held for at least between one (1) and two (2) seconds.

2. Difficult entry: to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.

3. Difficult position of the lifting partner: it must be kept for at least between one (1) and two (2) seconds in a position if presented with feature number one (1), or at least between two (2) or three (3) seconds if presented in a one position lift.

4. Difficult position of the lifted partner: it must be kept for at least between one (1) and two (2) seconds in a position if presented with feature number one (1), or at least between two (2) or three (3) seconds if presented in a one position lift.

ASPECTS stationary lift	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/exit	Shaky/dropped	Fumbling	Hesitant/abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless

Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
Base Level		0.1	0.2	0.2	0.3	0.3	0.4
level 1	0.1	0.2	0.2	0.3	0.4	0.5	0.6
level 2	0.2	0.2	0.3	0.4	0.5	0.6	0.8
Level 3	0.2	0.3	0.4	0.6	0.7	0.8	1
level 4	0.3	0.4	0.5	0.7	0.9	1.1	1.3

DANCE LIFTS –Rotational lift maximum time execution of the rotational lift is ten (10) seconds.

Base level requirements: One rotational lift of at least three (3) revolutions of the lifting partner and the lifted partner must be in one position for at least two (2) rotations

Level 1: Base Level and must include one (1) feature.

Level 2: Base Level and must include two (2) feature

Level 3: Base Level and must include three (3) features

Level 4: Base level and must include four (4) features

Features

1. Change of position: each position must be held for at least for two (2) revolutions. The total number of revolutions should be more than four (4).
2. Difficult entry: to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: it must be kept for at least two (2) revolutions in a position if presented with feature number one (1), or three (3) revolutions if presented in a one position lift.
4. Difficult position of the lifted partner: it must be kept for at least two (2) revolutions in a position if presented with feature number one (1), or three (3) revolutions if presented in a one position lift.
5. Number of revolutions: six (6) revolutions for the lifting partner. The half revolution in the exit will not be considered part of the revolutions.
6. Continuous movement of the leg/s of the lifted partner: the movement can be a continuous or a repeated movement throughout the element at least for 2 revolutions.

ASPECTS rotational	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Base Level		0.1	0.2	0.3	0.4	0.5	0.6
level 1	0.1	0.2	0.3	0.4	0.6	0.7	0.8
level 2	0.1	0.2	0.4	0.6	0.7	0.9	1.0
level 3	0.1	0.2	0.4	0.6	0.8	1	1.2
level 4	0.3	0.4	0.6	0.8	1.0	1.2	1.4

One Partner footwork sequence

Base level requirements: • One of the two partners must present steps/turns/connecting steps. • The sequence must be in hold. At least 3 different holds must be presented even if not recognizable ones.

Level 1 : Base level AND must perform 4 turns.

Level 2: Base level AND must perform 4 turns and must include one (1) feature..

Level 3 : base level AND must perform 5 turns and must include two (2) different features..

Level 4: Base level AND must perform 6 turns and must include three (3) different features..

Features

1. Assisted jump.
2. Lift: of two revolutions.
3. Two body movements: for both skaters (they can be the same or different in between skaters). The two BM must come from different spatial groups

Note:

No more than 6 turns (including Choctaw and loop) are allowed.

- The Choctaw (from forward to backward) will be counted as turn but only once (if there are more Choctaws in the sequence).
- All features to be considered confirmed must be completed within the 20 seconds allowed.
- Only one traveling is allowed.
- Three turns are not considered.
- Each kind of turn (except traveling) can be repeated but the second time will be considered only if executed on a different foot than the previous or in different skating direction (backward to forward or forward to backward).

ASPECTS - one partner footwork	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe-pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and /or large sections without steps/turns	Poor in Pattern and /or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Limited variations in pathways and/or some illogical distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
TURNS	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level		0.1	0.2	0.3	0.4	0.5	0.6
Level 1	0.1	0.2	0.3	0.4	0.6	0.7	0.8
Level 2	0.1	0.2	0.4	0.6	0.7	0.9	1.0
Level 3	0.1	0.2	0.4	0.6	0.8	1	1.2
Level 4	0.3	0.4	0.6	0.8	1.0	1.2	1.4

NO Hold SYNCHRONIZED CLUSTERS

Base level: The couple must introduce two (2) set of clusters separated by dance steps or two feet turns (no one foot turns).

- The sets MUST be the same for both partners. The skaters have not to be in hold but skating alone. They should be as close as possible, and they are free to use whatever turn they want (except for where the choice of formation requires otherwise. For example, if the couple performs a cluster sequence in mirror image of each other)
- Each set must start with at least three (3)

different turns. • Both sets must be different: it is possible to use the same turns in each set but in a different order • If the skaters, after the second set remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per these separation rules.

Level 1 : Base level and at least three (3) confirmed turns in each set AND must include one (1) feature.

Level 2 : base level AND at least three (3) confirmed turns in each set AND must include two (2) different features.

Level 3: Base level AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features..

Level 4: base level AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different features.

Features

1. Difficult entries in both sets. The two partners must execute the same difficult entries for no hold cluster

a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Jump of one (1) complete rotation.

b. The difficult entries for each set must be different.

c. Only Choctaws from forwards to backwards will be considered.

2. Body movements: skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be from different spatial groups. They cannot be executed at the end or at the beginning of the sets they must be executed during or between the turns.

3. Different feet: one set must be executed on the right foot and one set on the left foot

If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the cluster has started and the execution of the element continues after the touch down, only the part before the touch down will be considered for the level. • If the skater falls or there is a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption. • If there is an interruption or a loss of control momentarily and the skater is able to continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption. i.e. If the skater touches down momentarily after three confirmed turns in the first set and then continues to complete a second set, the technical panel will consider the first set of three confirmed turns and what was completed after the interruption in the subsequent set.

• No change of edge is allowed in the first three turns of the cluster. • If the skater/s executes more turns than required for the maximum level of the category, the level will be lowered by 1. • Traveling as a turn for the cluster will only be considered once for the entire element. • Three turns as a turn for the cluster will only be considered once for the entire element. • One rotation jump used as a difficult entry are counted within the maximum allowed jumps in the program.

ASPECTS no hold cluster	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/completion	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Edges	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Base level		0.1	0.2	0.4	0.5	0.6	0.7
level 1	0.1	0.2	0.3	0.5	0.6	0.8	0.9
level 2	0.2	0.3	0.5	0.7	0.8	1	1.1
level 3	0.3	0.5	0.7	1	1.2	1.3	1.5

FOOTWORK SEQUENCE - HOLD –

Base level requirements: Skaters must include steps/linking steps. • Skaters must be in hold. • The pattern is free, it must cover at least ¾ of the rink. • The couple must perform a minimum of two (2) different recognized dance positions*.

Level 1: base level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).

Level 2: base level AND must perform 6 turns and must include two (2) different features and three (3) different holds. (one of them must be feature 1 or 2).

Level 3: base level AND must perform 8 turns and must include three (3) different features and three (3) different holds

Level 4: base level AND must perform 8 turns and must include four (4) different features and four (4) different holds

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low. Body Movements to be considered for the feature should be presented during a hold. Hand in hand will not be considered a hold.
2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered
3. Cluster: to be considered as a feature, both partners must perform a cluster where the three (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot, or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and the right foot/clockwise.
5. Loops: both skaters must perform two (2) confirmed loops, one clockwise and the other anti-clockwise. They cannot be performed one after another without performing at least one hold between.

ASPECTS hold f/w sequence	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Speed and flow	Struggling, labored, forced	Deteriorates or limited	Inconsistent /variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe-pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
EDGES/SURENESSES	Very flat and shaky	Generally flat and hesitant	Some flats & variable stability	Shallow but stable	Good curves & secure	Strong, confident	Deep & bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level		0.1	0.2	0.3	0.4	0.5	0.7
level 1	0.1	0.2	0.3	0.4	0.6	0.7	0.9

level 2	0.1	0.2	0.4	0.6	0.8	1	1.2
level 3	0.3	0.4	0.6	0.8	1	1.2	1.5
level 4	0.5	0.7	0.8	1.1	1.3	1.5	1.8
<p>TRAVELING SEQUENCES Maximum duration of the traveling is ten (10) seconds</p> <p>Base level traveling requirements: Two (2) sets of a minimum of two (2) rotations with a maximum of three (3) steps or turns in between.</p> <p>Level1 : Base level and must include one (1) feature.</p> <p>Level 2: base level AND each set must be of three (3) rotations and must include two (2) features from two different groups. One of the sets must be in different direction.</p> <p>Level 3: base level AND each set must be of three (3) rotations and must include three (3) features, from three different groups. One of the sets must be in different direction.</p> <p>Level 4: base level AND each set must be of four (4) rotations and must include four (4) features. At least three of the four features must be taken from different groups. One of the sets must be in different direction.</p>							
ASPECTS traveling	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
Entry/ Completion	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/ stable	Sure and smooth	With ease	Seamless
Connecting steps footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/ clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Rotational speed	Very slow	Slow	Variable	Normal	Good	Fast	Very fast
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
level 1		0.1	0.2	0.2	0.3	0.4	0.5
level 2	0.1	0.2	0.3	0.4	0.5	0.6	0.8
level 3	0.2	0.3	0.5	0.7	0.8	0.9	1.1
level 4	0.3	0.5	0.6	0.8	1.0	1.2	1.4

ROLLER SKATING FEDERATION OF INDIA

SOLO FREE DANCE SCORING SHEET

age group 11 and above all groups

Time 3.30 +/- 10 minutes

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

1. Footwork sequence, maximum 40 seconds.: 2.5
2. One (1) traveling sequence max. 10 seconds.: 1.5
3. One (1) choreographic sequence max. 30 seconds: 2
- 4 One (1) cluster sequence: (max. 20 seconds) : 2
5. Artistic footwork sequence, maximum 40 seconds.: 2.

FOOTWORK SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted. Each type of turn can only be counted twice.

- Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.
- Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)

Level 2 – Base level AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2)

Level 3 – Base level AND must perform 8 turns and must include three (3) different features

Level 4 – Base Level AND must perform 10 turns and must include four (4) different features

Features

1. Body movements: three (3) different body movements are required; they must be one from each spatial group: High, Medium, Low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.
3. Cluster: To be considered as a feature three (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot, or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. • Quick stops are permitted if they need to characterize the music

ASPECTS - footwork seq	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable le speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe-pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless

Pattern & distribution	Very poor Patternand/or large sections without steps/turns	Poor in Pattern and /or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Limited variations inpathways and/or some illogical distribution	Many variations inpathways, and logical distribution	Intricate pattern with logical & even distribution throughout
TURN	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.4	0.6	0.7	1	1.2
Level 2	0.2	0.3	0.5	0.7	1	1.3	1.6
Level 3	0.2	0.5	0.7	1	1.2	1.6	2
Level 4	0.3	0.8	1	1.3	1.5	2	2.5

TRAVELLING SEQUENCES LEVELS

- Base Level: Base level traveling requirements: Two (2) sets of two (2) rotations with a maximum of three (3) steps or turns in between
- Level 1: Base Level and must include one (1) feature.
- Level 2: Base AND each set must be of three (3) rotations. The sequence must include two (2) features from two different groups. One of the sets must be in different direction.
- Level 3: Base AND each set must be of three (3) rotations. The sequence must include three (3) features, from three different groups. One of the sets must be in different direction.
- Level 4: Base AND each set must be of four (4) rotations. The sequence must include four (4) features. At least three of the four features must be taken from different groups. One of the sets must be in different direction.

ASPECTS - Travelling	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Connecting steps FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
ROTATIONAL SPEED	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
Level 1		0.1	0.1	0.2	0.3	0.4	0.6

Level 2	0.1	0.2	0.3	0.5	0.6	0.8	1.0
Level 3	0.2	0.3	0.5	0.7	0.9	1.1	1.4
Level 4	0.3	0.5	0.8	1.1	1.4	1.7	2

Features

Group 1

a. Difficult entry in the first set of the element:

- Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
- jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
- Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- Turns: rocker or counter: it is not allowed to change the edge before starting rotation.

b. Different feet: one set must be executed on the right foot and one set on the left foot. If executing a third traveling set the change of foot can be between the second and third set.

Group 2

- Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- Significant continuous motion of arms during required number of rotations.
- Clasped hands behind the back and far from it.
- Arms, one behind and the other in front like a screw.
- Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- Free leg crossed in front or behind under the knee line (pirouettes).
- Free skate wheels held by one or two hands.
- High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

Group 4 – Extra features

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

- Third traveling set (+0.5).
 - Must be presented third in the sequence of travelling.
 - Must be of at least the number of rotations required for the maximum level of the category.
 - Must be of minimum three (3) rotations.
 - Must be executed within the ten (10) seconds allowed.
 - Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
 - Different feet feature from Group 1 can be executed between the second and third set.
 - Change of direction required can be executed between the second and third set
- Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
 - Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.5).
 - Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

CHOREO STEP SEQ

(The time to do this sequence is maximum thirty (30) seconds)

There is not a set pattern to follow. Sequence of free-choice elements, where the skaters must demonstrate: the ability to skate, creativity, choreographic ability, originality, musicality, with body movements, using all the personal space.

