



*Comite International
de Patinage Artistique*

FREE SKATING

2010

**SHORT PROGRAMME
FREE SKATING**

**SHORT PROGRAMME
PAIRS SKATING**

PORTIMÃO

Algave

Portugal



*Federation Internationale de
Roller Sports*

A Technical committee of



Comite International de Patinage Artistique

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C.I.P.A. TIMINGS FOR FREE SKATING, SHOW GROUPS AND PRECISION

SENIOR

Short Programme Free Skating	2:15 minutes +/- 5 seconds
Short Programme Pairs	2:45 minutes +/- 5 seconds
Long Programme Free Skating	4:00 minutes +/- 10 seconds
Long Programme Pairs	4:30 minutes +/- 10 seconds

JUNIOR

Short Programme Free Skating	2:15 minutes +/- 5 seconds
Short Programme Pairs	2:30 minutes +/- 5 seconds
Long Programme Free Skating	4:00 minutes +/- 10 seconds
Long Programme Pairs	4:00 minutes +/- 10 seconds

IN LINE

Short Programme Free Skating	2:15 minutes +/- 5 seconds
Long Programme Free Skating	3:30 minutes +/- 10 seconds

SHOW GROUP/SMALL SHOW GROUP

4:00/5:00 minutes +/- 10 seconds

PRECISION

5:00 minutes +/- 10 seconds

SOLO FREE DANCE

2:30 +/- 10 seconds

Footwork Sequences for Junior and Senior Men & Women Freeskating and Junior and Senior Pairs

General-2000

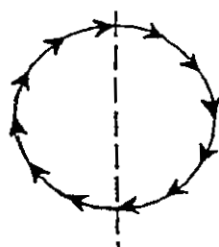
All footwork step must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted.

NO RECOGNIZED JUMPS WITH AN APPARENT TAKEOFF ARE ALLOWED IN ANY STEP SEQUENCE.

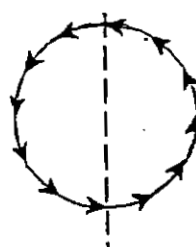
Jumps with an apparent preparation - Executed and landing are not allowed in any step sequence.

1. Circle Patterns "A" or "B" for year 2007 and 2010

Skated on a complete circle or oval utilizing at least three quarters (3/4) of the full width of the skating surface, using advanced footwork.



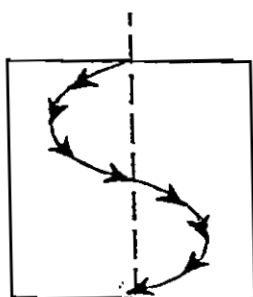
"A" Pattern



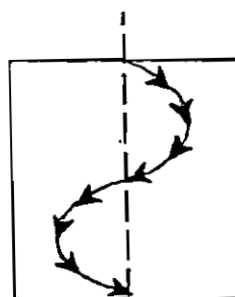
"B" Pattern

2. Serpentine Footwork Step Sequence "A" or "B" for year 2005, 2008 and 2011

Starting at any end of the skating floor and progress in at least two (2) Bold Curves of not less than one-half (1/2) of the width of the skating floor and ends at the opposite end of the skating floor using advanced footwork.



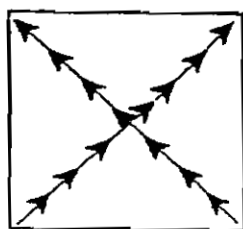
"A" Pattern



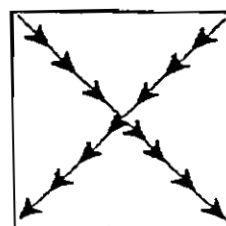
"B" Pattern

3. Diagonal Pattern "A" or "B" Straight Line Footwork Step Sequence for years 2006 and 2009

Start at one end corner of the skating floor and ends near the diagonal opposite corner of the skating floor. To cover at least three quarters (3/4) of the floor with advanced footwork.



"A" Pattern



"B" Pattern

Jumps with an apparent preparation execution and landing are NOT allowed in any step sequence.

JUNIOR AND SENIOR FREE SKATING

SHORT PROGRAMME SET ELEMENTS (FR 6.02)
THE SET ELEMENTS ARE THE SAME FOR JUNIOR
AND SENIOR SHORT PROGRAMMES (6.02.01 OF THE
NEW C.I.P.A. RULE BOOK)

6.02.02 – The elements MUST be performed in the order as follows :-

1. Jump element (combination jump or axel)
2. Jump element (combination jump or axel)
3. Spin element (single spin or combination spin)
4. Toe assisted jump
5. Step sequence
6. Spin element (single spin or combination spin)

TO CLARIFY NO.1. AND 2. ABOVE – SKATERS CAN CHOOSE TO SKATE THE COMBINATION JUMP FIRST OR SECOND, AND THE AXEL FIRST OR SECOND. No. 3 AND 6, ABOVE – SKATERS CAN CHOOSE TO SKATE THE SINGLE SPIN THIRD OR LAST AND THE COMBINATION SPIN THIRD OR LAST.

ALL THE ABOVE ELEMENTS MUST BE PERFORMED.

**ALL OTHER CIPA REGULATIONS APPLY AS NORMAL.
(SEE 6.02.01, 6.02.03)**

FREE SKATING LONG PROGRAMME – (FR 6.03)

6.03.01 – Long Programme Set Elements.

In the Free Skating Long Programme the skaters MUST INCLUDE at least two DIFFERENT step sequences either Diagonal, Circular or Serpentine.

6.03.02

For each step sequence not performed will be given a deduction of 0.5 from the “A” mark.

**PAIRS SKATING JUNIOR AND SENIOR
LONG PROGRAMME (PS 7.04)**

**THE FOLLOWING THREE SET ELEMENTS MUST BE
INCLUDED IN THE LONG PROGRAMME :-**

7.04.01

**THE COUPLE CAN PERFORM NO MORE THAN 3 (THREE)
LIFTS IN A PROGRAMME. EACH COMBINATION LIFT
MUST NOT EXCEED 12 (TWELVE) ROTATIONS.**

**The couple MUST INCLUDE two death spirals one on an
inside edge and one on an outside edge.**

**The couple MUST INCLUDE one spiral (arabesque) sequence
with at least one change of edge and one change of
direction. The change of direction may be performed by
one of the partners or both and one of the two must always
in a spiral position.**

**The couple MUST INCLUDE one step sequence either
Diagonal, Circular, or Serpentine.**

7.04.02

**Each additional lift or for each lift of more than 12 (twelve)
rotations will carry a penalty of .5 from the "B" mark with
no credit given to the "A" mark.**

7.04.03

**Each set element not included will carry a penalty of .5
from the "A" mark.**