



# The Federation of Artistic Roller Skating

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## WINTER SOLO DANCE

The Winter Solo Dance will take place on the advertised dates in the Calendar of Events 2018, **24<sup>th</sup> / 25<sup>th</sup> November**. I was trying to move the date forward to give skaters and coaches more time to prepare for 2019, but unfortunately it was not possible.

The Winter Solo Dance will be split into 'A' and 'B' competitions:

A = Will be skated in age standard, if you competed in the 2018 Championships you are ONLY permitted to enter these events excluding Master and Classic categories.

B = Will be skated in test standard. The standard refers to the highest medal standard passed in Dance skating, either as a Solo or Couple at the time of entry.

Skaters are permitted to enter one (1) Solo Dance and One (1) Free Dance Event.

### **Solo Dance – 'A' Competitions**

Event 1	Tots	Glide Waltz	Carlos Tango
Event 2	Mini	Skaters March	City Blues
Event 3	Espoir	Tudor Waltz	Siesta Tango
Event 4	Cadet	Easy Paso	14 Step (Mens Steps)
Event 5	Youth	Flirtation Waltz	Imperial Tango
Event 6	Junior	14 Step Plus	Starlight Waltz
Event 7	Senior	Quickstep	Tango Delancha

### **Style Dance & Free Dance - 'A' Competitions**

Event 8	Mini	Free Dance (see Winter Solo rules section)
Event 9	Espoir	Free Dance (Espoir rules apply)
Event 10	Cadet	Free Dance (Cadet rules apply)
Event 11	Youth	Free Dance (Youth rules apply)
Event 12	Junior	Style Dance – Spanish Medley with 1 sequence of Argentine Tango (Mens Steps) (Junior rules apply)
Event 13	Junior	Free Dance (Junior rules apply)
Event 14	Senior	Style Dance – Swing Medley With 1 sequence of the Italian Foxtrot (Senior rules apply)

Event 15 Senior Free Dance (Senior rules apply)

**Solo Dance – ‘B’ Competitions**

Event 16	Non-Medallist	Glide Waltz	Carlos Tango
Event 17	Elementary	Skaters March	City Blues
Event 18	Preliminary	Tudor Waltz	Siesta Tango
Event 19	Inter-Bronze/Bronze	Easy Paso	14 Step (Mens Steps)
Event 20	Inter-Silver/Silver	Flirtation Waltz	Imperial Tango
Event 21	Inter-Gold & above	Quickstep	Tango Delancha

**Free Dance – ‘B’ Competitions**

**Free Dance**

Event 22	Non-medallists	Free Dance (see Winter Solo rules)
Event 23	Elementary	Free Dance (Espoir rules apply)
Event 24	Preliminary	Free Dance (Espoir rules apply)
Event 25	Inter-Bronze	Free Dance (Cadet rules apply)
Event 26	Bronze	Free Dance (Youth rules apply)

**Solo Dance – Classic & Masters**

Event 27	Classic 25 years + A Up to Bronze	Denver Shuffle	Carlos Tango
Event 28	Classic 25 years + B	Easy Paso	Flirtation Waltz
Event 29	Masters 40 - 55 years	Kinder Waltz	Siesta Tango
Event 30	Masters 55 years +	Olympic Foxtrot	Canasta Tango

## **Duo Dance**

### **Duo Dance Rules**

- Skaters are only permitted to enter one (1) Duo event
- Skaters are not permitted to skate up
- Skaters ONLY need to be the correct age to enter the event (test standards are not included)

Event 31	Tots/Mini/Espoir	Denver Shuffle	Canasta Tango
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### **Couples Dance**

Event 32	Open Standard	Quickstep	Flirtation Waltz
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Event 33	Open Standard	Skaters March	Rhythm Blues
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### **Show Skating**

Event 34	Youth Quartet (1999 and after)	3 min +/- 10 sec.
Event 35	Quartet	3 min +/- 10 sec.
Event 36	Small Groups (6-12 skaters)	minimum 4.30, maximum 5 min +/- 10 sec.
Event 37	Large Groups (16-30 skaters)	minimum 4.30, maximum 5 min +/- 10 sec.