- The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps (included in the permitted jumps), quick spins.
- The sequence must start from a stopped position or a stop and go and must cover at least $\frac{3}{4}$ of the rink

ASPECTS Chore sequence	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
MUSICALITY, PHRASING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
VARIETY, ORIGINALITY, MUSICALITY	No variety, no originality, no musicality	Poor in variety, originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
STEPS, TURNS	Very flat, shaky, stumble	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and quite bold
ENERGY, CONTROL	Completely uncontrolled, no energy	Some lack of control and energy	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
INVOLVEMENT, MOVEMENTS	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movement s and involvement	Very good movements and involvement	Completely involved and fine movements
	0.3	0.5	0.7	0.9	1.2	1.6	2.0

Artistic SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn **will not be counted**. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only))

Level 2 – Base level AND must 4 turns and must include two (2) different features (one of them must be feature 1 or 2)

Level 3 – Basel level AND must perform 6 turns and must include three (3) different features

Level 4 – Base Level AND must perform 8 turns and must include four (4) different features

Features

1. Skating elements: three (3) of the following should be inserted to be considered towards the level: Features must achieve the correct position to be considered and the three (3) skating elements must each **come from a different subgroup (a-f as listed)** to be considered as a feature for the level.

- a. Ina Bauer using a minimum of six (6) wheels, spread eagles; hackenmond.
 - b. Stag jump, split jump, butterfly, fly camel.
 - c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jumps.
 - d. Biellmann, inverted, ring (vertical or horizontal).
 - e. Charlotte, illusion.
 - f. Spin of minimum three (3) revolutions performed on one foot and an edge.
- IMP: Skating elements should be distributed throughout the sequence with steps/turns in between. Skating element presented one after another will be counted as only one element. skating elements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.
3. Cluster: to be considered as a feature three (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. NOTE: loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level.

ASPECTS <u>Artistic Sequence:</u>	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING / EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toe pushing	Wide stepping / 1 or 2 feet / toe-pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURN S	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level				0.1	0.2	0.3	0.4
Level 1		0.1	0.2	0.3	0.4	0.6	0.8
Level 2	0.1	0.2	0.4	0.6	0.8	1.0	1.2
Level 3	0.2	0.3	0.5	0.7	0.9	1.3	1.6
Level 4	0.3	0.5	0.8	1.1	1.4	1.7	2

Clusters Sequences

If the skater falls or there is a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption.

- If there is an interruption or a loss of control momentarily and the skater is able to continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption. i.e. If the skater touches down momentarily after three confirmed turns in the first set and then continues to complete a second set, the technical panel will consider the first set of three confirmed turns and what was completed after the interruption in the subsequent set. Traveling as a turn for the cluster will only be considered once for the entire element. • Three turn as a turn for the cluster will only be considered once for the entire element. • One rotation jump used as a difficult entry are counted within the maximum allowed jumps in the program

CLUSTERS SEQUENCES LEVELS

Base level cluster requirements: The skater must introduce two (2) set of clusters separated by steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns (dependent on the category) • Both sets must be different: it is possible to use the same turns in the two sets but in a different order.

- Level 1 – Base Level B and must include at least three (3) confirmed turns in each set AND must include one (1) feature.
- Level 2 – Base Level AND at least three (3) confirmed turns in each set AND must include two (2) different features.
- Level 3 – Base Level AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.
- Level 4 – Base level AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different features.

Features

1. Difficult entries in both sets. The difficult entries must precede immediately the first turn of the set. In the second sequence, the difficult entry must be the step preceding the first turn of the second sequence. The difficult entries will be considered as part of the time limit

a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Jump of one (1) complete rotation. Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not allowed to execute a change of edge before the first turn. Jumps must be very clear to be considered as difficult entries and the turns of the set must begin immediately after the edge is taken.

b. The difficult entries for each set must be different.

c. Only Choctaws from forwards to backwards will be considered.

2. Body movements: skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be from different spatial groups. They cannot be executed at the end or at the beginning of the sets they must be executed during or between the turns.

3. Different feet: one set must be executed on the right foot and one set on the left foot.

ASPECTS – <u>Cluster</u>	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
EDGES	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Level 1	0.1	0.2	0.3	0.5	0.6	0.8	1
Level 2	0.1	0.3	0.5	0.6	0.7	1	1.4
Level 3	0.2	0.4	0.7	1	1.1	1.4	1.9
Level 4	0.3	0.6	0.9	1.2	1.5	2	2.5

ROLLER SKATING FEDARATION OF INDIA

ARTISTIC SKATING – QUAD 11-14 AGE GROUP PROGRAM (A MARK) Time: 3:15 minutes +/- 10 seconds

TOTAL MARKS TO BE DIVIDED BY 3 FOR FINAL SCORE

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (double axel and triples are not allowed) A Waltz jump will be accepted as an attempt of the required Axel element.
- Maximum two (2) jumps combinations are allowed. (The number of jumps within the combination cannot be more than five (5). In general, the combo jump should continue on the same foot as the landing of the preceding jump. Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score)
- It is mandatory to perform an Axel that can be presented also in combination. A Waltz jump will be accepted as an attempt of the required Axel element. • Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- Minimum two (2), maximum three (3) spin elements are allowed. One of them must be a combination spin (maximum four (4) positions) and must include a sit spin and one **MUST** be a solo spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the three spins must be different. If 2 combos are presented, one of maximum four (4) positions and one of maximum three (3) positions.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

Individual JUMPS marks are to be given per jump (a jump to be counted once only) A Waltz jump will be accepted as an attempt of the required Axel element.		SINGLE	FEATURE	DOUBLE	FEATURE
		Per jump/max		Per jump/max	
	Waltz / attempted axel	0.1			
	Axel	0.5 - 0.9	0.36		
	Toe loop and salchow	0.20	0.08	0.5	0.21
	flip and Lutz	0.24	0.10	1.0	0.40
	loop and eular	0.29	0.12	1.5	0.60

JUMP COMBINATIONthe combo jump should continue on the same foot as the landing of the preceding jump. Double three at landing of any jump will stop the combo. The correctly executed part will be considered in the technical score)	Marks will be as per the no. of higher rotation jumps performed / marks are per combination				
	2 jump	0.8	0.32	1.5 (upto 2 duple)	0.63
	3 jump	1.0	0.40	1.9	0.86
	4 jump	1.1	0.44	(3 and more doubles)	
	5 jump	1,2	0.48		

SPINS: Minimum two (2), maximum three (3) spin elements are allowed. One of them must be a combination spin (maximum four (4) positions) and must include a sit spin and one **MUST** be a solo spin. Broken is not allowed and the three spins must be different

SPIN COMBINATION(Sit spin mandatory)		MARKS	Lower if 1 or 2 and higher if 3 and more with sit	FEATURE		
				1 or 2		
	With upright	0.4 -0.6		0.3	0.6	0.9
	With sit	0.7 -0.9		0.4	0.6	1
	With Camel	1.0 -1.2		0.5	1.0	1.2
	With Heel	1.3 -1.5		0.6	1.2	1.4
Solo Spin	With Inverted	1.6 -2.0		0.8	1.4	1.6
	Up right	0.2 -0.4		0.2	0.4	0.6
	Sit	0.5 -0.7		0.3	0.5	0.7
	Camel	0.8- 1.1		0.4	0.6	0.8
	Heel	1.2 -1.4		0.6	0.8	1.0
	Inverted	1.5 -1.8		0.6	1.0	1.3

Additional entry (3rd Spin – not mandatory - therefore marks are less as compared to the mandatory entries / should not be a repeat)

Element	Solo	Combination (highest spin marks to be considered)	1 or 2	3 or 4	5 or 6
Upright	0.2	0.3	0.2	0.3	0.4
Sit	0.4	0.5	0.3	0.4	0.5
Camel	0.6	0.7	0.4	0.5	0.6
Heel	0.8	0.9	0.5	0.6	0.8
Inverted	1.0	1.2	0.6	0.8	1.0

STEP SEQUENCE

The pattern is free; it must cover at least $\frac{3}{4}$ of the length of the rink. Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted.

Level 1: Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)
 Level 2: Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2)
 Level 3: Base AND must perform 8 turns and must include three (3) different features

Features

1. Body movements: three (3) different body movements are required, they must be one from each spatial group: high, medium, low. Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.

Base level	0.7 – 1.5
Level -1	1.6 – 3.0
Level - 2	3.1 – 4.5
Level - 3	4.6 – 6.0

TOTAL MARKS TO BE DIVIDED BY 3 FOR FINAL SCORE

FEATURES

JUMPS

Very good height and length.

- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

SPINS

Good ability in centering the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

Good speed and acceleration during the execution.

Difficult entry (e.g. fly camel, butterfly).

Difficult variations of positions.

Balanced number of rotations for each position (combination spins).

Number of rotations much higher than the minimum.

Matching the execution of the element with the music structure.

Difficult traveling.

STEP SEQUENCE

Deep and clean edges (including entry and exit from change of directions).

Clearness and precision

Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.

- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.

- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

CHOREO SEQUENCE

New steps, new steps sequence.

Intricate pattern.

Originality.

Variety.

Musicality.

Matching with the theme and music.

Clear movements.

Good energy.

Good control and involvement of the whole body

Pair Skating - Short Program - age groups 11 to 17 3:00 min +/- 5 seconds.

- Throw jump 1.4
- One contact spin - one position spin : 1.8
- One side by side jump (no combination). :1.2
- One side by side combination spin :1.4
- One death spiral – Outside for : 1.2
- Two (2) one position lifts of no more than four (4) rotations for the man : 1.4 each / 2.8
- One footwork sequence, maximum 40 seconds.: 1.4

Element		Details		Marks Range	
1.A throw jump					
Throw Jump landed on two feet (not in a crossed position) will be called as 'downgraded and get lower marks	1.4	Single		0.7 - 0.9	
		Single axel		1.0 - 1.2	
		Double		1.3 - 1.4	
2.One contact spin (one position only)					
Contact Spin	1.8	Upright		0.5 – 0.9	
		Sit		1.0 - 1.4	
		Camel		1.5 – 1.8	
3. One side by side jump (no combination).					
Side by side jump	1.2	Double	Flip / Lutz / Loop	1.2	
			Toe loop / salchow		0.7-1.0
		Single	Axel		0.5 -0.7
			Toe loop / salchow /Flip / Lutz / Loop		0.2-0.4
4. One side by side spin - combination spin					
Side by side spin	1.4	Heel /inverted		1.2 - 1.4	
		Camel / layover		0.9 - 1.1	
		sit		0.7 - 0.8	
5.One death spiral (Outside for 2020).					
Death Spiral	1.2	Speed, controlled & clear position effortless throughout		1.0 - 1.2	
		No speed , controlled & clear position		0.7 - 0.9	
		No speed, not controlled, clear position		0.5 - 0.6	
6.Two (2) one position lifts of no more than four (4) rotations for the man (marks per lift)					
One Position Lift	1.4	Class G (hands stretch both skaters) Around the back		1.2 - 1.4	
		Class H Flip lift		0.9 - 1.1	
		Class K / L Bucket / pass over axel		0.6 - 0.8	

7. Footwork Sequence

Level	Requirements	Marks range
Base Level	it must cover at least $\frac{3}{4}$ of the length of the rink.	0.2
Level 1	Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only).	0.3 -0.5
Level 2	Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5)	0.6 -0.8
Level 3	Base AND must perform 8 turns and must include three (3) different features.	0.9 -1.1
Level 4	Base AND must perform 10 turns and must include four (4) different features..	1.2 -1.4

Features

Body movements: three (3) different body movements by both skaters are required. They must be one from each level group: high, medium, low. Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward and backward will be considered.

3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot clockwise or anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.

