

# Federation of Artistic Roller Skating

## Calendar of Events

**2019**



# General Rules and Information



# Age Categories 2019

Single, Pairs, Dance, Solo Dance

Category	Year of Birth
Senior	2000 & Before (19 years old on)
Junior	2001 & 2002 (17 & 18 years old)
Youth	2003 (16 years old)
Cadet	2004 & 2005 (14 & 15 Years old)
Espoir	2006 & 2007 12 & 13 years old)
Minis	2008 & 2009 (10 & 11 years old)
Tots	2010 & After

**Note:** The AGE column in the table above refers to the age the skater is turning in the year of the competition (that is, in the calendar year being; 1st of January through to and including the 31st of December, in the year of the competition).

## Championship Standard

To win a Championship, skaters must reach the required standard minimum mark in each of the championships (Including combined). This must be awarded by the majority of judges. The minimum standards are:

Category	Gold Medal	Silver Medal	Bronze Medal
Junior / Senior	7.0	6.5	6.0
Cadet / Youth	6.5	6.0	5.5
Mini / Espoir	5.5	5.0	4.5
Tots	4.5	4.0	3.5

If the standard is not reached then the championship will not be awarded, it will be treated as a competition and medals/awards will be given but not the championship trophy.

## Judging System - Championships

FARS will be running the 2019 championships using the 0.0-10.0 marking system, we will however be running Rollart alongside it. The official results will be based on the 0.0-10.0 marking system. Selections for 2019 A class internationals championships events (World Games, Europeans & Cup of Europe) will be based on these results, we will however use the Rollart information to help the process. ONLY those skaters skating abroad will receive a full copy of the PDF results from Rollart.

## **FARS Events Calendar 2019**

<b>16<sup>th</sup> / 17<sup>th</sup> March</b>	<b>Spring Solo Dance</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB	<b>Kettering Sports Arena</b>
<b>6<sup>th</sup> / 7<sup>th</sup> April</b>	<b>Figure, Free &amp; Show Comp</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB	<b>Kettering Sports Arena</b>
<b>17<sup>th</sup> – 19<sup>th</sup> May</b>	<b>Championships – Dance</b> <b>Espoir, Cadet, Youth, Junior &amp; Senior</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB <i>17<sup>th</sup> will be used for official practice in the evening from approx. 6pm</i>	<b>Kettering Sports Arena</b>
<b>31<sup>st</sup> May – 2<sup>nd</sup> June</b>	<b>Championships – Figure, Free and Show</b> <b>Tots / Mini / Espoir / Cadet / Youth / Junior / Senior</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB <i>31<sup>st</sup> May will be used for official practice in the evening from approx. 6pm</i>	<b>Kettering Sports Arena</b>
<b>21<sup>st</sup> / 22<sup>nd</sup> June</b>	<b>Championships - Dance</b> <b>Tots / Mini / Classic &amp; Masters</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB <i>21<sup>st</sup> will be used for official practice in the evening from approx. 6pm</i>	<b>Kettering Sports Arena</b>
<b>27<sup>th</sup> / 28<sup>th</sup> July</b>	<b>Novice Competition - Figures, Free &amp; Dance</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB	<b>Kettering Sports Arena</b>
<b>28<sup>th</sup> / 29<sup>th</sup> Sept</b>	<b>Autumn Solo Dance</b> <b>Address:</b> Thurston Drive, Kettering, NN15 6PB	<b>Kettering Sports Arena</b>

## **NOTES FOR THE COMPETITIVE STRUCTURE**

### **UNLESS SPECIFIED OTHERWISE THESE RULES COVER ALL DISCIPLINES OF ARTISTIC ROLLER SKATING**

1. All competitors in FARS Events must be fully paid up members of the Federation of Artistic Roller Skating (FARS)
2. All entries, must be received by the office a minimum of two (2) calendar months prior to the date of the event. No late entries will be accepted.
3. All Championship entries are controlled by age, including Inline.
4. The standard of a skater is on the closing date for entries. Any forthcoming tests will not be taken into consideration.
5. All ages quoted within the structure are "skating ages". In the case of Dance and Pairs events, the age used for the calculation will be that of the eldest partner. If during the season the partnership splits, then in the following season the respective partners can re-enter at the level at which their age dictates. The skating age is the age of a skater in the year in which the events take place.
6. Trophies will be awarded to all Championship winners, providing the required standard is reached, (Figures, Free, Combined, Dance & Pairs) In Competitions trophies will be awarded for dance, pairs and combined only. FARS medals or miniature trophies will be awarded to the first three places in all Championships and Competitions.
7. All Championships will be marked using a public marking system where possible. Results for all the events held by the FARS will be calculated using the current FIRS Artistic regulations for calculations.
8. The structure allows all skaters to skate one Championship in any one season; as set by their age.  
NOTE: There is no restriction on entering both the Junior and Senior Championships (including the Solo Dance Championships) in the same year, but once a skater has entered a Senior Championship, they cannot go back to the Junior event in subsequent years.
9. In the case of Figure and Free Skating Championships, skaters can enter just one of the disciplines if they wish to do the single discipline.
10. The compulsory figures in FARS events will be skated on circles of 6 metres in diameter.
11. Music for FARS events must be sent digitally before the event. Clubs must take the appropriate steps to ensure that the music recording levels have been maximised and that the music provided is clear and is the correct version. Full instructions of how to do this will be sent to all clubs – any music not complying with these instructions will be rejected. 1 (one) USB per club should be brought to the venue containing all the clubs music as a backup, the USB should be clearly marked with the clubs name. FARS can only accept MP3 format.
12. The Board of FARS may decide to split the Event by age, if necessary after the closing date. The order of skating in both Long and Free Dance programmes will be determined by a redraw in groups if necessary based upon the result calculated by the FIRS Artistic system following the short programme or Style Dance.
13. For all Solo Dance Events LADIES STEPS will be skated unless specified.
14. Music: Style Dance – It is mandatory to present before the Dance competition a certificate to confirm:
  1. The rhythms used
  2. The number of BPM of the Compulsory Dance Sequence(s)

FARS will arrange verification of Style Dance, information will be sent to all clubs when this service is open.

