



The Federation of Artistic Roller Skating

SPRING SOLO DANCE 2020

The Spring Solo Dance will be based on standard only. The white system will be used to judge this event and all events will be closed marking

Solo Dance

- Skaters are permitted to enter one (1) Solo Dance
- Non-Medallist events will be judged using the knockout judging system
- Skaters are permitted to skate up 1 test standard

Event 1	Non-Medallist	Skaters March	Olympic Foxtrot
Event 2	Elementary	Carlos Tango	Denver Shuffle
Event 3	Preliminary	Werner Tango	Roller Samba
Event 4	Inter-Bronze/Bronze	Siesta Tango	Cha Cha Patin
Event 5	Inter-Silver/Silver	Imperial Tango	Flirtation Waltz
Event 6	Inter-Gold & above	Loran Rumba	Argentine Tango
Event 7	Classic over 25 years - Intermediate Up to Bronze	Kent Tango	Roller Samba
Event 8	Classic over 25 years - Advanced Inter-Silver and above	Dench Blues	Federation Foxtrot
Event 9	Masters 40 - 55 years	City Blues	Canasta Tango
Event 10	Masters 56 years +	Skaters March	Denver Shuffle

Classic / Masters Ages

Ages are from 1st January to 31st December. Please make sure you are skating in the correct category. If you are in your 56th year you will be skating MASTERS 56 years +.

Duo Dance

Duo Dance Rules

- Skaters are only permitted to enter one (1) Duo event
- Conventional Couples holds (Waltz, Foxtrot, Tango etc.) are not permitted to be used in Duo teams. The deduction for these holds will be .3

Event 11	Non-Medallist	Glide Waltz	City Blues
Event 12	Elementary / Preliminary	Carlos Tango	Olympic Foxtrot
Event 13	Inter-Bronze / Bronze	Siesta Tango	Kilian
Event 14	Inter-Silver +	Quickstep	Federation Foxtrot

Couples Dance

Event 15	Non-Medallist – Elementary	Skater March	Glide Waltz
Event 16	Preliminary - Bronze	City Blues	Werner Tango
Event 17	Inter-Silver +	Italian Foxtrot	Iceland Tango

The standard of the couple is based on the highest standard of either the Man or Lady.

Example – Man = Silver, Lady = Bronze – The couple will skater – Inter-Silver + event.

Free Dance

Event 18 Non-Medallist 2:00min. +/- 10 sec

Non-Medallist				
Free Dance	Footwork Sequence	Jump	Travelling	Choreo. Step

Footwork Sequence

- Must include 3 different turns. Accepted turns:
 - Bracket
 - Counter
 - Rocker
 - Travel Sequence
 - Loop
- Sequence must start from the short side
- Pattern is free
- Maximum of 30 secs
- Must cover a minimum of half the skating surface
- Linking steps should be used

Travelling

- Maximum of two sequences, each sequence can only be 2 rotations (4 turns)
- Can be the same direction and foot
- Maximum time of 10 secs
- 3 steps are allowed between the sequences

Jump

- Maximum of 1 recognised single rotation jump

Choreo Step Sequence

- Must start from a stationary position
- Starts from the long side of the rink to the other side
- Pattern is free
- Maximum of 30secs

Features – The free Dance must include 2 of the below features

- Arabesque – Forward or backward
- Ina Bauer
- Spread eagle
- Back layover – Must last for 3 metres
- Pivot
- Body Movement Sequence – Minimum of 3 different body movements

Teams of 3

Event 19	Elementary / Preliminary	Werner Tango	Olympic Foxtrot	Roller Samba
Event 20	Inter-Bronze / Bronze	Siesta Tango	Easy Paso	Cha Cha Patin
Event 21	Inter-Silver +	Rocker Foxtrot	14 Step Plus	Viennese Waltz

SSD only Robinson Club Shield

This will be awarded to the most successful club taking part in the Spring Solo Dance Competitions. The Shield will be decided by a points system based on the first ten placed skaters from all solo and Duo events. The club with the highest points total will be awarded the Shield

Entry Forms

<http://fars.co.uk/forms-information/>

Costs

Competition Fees 2020 season

Spring/Autumn Solo Events	£20.00 per skater
Spring/Autumn Duo / Couples	£12.00 per skater
Spring/Autumn Teams	£12.00 per skater