4. Holds: skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the purpose of this sequence.

RSFI – INDIA SKATE National Roller Skating Championship

11 to 17 **AGE GROUP PAIR SKATING PROGRAM** –Time: 4:30 +/- 10 sec

Requirements:

Maximum two (2) throw jumps (must be different jumps). : (0.9 x 2) : 1.8

- One (1) twist jump.: 0.8
- One (1) contact spin: Combo - the combination should contain a maximum four (4) positions. : 1.0
- Max. Two (2) side by side jumps elements. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps). : (0.6 x 2) : 1.2
- One (1) side by side spin: one position: 0.8
- One (1) death spiral – Inside: 1.0
- One (1) footwork sequence maximum 40 seconds.: 1.4
- Maximum two (2) lifts: one (1) one position lift (no more than four (4) rotations of the man) and one (1) combination lift with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions). The lifts take-offs must be different. : 2.0

Element		Details		Marks Range
Two (2) Throw jump				
THROW JUMP(2)	1.8	2 single highest marks - 0.4	Single	0.2 - 0.4
		Axel highest marks - 0.6	Axel	0.5 - 0.6
		2 doubles highest marks - 1.8	Double	0.7-0.9
One (1) Twist jump				
TWIST JUMP(1)	0.8		Single	0.2 - 0.4
			Double	0.6-0.8
Maximum one (1) contact spin – Combo				
CONTACT SPIN (1)	1	Class C : hand in hand - u/r - camel - face to face sit		0.4 -0.7
		Class B : pull around camel /face to face camel		0.8 -1.0
Two (2) side by side jumps elements. One (1) must be a solo jump and the other can be a combination jump (not more than four (4) jumps).				
SIDE BY SIDE JUMP (2)	1.2		Single	0.2
			axel	0.3
			double	0.4 -0.6
Maximum one (1) side by side spin – one position				
SIDE BY SIDE SPIN – one position	0.8		Upright	0.2 -0.3
			Sit	0.4 – 0.6
			Camel	0.7 -0.8
One (1) death spiral - Inside				
DEATH SPIRAL(1)	1.0	No speed, not controlled, clear position		0.2 - 0.3
		No speed , controlled & clear position		0.4 - 0.6
		Speed, controlled & clear position- effortless throughout		0.7-1.0
Two (2) lifts: One (1) one position lift (no more than four (4) rotations of the ma 1) and				

One (1) combination lift with no more than eight (8) rotations of the man				
ONE POSITION LIFT	0.8		Pass over axel	0.2
			Bucket	0.3
			Airplane	0.6
			Press Lift	0.8
COMBINATION LIFT	1.2	Press lift	Lifts / minimum 2 rounds by boy	1.0 -1.2
		Airplane	Lifts / minimum 2 rounds by boy	0.6 -0.9
		Bucket to Pass over	Lifts / minimum 2 rounds by boy	0.3 -0.5

7.Footwork Sequence

Level	Requirements	Marks range
Base Level	it must cover at least $\frac{3}{4}$ of the length of the rink. • It MUST start from the short side of the rink and it must arrive on the opposite short side of the rink	0.2
Level 1	Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only).	0.3 -0.5
Level 2	Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5)	0.6 -0.8
Level 3	Base AND must perform 8 turns and must include three (3) different features.	0.9 -1.1
Level 4	Base AND must perform 10 turns and must include four (4) different features.	1.2 -1.4

Features

1. Body movements: three (3) different body movements by both skaters are required. They must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. Quick stops are permitted if they need to characterize the music
5. Holds: skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the feature.

ROLLER SKATING FEDERATION OF INDIA

ARTISTIC SKATING – QUAD 14 -17 & ABOVE 17 years AGE GROUP PROGRAM (A MARKS)

Time: Junior and senior ladies from 4:15 to 4:30 minutes / Junior and senior men 4:30 minutes +/- 10 seconds

TOTAL MARKS TO BE DIVIDED BY 2 FOR FINAL SCORE

Jumps:

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations. The number of jumps within the combination cannot be more than five (5) including the connecting jumps. In calculating the value of the combination jumps the connecting jumps will not be counted.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, singles, doubles, and triples cannot be presented more than twice as jumps with technical value. If presented twice, one must be in combination.

Spins:

- Minimum two (2), maximum three (3) spin elements are allowed. One of them MUST be a combination spin and must include a sit spin and one MUST be a solo spin. If 2 combos are presented, one of maximum five (5) positions and one of maximum three (3) positions. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two RBO Camels, maximum two LBI Sit etc.). The three spins must be different.

Footwork sequences:

- One (1) footwork sequence, maximum forty (40) seconds.
- One (1) choreographic sequence, maximum thirty (30) seconds.

JUMPS per jump (a jump to be counted once only) A Waltz jump will be accepted as an attempt of the required Axel element.		SINGLE	FEATURE	DOUBLE	FEATURE	TRIPLE	FEATURE
		Per jump/max		Per jump/max		Per jump/max	
	Axel	0.5	0.2	0.9	0.36		
	Toe loop /salchow	0.1	0.04	0.4	0.2	0.7	0.3
	flip / Lutz	0.1	0.04	0.6	0.2	0.9	0.4
	loop / eular	0.1	0.04	0.8	0.32		

JUMP COMBINATION Marks will be as per the no. of higher rotation jumps performed – marks for the full combination and not individual jumps DOUBLE AXEL will be considered as a triple	The number of jumps within the combination cannot be more than five (5) including the connecting jumps.						
	Upto2 jumps	0.2	0.08	0.8 (two doubles)	0.32	1.2 (1 triple)	0.40
	3 jumps	0.3	0.12	1.0 (3 doubles)	0.40	1.4 (2 triples)	0.63
	4 jumps	0.4	0.16	1.2 (4 doubles)	0.50		

SPINS: Minimum two (2), maximum three (3) spin elements are allowed. One of them MUST be a combination spin and must include a sit spin and one MUST be a solo spin. **The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two broken, maximum two forward heel etc.). The two spins must be different.**

SPIN COMBINATION (sit Mandatory) There cannot be two consecutive changes of foot in between positions of combination spin. For example: from a RBO camel stepping forward to the left foot and then to the right again to do a RBO upright.	SIT COMBINATION	MARKS	FEATURE			
			1 or 2	3 or 4	5 or 6	
	With up right	0.3		0.3	0.6	
	With sit	0.4	0.3	0.6	0.9	
	With camel	0.5 - 0.6	0.4	0.6	1.0	
	With Broken	0.7 -0.8	0.5	1.0	1.2	
	With Heel	0.9 -1.1	0.6	1.2	1.4	
	With Inverted	1.2 -1.4	0.8	1.4	1.6	
SOLO SPIN	Sit	0.2			0.3	0,5
	Camel	0.3		0.2	0.4	0.6
	Broken	0.4 - 0.6		0.3	0.6	0.8
	Heel	0.7 - 0.9		0.4	0.8	1.0
	Inverted	1.0 – 1.3		0.5	1.0	1.3

Additional entry (3rd Spin – not mandatory - therefore marks are less as compared to the mandatory entries)

Element	Solo	Combination (highest spin marks to be considered)	1 or 2feature	3 or 4 feature	5 or 6 features
Sit	0.1	0.2		0.1	0.2
Camel	0.2	0.4	0.1	0.2	0.4

broken	0.4	0.6	0.2	0.4	0.5
Heel	0.5	0.7	0.3	0.5	0.7
Inverted	0.6	0.9	0.5	0.7	0.9

ONE (1) CHOREOGRAPHIC SEQUENCE. The sequence is free • The sequence must start from a stopped position or a stop and go and must cover at least ¾ of the rink. Stops are permitted.
The skaters must demonstrate the ability to skate on the music and to interpret the music using technical elements such as: steps, turns, arabesque, pivot, inabauer, spread eagles, (not declared) one rotation jumps, quick spins.

	Base Marks	Up to 3tech elements	4 & more tech elements
CHOREOGRAPHY STEP SEQUENCE (if not coordinated with music and body movements as per the music requirement DEDUCTION of 0.5)	Simple pattern: 0.4 -0.8 Slightly intricate pattern: 0.9 -1.2 Complicated pattern : 1.3 -1.6	0.7	1.0

STEP SEQUENCE • The pattern is free; it must cover at least ¾ of the length of the rink. Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted.		
Level 1: Base AND mustperform 4 turnsand must includeone (1) feature(chosen betweenfeature 1 or 2only) Level 2: Base AND mustperform 6 turns and must include two (2) different features (one of them must be feature 1 or 2) Level 3: Base AND mustperform 8 turnsand must includethree (3)differentfeatures Level 4: Base AND mustperform 10 turnsand must includefour (4) differentfeatures Features 1. Body movements: three (3) different body movements are required, they must be one from each spatial group: high, medium, low.Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted. 2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered. 3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed. 4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.	Base level	0.2 – 0.6
	Level -1	0.7 -1.2
	Level - 2	1.3 – 1.8
	Level - 3	1.9 -2.4
	Level - 4	2.5 -3.0

FEATURES

JUMPS

Very good height and length.

- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

SPINS

Good ability in centering the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

Good speed and acceleration during the execution.

Difficult entry (e.g. fly camel, butterfly).

Difficult variations of positions.

Balanced number of rotations for each position (combination spins).

Number of rotations much higher than the minimum.

Matching the execution of the element with the music structure.

Difficult traveling.

STEP SEQUENCE

Deep and clean edges (including entry and exit from change of directions).

Clearness and precision

Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.

- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

CHOREO SEQUENCE

New steps, new steps sequence.

Intricate pattern.

Originality.

Variety.

Musicality.

Matching with the theme and music.

Clear movements.

Good energy.

Good control and involvement of the whole body

ROLLER SKATING FEDERATION OF INDIA
ARTISTIC SKATING – QUAD SHORT PROGRAM JUNIOR & SENIOR (A MARKS) Time : 2:45 +/- 5 sec
14 -17 years as well as Above 17 years

Axel – single, double or triple. (Waltz jump will be accepted as an attempt of the required Axel element) : **1.7**
Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.: **2.0**
Solo jump – single, double, triple... (cannot be an Axel): **1.7**
One position /solo spin.: **1.5**
One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.: **1.8**
Footwork sequence maximum forty (40) seconds.: **1.5**

		Range	Feature
AXEL			
No marks for cheated/ less rotation jump	Single Axel	0.4 -0.6	0.2
Marks for lower rotation in case of incomplete rotation	Double Axel	0.7 -0.9	0.2 - 0.5
	Triple Axel	1.0 -1.2	0.3 -0.5

ONE DOUBLE/TRIPLE JUMP IMMEDIATELY PRECEDED BY CONNECTING STEPS AND/OR OTHER COMPARABLE FREE SKATING MOVEMENTS -

ONE SOLO JUMP (CANNOT BE AXEL)	Double mape/salchow	0.3-0.5	0.08 - 0.10
	double flip/lutz /loop	0.5-0.7	0.16 - 0.20
	Triple mape/Salchow	0.7- 1.0	0.28 - 0.40
	Triple Flip/Lutz /Loop	1.0-1.2	0.4 -0.5

ONE JUMP COMBINATION OF two (2) to four (4) jumps including linking jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted. **Double three at landing of any jump will stop the combo.**

ONE JUMP COMBINATION (only more than 1 round jumps to be counted)Double three at landing of any jump will stop the combo.	Upto 2 doubles	0.2 - 0.6	0.16-0.4
	3 and more doubles	0.6- 0.8	0.5 -0.8
	Upto 2 Triples	0.9-1.4	0.6 -0.7

ONE SPIN COMBINATION A minimum of two (2) rotations for a combination spin.

ONE SPIN COMBINATION - SIT COMPULSORY (higher range for a combination of 3 and more positions) There cannot be two consecutive changes of foot in between positions of combination spin. For example: from a RBO camel stepping forward to the left foot and then to the right again to do a RBO upright.	With Upright	0.1	0.1 -0.2
	With Sit	0.2 -0.3	0.1 - 0.2
	With Camel	0.4 -0.5	0.1 -0.2
	With Broken	0.6 -0.7	0.2 -0.3
	With Heel	0.7 -0.9	0.3 -0.5
	With Inverted	1.0- 1.2	0.4- 0.6

ONE SOLO SPIN

ONE SOLO SPIN (An upright basic spin position used to exit a one position spin, will not be considered as another spin position no matter how many rotations are executed.)	Upright	0.1	0.1
	sit	0.2	0.2
	camel	0.3	0.25
	Broken	0.4 -0.5	0.2 -0.3
	Heel	0.6 -0.7	0.4 -0.5
	inverted	0.8 -0.9	0.5 -0.6

STEP SEQUENCE • The pattern is free; it must cover at least ¾ of the length of the rink. Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn will not be counted.

Level 1: Base AND must perform 4 turns and must	Base level	0.2
	Level -1	0.3 -0.5

include one (1) feature (chosen between feature 1 or 2 only) Level 2: Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2) Level 3: Base AND must perform 8 turns and must include three (3) different features Level 4: Base AND must perform 10 turns and must include four (4) different features Features 1. Body movements: three (3) different body movements are required, they must be one from each spatial group: high, medium, low. Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted. 2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forward to backward will be considered. 3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed. 4. Turns on different feet: turns required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.	Level - 2	0.6 -0.8
	Level - 3	0.9 -1.1
	Level - 4	1.2 -1.5

FEATURES

Footwork Sequence.

Deep and clean edges (including entry and exit from change of directions).

- Clearness and precision.
- Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.
- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

Jump

- Very good height and length.
- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure

SPIN

- Good ability in centering the spin quickly.
- Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

- Good speed and acceleration during the execution.
- Difficult entry (e.g. fly camel, butterfly).
- Difficult variations of positions.
- Balanced number of rotations for each position (combination spins).
- Number of rotations much higher than the minimum.
- Matching the execution of the element with the music structure.
- Difficult traveling.

