



CONFÉDÉRATION EUROPÉENNE DE ROLLER-SKATING
C.E.R.S. (Affiliée à la F.I.R.S.)
CERS ARTISTIC – EUROPEAN ARTISTIC SKATING COMMITTEE
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CERS

European Artistic Skating Committee

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FREE SKATING

YOUTH – CADET – ESPOIR - MINIS

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Rule 130

Short Programme Cadet – Youth

Duration: 2.30 mins +/- 5 sec.

The elements to be skated in the short programme must be as listed below:

- Axel – single, double or triple.
- Jumps combination from two (2) to four (4) jumps.
- Toe assisted jump – single, double or triple
- One position spin.
- One combination spin. One of the spins in the combination must be a sit spin. Maximum five (5) positions.
- Step sequence: CERS Artistic Committee will communicate the pattern every year (circle, diagonal, serpentine, straight line), see appendix 1. Can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an additional element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed. The Step Sequence must start from a clear standing position.

In Short Programme of *Cadet & Youth Categories*, a broken ankle spin is not allowed!!

General:

- All the above elements must be performed. The order of execution of the elements is free.
- An element not attempted will carry a penalty of 0.5 from the “A” mark
- The single elements listed above may also be skated in the combination jumps or spins. The same jump cannot be presented more than twice.
- No additional elements may be skated. The six listed elements must not be **repeated. Each** additional element attempted or repeated will carry a penalty of 0.5 from the “B” mark with no credit given to the “A” mark.
- If a skater falls during a jump combination and stands up and continues, it will be considered as an extra element. If there is a “step out” between the jumps, the combination will not have any value but there will not be a penalization of an extra element. If two (2) jumps are presented correctly in combination before the fall or before the step out, the combination will be considered as executed.
- If it is clear that the intention is to perform an element it will be considered an attempt.**
- Any **ONE POSITION spin** with more than one position will be given a deduction of 0.5 from the “A” mark.
- Any spin combination with more than **five** positions will be given a deduction of 0.5 from the “A” mark.
- Any jumps combination of more than four (4) jumps will be given a deduction of 0.5 from the “A” mark.

In the Short Programme judges will give EVERY TOE LOOP ELEMENT (any rotations) executed like "3. third execution" (**Rule 146**), ONLY THE minimum value (0,6) in the A-mark and **the Referee** will penalize the bad execution of the element by -0,5 points in the A mark.

In the Short Programme, All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered a poor quality spin. Therefore in any programme Spins performed in this way will be penalized **-0.3 points in the "A" mark by the Referee for EACH executed Spin.**

It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.

Falls (Short Programme):

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by 0.2, on each and every occasion. This amount will be deducted from the "B" mark.

Rule 132

Well balanced Free Skating Long Programme Minis, Espoir, Cadet, Youth

Confirmed.

Rule 134

Special Rules for CADET & YOUTH Long Programme

Long Programme: 3.30 mins. +/- 10 sec. for Cadet & 4.00 mins. +/- 10 sec. for Youth.

Jumps:

- A maximum of six (6) jump Elements for Cadet and Seven (7) jump Elements for Youth are allowed either as combinations of jumps or as solo jumps.
- Maximum three (3) jumps combinations are allowed. The number of jumps within the combination cannot be more than five (5).
- It is mandatory to perform an Axel jump (single, double or triple) that can be executed also in combination.
- Axel, doubles and triples cannot be presented more than three times. If presented twice, one must be in combination.
- *In the programme there MUST be at least a Toe Loop element, single &/or double &/or Triple, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an Open Toe Loop.*

Clarification: Jump Element is, Solo Jump OR Jump Combination. Example: Double Lutz-Rittberger-Double Toe Loop as a combination is ONE Jump Element and Double Flip is ONE Jump Element as well.

Combination Jumps: is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

Spins:

Maximum three (3) spin elements can be performed:

- One position spin.
- One combination spin (maximum five (5) positions), must include a sit spin.
- One combination spin (maximum three (3) positions).
- The same spin cannot be presented more than twice in the whole performance.
- A one-position spin is a spin without change of position, or change of foot or change of edge.
- A combination spin is a spin where the skater changed foot and/or position and/or edge, the revolutions for each spin MUST be at least two (2).
- The number of revolutions in upright position to complete any spin (camel or sit) it is not limited and it should not be considered as difficulty as a change of position.

In Long programme of Cadet Category, a broken ankle spin is not allowed!!

Footwork:

In the long program is required to perform one (1) Step Sequence (Circle, Diagonal, Straight line, Serpentine), which can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed. The step sequence MUST start from a clear standing position.