15. There is no restriction on skaters entering both their respective Solo and Couples Dance Events.

16. FARS reserves the right to refuse admission to any FARS Event.

### **Rules and Regulations**

FARS follows the WORLD SKATE rules and regulations, all rules can be found within the books on the below link.

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html>

If you have any questions around any of the rules, please don't hesitate to contact the FARS Technical Officers

Dance – [technicald@fars.co.uk](mailto:technicald@fars.co.uk)

Figures and Free – [technicalff@fars.co.uk](mailto:technicalff@fars.co.uk)

# Federation Fees 2019

## **Championship Fees 2019 season**

Tots & Mini Championships	£12.00 per skater
Espoir Championships	£20.00 per skater
Cadet / Youth Championships	£22.00 per skater
Junior Championships	£26.00 per skater
Senior Championships	£33.00 per skater
Classic/Masters Couples & Solos	£20.00 per skater
Precision / Show / Quartet	£9.00 per skater
<i>(The show prices should be used for April Competition))</i>	

## **Competition Fees 2019 season**

Novice / Preliminary Competition	£19.00 per skater
Bronze Competitions	£21.50 per skater
Inter-Silver Competitions	£22.50 per skater
Silver Competition	£26.50 per skater
Open Challenge Singles / Couple	£15.00 per skater
Open Challenge Show Group	£30.00 per team
Spring/Autumn Solo Events	£16.00 per skater
Spring/Autumn Duo / Couples	£10.00 per skater

## **Test Fees**

Elementary / Preliminary Class	£11.00
Inter-Bronze / Bronze Class	£16.00
Intermediate Second Class	£16.00
Second Class	£20.00
Intermediate First Class	£20.00
First Class	£20.00
Gold Star	£29.00

## **Federation Membership Subscription Fees**

Junior (Under 18 years)	£24.00 per year
Senior (18 and over)	£36.00 per year

NEW FIRST TIME MEMBERS will receive a reduced membership of half price (£12.00 for Juniors and £18 for Seniors) for their first year of Membership. (This does not apply for lapsed memberships who must renew at the normal rate).

<b><u>Club Affiliation Fees</u></b>	£50.00 per annum
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<b><u>Affiliated Skating School Fees</u></b>	£100.00 per annum
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## **Permit Fees**

No permit fees are payable for Affiliated Clubs  
Non-Affiliated Clubs / Organisations permit fee £50.00

## **Line Fees**

For all Competitions a levy of £1 is payable on each entry line from the published results  
This applies to both Affiliated and Non-Affiliated Clubs.  
If these are not paid within 28 days after the Competitions, double fees will be invoiced.

## **Exhibition Permit Fees Galas / Shows / Pantomimes / etc.**

*By arrangement with the FARS Office*

Neither the Federation of Artistic Roller Skating nor its Departmental Committees or Sub-Committees shall be liable for accidents however caused by the Federation Members. Affiliated Clubs or their Members, Competitors or Candidates for Tests or Officials appointed by FARS arising out of or in connection with the activities of the Federation on outdoor or indoor surfaces.

# Couples & Solo Dance





## Championships Entry standard for Dance

Category	Solo Dance Test Standard	Couples Dance Test Standard
Senior	None required	None required
Junior	None required	None required
Youth	Bronze	None required
Cadet	Inter-Bronze	None required
Espoir	Preliminary	None required
Minis	Elementary	None required
Tots	None required	None required

## Style Dance Rhythm Information

RHYTHMS
<b>Swing Medley</b> Foxtrot, Quickstep, Swing, Charleston, Lindy Hop
<b>Spanish Medley</b> Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango
<b>Classic Medley</b> Waltz, Classic Polka, March, Galop
<b>Latin Medley</b> Mambo, Salsa, Merengue, Bachata, Bossa nova, Batucada, Cha Cha Cha, Samba, Rumba
<b>Rock Medley</b> Jive, Boogie Woogie, Rock & Roll, Blues, Old Jazz
<b>Folk Dance</b> Ethnic Dance
<b>Modern Music Medley</b> Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock
<b>Musical-Operetta Medley</b>

## 2019 Rhythms

CATEGORY	RHYTHM
Junior Couples Dance	Rock Medley
Junior Solo Dance	Swing Medley
Senior Couples Dance	Latin Medley
Senior Solo Dance	Spanish Medley

## **Official Programme Timings**

<b>SENIOR</b>	
Couple Style Dance	2:50 min. +/- 10 sec
Couple Free Dance	3:40 min. +/- 10 sec
Solo Style Dance	2:40 min. +/- 10 sec
Solo Free Dance	3:00 min. +/- 10 sec
<b>JUNIOR</b>	
Couple Style Dance	2:50 min. +/- 10 sec
Couple Free Dance	3:40 min. +/- 10 sec
Solo Style Dance	2:40 min. +/- 10 sec
Solo Free Dance	3:00 min. +/- 10 sec
<b>YOUTH</b>	
Couple Free Dance	3:10 min. +/- 10 sec
Solo Free Dance	2:30 min. +/- 10 sec
<b>CADET</b>	
Couple Free Dance	3:00 min. +/- 10 sec
Solo Free Dance	2:30 min. +/- 10 sec
<b>ESPOIR</b>	
Couple Free Dance	3:00min. +/- 10 sec
Solo Free Dance	2:00 min. +/- 10 sec
<b>MINI</b>	
Couple Free Dance	2:00min. +/- 10 sec
Solo Free Dance	1:30min. +/- 10 sec
<b>TOTS</b>	
Couple Free Dance	2:00min. +/- 10 sec
Solo Free Dance	1:30min. +/- 10 sec

***Tots Solo Dance Free Dance are FARS rules only.***

## **International Selection Criteria**

### **International Championships Events**

#### **Includes European Championships, World Championships and Cup of Europe ONLY**

All selections for the above events will be based on championships results, teams will be announced at championships wherever possible. The final decision on selections will be made by the FARS Executive Board.