ROLLER SKATING FEDERATION OF INDIA (R S F I)

ARTISTIC SKATING SHORT (INLINE) – Above 11 all groups Time: 2:45 minutes +/- 5 seconds.

- One (1) Axel-type jump: Single, Double or Triple.
- One (1) Combo Jump: From two (2) to four (4) jumps including the Connecting Jumps in the total.
- One (1) Solo Jump preceded by steps: Double or Triple. There must not be a pause between the steps and the start of the jump. Axel-type jump is not allowed in this item.
- One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot
- One (1) Combo spin: Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit. Minimum two (2) rotation per position to be confirmed.
- One (1) Footwork sequence: Maximum forty (40) seconds.

			RANGE	FEATURE
A) AXEL	No marks for cheated/ less rotation jump	Single Axel	0.5 – 0.7	0.28
	Marks for lower rotation in case of incomplete rotation	Double Axel	0.7 – 0.9	0.36
	Marks for lower rotation in case of incomplete rotation	Triple Axel	1.0 – 1.4	0.56

B) ONE solo DOUBLE/TRIPLE JUMP IMMEDIATELY PRECEDED BY CONNECTING STEPS AND/OR OTHER COMPARABLE FREE SKATING MOVEMENTS - Axel not allowed

	Double Toe loop / salchow	0.2-0.4	0.16
	Double flip / lutz / loop	0.4-0.6	0.24
	Triple Toe loop / salchow	0.7- 1.0	0.40
	Triple Flip / Lutz /Loop	1.0-1.2	0.48

C) ONE JUMP COMBINATION From two (2) to four (4) jumps including the Connecting Jumps in the total.

	Single jumps	0.1-0.4	0.16
	Double jumps	0.6 -0.8	0.32
	Triple	0.9-1.0	0.40

D) ONE SPIN COMBINATION Minimum 2 positions, maximum 5 positions. One of these positions must be a Sit. Minimum two (2) rotation per position

Marks will be for the higher rated spin done with the Sit	Upright	0.4 -0.6	0.24
	sit	0.6 -0.8	0.32
	Camel / layover	0.9-1.1	0.44
	Heel	1.2- 1.4	0.56
	Inverted	1.4 - 1.5	0.60

F) One (1) Combo Spin consisting of a single position (with base value) with maximum one change of foot: The skater can choose between Upright, Sit, Camel, Heel or Inverted. Once the position is reached, it is not possible to change to a different base value position, but it is possible to change the foot. It may include up to two different difficult positions (Sideways, Forward, Standard Variation, etc...) and up to two specific difficult Combo Spin variations (Difficult Entry, Difficult Change of Position, Change Direction, etc...). At least one change is required (from basic position to difficult position or a change of foot keeping the same position). All difficult Positions or Variations attempted will be considered as "used" for subsequent spin elements. Please note that the same feature (Difficult Position and Difficult Variation) can only be used once per programme.

	Upright	0.3 -0.4	0.16
	Sit	0.5 - 0.7	0.28
	Camel	0.8 -0.9	0.36
	Heel	1.0 -1.1	0.44
	inverted	1.2 -1.4	0.56

G) STEP SEQUENCE -

	Base level - Skaters must include steps/linking steps. The pattern is free, it must cover at least $\frac{3}{4}$ of the length of the rink	0.3
	Level1 :Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only)	0.4 -0.7
	Level 2: Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1 or 2)	0.8 -1.1
	Level 3:Base AND must perform 8 turns and must include three (3) different features	1.2 -1.5
	Level 4: Base AND must perform 10 turns and must include four (4) different Features <u>Features:</u> 1. Body movements: three (3) different body movements are required, they must be one from each spatial group: high, medium, low.Body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted. 2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forward to backward will be considered. 3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed. 4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and traveling. They must be evenly distributed between the left foot/ anti-clockwise and right foot/clockwise.	1.5 -1.8

VIOLATIONS POINTS:			
Program time	-1.0	for every 15 seconds lacking or in excess	Referee
Illegal element/movement	-2.0	per violation	judge
Costume violation	-1	per program	judges
Costume drops and props	-1	per violation	Referee
Fall	-1.0	for every fall	judge
Missing mandatory element 1.0 point			
Illegal element 1.0 point			
Mandatory position in a spin element not attempted 1.0 point			

Features

Jump:

Very good height and length.

- Very good extension during landing and/or original and creative exit.
- Difficult and/or unexpected take off.
- Clear, recognizable steps and skating movements executed just before the takeoff.
- Difficult and artistic position in the air and/or late start of rotation.
- Very good fluidity and horizontal speed in taking off and landing.
- Not displaying effort or strain during the execution of the element (i.e. the jump looks effortless).
- Matching the execution of the element with the music structure.

SPINS

- Good ability in centering the spin quickly.
- Good control of the spin during its execution (entry, rotation, exit, change of foot/position).
- Good speed and acceleration during the execution.

- Difficult entry (e.g. fly camel, butterfly).
- Difficult variations of positions.
- Balanced number of rotations for each position (combination spins).
- Number of rotations much higher than the minimum.
- Matching the execution of the element with the music structure.
- Difficult traveling.

FOOTWORK SEQUENCE

- Deep and clean edges (including entry and exit from change of directions).
- Clearness and precision.
- Good control and involvement of the whole body. Using the body means the clear use of the arms, head, shoulders, bust, free leg in a combined at least in three (3) moments of the footwork sequence. These movements must affect the equilibrium of the body.
- Good energy of execution.
- Good speed and acceleration during the execution.
- Matching the execution of the element with the music structure.
- Musicality
- Creativity and originality.
- Intricate pattern.
- Even & logical distribution of steps/turns throughout.

CHOREO SEQUENCE

- New steps, new steps sequence.
- Intricate pattern.
- Originality.
- Variety.
- Musicality.
- Matching with the theme and music.
- Clear movements.
- Good energy.
- Good control and involvement of the whole body.

ROLLER SKATING FEDERATION OF INDIA

COUPLE STYLE DANCE –Musical OperaAge group **Above 17** time: **3:00 minutes +/- 10 seconds**

PATTERN: 3	Starlight Waltz – From Step 20 to Step 34	Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules
FOOT Seq: 2.5	No HOLD – max. 40 seconds	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.
Dance LIFT: 2	Combo - maximum 15 seconds	At least three (3) revolutions of the lifting partner and the lifted partner must be in one position for at least two (2) rotations. The maximum time allowed for the execution of the rotational lift is ten (10) seconds.
CLUSTER SEQ: 2.5	HOLD – max. 20 seconds	The couple can never break the hold during the execution of the sequences, the holds can be recognized or not

NO HOLD FOOTWORK SEQUENCES

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor will not be counted. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.

LEVELS

Base level requirements: Skaters must include steps/linking steps., it must cover at least ¾ of the length of the rink

Level 1 : Base level AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).

Level 2 : Base Level AND must perform 6 turns must include two (2) different features (one of them must be feature 1 or 2)..

Level 3 : Base AND must perform 8 turns and must include three (3) different features

Level 4 : Base AND must perform 10 turns and must include four (4) different features

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

3. Cluster: to be considered as a feature, both partners must perform a cluster where three (3) of the turns presented in the cluster must be confirmed.

4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot, or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and the right foot/clockwise. loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level

ASPECTS – No hold footwork	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats & variable stability	Shallow but stable	Good curves & secure	Strong, confident	Deep & bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent t/variable	Some speed & some flow	Good speed with variable flow	Considerable speed & constant flow	Considerable speed achieved effortlessly and fluidly
PARTNER BALANCE	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent

FOOTWORK	Both on two feet or both toe-pushing Just in one part of the sequence	Wide stepping or one on two feet or toe pushing Just in one part of the sequence	Variable Mostly in one part of the sequence	Generally correct And correctly distributed	Correct	Clean and neat	Clean and effortless
TURN	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Spacingbetween partners (nottouching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.4	0.6	0.7	1	1.2
Level 2	0.2	0.3	0.5	0.7	1	1.3	1.6
Level 3	0.2	0.5	0.7	1	1.2	1.6	2
Level 4	0.3	0.8	1	1.3	1.5	2	2.5

Hold Clusters Sequences Max. 20 seconds

Base Level Hold Cluster requirements: • The couple must introduce two (2) set of clusters separated by dance steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns. • The couple can never break the hold during the execution of the sequences, the holds can be recognized or not • Each set must start with at least three (3) different turns. • Partners can execute different turns within the set or the same turns • It is allowed for the couple to execute the steps between the sets in a no hold position however, before the first turn of the second sequence, they must be in dance hold. • Both sets must be different: it is possible to use the same turns in the sets but in a different order • For Base level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.

Level 1: Base level and atleast three (3) confirmed turns in each set AND must include one (1) feature.

Level 2: Base level AND at least three (3) confirmed turns in each set AND must include two (2) different features..

Level 3: Base Level AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.

Level 4: Base level AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different features.

Features

1. Difficult entries in both sets.
a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Assisted jump of at least ½ rotation.
b. The difficult entries for each set must be different.
c. Only Choctaws from forwards to backwards will be considered.
2. Different feet: one set must be executed on the right foot and one set on the left foot.
3. Loops or Travelings.
a. The couple need to introduce a minimum of one loop or one traveling in each set of the cluster.
b. As a minimum, in one set a loop or traveling will be performed by the man and in one set a loop or traveling will be performed by the lady.

ASPECTS - Hold cluster	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
EDGES	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
SPACING BETWEEN PARTNERS	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
SYNCHRONIZATION	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.3	0.5	0.6	0.8	1
Level 2	0.1	0.3	0.5	0.6	0.7	1	1.3
Level 3	0.2	0.4	0.7	1	1.1	1.4	1.9
Level 4	0.3	0.6	0.9	1.2	1.5	2	2.5

PATTERN DANCE Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of World Skate ATC) and finish with the first step of the following section or the next step of the dance required by the rules • Must maintain the same steps/recognized positions*/holds of the dance and respect the required timing of each step* A recognized position is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other.

To confirm a Key point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern.

Level Base – 75% of sequence/section is completed by both partners.

Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point in each section is correctly executed.

Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points in each section are correctly executed.

Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points in each section are correctly executed.

Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points in each section are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

ASPECTS – Compulsory Dance	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/ steps/turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/step s/ turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/step s/turns with no major error	90% clean edges /step/turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep

Correct hold	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart and its repetition	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Level 1	0.1	0.2	0.3	0.4	0.5	0.6	1
Level 2	0.1	0.2	0.4	0.7	1	1.2	1.5
Level 3	0.2	0.4	0.8	1.2	1.6	1.8	2.2
Level 4	0.5	0.8	1.2	1.6	2	2.5	3

Key Points – StarlightWaltz – FromStep 20 toStep 34

1. Step 22 Op Mk RBI for the woman (1 beat); attention to: correct technical execution ofthe Open mohawk and to the placement of the heel of free leg to the instep of theskating foot (not wide or heel to heel); inside edge before and after the OpMK (notoutside edge); correct timing of the OpMk’s with execution in one beat (not 2 beats).
2. Step 25 Cl Cw RBO for both (3 beats): attention to: correct technical execution of theplacement of the free foot with respect to the skating foot (not wide) and the free legforward at the end of the step; correct timing of the ClCw on the first beat of the step;unison of the skaters.
3. Step 29 RFI Rk for both (3 beats): attention to: correct technical execution of rockerwith an arch of entry and exit arch; correct inside edge (not outside) before and afterthe Rk; correct timing (on 4th beat of the step); fluidity of turns (not jumped), closenessof the couple and unison of the skaters during the turn.
4. Step 33 RBI Ct for both (3 beats): attention to the correct technical execution of thecounter with an arch of entry and exit arch; on correct inside edge (not outside) correctededge before and after the Ct; correct timing (on 4th beat of the step); fluidity of turns (not jumped) and unison of the skaters during the turn (not jumped) and unison of the skaters during the turn.

STARLIGHT WALTZ (modified) – CouplesMusic: Waltz 3/4 Tempo: 148 bpm

Step 20 LFO Sw(3+3 beats for both skaters) for the man and a **RBO Sw**for the woman arestrokes followed by a swing on the 4th beat (forward for the man and backward for thewoman); it begins parallel to the long side barrier and finishes toward the long axis in Waltzposition.

Step 21 RFO (2 beat) for the man is a stroke while for the woman it consists in **Step 21 CwLFI** (2 beats) where the couple takes the Promenade position.

Step 22 Ch LFI (1 beat) for the man and **Step 22 Op Mk RBI** (1 beat) an open mohawk forthe woman where the couple moves into Waltz position. The aim of these steps is towardthe long axis and becomes parallel to it.

Step 23 RFO (3 beats) stroke for the man and for the woman **Step 23a LBO** (1 beat) is astroke and **step 23b XF RBI** (2 beats) is a cross in front; the step 23 starts in Waltz positionfor both and during the cross in front of the woman, the man moves her to his right hip inPartial Tango position to prepare the next step.