**For all Show events, there is a minimum age limit of 12 years old. Please contact the FARS office for the rules and regulations for the above events.**

## **Winter Solo Rules**

### **Free Dance: Non-Medallist/Mini – 2mins +- 10secs**

#### **Set Elements: -**

1. One straight line step sequence commencing from a standing start along the long axis of the rink extending as near as possible the full length of the skating surface.

All steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Kneeling or laying on the floor is only allowed at the beginning and/or end of the programme. This may be done for a maximum of five (5) seconds at the beginning or at the end.

Certain Free Skating movements such as turns, arabesques, pivots, jumps and spins are permitted with the following limitations:

- No more than three (3) revolutions per spin are permitted.
- Total number of spins must not exceed one (1).
- Small dance jumps are permitted but must not exceed more than one revolution
- Total number of jumps must not exceed one (1).

A Jump in Solo Free Dance means a recognised Jump of one rotation. This does not include Half Rotation Jumps or Two Footed Jumps, or Three Jumps, all of which can be included in the programme and Judged in the Technical Mark

### **Duos Dance:**

Conventional Couples holds (Waltz, Foxtrot, Tango etc.) are not permitted to be used in Duo teams. The below elements must be seen in each category, if the elements are not met .3 will be taken from each judges score.

### **Tots/Mini/Espoir**

#### **Set Elements: -**

1. At least 2 changes of hold must be taken during each sequence

**Official Programme Timings - Timings for FARS created events will be alongside the event**

<b>SENIOR</b>	<b>SHORT PROGRAMME</b>	<b>LONG PROGRAMME</b>
Free	2:45 min. +/- 5 sec	Men 4:30min. +/- 10sec Ladies 4:15 to 4:30
Pairs	2:45 min. +/- 5 sec	4:30 min. +/- 10sec
Couple Style Dance	2:50 min. +/- 10 sec	
Couple Free Dance	3:30 min. +/- 10 sec	
Solo Style Dance	2:40 min. +/- 10 sec	
Solo Free Dance	3:00 min. +/- 10 sec	
<b>JUNIOR</b>	<b>SHORT PROGRAMME</b>	<b>LONG PROGRAMME</b>
Free	2:45 min. +/- 5 sec	Men 4:30 min. +/- 10 sec Ladies 4:15 to 4:30
Pairs	2:30 min. +/- 5 sec	4:00 min. +/- 10 sec
Couple Style Dance	2:50 min. +/- 10 sec	
Couple Free Dance	3:30 min. +/- 10 sec	
Solo Style Dance	2:40 min. +/- 10 sec	
Solo Free Dance	3:00 min. +/- 10 sec	
<b>YOUTH</b>	<b>SHORT PROGRAMME</b>	<b>LONG PROGRAMME</b>
Free	2:30 min. +/- 5 sec	4:00 min. +/- 10 sec
Couple Free Dance	3:00 min. +/- 10 sec	
Solo Free Dance	2:30 min. +/- 10 sec	
<b>CADET</b>	<b>SHORT PROGRAMME</b>	<b>LONG PROGRAMME</b>
Free	2:30 min +/- 5 sec	3:30 min. +/- 10 sec
Couple Free Dance	3:00 min. +/- 10 sec	
Solo Free Dance	2:00 min. +/- 10 sec	
<b>ESPOIR</b>		
Free Long Programme	3:00 min. +/- 10 sec	
Couple Free Dance	2:30min. +/- 10 sec	
Solo Free Dance	2:00 min. +/- 10 sec	
<b>MINI</b>		
Free Long Programme	2:30min. +/- 10 sec	
<b>SHOW</b>	<b>MINIMUM</b>	<b>MAXIMUM</b>
Small and Large	4:00 min.	5:00 min. +/- 10 sec
Quartet	3:00 mins. +/- 10 sec	
<b>PRECISION</b>	4:30 min. +/- 10 sec	