**Finishing 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in the National Championships does not guarantee selection.**

### **'A' International Events**

#### **Includes Hettange, German Cup & Misano,**

To apply for a 'A' International event please complete an *International Application Form* (available on the FARS site <http://www.fars.co.uk/international-news>).

To be considered for a 'A' International competition, the below must first be adhered to:

- Top 10 finish at National Championships
- Minimum Test Standard:
  - Senior                 Silver
  - Junior                Inter-Silver
  - Youth                 Bronze
  - Cadet                 Inter-Bronze
  - Espoir                Preliminary

There is no minimum test standard for Minis for these International competitions.

### **'B' International Events**

#### **Includes Saen Trophy, Chapatim Roller Cup, Issy, Swiss Cup, Trofeo International, Sedmark Bressan, Amphora, Fabio Paulin Trophy)**

To apply for a 'B' International event please complete an *International Application Form* (available on the FARS site <http://www.fars.co.uk/international-news>).

To be considered for a 'B' International competition, the below must first be adhered to:

- Competed at National Championships

### **Additional Notes**

1. Skaters applying for 'A' or 'B' international competitions maybe asked to complete a trial if they are applying for a higher category than skated in their previous championships.
2. Clubs must apply on behalf of skaters, applications from skaters or parents directly will be declined.
3. All contact from FARS will be direct to the club and not the individual skaters
4. All correspondence from skaters must be via the club to FARS including acceptance emails.
5. All 'A' class international competitions skaters will skate under Great Britain and skaters must wear the Great Britain 'B' tracksuit, t-shirts and parade outfit
6. All 'B' international competitions skaters will skate under their club and NOT Great Britain. Skaters should wear their club uniform and parade outfit.

# Tots Mini / Classic / Masters Championship Dances 2019

## TOTS CHAMPIONSHIPS

### SOLO DANCE

Dance 1: Olympic Foxtrot 4 sequences  
 Dance 2: Canasta Tango 4 sequences

TOTS		
Free Dance	Straight Line	Travelling
	Diagonal Max. Level 1	Max. Level1

*Tots Free Dance are FARS rules only.*

### COUPLES DANCE

Dance 1: Olympic Foxtrot 4 sequences  
 Dance 2: Canasta Tango 4 sequences

TOTS			
Free Dance	Hold	No Hold	Choreo. poses
	Diagonal Max. Level 1	Long Axis Max. Level 1	2

## MINI CHAMPIONSHIPS

### SOLO DANCE

MINIS				
Compulsory	City Blues	La vista Cha Cha		
Free Dance	Circular Seq.	Straight Seq.	Travelling	Choreo. Step
	Semi-circle counter clockwise (from transversal to transversal) Max. Level 1	Long axis Max. Level 1	Max. Level 1	Yes

### COUPLES DANCE

MINIS			
Compulsory	City Blues	La Vista Cha Cha	
Free Dance			
Hold	No Hold	Travelling	Choreo. Lift
Semi-circle counter clockwise (from transversal to transversal) Max. Level 1	Long axis Max. Level 1	Max. Level 1	Yes

## **CLASSIC / MASTERS CHAMPIONSHIPS**

*Skaters entering the Senior Couples/Solo Dance Championships in **2016, 2017 & 2018** are not eligible for these events. Skaters may only enter one solo dance Championship.*

### **CLASSIC COUPLES**

#### **Over 25 years**

Dance 1:	Denver Shuffle	3 sequences
Dance 2:	Rhythm Blues	3 sequences
Dance 3:	Carlos Tango	3 sequences

### **CLASSIC SOLO Intermediate**

#### **Over 25 years - Up to Bronze**

Dance 1:	Denver Shuffle	3 sequences
Dance 2:	Swing Foxtrot	3 sequences
Dance 3:	Siesta Tango	3 sequences

### **CLASSIC SOLO Advanced**

#### **Over 25 years – Inter-Silver & above**

Dance 1:	Cha Cha Patin	2 sequences
Dance 2:	Flirtation Waltz	2 sequences
Dance 3:	Harris Tango	2 sequences

### **MASTERS SOLO A**

#### **Over 40 – 55 years**

Dance 1:	La Vista Cha Cha	3 sequences
Dance 2:	Rhythm Blues	3 sequences

### **MASTERS SOLO B**

#### **Over 56 years & Above**

Dance 1:	Denver Shuffle	3 sequences
Dance 2:	Canasta Tango	3 sequences

## **Classic / Masters Ages**

Ages are from 1<sup>st</sup> January to 31<sup>st</sup> December. Please make sure you are skating in the correct category. If you are in your 56<sup>th</sup> year you will be skating MASTER SOLO B.

NB: Masters skaters are permitted to skate in the Classic event, but unable to skate in both Masters and Classics.