Step 24 Mk LFI (3 beats) the woman skates a mohawk LFI, turning to the left releasing thehold with the man’s left hand (joined to her right hand), offering her back to the man. Forthe man **Step 24 XS LFI** (3 beats) is a cross stroke assuming Kilian position during the step.

Step 25 ClCw-RBO-Sw(3+3 beats) for both is a closed choctaw for both skaters in Kilianposition followed a swing back of free leg on 4th beat, the couple moves in Tandem position.

Step 26 MkLFO(2 beats) is a mohawk followed by **step 27 Ch RFI** (1 beat) a chasse and **Step28 LFO** (3 beats) a stroke for both that starts to aim away from the long barrier in Kilianposition.

Step 29 XS RFI- Rk (3+3) for both is a cross stroke followed by a Rocker on 4th beat. Themovements of free legs are optional before and after the rocker.

Step 30 DpCh LBO (3 beats) is a Dropped chasse with the free leg back and **Step 31 XS RBI**(2 beats) is a cross stroke for both in Kilian position.

Step 32 Wd LBO (1 beat) is a quick wide step for both in Kilian position.

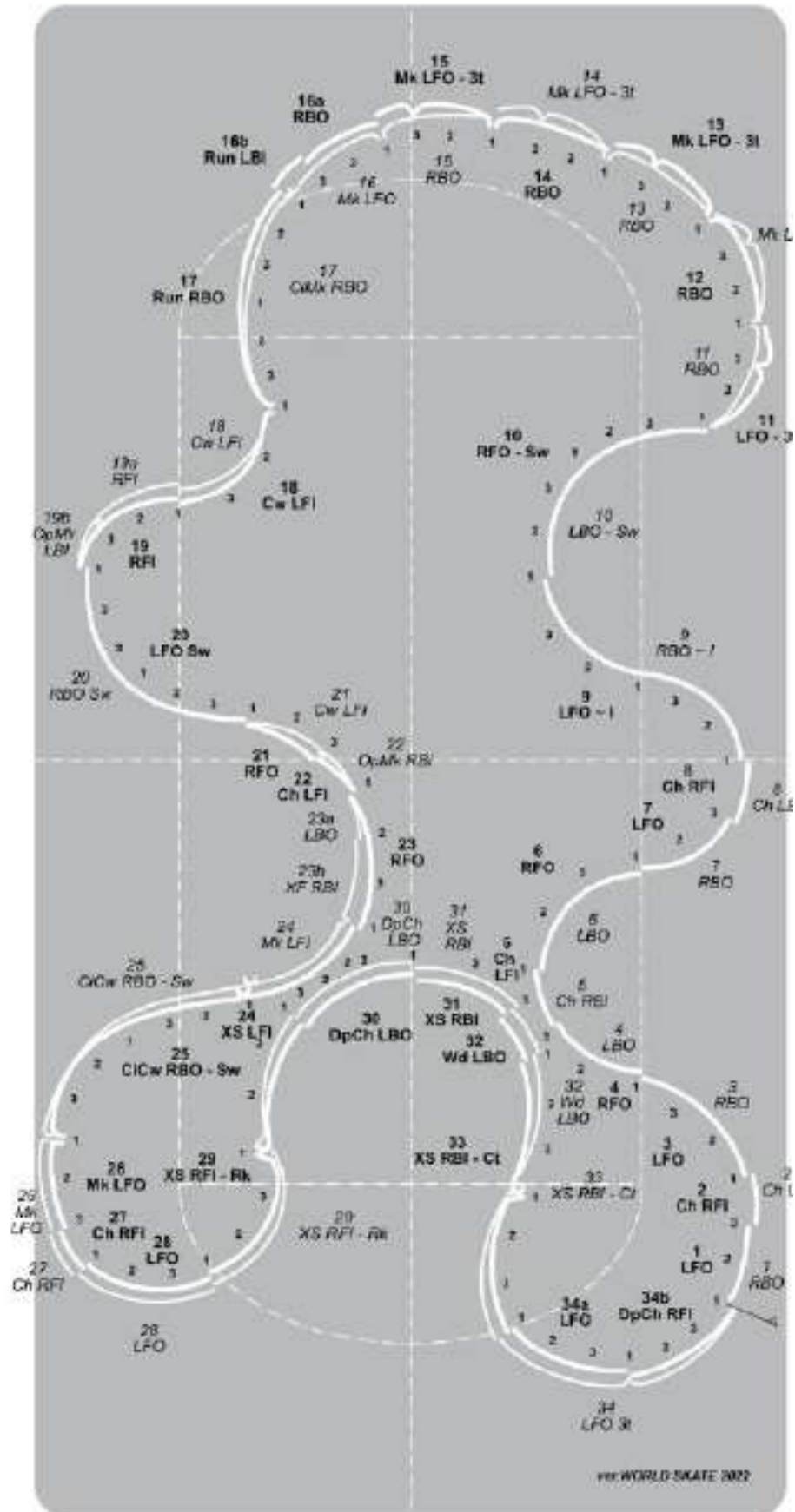
Step 33 XS RBI Ct (3+3 beats) for both, is a cross stroke followed by a Counter (on the fourthbeat of the step) for the couple in Kilian position. The movements of free legs after thecounter are optional.

Step 34a LFO (3 beats) for the man is a stroke in Kilian position followed by a **step 34bDpCh RFI** (3 beats) in Waltz position; the woman skates **Step 34 LFO - 3t** (3+3 beats) a strokein Kilian position and three turn on the 4th beat in Waltz position. The movement of the freeleg during the three turn is optional.

HOLD	NO	WOMAN'S STEP		BEATS		MAN'S STEP
	20	RBO- Sw		3 + 3		LFO- Sw
2nd SECTION						
Promenade	21	Cw LFI	2		2	RFO
Waltz	22	OpMk RBI	1		1	Ch LFI
	23a	LBO	1		3	RFO
PartialTango	23b	XF RBI	2			
Kilian	24	Mk LFI		3		XS LFI
from Kilian to Tandem	25	CICw RBO -Sw		3+3		CICw RBO- Sw
Kilian	26	Mk LFO		2		Mk LFO
	27	Ch RFI		1		Ch RFI
	28	LFO		3		LFO
	29	XS RFI Rk*		3+3		XS RFI Rk*
	30	DpCh LBO		3		DpCh LBO
	31	XS RBI		2		XS RBI
	32	Wd LBO		1		Wd LBO
	33	XS RBI-Ct*		3+3		XS RBI-Ct*
	34a	LFO-3t*	3+3		3	LFO
Waltz	34b				3	DpCh RFI

*Free leg position is optional

Pattern - Starlight Waltz Couples (modified)



Combo Lift - maximum time allowed is fifteen (15) seconds. This lift is a combination of a stationary lift and a rotational lift. It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.

- 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.

- A dance lift occurs when the partner is lifted in the air for at least two (2) seconds (less than two (2) seconds is not considered a lift).
- Each type of difficult position/entry, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.

Level

Base level requirements: A lift with one (1) stationary position held for two (2) seconds combined with a rotational lift of three (3) revolutions of the lifting partner. The maximum time allowed for the execution of the combination lift is fifteen (15) seconds.

Level 1 : Base level and must include one (1) feature.

Level 2: Base level and must include two (2) features and three (3) revolutions by the lifting partner in the rotational.

Level 3 : base level and must include three (3) features and four (4) revolutions by the lifting partner in the rotational.

Level 4: Base level and must include four (4) features and five (5) revolutions by the lifting partner in the Rotational.

Features

1. Change of position: each position must be held for at least for two (2) revolutions if executed in the rotational or at least between one (1) and two (2) seconds if executed in the stationary. Note: the two (2) stationary positions do not have to be in succession, example: stationary 1 – rotational – stationary 2. The COP feature can be performed between the stationary and rotational parts, within the stationary part or within the rotational part, however the COP feature will only be considered once as a feature toward the level.
2. Difficult entry: to be considered, it must immediately precede the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds if presented with feature (1), two (2) to three (3) seconds otherwise.
4. Difficult position of the lifted partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds the stationary part if presented with feature (1), two (2) to three (3) seconds otherwise.

ASPECTS – Dance Lift	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast
Level 1		0.1	0.1	0.2	0.3	0.4	0.6
level 2	0.1	0.2	0.3	0.5	0.6	0.8	1.0
level 3	0.2	0.3	0.5	0.7	0.9	1.1	1.4
Level 4	0.3	0.5	0.8	1.1	1.4	1.7	2

17 Above age group short Program (PAIR SKATING) Time: 3:00 min +/- 5 seconds

Required elements in a pairs short program

- Throw jump : 1.4
 - One contact spin - one position spin: 1.3
 - One side by side jump (no combination). :1.2
 - One side by side combination spin :1.1
 - One death spiral – Outside: 1.2
- One position lift of no more than four (4) rotations for the man. 1.4
- One combination lift of no more than eight (8) rotations of the man and no more than two (2) changes of position for the lady (3 positions). : 1.4
 - One footwork sequence, maximum 40 seconds.: 1.0

Element	Details		Marks Range
1.A throw jump			
Throw Jump	Single loop		0.4 - 0.6
	Single axel		0.7 - 0.9
	Double loop		1.0 - 1.2
	Double axel		1.3 - 1.4
2.One contact spin (one position spin			
Contact Spin (One position)	Class A	Pull around over the head inverted camel / Impossible lay-over camel / Impossible twist camel / Impossible sit	1.1 - 1.3
	Class B	Pull around side by side camel /Pull around catch-waist camel / Hazel Spin / Face to face camel / Lay-over camel	0.7 - 1.0
3. One side by side jump (no combination).			
Side by side jump (no combination)	Triple Jumps		1.2
	Double	Axel	1.1
		Flip / Lutz / Loop	0.8 -1.0
		Toe loop / salchow	0.6 - 0.7
	Single	Axel	0.5
4. One side by side spin - combination spin			
Side by side spin (Combo spin)	Inverted camel		1.1
	Heel Camel		0.9 -1
	Broken Ankle		0.7 -0.8
	Camels / lay over		0.5 -0.6
	Sit spin		0.2 -0.4
	Upright spin		0.1
5.One death spiral (Outside).			
Death Spiral	Speed, controlled & clear position effortless throughout		1.0 - 1.2
	No speed , controlled & clear position		0.7 - 0.9
	No speed, not controlled, clear position		0.5- 0.6

6. One (1) one position lifts of no more than four (4) rotations for the man.. (1.2)			
One Position Lift	Class A	Reverse Cartwheel / Spin Pancake / Milatano	1.2 - 1.4
	Class B	Cartwheel / Kennedy / Twist Pancake	0.9 - 1.1
	Class C	Press / Pancake / Press Chair	0.6 - 0.8
	Class D	Airplane / Reversed loop	0.3 - 0.5

7. One combination lift of no more than 8 rotations (maximum two position change for lady; total 3 positions)

One combination lift	Class A	Reverse Cartwheel / Spin Pancake / Milatano	1.2 - 1.4
	Class B	Cartwheel / Kennedy / Twist Pancake	0.9 - 1.1
	Class C	Press / Pancake / Press Chair	0.6 - 0.8
	Class D	Airplane / Reversed loop	0.3 - 0.5

8 Footwork Sequence

Level	Requirements	Marks range
Base Level	it must cover at least ¾ of the length of the rink.	0.2
Level 1	Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only).	0.3 -0.5
Level 2	Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5)	0.6 -0.8
Level 3	Base AND must perform 8 turns and must include three (3) different features.	0.9 -1.1
Level 4	Base AND must perform 10 turns and must include four (4) different features..	1.2 -1.4

Features

1. Body movements: three (3) different body movements by both skaters are required. They must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns inbetween. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.

3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners.

4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot clockwise or anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise.

5. Holds: skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the feature.

RSFI – INDIA SKATE National Roller Skating Championship

Above 17AGE GROUP PAIR SKATING PROGRAM –Time: 4:30 +/- 10 sec

Requirements:

Maximum two (2) throw jumps (must be different jumps). : (0.9 x 2) : 1.8

• One (1) twist jump.: 0.8

One (1) contact spin: Combo - the combination should contain a maximum four (4) positions. : 1.0

Max. Two (2) side by side jumps elements. One (1) must be a solo jump; the other can be a combination jump (maximum four (4) jumps). : (0.6 x 2) : 1.2 The technical value of the combination is the sum of the jumps of the combination. The connection jumps will not be calculated (only single rotation jumps at the beginning or end, doubles and triples in the combination will have a value).