Rule 135

Special Rules for ESPOIR Long Programme

Only free skating long programme 3.00 minutes +/- 10 seconds

Can insert only:

Jumps:

Max. Jumps of 2 revolutions (no double axel and triples!)

- A maximum of five (5) Jump Elements are allowed either as combinations of jumps or as solo jumps.
- 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 type Jump (Waltz jump or Single) that can be executed also in combination.
- Axel, and doubles cannot be presented more than three times, if the skater presents one of these jumps three (3) times, one of these MUST be in combination.
- In the programme there MUST be at least a Toe Loop element and a Lutz element (See Rule 147), single and/or double, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an **Open Toe Loop** & for each wrong execution of Lutz edge: the jump will get the value of a Flip.

Clarification: Jump Element is, Solo Jump OR Jump Combination. Example: Double Lutz-Rittberger-Double Toe Loop as a combination is ONE Jump Element and Double Flip is ONE Jump Element as well.

Combination Jumps: is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

BONUS: A bonus of 0.2 in A Mark given by the Referee, will be awarded for CLEAN (full rotation without any touch down, stepping out or a fall) execution of ALL the following types of double jumps: Toe Loop, Salchow, Flip, Lutz and Loop.

Spins:

Can perform only maximum **three (3) Spins:**

- One position spin without change of foot/edge (no Broken Ankle!)
- One combination spin, maximum five (5) positions (no Broken Ankle!)
- One Sit Spin OR Combination of any Sit Spins (This Spin cannot include other positions than Sit).

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice, to include:

- three (3) consecutive brackets,
- AND minimum one Counter OR Rocker,
- AND one Choctaw,
- AND one "loop step" (double three with wrapped free leg). **A good execution of the wrapped free leg will receive a BONUS of 0,2 in the "A" mark by the Referee.**

Choreographic Sequence:

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves. If the pattern does not conform to the above there will be a deduction of 0.2 in the "A" mark given by the Referee.

Extreme CONTROLLED flexibility (the position of the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a **BONUS of 0,2 in the "A" Mark, by the Referee.**

Remember! The programme must follow the rule 132 of the “Well balanced Free Skating Programme”

Please Note: Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of 0.5 point in “B” mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the “A” mark given by the Referee.

Rule 136

Special Rules for MINIS Long Programme

Only free skating long programme 2.30 minutes +/- 10 seconds

Can insert only:

Jumps:

Max. Jumps of 1 revolution + axel, double toe loop and double salchow.

- A maximum of four (4) Jump Elements are allowed either as combinations of jumps or as solo jumps.
- Maximum two (2) jumps combinations are allowed. The number of jumps within the combination cannot be more than four (4).
- It is mandatory to perform an Axel type Jump (Waltz jump or Single) that can be executed also in combination.
- Axel, and doubles cannot be presented more than three times, if the skater presents one of these jumps three (3) times, one of these MUST be in combination.
- *In the programme there MUST be at least a Toe Loop element, single and/or double, and a Lutz element (See Rule 147), single, both executed as a single jump or in a combination. Deduction of 0,2 from the “A” mark will be given by the Referee for an **Open Toe Loop** & for each wrong execution of Lutz edge: the jump will get the value of a Flip.*

Clarification: Jump Element is, Solo Jump OR Jump Combination. Example: Double Lutz-Rittberger-Double Toe Loop as a combination is ONE Jump Element and Double Flip is ONE Jump Element as well.

Combination Jumps: is a series of two or more jumps where the landing edge of the first jump is the take-off edge for the second jump, etc.

Spins:

Can perform only maximum **two (2) Spins:**

- *One Single Upright Spin OR Combination of any Upright Spins (This Spin cannot include other positions than Upright).*
- One combination spin, maximum three (3) positions (not broken ankle, not heel, not inverted).

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice, to include:

- three (3) consecutive brackets,
- AND minimum one Counter OR Rocker,
- AND one "loop step" (double three with wrapped free leg). **A good execution of the wrapped free leg will receive a BONUS of 0,2 in the "A" mark by the Referee.**

Choreographic Sequence:

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves. If the pattern does not conform to the above there will be a deduction of 0.2 in the "A" mark given by the Referee. **Extreme CONTROLLED flexibility** (the position of the free leg more than 150° from the floor held for at least two (2) seconds), at least in one position will be awarded with a **BONUS of 0,2 in the "A" Mark, by the Referee.**

Remember! The programme must follow the rule 132 of the "Well balanced Free Skating Programme"

Please Note: Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of 0.5 point in "B" mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the "A" mark given by the Referee.