# **Espoir / Cadet / Youth / Junior / Senior Championship Dances 2019**

## **SOLO DANCE**

<b>SENIOR</b>					
<b>Style Dance</b>					
<b>Rhythm</b>	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Cluster</b>	<b>Compulsory</b>
Spanish Medley	-	Diagonal	Yes	Yes	Tango Delancha
<b>Free dance</b>					
-	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Choreo. Step</b>	<b>Cluster</b>
-	Circle clockwise	Long axis	Yes	Yes	Yes

<b>JUNIOR</b>					
<b>Style Dance</b>					
<b>Rhythm</b>	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Cluster</b>	<b>Compulsory</b>
Swing Medley	-	Diagonal	Yes	Yes	Quickstep
<b>Free dance</b>					
-	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Choreo. Step</b>	<b>Cluster</b>
-	Circle clockwise	Long axis	Yes	Yes	Yes

<b>YOUTH</b>					
<b>Compulsory</b>	Association Waltz	Kilian			
<b>Free Dance</b>	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Choreo. Step</b>	<b>Cluster</b>
	Circle clockwise Max. Level 4	Diagonal Max. Level 4	Max. Level 3	Yes	Yes Max. Level 3

<b>CADET</b>					
<b>Compulsory</b>	Tudor	Easy Paso			
<b>Free Dance</b>	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Choreo. Step</b>	<b>Cluster</b>
	Circle anti clockwise Max. Level 3	Long axis Max. Level 3	Max. Level 2	Yes	Yes Max. Level 1

<b>ESPOIR</b>					
<b>Compulsory</b>	Canasta Tango	Denver Shuffle			
<b>Free Dance</b>	<b>Circular Seq.</b>	<b>Straight Seq.</b>	<b>Travelling</b>	<b>Choreo. Step</b>	
	Serpentine Max. Level 2	Diagonal Max. Level 2	Max. Level 2	Yes	

## COUPLES DANCE

SENIOR								
Style Dance								
Rhythm	Hold	No Hold	Travelling	Compulsory	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
Latin Medley	-	Diagonal	-	Shaken Samba	-	-	Yes	Yes Hold
Free Dance								
-	Hold	No Hold	Travelling	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
-	Circle clockwise	Long axis	Yes	Yes	Yes	Yes	Yes	-

JUNIOR								
Style Dance								
Rhythm	Hold	No Hold	Travelling	Compulsory	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
Rock Medley	-	Diagonal	-	Double Pattern Blues	-	-	Yes	Yes Hold
Free Dance								
-	Hold	No Hold	Travelling	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift	Cluster
-	Circle counter-clockwise	-	Yes	Yes	Yes	Yes	Yes	Yes No Hold

YOUTH							
Compulsory		Association Waltz		Kilian			
Free Dance							
Hold	No Hold	Travelling	Cluster	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift
Circle Clockwise Max. Level 4	Diagonal Max. Level 4	-	Yes No Hold Max. Level 3	Yes	-	Yes Max. Level 4	Yes Max. Level 4

CADET							
Compulsory		Tudor Waltz		Easy Paso			
Free Dance							
Hold	No Hold	Travelling	Cluster	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift
Serpentine Max. Level 3	Long axis Max. Level 3	Yes Max. Level 2	-	Yes	Yes Max. Level 3	-	Yes Max. Level 3

ESPOIR							
Compulsory		Canasta Tango		Denver Shuffle			
Free Dance							
Hold	No Hold	Travelling	Cluster	Choreo. Lift	Stationary Lift	Rotational Lift	Combo. Lift
Long Axis Max. Level 2	Diagonal Max. Level 2	Yes Max. Level 2	-	Yes	Yes Max. Level 2	Yes Max. Level 2	-

## **SPRING SOLO DANCE 2019**

The Spring 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. **Any Tots age skaters not entering championships should compete in the July novice non-medallist competition ONLY.**

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	Olympic Foxtrot	Canasta Tango
Event 2	Mini	City Blues	La vista Cha Cha
Event 3	Espoir	Canasta Tango	Denver Shuffle
Event 4	Cadet	Tudor Waltz	Easy Paso
Event 5	Youth	Association Waltz	Kilian
Event 6	Junior	Quickstep	Dench Blues
Event 7	Senior	Tango Delancha	Starlight Waltz

### **Free Dance – 'A' Competitions**

Event 8	Tots	Tots Rules Apply
Event 9	Mini	Mini Rules Apply
Event 10	Espoir	Espoir rules apply
Event 11	Cadet	Cadet rules apply
Event 12	Youth	Youth rules apply
Event 13	Junior	Junior rules apply
Event 14	Senior	Senior rules apply

### **Solo Dance – 'B' Competitions**

Event 15	Elementary	City Blues	La vista Cha Cha
Event 16	Preliminary	Canasta Tango	Denver Shuffle
Event 17	Inter-Bronze/Bronze	Tudor Waltz	Easy Paso
Event 18	Inter-Silver/Silver	Association Waltz	Kilian
Event 19	Inter-Gold & above	Tango Delancha	Starlight Waltz



## **Free Dance – ‘B’ Competitions**

### **Free Dance**

Event 20	Elementary	Free Dance (Espoir rules apply)
Event 21	Preliminary	Free Dance (Espoir rules apply)
Event 22	Inter-Bronze	Free Dance (Cadet rules apply)
Event 23	Bronze	Free Dance (Youth rules apply)

### **Solo Dance – Classic & Masters**

Event 24	Classic over 25 years - Intermediate Up to Bronze	Denver Shuffle	Siesta Tango
Event 25	Classic over 25 years - Advanced Inter-Silver and above	Cha Cha Patin	Harris Tango
Event 26	Masters 40 - 55 years	La vista Cha Cha	Carlos Tango
Event 27	Masters 56 years +	Denver Shuffle	City Blues

### **Classic / Masters Ages**

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

### **2019 Free Dance Rules should be used**

### **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 28	Tots/Mini/Espoir	La vist Cha Cha	City Blues
Event 29	Cadet/Youth	Cha Cha Patin	Tudor Waltz
Event 30	Junior/Senior	Paso Doble	Rocker Foxtrot