One (1) side by side spin: one position: 0.8

One (1) death spiral – Inside: 1.0

One (1) footwork sequence maximum 40 seconds.: 1.4

Three (3) lifts: one (1) one position lift (no more than four (4) rotations of the man) and two (2) combination lifts with no more than ten (10) rotations of the man and no more than three (3) changes of positions of the lady (4 positions).. : 2.0

Element		Details		Marks Range
Two (2) Throw jump				
THROW JUMP(2)	1.8	2 single highest marks - 0.4	Single	0.2 - 0.4
		Axel highest marks - 0.6	Axel	0.5 - 0.6
		2 doubles highest marks - 1.8	Double	0.7-0.9
One (1) Twist jump				
TWIST JUMP(1)	0.8		Single	0.2 - 0.4
			Double	0.6-0.8
Maximum one (1) contact spin – Combo				
CONTACT SPIN (1)	1	Class C : hand in hand - u/r - camel - face to face sit		0.4 -0.7
		Class B : pull around camel /face to face camel		0.8 -1.0
Two (2) side by side jumps elements. One (1) must be a solo jump and the other can be a combination jump (not more than four (4) jumps).				
SIDE BY SIDE JUMP (2)	1.2		Single	0.2
			axel	0.3
			double	0.4 -0.6
Maximum one (1) side by side spin – one position				
SIDE BY SIDE SPIN – one position	0.8		Upright	0.2 -0.3
			Sit	0.4 – 0.6
			Camel	0.7 -0.8
One (1) death spiral - Inside				
DEATH SPIRAL(1)	1.0	No speed, not controlled, clear position		0.2 - 0.3
		No speed , controlled & clear position		0.4 - 0.6
		Speed, controlled & clear position- effortless throughout		0.7-1.0

Two (2) lifts: One (1) one position lift (no more than four (4) rotations of the man) and One (1) combination lift with no more than eight (8) rotations of the man				
ONE POSITION LIFT	0.6		Pass over axel	0.2
			Bucket	0.3
			Airplane	0.4
			Press Lift	0.6
COMBINATION LIFT	1.4	Press lift	Lifts / minimum 2 rounds by boy	0.7
		Airplane	Lifts / minimum 2 rounds by boy	0.5
		Bucket to Pass over	Lifts / minimum 2 rounds by boy	0.3

7. Footwork Sequence

Level	Requirements	Marks range
Base Level	it must cover at least $\frac{3}{4}$ of the length of the rink.	0.2
Level 1	Base AND must perform 4 turns and must include one (1) feature (chosen between feature 1, 2 or 5 only).	0.3 -0.5
Level 2	Base AND must perform 6 turns and must include two (2) different features (one of them must be feature 1, 2 or 5)	0.6 -0.8
Level 3	Base AND must perform 8 turns and must include three (3) different features.	0.9 -1.1
Level 4	Base AND must perform 10 turns and must include four (4) different features..	1.2 -1.4

Features

1. Body movements: three (3) different body movements by both skaters are required. They must be one from each spatial group: high, medium, low. body movements should be distributed throughout the sequence with steps/turns inbetween. Body movements presented one after another will be counted as only one movement. body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anti-clockwise. Only Choctaws from forward to backward will be considered.
3. Cluster: to be considered as a feature, three (3) turns presented in the cluster must be confirmed by both partners.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise or anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level. Quick stops are permitted if they need to characterize the music
5. Holds: skaters must perform 50% of the footwork sequence in Hold. Hand in hand will not be considered a hold for the feature.

PATTERN 3.0	Rhythm Roll dance Section 1: Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules.
Artistic SEQ. 2.5	maximum 40 seconds. • The pattern is free; it must cover at least $\frac{3}{4}$ of the length of the rink. Skaters must include steps/linking steps.
TRAVELLING Seq2	Maximum duration of the traveling is ten (10) seconds. Multiple continuous rotations (no edge three turns) skated on the same skating foot (minimum two rotations). If the rhythm changes, it is not good because it is not a continuous action.
CLUSTER SEQ. 2.5	Max. 20 seconds The skater must introduce two (2) sequences of clusters separated by a maximum of three (3) steps or two feet turns (no one foot turns). sequence of at least three different turns executed on one foot, the three turn will be counted as a turn for the cluster.

Artistic SEQUENCE

Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor during or on the exit of the turn **will not be counted**. Each type of turn can only be counted twice. • Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice. • Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.

Levels -

Base Level: Skaters must include steps/linking steps. it must cover at least $\frac{3}{4}$ of the length of the rink

Level 1 – Base Level AND perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only))

Level 2 – Base level AND must 4 turns and must include two (2) different features (one of them must be feature 1 or 2)

Level 3 – Basel level AND must perform 6 turns and must include three (3) different features

Level 4 – Base Level AND must perform 8 turns and must include four (4) different features

Features

1. Skating elements: three (3) of the following should be inserted to be considered towards the level: Features must achieve the correct position to be considered and the three (3) skating elements must each **come from a different subgroup (a-f as listed)** to be considered as a feature for the level.

a. Ina Bauer using a minimum of six (6) wheels, spread eagles; hackenmond.

b. Stag jump, split jump, butterfly, fly camel.

c. One (1) jump of one (1) rotation. The jump is not required to be in the list of free-skating coded jumps.

d. Biellmann, inverted, ring (vertical or horizontal).

e. Charlotte, illusion.

f. Spin of minimum three (3) revolutions performed on one foot and an edge.

IMP: Skating elements should be distributed throughout the sequence with steps/turns in between. Skating element presented one after another will be counted as only one element. skating elements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted

2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards will be considered.

3. Cluster: to be considered as a feature three (3) of the turns presented in the cluster must be confirmed.

4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot or clockwise and anti-clockwise for loops and travelings. They must be evenly distributed between the left foot/anti-clockwise and right foot/clockwise. NOTE: loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting turns on different feet. It is not mandatory to perform the same type of turns in both directions, or with both feet to be considered towards the level.

ASPECTS <u>Artistic Sequence:</u>	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
EDGES/SURENESS	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and quite bold
SPEED AND FLOW	Struggling, labored, forced	Deteriorates or limited	Inconsistent /Variable	Some speed and some flow	Good speed with variable flow	Considerable speed and constant flow	Considerable speed effortlessly and fluidly
FOOTWORK	Two feet or both toepushing	Wide stepping / 1 or 2 feet / toe-pushing	Variable	Generally correct	Correct	Clean and neat	Clean and effortless
TURNS	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Pattern & distribution	Very poor Pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
TIMING	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Base Level	0.1	0.2	0.3	0.4	0.5	0.6	0.8
Level 1	0.1	0.2	0.4	0.6	0.7	1	1.2
Level 2	0.2	0.3	0.5	0.7	1	1.3	1.6
Level 3	0.2	0.5	0.7	1	1.2	1.6	2
Level 4	0.3	0.8	1	1.3	1.5	2	2.5

Clusters Sequences

If the skater falls or there is a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption.

• If there is an interruption or a loss of control momentarily and the skater is able to continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption. i.e. If the skater touches down momentarily after three confirmed turns in the first set and then continues to complete a second set, the technical panel will consider the first set of three confirmed turns and what was completed after the interruption in the subsequent set.

Traveling as a turn for the cluster will only be considered once for the entire element. • Three turn as a turn for the cluster will only be considered once for the entire element. • One rotation jump used as a difficult entry are counted within the maximum allowed jumps in the program

CLUSTERS SEQUENCES LEVELS

Base level cluster requirements: The skater must introduce two (2) set of clusters separated by steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns (dependent on the category) • Both sets must be different: it is possible to use the same turns in the two sets but in a different order.

- Level 1 – Base Level B and must include at least three (3) confirmed turns in each set AND must include one (1) feature.
- Level 2 – Base Level AND at least three (3) confirmed turns in each set AND must include two (2) different features.
- Level 3 – Base Level AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.
- Level 4 – Base level AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different

features.

Features

1. Difficult entries in both sets. The difficult entries must precede immediately the first turn of the set. In the second sequence, the difficult entry must be the step preceding the first turn of the second sequence. The difficult entries will be considered as part of the time limit
 - a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels), Spread Eagle, Jump of one (1) complete rotation. Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not allowed to execute a change of edge before the first turn. Jumps must be very clear to be considered as difficult entries and the turns of the set must begin immediately after the edge is taken.
 - b. The difficult entries for each set must be different.
 - c. Only Choctaws from forwards to backwards will be considered.
2. Body movements: skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be from different spatial groups. They cannot be executed at the end or at the beginning of the sets they must be executed during or between the turns.
3. Different feet: one set must be executed on the right foot and one set on the left foot.

ASPECTS – <u>Cluster</u>	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
EDGES	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Level 1	0.1	0.2	0.3	0.5	0.6	0.8	1
Level 2	0.1	0.3	0.5	0.6	0.7	1	1.4
Level 3	0.2	0.4	0.7	1	1.1	1.4	1.9
Level 4	0.3	0.6	0.9	1.2	1.5	2	2.5

TRAVELLING SEQUENCES LEVELS

- Base Level: Base level traveling requirements: Two (2) sets of two (2) rotations. • Maximum duration of the traveling is ten (10) seconds.
- Level 1: Base Level AND each set must be of at least three (3) rotations and must include one (1) feature.
- Level 2: Base AND each set must be of atleast three (3) rotations and must include two (2) features from two different groups. One of the sets must be in different direction.
- Level 3: Base AND each set must be of at least three (3) rotations and must include three (3) features, from three different groups. One of the sets must be in different direction.
- Level 4: Base AND AND each set must be of at least four (4) rotations and must include four (4) features, from four different groups. One of the sets must be in different direction.

Features

Group 1

a. Difficult entry in the first set of the element:

- i. Spread Eagles/Ina Bauer (using a minimum of six (6) wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
- ii. jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
- iii. Choctaw: only Choctaws from forwards to backwards will be considered. it is not allowed to change the edge before starting rotation.
- iv. Turns: rocker or counter: it is not allowed to change the edge before starting rotation.

b. Different feet: one set must be executed on the right foot and one set on the left foot. If executing a third traveling set the change of foot can be between the second and third set.

Group 2

- a. Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
- b. Significant continuous motion of arms during required number of rotations.
- c. Clapsed hands behind the back and far from it.
- d. Arms, one behind and the other in front like a screw.
- e. Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

- a. Free leg crossed in front or behind under the knee line (pirouettes).
- b. Free skate wheels held by one or two hands.
- c. High free leg stretched lateral or forward (at least 45-degree angle from the vertical).

Group 4 – Extra features

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

- a. Third traveling set (+0.5).
 - i. Must be presented third in the sequence of travelling.
 - ii. Must be of at least the number of rotations required for the maximum level of the category.
 - iii. Must be of minimum three (3) rotations.
 - iv. Must be executed within the ten (10) seconds allowed.
 - v. Features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
 - vi. Different feet feature from Group 1 can be executed between the second and third set.
 - vii. Change of direction required can be executed between the second and third set
- b. Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
- c. Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.5).
- d. Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

TRAVELING SEQUENCES Maximum duration of the traveling is ten (10) seconds.

ASPECTS - Travelling	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
ENTRY/COMPLETION	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Connecting steps FOOTWORK	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Position of the free Leg	Completely uncontrolled	Some lack of control and aesthetically wrong	Aesthetically wrong	Controlled and basic position	Good control and position	Very good Control and position	Clever and very controlled
ROTATIONAL SPEED	Very Slow	Slow	Variable	Normal	Good	Fast	Very Fast
Musical relationship	Absolutely no musical relevance	Some musical Reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
Level 1		0.1	0.1	0.2	0.3	0.4	0.6
Level 2	0.1	0.2	0.3	0.5	0.6	0.8	1.0
Level 3	0.2	0.3	0.5	0.7	0.9	1.1	1.4
Level 4	0.3	0.5	0.8	1.1	1.4	1.7	2

PATTERN DANCE

Must begin with step one (1) of the dance pattern placed to the left of the judges and finish with the first step of the dance (step 1) required by the rules.

Level Base – 75% of sequence/section is completed.

- Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point is correctly executed.
- Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points are correctly executed.
- Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

IMPORTANT: to confirm a Key Point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern Timing faults will bring the level down a minimum of one and will be marked down in the components.

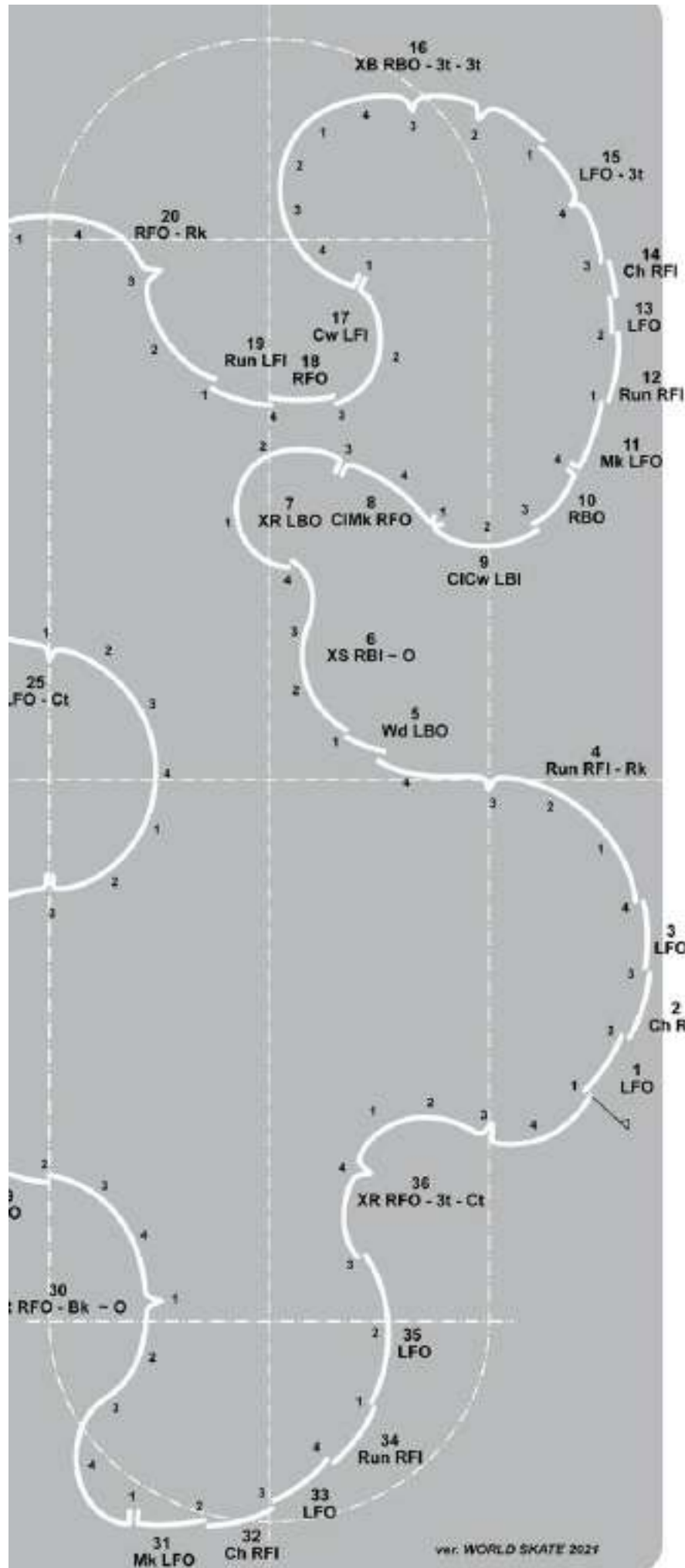
ASPECTS - Compulsory	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
Quality/ correctness of edges/ steps/ turns for the whole pattern dance element	40% or less clean edges/steps / turns with many errors	50% clean edges/steps / turns with 2 major errors	60% clean edges/steps / turns with 1 major error	75% clean edges/steps / turns with no major error	80% clean edges/steps / Turns with no major error	90% clean edges/step / Turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct tracking & restart and its repetition (if required)	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Level 1	0.1	0.2	0.3	0.4	0.5	0.6	1
Level 2	0.1	0.2	0.4	0.7	1	1.2	1.5
Level 3	0.2	0.4	0.8	1.2	1.6	1.8	2.2
Level 4	0.5	0.8	1.2	1.6	2	2.5	3

Key Points – Rhythm Roll dance Section 1

IMPORTANT: to confirm a Key Point, all of the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern

SECTION 1:

1. Step 4 Run RFI Rk: correct technical execution of the rocker turn on the 4th beat, on the correct inside edge on the entry and exit of the turn.
2. Step 8 CLMk RFO: correct technical execution of the closed mohawk with feet close and the free leg finishing in front of the body at the end of the turn.
3. Step 16 XB RBO 3t 3t: correct technical execution and required timing of the three turns (1 beat each), executed on the 2nd and 3rd beat.
4. Step 20 RFO Rk: correct technical execution of the rocker turn on the third beat with the correct outside edge on the entry and exit of the turn.



List of steps - Rhythm Roll Solo

STEP NO.	STEPS	MUSICAL BEATS
SECTION 1		
1	LFO	1
2	Ch RFI	1
3	LFO	1
4	Run RFI Rk	3+1 ½
5	Wd LBO	½
6	XS RBIO	2+1
7	XR LBO	3
8	Cl Mk RFO	2
9	Cl Cw LBI	2
10	RBO	1
11	LFO	1
12	Run RFI	1
13	LFO	½
14	Ch RFI	½
15	LFO 3t	1+1
16	XB RBO 3t 3t	1+1+6
17	Cw LFI	2
18	RFO	1
19	Run LFI	1
20	RFO Rk	2+2
SECTION 2		

3.54 RHYTHM ROLL – Solo

Music: 2/4 or 4/4 Tempo: 104 bpm

Pattern: Set

This dance can be skated to any rhythm in the Modern Medley group.

Steps 1, 2 and 3 LFO, ChRFI, LFO begin aiming toward the long side barrier and finish parallel to it.

Step 4 Run RFI Rk(4 1/2 beats total) with the rocker turn executed on the fourth beat from inside edge to inside edge.

Step 5 is a wide step, **Wd LBO** for 1/2 beat, followed by **Step 6 XS RBIO** for three beats, two beats on the inside edge and one beat on the outside edge.

Step 7 XR LBO (3 beats) is a cross roll onto an outside edge. The movement of the free leg is optional.

Step 8 CIMk RFO (2 beats) is a closed mohawk from outside edge to outside edge, with the free leg in front at the finish of the turn.

Step 9 CICw LBI (2 beats) is a closed choctaw from an outside edge to an inside edge with the free leg in front at the finish of the turn.

Steps 10 RBO, 11 Mk LFO and 12 Run RFI are each one beat and skate toward the long side barrier.

Steps 13 LFO and **14 Ch RFI** are quick steps (1/2 beat each) followed by **Step 15 LFO 3t** (2 beats) with the three turn executed on the second beat of the step.

Step 16 XB RBO 3t 3t(8 beats total) is a cross behind for one beat, a three turn on the second beat and another three turn on the 3rd beat, finishing the second three turn on an outside edge for the remaining beats.

Step 17 is a **Cw LFI** which should be executed on an inside edge.

Step 18 RFO and **19 Run LFI** are one beat steps that intersect the long axis.

Step 20 RFO Rk(4 beats) is a rocker turn from outside edge to outside edge, with the rocker turn executed on the third beat.

ROLLER SKATING FEDARATION OF INDIA (R S F I)
B -MARKS

ELEMENT		FREE DANCE
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ELEMENT		FREE DANCE (solo & couple)	
		max	BREAK -UP
Skating skills		2	
The overall ability to roller skate well.	Quality		0.6
	Carriage		0.5
	Difficulty		0.6
	Directional		0.3
Transitions		2.5	
The movements which link all the elements preferably with a minimum use of simple cross-pulls.	Variety		0.4
	Difficulty		0.6
	Complexity		0.6
	Seamless quality		0.9
Performance		2.5	
Personality or theatrical skills	Personality / theoretical skills		0.7
	Movement skills		0.5
	Emotional intent		0.6
	Projection		0.7
Choreography		3	
	Design		0.8
	Choreographic intent		0.8
	Body design & dimensions		0.5
	Musical relationship		0.9
	TOTAL	10	10

B MARKS – ALL AGE GROUPS

ELEMENT		FREE / PAIR	
		max	BREAK -UP
Skating skills		3	
The overall ability to roller skate well.	Quality		0.8
	Carriage		0.7
	Difficulty		0.8
	Directional		0.7
Transitions		3	
The movements which link all the elements preferably with a minimum use of simple cross-pulls.	Variety		0.5
	Difficulty		0.8
	Complexity		0.8
	Seamless quality		0.9
Performance		1.5	
Personality or theatrical skills	Personality / theoretical skills		0.3
	Movement skills		0.5
	Emotional intent		0.3
	Projection		0.4
Choreography		2.5	
	Design		0.7
	Choreographic intent		0.7
	Body design & dimensions		0.5
	Musical relationship		0.6
	TOTAL	10	10

ROLLER SKATING FEDERATION OF INDIA (R S F I)

FIGURE SKATING SCORING SHEET - 2019

ELEMENTS	Loop Serp /Simple	Loop Para	Counter	Three / Bracket	Counter with Bracket	Rocker	Double Three	Rocker with Double three	Para Bracket	Para Double Three	No Turns
START	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.3
TURNS	3.6	3.6	3.6	3.6	4	3	3.6	4.2	3.2	3.2	
Number of Turns	6	8	6	6	8	6	12	12	8	16	
TRACING	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	1	1	1.8
EDGE	2.3	2.1	2.3	2.4	2.1	2.4	2.4	1.8	2.4	2.4	2.4
CONTACT	1.0	1.2	1.0	1.0	1.0	1.5	1.0	1.0	1.2	1.2	1.5
Cusp											
Free leg -long Axis											
Box											
Number of contacts	5	3	5	5	5	5	5	5	3	3	5
FLOW	0.8	0.8	0.8	0.7	0.6	0.8	0.7	0.7	0.8	0.8	1.2
POSTURE	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	2.5
Free leg - 2											
Inclination- 4											
Base line- 2											
Square- 2											
Hands- 2											
EXIT	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.3
TOTAL MARKS	10	10	10	10	10	10	10	10	10	10	10

Free leg - 4
 Inclination - 6
 Base line - 4
 Square - 6
 Hands - 5

Precision – all age group above 11 years

No. of skaters : 8 to 16 skaters Timing : 4 minutes +/- 10 seconds - At least three (3) well-defined variations of music and tempos are required. Vocal music is allowed.

Precision program must include the following technical elements:

1. One (1) Linear element – Line	1.25
2. One (1) Travelling element - Circle	1.25
3. One (1) Rotating element – Wheel	1.3
4. One (1) Pivoting element – Block.	1.5
5. One (1) Intersection element (with a point of intersection).	1.5
6. One (1) Intersection element (creative) different shape to element No. 5.	0.9
7. One (1) No hold element.	1.5
8. One (1) Combined element.	0.8
	10

PROGRAM CONTENT (A Mark)

<p style="text-align: center;">One (1) Linear element – Line OR Block.</p> <p>All Skaters skate in one (1) Line or in two (2) Lines as even as possible / Must cover a Minimum of twenty meters (20m)</p> <p>Basic requirements • Good shape (line up, roundness...)• Close / even spacing between skaters / lines throughout.</p> <p>• Flow, power and speed throughout. • Variety and quality of turns, steps, edges, skating on one foot. • Unison, clarity, effortless execution throughout.</p>	1.25
<p style="text-align: center;">Travelling element</p> <p><u>Circle</u>: All Skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins.</p> <p>Basic requirements: • Must have four (4) to 6 skaters in each circle • If using two (2) or three (3) circles at the same time, the circles may have a different number of skaters. • The circle element must rotate at least 360° in one (1) rotational direction or a comparable distance if both rotational directions are used.</p> <p>• Any recognizable travelling must be executed.</p>	1.25
<p style="text-align: center;">One (1) Intersection element (with a point of intersection)</p> <p>INTERSECTING MANOUVRE: any type of intersection is permitted (splicing or pass through):• One manoeuvre in which each skater must pass through any intersecting point only once• At least 2 partial intersections where one part of the skaters intersect and the rest of the group performs another figure. In the splice, intersection takes place at one (1) only designated place and all skaters must splice through at this particular point only.</p> <p>In the pass through maneuvers, all team members pass through at the same time or lines of skaters in block position pass through at the same time</p> <p>Basic requirements • Good shape (line up, roundness...)• Close / even spacing between skaters / lines throughout.</p> <p>• Flow, power and speed throughout. • Variety and quality of turns, steps, edges, skating on one foot. • Unison, clarity, effortless execution throughout.</p>	1.5
<p style="text-align: center;">Pivoting element :</p> <p>All Skaters must be in a closed Block with a minimum of three (3) lines; skaters must be attached for the majority of the element. The Block must cover a minimum of twenty meters (20m) The Block must pivot a minimum of 45°Block must progress along/across the floor at all times during pivoting. Pivoting must be continuous and executed all at once. Pivoting must occur during only one (1) configuration of a Block</p> <p>Pivoting must be executed in only one (1) rotational direction.</p> <p>Pivoting is considered as ended when at least ¼ of the Team or more have done the following:</p> <ul style="list-style-type: none"> - Stopped/Interrupted pivoting for two (2) seconds or more - Changed configuration - Changed rotational directions 	1.5
<p style="text-align: center;">No Hold Element</p> <p>The element starts when the skaters form a closed block consisting of four (4) lines with four (4) skaters in each line and are in no hold, no matter where the block is placed on the floor. The element ends at any place on the floor when the block formation breaks up and a transition into another element begins or when all or some Skaters deliberately touch each other and/or take a hold.</p> <p>Basic requirements: • Must be a closed block formation. • Must start in four (4) lines of four (4) skaters• Must have at least one (1) turn/step correctly executed• Must be the same type, on the same foot, direction and edge at the same time by all skaters to be counted toward the level. • Two consecutive cross-over will end the NHE (first part will be counted).</p>	1.5