### **Couples Dance**

Event 31	Open Standard Intermediate	Skaters March	Carlos Tango
Event 32	Open Standard Advanced	Shaken Samba	Imperial Tango

### **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

## **Spring Solo Rules**

### **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.

### **Mini/Espoir**

Set Elements: -

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

### **Cadet/Youth**

Set Elements

1. At least 1 position change and 1 hold change should be taken during each sequence of the dance.

### **Junior/Senior**

Set Elements

1. At least 2 position changes and 2 hold changes should be taken during each sequence of the dance.

## **AUTUMN SOLO DANCE 2019**

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

A = Will be skated in age standard, if you competed in the 2019 Championships you are ONLY permitted to enter these events excluding Master and Classic categories. **Any Tots age skaters not entering championships should compete in the July novice non-medallist competition ONLY.**

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	Skaters March	Glide Waltz
Event 2	Mini	Kinder Waltz	Carlos Tango
Event 3	Espoir	Denver Shuffle	Werner Tango
Event 4	Cadet	Easy Paso	Swing Foxtrot
Event 5	Youth	Fourteen Step	Cha Cha Patin
Event 6	Junior	Dench Blues	Harris Tango
Event 7	Senior	Paso Doble	Westminster Waltz

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

Event 8	Tots	Free Dance (Tots Rules Apply)
Event 8	Mini	Free Dance (Mini Rules Apply)
Event 10	Espoir	Free Dance (Espoir rules apply)
Event 11	Cadet	Free Dance (Cadet rules apply)
Event 12	Youth	Free Dance (Youth rules apply)
Event 13	Junior	Style Dance (Junior rules apply)
Event 14	Junior	Free Dance (Junior rules apply)
Event 15	Senior	Style Dance (Senior rules apply)
Event 16	Senior	Free Dance (Senior rules apply)

### **Solo Dance – 'B' Competitions**

Event 17	Elementary	Kinder Waltz	Carlos Tango
Event 18	Preliminary	Denver Shuffle	Werner Tango
Event 19	Inter-Bronze/Bronze	Swing Foxtrot	Kent Tango
Event 20	Inter-Silver/Silver	Fourteen Step	Cha Cha Patin
Event 21	Inter-Gold & above	Paso Doble	Westminster Waltz

## **Free Dance – ‘B’ Competitions**

### **Free Dance**

Event 22	Elementary	Free Dance (Espoir rules apply)
Event 23	Preliminary	Free Dance (Espoir rules apply)
Event 24	Inter-Bronze	Free Dance (Cadet rules apply)
Event 25	Bronze	Free Dance (Youth rules apply)

### **Solo Dance – Classic & Masters**

Event 26	Classic over 25 years - Intermediate Up to Bronze	Olympic Foxtrot	Werner Tango
Event 27	Classic over 25 years - Advanced Inter-Silver and above	Fourteen Step Plus	Terenzi Waltz
Event 28	Masters 40 - 55 years	Rhythm Blues	Werner Tango
Event 29	Masters 56 years +	Skaters March	Olympic Foxtrot

### **Classic / Masters Ages**

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

### **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 30	Tots/Mini/Espoir	Skaters March	Rhythm Blues
Event 31	Cadet/Youth	Fourteen Step (mens Steps)	Imperial Tango
Event 32	Junior/Senior	Quickstep	Starlight Waltz

### **Couples Dance**

Event 33	Open Standard Intermediate	Denver Shuffle	City Blues
Event 34	Open Standard Advanced	Fourteen Step	Flirtation Waltz

## **Autumn Solo Rules**

### **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.

### **Mini/Espoir**

Set Elements: -

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

### **Cadet/Youth**

Set Elements

1. At least 1 position change and 1 hold change should be taken during each sequence of the dance.

### **Junior/Senior**

Set Elements

1. At least 2 position changes and 2 hold changes should be taken during each sequence of the dance.

## **NOVICE COMPETITION 2019**

This new event will host Figures, Free and Dance for all non-Medallist skaters over one weekend.

### **Solo Dance**

Event 1	Non-Medallist	City Blues	Canasta Tango
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### **Free Dance**

Event 2	Non-Medallist	Free Dance (see Novice competition rules)
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### **Duo Dance**

Event 3	Non-Medallist	La vista Cha Cha	Skaters March
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## **Novice Competition Rules**

### **Non- Medallist Free Dance**

**Timing: 2mins +- 10secs**

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

1. One diagonal 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.
2. One Travelling Sequence

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.

### **Non-Medallist:**

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

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

# Figures and Free Skating



# TOTS / MINI / ESPOIR / CADET / YOUTH / JUNIOR / SENIOR FIGURE & FREE CHAMPIONSHIPS 2019

## ALL RULES FOR THESE CHAMPIONSHIPS CAN BE FOUND HERE:

### Clarification For 2019 Rules:

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=3237:clarifications-for-2019-rules>

### Official Regulation Artistic – General

2019: <http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2777:official-regulation-artistic-general-2019>

### Official Regulation Artistic – Free

2019: <http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2776:official-regulation-artistic-free-2019>

### Official Regulation Artistic – Figures 2019:

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2775:official-regulation-artistic-figures-2019>

### Official Regulations- New Figures

[www.worldskate.org/artistic/about/regulations/category/257-new-figures.html](http://www.worldskate.org/artistic/about/regulations/category/257-new-figures.html)

## SELECTION CRITERIA FOR INTERNATIONAL COMPETITION

All results from 'A' competitions and championships will be taken into consideration, including results made by trials on Rollart.

Finishing 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in the National Championships does not guarantee selection

## TOTS CHAMPIONSHIPS - No Minimum Standard

### TOTS FIGURES - Elizabethan Plate for Girls and Buster Plate for Boys

1 - FO a/b	2 - FI a/b
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### TOTS FREE SKATING - Elizabethan Plate for Girls and Casper Plate for Boys

Long programme only - 2019 World Skate Rules and Regulations \* **NEW** 2 minutes +/-10 seconds

## MINI CHAMPIONSHIPS – No Minimum Standard

Group 1	Group 2
3 – RBO eights 6 - BOI change eights a/b 8 – FO Three a/b	4 – RBI eights 5 – FOI change eights a/b 9 – FI Three a/b

### MINI FREE SKATING - Marson Trophy for Girls and FARS Trophy for Boys

Long programme only – 2:30 minutes +/- 10seconds.

2019 World Skate Rules and Regulations

### MINI COMBINED - Rutterford Trophy for Girls and Mallinson Trophy for Boys



## **ESPOIR CHAMPIONSHIPS – Minimum Standard Elementary**

### **ESPOIR FIGURES** Wood Trophy for Ladies & FARS Trophy for Men

One Group Drawn from the following groups at first practice

<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
10 – RFO double three 19 – FI Bracket a/b 14 – RFO Loop	11 – <b>RFI</b> double three 18 – FO Bracket a/b 15 – RFI Loop	13 – RBI Double Three 19 – FI Bracket a/b 14 – RFO Loop

### **ESPOIR FREE SKATING** - Thirkell Trophy for Ladies and Mallinson for Men

Short programme - 2019 World Skate Rules and Regulations 2:00 minutes +/- 5 seconds

Long programme - 2019 World Skate Rules and Regulations 3:00 minutes +/- 10 seconds

### **ESPOIR COMBINED SKATING** - Taylor Cup for Ladies and Taylor Cup for Men

**ESPOIR PAIR SKATING** – email [Hoff@fars.co.uk](mailto:Hoff@fars.co.uk) for details

## **CADET CHAMPIONSHIPS - Minimum Standard Prelim**

### **CADET FIGURES** - Falconer Cup for Ladies and FARS Trophy for Men

One Group Drawn from the following groups at first practice

<b>Group 1</b>	<b>Group 2</b>
13 - RBI Double Three 19 - FI Bracket a/b 15 - RFI Loop 20 - FO Rocker a/b	18 - FO Bracket a/b 21 - FI Rocker a/b 30 - FOI Change Loop a/b 28 - FO Change Double Three a/b
<b>Group 3</b>	<b>Group 4</b>
19 - FI Bracket a/b 22 - FO Counter a/b 16 - RBO Loop 28 - FO Change Double Three a/b	13 - RBI Double Three 18 - FO Bracket a/b 30 - FOI Change Loop a/b 23 - FI Counter a/b

### **CADET FREE SKATING** - Lister Cup for Ladies and Robertson Plate for Men

Short programme - 2019 World Skate Rules and Regulations 2:30 minutes +/- 5 seconds

Long programme - 2019 World Skate Rules and Regulations 3:30 minutes +/- 10 seconds

### **CADET COMBINED SKATING** - Armstrong Cup for Ladies and Ashley Moore Trophy for Men

**CADET PAIR SKATING** - Smith Cups - email [Hoff@fars.co.uk](mailto:Hoff@fars.co.uk) for details

## **YOUTH CHAMPIONSHIPS - Minimum Standard Inter Bronze**

### **YOUTH FIGURES - Leicester Granby for Ladies and FARS trophy for Men**

One Group Drawn from the following groups at first practice

<b>Group 1</b>	<b>Group 2</b>
20 – FO Rocker a/b 33 – FIO Change Bracket a/b 16 – RBO Loop 36 – FO Paragraph Double Three a/b	21 – FI Rocker a/b 32 – FOI Change Bracket a/b 17 – RBI loop 29 – BO Change Double Three a/b
<b>Group 3</b>	<b>Group 4</b>
22 – FO Counter a/b 33 – FIO Change Bracket a/b 17 – RBI loop 36 – FO Paragraph Double Three a/b	23 – FI Counter a/b 32 – FOI Change Bracket a/b 30 – FOI Change Loop a/b 29 – BOI Change Double Three a/b

### **YOUTH FREE SKATING - Ely Trophy for Ladies and Fabb Trophy for Men**

Short programme - 2019 World Skate Rules and Regulations 2:30 minutes +/-5 seconds

Long programme - 2019 World Skate Rules and Regulations 4:00 minutes +/-10 seconds

### **YOUTH COMBINED SKATING - Kallenborn Cup for Ladies and Ethel Frost for Men**

**YOUTH PAIR SKATING** - Gladys Frost - email [Hoff@fars.co.uk](mailto:Hoff@fars.co.uk) for details

## **JUNIOR CHAMPIONSHIPS - Minimum Standard - Bronze**

### **JUNIOR FIGURES - Clydebank Trophy for Ladies & FARS trophy for Men**

One Group Drawn from the following groups at first practice

<b>Group 1</b>	<b>Group 2</b>
42 – Forward outside Counter combined with Bracket and inside Counter a/b (3 circuits) 38 – Forward outside Loop paragraph a/b (3 circuits) 36 – Forward outside Double Three paragraph a/b (2 circuits)	43 – Forward outside Rocker combined with outside Double Three a/b (3 circuits) 31 – Backward outside Change Loops a/b (3 circuits) 40 – Forward outside Bracket paragraph a/b (2 circuits)
<b>Group 3</b>	<b>Group 4</b>
44 – Forward inside Rocker combined with inside Double Three a/b (3 circuits) 38 – Forward outside Loop paragraph a/b (3 circuits) 40 – Forward outside Bracket paragraph a/b (2 circuits)	45 – Backward outside Counter combined with Bracket and inside Counter a/b (3 circuits) 31 – Backward outside Change Loops a/b (3 circuits) 37 – Backward outside Paragraph Double Three a/b (2 circuits)

### **JUNIOR FREE SKATING - McIlhone Trophy for Ladies & Fabb Trophy for Men**

Short programme - 2019 World Skate Rules and Regulations. 2:45 minutes +/- 5 seconds

Long programme - 2019 World Skate Rules and Regulations.