<p align="center">Intersection Element (creative)</p> <p>The element begins once the Skaters begin the preparation phase of the intersection and ends after the exit phase of the intersection and upon the start of the transition into a different element or transitional element.</p> <p>Basic requirements: To have the element confirmed (fixed value), all Skaters must participate in the element and:</p> <p>1. All skaters must intersect either at the same time or at different times (i.e. collapsing intersection) or a combination of both. 2. Intersection shape is not limited to 2-Lines, angled, collapsing (box/triangle), whip, combined. 3. The number of skaters in each line (part) of an Intersection do not have to be as equal as possible</p>		0.9
<p align="center">Combined Element</p> <p>the element begins when at least two (2) different Precision Skating elements are recognized and ends once the transition into another element or transitional element begins.</p> <p>Basic requirements: To have the element confirmed (fixed value), all skaters must participate in the element and the chosen basic elements must interact with each other.</p> <p>Choice of Block, Circle, Intersection, Line, Pair Element and Wheel.</p> <ul style="list-style-type: none"> • If using a Block there must be at least three (3) lines and eight (8) skaters. • If using a Circle there must be at least six (6) skaters. • If using an Intersection there must be at least eight (8) skaters who intersect. • If using a Line, there must be at least eight (8) Skaters if doing one (1) line or, in the case of two (2) lines there must be four (4) Skaters in each line. • If using a Wheel, there must be either at least two (2) spokes with three (3) skaters in each spoke or in the case of a one (1) spoke wheel there must be at least five (5) skaters in the spoke. <p>Guidelines for the Combined element:</p> <ul style="list-style-type: none"> • There is no minimum requirements or restrictions as to the amount of floor coverage the Skaters cover while preparing for and executing the Combined Element 		0.8
<p align="center">One (1) Rotating element – Wheel.</p> <p>All Skaters in a Wheel with a maximum of three (3) separate Wheels. At least three (3) Skaters in each Spoke (W) (2). All Skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used</p> <p>Basic requirement : • Good shape (line up, roundness...). • Close / even spacing between skaters / lines throughout. • Flow, power and speed throughout. • Centrifugal force recognizable. • Unison, clarity, effortless execution throughout</p>		1.3

PRESENTATION (B Mark)

SKATING SKILLS	deep edge , precision of foot placement , Flow and glide , multi directional skating, one-foot skating	2.5
TRANSITIONS	Continuity of movements , variety of holds , difficulty	2.5

performance	Carriage and Clarity of movement, Unison, and “oneness, Interpretation, management of the distance between Skaters and management of changes of holds.	2.5
choreography	Pattern, floor coverage, movements and parts structured to match the musical phrase, originality of composition including holds, Purpose (idea, concept, vision, mood), • Originality of the composition; NOTE: including the holds, Timing	2.5

Skating Skills

Defined by overall cleanness and sureness, edge control and flow over the floor demonstrated by a command of the skating vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and vary speed.

Transitions

The varied and purposeful use of intricate footwork, positions, movements, holds and formations that link all Elements. In evaluating the Transitions, the following must be considered:

Performance

Involvement of the Teams physically, emotionally and intellectually as they deliver the intent of the music and composition.

Choreography

An intentionally developed and/or original arrangement of all types of movements, according to the principles of musical phrase, space, pattern and structure.

Precision – 7- 11 years

No. of skaters : 6 to 8 skaters Timing : 3 minutes +/- 10 seconds - At least three (3) well-defined variations of music and tempos are required. Vocal music is allowed.

Precision program must include the following technical elements:

1. One (1) Linear element – Line	1.5
2. One (1) Travelling element - Circle	1.5
3. One (1) Rotating element – Wheel	1.5
4. One (1) Pivoting element – Block.	1.9
5. One (1) Intersection element (with a point of intersection).	1.8
6. One (1) No hold element.	1.8
	10

PROGRAM CONTENT (A Mark)

One (1) Linear element – Line	
All Skaters skate in one (1) Line or in two (2) Lines as even as possible / Must cover a Minimum of twenty meters (20m) Basic requirements • Good shape (line up, roundness...)• Close / even spacing between skaters / lines throughout. • Flow, power and speed throughout. • Variety and quality of turns, steps, edges, skating on one foot. • Unison, clarity, effortless execution throughout.	1.5
Travelling element	
<u>Circle</u> : All Skaters must be in the circle formation for the technical panel to begin calling the element. The element ends when the formation breaks up and a transition into another element begins. Basic requirements: • Must have four (4) to 6 skaters in each circle • If using two (2) or three (3) circles at the same time, the circles may have a different number of skaters. • The circle element must rotate at least 360° in one (1) rotational direction or a comparable distance if both rotational directions are used. • Any recognizable travelling must be executed.	1.5
One (1) Intersection element (with a point of intersection)	
INTERSECTING MANOUVRE: any type of intersection is permitted (splicing or pass through):• One manoeuvre in which each skater must pass through any intersecting point only once• At least 2 partial intersections where one part of the skaters intersect and the rest of the group performs another figure. In the splice, intersection takes place at one (1) only designated place and all skaters must splice through at this particular point only. In the pass through maneuvers, all team members pass through at the same time or lines of skaters in block position pass through at the same time Basic requirements • Good shape (line up, roundness...)• Close / even spacing between skaters / lines throughout. • Flow, power and speed throughout. • Variety and quality of turns, steps, edges, skating on one foot. • Unison, clarity, effortless execution throughout.	1.8
Pivoting element :	
All Skaters must be in a closed Block with a minimum of three (3) lines; skaters must be attached for the majority of the element. The Block must cover a minimum of twenty meters (20m) The Block must pivot a minimum of 45°Block must progress along/across the floor at all times during pivoting. Pivoting must be continuous and executed all at once. Pivoting must occur during only one (1) configuration of a Block Pivoting must be executed in only one (1) rotational direction. Pivoting is considered as ended when at least ¼ of the Team or more have done the following: - Stopped/Interrupted pivoting for two (2) seconds or more / Changed configuration / Changed rotational directions	1.9
No Hold Element	
The element starts when the skaters form a closed block consisting of four (4) lines with four (4) skaters in each line and are in no hold, no matter where the block is placed on the floor. The element ends at any place on the floor when the block formation breaks up and a transition into another element begins or when all or some Skaters deliberately touch each other and/or take a hold. Basic requirements: • Must be a closed block formation. • Must start in four (4) lines of four (4) skaters• Must have at least one (1) turn/step correctly executed• Must be the same type, on the same foot, direction and edge at the same time by all skaters to be counted toward the level. • Two consecutive cross-over will end the NHE (first part will be counted).	1.8
One (1) Rotating element – Wheel.	
All Skaters in a Wheel with a maximum of three (3) separate Wheels. At least three (3) Skaters in each Spoke (W) (2). All Skaters must rotate a minimum of 360° in one (1) rotational direction or a comparable distance if both rotational directions are used Basic requirement : • Good shape (line up, roundness...)• Close / even spacing between skaters / lines throughout. • Flow, power and speed throughout. • Centrifugal force recognizable. • Unison, clarity, effortless execution throughout	1.5

PRESENTATION (B Mark)

SKATING SKILLS	deep edge , precision of foot placement , Flow and glide , multi directional skating, one-foot skating	2.5
TRANSITIONS	Continuity of movements , variety of holds , difficulty	2.5
performance	Carriage and Clarity of movement, Unison, and “oneness, Interpretation, management of the distance between Skaters and management of changes of holds.	2.5
choreography	Pattern, floor coverage, movements and parts structured to match the musical phrase, originality of composition including holds, Purpose (idea, concept, vision, mood), • Originality of the composition; NOTE: including the holds, Timing	2.5

Skating Skills

Defined by overall cleanness and sureness, edge control and flow over the floor demonstrated by a command of the skating vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and vary speed.

Transitions

The varied and purposeful use of intricate footwork, positions, movements, holds and formations that link all Elements. In evaluating the Transitions, the following must be considered:

Performance

Involvement of the Teams physically, emotionally and intellectually as they deliver the intent of the music and composition.

Choreography

An intentionally developed and/or original arrangement of all types of movements, according to the principles of musical phrase, space, pattern and structure.

Same sheet for quartet and show as quartet is part of show

ROLLER SKATING FEDARATION OF INDIA
QUARTET AND SHOW GROUP
PROGRAM CONTENT (A Mark)

TECHNICAL DIFFICULTIES : 5.0

		MAX. MARKS		BREAK UP
SKATING SKILLS	Stability, quality, fluidity, control, clockwise and anticlockwise	1.0	fluidity / control	0.2
			both direction	0.5
			stability /quality	0.3
STEPS	Difficulty, agility, clear and deep edges	1.5	edges	0.7
			difficulty	0.5
			agility	0.3
SPEED	Linear speed and rapid execution of steps	1.0	general speed	0.4
			quickness in steps	0.6
LIFTS	Moving and/or stationary lifts	1.5	stationary	0.6
			moving	0.9
JUMPS AND SPINS	Where allowed, value just as a choreographic element	0		0
		5.0		5.0

IDEA AND ITS DESIGN : 2.5

		Marks only if the theme as spoken is conveyed in the performance		
IDEA/THEME	Clarity of intent (concrete or abstract)	0.5		
COMPOSITION	Start, development, variations and conclusion (themes and subthemes) - choreography	0.4		
UTILIZATION OF SPACE, ELEMENTS, DISPLACEMENT AND VARIETY	Spatial distribution of the elements, patterns, directions and variety of changes	0.5		
HOMOGENEITY, COHERENCE AND UNITY	Complete vision and coherence of the elements	0.3		
ORIGINALITY	Steps, movements, lifts, constructions and new styles	0.5		
RHYTHM AND ITS VARIATIONS	Timing, rhythmic variations, dynamics, melody, harmony, phrasing	0.3		
		2.5		

GROUP TECHNIQUE : 2.5

		QUARTET		SHOW
GROUP MANOEUVRES	Use of lines, curves, diagonals, zig-zag, serpentine, etc.	0.8		0.6
FORMATIONS	Quality of formations; line, circle, pyramid, rank, blocks, duets, trios, quartets, quintets, etc. when used	0.5		0.7
INTERACTION TYPES	Quality of execution, togetherness, parallel interactions, mirror interactions, counterpoint, canon, rondeau, antiphon, crosses, etc. when used	0.5		0.7
TRANSITIONS	Formations variety, orderly changes, clean and fast execution	0.7		0.5
		2.5		2.5

ITEM

More than 4 typical precision elements
 If elements, that are not allowed, are included in the program
 More than 15 seconds of music before the first movement

FALLS:

- Major (more than one skater for a prolonged lime)
- Medium (either one skater for prolonged time or down and up for more than one skater)
- Minor (down and right up for one skater)

DEDUCTION

1.0 A mark per element
 0.5 A & B mark per element
 0.2 B mark

0.8 - 1.0 B mark
 0.4 - 0.6 B mark
 0.2 B mark

ROLLER SKATING FEDERATION OF INDIA
PRESENTATION (B Mark)

EXPRESSIVENESS AND INTERPRETATION : 3.0

		QUARTET		SHOW
ARTISTIC ABILITY (KINESTHETIC)	Group and individual expression	0.5		0.5
QUALITY	Carriage, port de bras, total utilization of different parts of the body, perfect lines, movements quality, fluidity	1.0		1.0
ENERGY AND IT VARIATION	Utilization of the different degrees of energy (weak, strong, light, dry, soft, explosive, percussive, pulsing, sharp, accelerated, slow, etc.)	1.0		0.5
THEATRICALITY	Artistic, interpretative and mimicry ability	0.5		1.0
		3.0		3.0

EXECUTION OF THE THEME : 3.0

COSTUMES, MAKE-UP, HAIRSTYLE, PROPS	Do they fit with the theme? Were they used smoothly and properly?	0.8		0.7
PERFORMANCE EXECUTION	Accordance to the theme and ability in use them	0.5		1.0
INVOLVEMENT IN THE PROGRAM	Emotional involvement in the program	0.9		0.5
PROJECTION TO THE JUDGES AND PUBLIC	Ability in making judges and spectators part of the program	0.8		0.8
		3.0		3.0

GENERAL IMPRESSION : 4.0

PRECISION	Precision, care of alignment and spacing, synchronism	1.2		1.0
HARMONY	Global harmony of the program	1.3		1.5
RHYTHMIC ABILITY	Correct timing and rhythmic variations	1.5		1.5
		4.0		4.0

ARTISTIC TECHNICAL COMMITTEE 

GENERAL REGULATIONS

RULEBOOK, EDITION 2022

Editorial Board

Shri. Pradeepak Malvai

Shri. R. Jeganathan
Smt. Dazel



**INDIA
SKATE**

SPEED SKATING TECHNICAL COMMITTEE | RULEBOOK 2022

RSFI Secretariat, A 695, Shastri Nagar, New Delhi – 110052