Men- 4:30 minutes +/- 10 seconds, Ladies- 4:15 to 4:30 minutes.

**JUNIOR PAIR SKATING** - Martin Taylor Cups - email [Hoff@fars.co.uk](mailto:Hoff@fars.co.uk) for details

## **SENIOR CHAMPIONSHIPS - Minimum Standard – Inter-Silver**

### **SENIOR FIGURES** - Dobbins Trophy for Ladies & Dobbins Trophy for Men

One Group Drawn from the following groups at first practice

<b>Group 1</b>	<b>Group 2</b>
<i>46 – Forward outside Double Three combined with outside Rocker and backward Double Three Paragraph a/b (2 circuits)</i> <i>39 – Backward outside paragraph Loop a/b (3 circuits)</i> <i>47 – Forward outside Bracket combined with inside Counter and backward Bracket paragraph a/b (2 circuits)</i>	<i>48 – Backward outside Double Three combined with outside Rocker and forward Double Three paragraph a/b (2 circuits)</i> <i>38 – Forward outside paragraph Loop a/b (3 circuits)</i> <i>49 – Backward outside Bracket combined with inside Counter and forward Bracket paragraph a/b (2 circuits)</i>
<b>Group 3</b>	<b>Group 4</b>
<i>50 – Forward Double Three combined with outside Counter and backward Double Three paragraph a/b (2 circuits)</i> <i>39 – Backward outside paragraph Loop a/b (3 circuits)</i> <i>51 – Forward outside Bracket combined with inside Rocker and backward Bracket paragraph a/b (2 circuits)</i>	<i>52 – Backward outside Double Three combined with outside Counter and forward Double Three paragraph a/b (2 circuits)</i> <i>38 – Forward outside paragraph Loop a/b (3 circuits)</i> <i>53 – Backward outside Bracket combined with Forward inside Rocker and forward Bracket paragraph a/b (2 circuits)</i>

### **SENIOR FREE SKATING** - Dobbins Trophy for Ladies & Dobbins Trophy for Men

Short programme - 2019 World Skate Rules and Regulations 2:45 minutes +/-5 seconds

Long programme - 2019 World Skate Rules and Regulations

Men- 4:30 minutes +/- 10 seconds, Ladies 4:15 to 4:30 minutes

**PAIR SKATING** - Gilbey White Cups - email [Hoff@fars.co.uk](mailto:Hoff@fars.co.uk) for details

### **ALSO**

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2780:official-regulation-artistic-show-2019>

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2779:official-regulation-artistic-precision-2019>

- **PRECISION CHAMPIONSHIPS** - Imperial Bowl
- **SHOW TEAMS**
- **QUARTET**

#### **SMALL GROUPS (6-12 skaters)**

- **LARGE GROUPS (16-30 skaters)**

For all Show events, there is a minimum age limit of 12 years old.

All rules World Skate.

## FIGURE AND FREE COMPETITIONS

ALL RULES FOR FIGURE AND FREE CHAMPIONSHIPS AND 'A' COMPETITIONS CAN BE FOUND HERE:

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html>

All Competitions will be held with closed marking.

All Competition events will be split into:-

- 'A' competitions- Skaters entering Championships 2019.
- 'B' competitions- All 'B' events are by test standard. NB: Events may then be split further by age should there be a high number of entries.

FIGURES	
COMPETITION 'A' FOR FIGURES	COMPETITION 'B' FOR FIGURES
ENTER ONE ONLY A OR B	ENTER ONE ONLY A OR B
<b>TOTS</b> - No qualification required 1 - FO eights a/b 2 - FI eights a/b	<b>Novice figures will be held in July 2019</b>
<b>MINI</b> - Required standard: Non-medallist 4- <b>RBI</b> 9 - FI Three a/b 5- <b>FOI change eights a/b</b>	<b>ELEMENTARY</b> - Required standard: <b>Elementary</b> 3 - <b>RBO</b> 9 - <b>RFI Three</b>
<b>ESPOIR</b> - Required standard: Elementary 13 - <b>RBI Double Three</b> 14 - <b>RFO Loop</b> 18 - <b>FO Bracket a/b</b>	<b>PRELIM</b> - Required standard: <b>Prelim</b> 4 - <b>RBI</b> 8 - <b>LFO three</b>
<b>CADET</b> - Required standard: Prelim 22 - <b>FO Counter a/b</b> 13 - <b>RBI Double Three</b> 30 - <b>FOI Change Loop a/b</b> 19 - <b>FI Bracket a/b</b>	<b>INTER-BRONZE</b> - Required standard: <b>Inter-Bronze</b> 11 - <b>RFI double threes</b> 14 - <b>RFO Loop</b> 18 - <b>LFO Bracket</b>
<b>YOUTH</b> - Required standard: Inter Bronze 20 - <b>FO Rocker a/b</b> 32 - <b>FOI Change Bracket a/b</b> 16 - <b>RBO Loop</b> 36 - <b>FO Paragraph Double Three a/b</b>	<b>BRONZE</b> - Required standard: <b>Bronze</b> 20 - <b>LFO Rocker</b> 15 - <b>RFI Loop</b> 10 - <b>RFO double threes</b>
<b>JUNIOR</b> - Required standard: Bronze 42 - <b>Forward outside Counter combined with Bracket and inside Counter a/b (3 circuits)</b> 40 - <b>Forward outside Bracket paragraph a/b (2 circuits)</b> 31 - <b>Backward outside Change Loops a/b (3 circuits)</b> 37 - <b>Backward outside Double Three paragraph a/b (2 circuits)</b>	<b>INTER-SILVER</b> - Required standard: <b>Inter Silver</b> 45 - <b>R Backward outside Counter combined with Bracket and inside Counter (3 circuits)</b> 31 - <b>L Backward outside Change Loops (3 circuits)</b> 40 - <b>R Forward outside Bracket paragraph (2 circuits)</b>
<b>SENIOR</b> - Required standard: <b>Inter-Silver</b> 46 - <b>Forward outside Double Three combined with outside Rocker and backward Double Three a/b (2 circuits)</b> 47 - <b>Forward outside Bracket combined with inside Counter and backward Bracket paragraph a/b (2 circuits)</b> 38 - <b>Forward outside paragraph Loop a/b (3 circuits)</b> 51 - <b>Forward outside Bracket combined with inside Rocker and backward Bracket paragraph a/b (2 circuits)</b>	<b>SILVER</b> - Required standard: <b>Silver</b> 47 - <b>L Forward outside Bracket combined with inside Counter and backward Bracket paragraph (2 circuits)</b> 38 - <b>R Forward outside paragraph Loop (3 circuits)</b> 52 - <b>L Backward outside Double Three combined with outside Counter and forward Double Three paragraph (2 circuits)</b>

**NB- PLEASE NOTE THE FIGURE SKATING ORDER HAS CHANGED FOR THE 'A' CATEGORY.**

FREE SKATING	
COMPETITION 'A' FOR FREE	COMPETITION 'B' FOR FREE
ENTER ONE ONLY A OR B	ENTER ONE ONLY A OR B
<b>'A' Rules and length of programmes adhere to all World Skate rules. Ages for categories as set out by World Skate</b>	<b>'B' – Rules for the free skating programmes do not have to adhere to World skate rules. Any age per standard.</b>
<b>TOTS</b> - No qualification required Free Long Programme: 2 minutes +/- 10 seconds	<b>Novice Free will be held in July 2019</b>
<b>MINI</b> - Required standard: Non-medallist Free Long Programme – 2.30 minute +/- 10 seconds	<b>ELEMENTARY</b> - Required standard: Elementary Free Programme: 2 minutes +/- 5 seconds
<b>ESPOIR</b> - Required standard: Elementary Free Long Programme – 3.00 minute +/- 10 seconds	<b>PRELIM</b> - Required standard: Prelim Free Programme: 2 minutes +/- 5 seconds
<b>CADET</b> - Required standard: Prelim Free Long Programme – 3.30 minute +/- 10 seconds	<b>INTER-BRONZE</b> - Required standard: Inter-Bronze Free Programme: 3 minutes +/- 10 seconds
<b>YOUTH</b> - Required standard: Inter Bronze Free Long Programme – 4 minute +/- 10 seconds	<b>BRONZE</b> - Required standard: Bronze Free Programme: 3 minutes +/- 10 seconds
<b>JUNIOR</b> - Required standard: Bronze Free Long Programme – Ladies– 4:15– 4.30 minutes Free Long Programme – Mens 4:30 minutes +/- 10 seconds	<b>INTER-SILVER</b> - Required standard: Inter-Silver Free Programme: 4 minutes +/- 10 seconds
<b>SENIOR</b> - Required standard: Inter-Silver Free Long Programme – Ladies- 4.15– 4.30 minutes Free Long Programme – Men 4:30 minutes +/- 10 seconds	<b>SILVER</b> - Required standard: Silver Free Programme: 4 minutes +/- 10 seconds

FREE SKATING SHORT PROGRAMME
All those skaters that are entering Competition 'A' <b>MUST</b> also enter the following:
<b>ESPOIR</b> - Required standard: Elementary - Free Short Programme – 2.00 minute +/- 5 seconds
<b>CADET</b> - Required standard: Prelim - Free Short Programme – 2.30 minute +/- 5 seconds
<b>YOUTH</b> - Required standard: Inter Bronze - Free Short Programme – 2.30 minute +/- 5 seconds
<b>JUNIOR</b> - Required standard: Bronze - Free Short Programme – 2.45 minute +/- 5 seconds
<b>SENIOR</b> - Required standard: Bronze - Free Short Programme – 2.45 minute +/- 5 seconds

**27 AND 28 JULY 2019**

**NOVICE FIGURE AND FREE SKATING EVENT COMBINED WITH NOVICE SOLO DANCE AT KETTERING**

**Please note if a skater has competed in the 'A' competition and/or Championships, they will not be able to enter the Novice competition.**

Free skating programme WorldArt rules do not apply	Figures
<b>NOVICE 1<sup>st</sup> Year member of FARS</b> Non Medallist Free Programme: 2 minutes +/- 5 seconds	<b>NOVICE 1<sup>st</sup> Year member of FARS – Non Medallist</b> 1 - <b>R</b> FO eight 2 - <b>L</b> FI eight
<b>NOVICE 2<sup>nd</sup> Year member of FARS</b> Non Medallist Free Programme: 2 minutes +/- 5 seconds	<b>NOVICE 2<sup>nd</sup> Year member of FARS – Non Medallist</b> 2 - <b>L</b> FI a/b 7 - <b>R</b> Threes to centre
<b>NOVICE Fars member since 2015 and before – Non Medallist</b> Free Programme: 2 minutes +/- 5 seconds	<b>NOVICE Fars member since 2015 and before – Non Medallist</b> 5 - <b>R</b> FOI change eights 7 - <b>L</b> Threes to centre