

**SKATE NEW ZEALAND**

**ARTISTIC  
REQUIREMENTS  
2018 - 2019**

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# FIGURES

## AREAS ONLY FIGURE GRADES

### NEW ENTRANTS FIGURES

No Medal Test Requirement

Under 8 years old

2 circuits per figure

#### Group 1

- 1 RFO – LFO Circle Eight
- 111a RFO – LFO Serpentine Eight

**Note: A rolling start will be accepted. Maximum of 3 steps prior to strike zone on initial strike.**

### NOVICE 1 FIGURES

No Medal Test Requirement

8 years old and over

2 circuits per figure

#### Group 1

- 1 RFO – LFO Circle Eight
- 1a RFOI – LFOI Change Eight
- 2 RFI – LFI Circle Eight

### NOVICE 2 FIGURES

No Medal Test Requirement

11 years old and over

2 circuits per figure

#### Group 1

- 3 RBO – LBO Circle Eight
- 5a/b FOI – FIO Serpentine
- 7 RFO – LFO Threes

#### Group 2

- 4 RBI - LBI Circle Eight
- 5a/b FOI – FIO Serpentine
- 9a RFI – LBO Threes

# **FIGURE GRADES**

## **NATIONAL AND INTERNATIONAL GRADES**

### **TINY TOTS/TOTS FIGURES**

8 and 9 years old

**2 circuits per figure**

#### **Group 1**

1a/b FO – FO Change Eight

2a/b FI – FI Change Eight

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

### **PRIMARY/MINIS FIGURES**

10 and 11 years old

**2 circuits per figure**

#### **Group 1**

3 RBO – LBO Circle Eight

6a/b BOI – BIO Serpentine

8a/b FO – BI Threes

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

#### **Group 2**

4 RBI - LBI Circle Eight

5a/b FOI – FIO Serpentine

9a/b FI – BO Threes

### **JUVENILE/ESPOIR FIGURES**

12 and 13 years old

**3 circuits per figure/loop**

#### **Group 1**

10 RFO - LFO Double Threes

19a/b FI - BO Brackets

14 RFO - LFO Loops

#### **Group 3**

13 RBI - LBI Double Threes

19a/b FI - BO Brackets

14 RFO - LFO Loops

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

#### **Group 2**

11 RFI – LFI Double Threes

18a/b FO – BI Brackets

15 RFI – LFI Loops

### **PRELIMINARY FIGURES**

12 years old and over

**2 circuits per figure**

#### **Group 1**

8a/b FO – BI Threes

11 RFI – LFI Double Threes

19a/b FI – BO Brackets

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

#### **Group 2**

9a/b FI - BO Threes

10 RFO - LFO Double Threes

18a/b FO – BI Brackets

**CADET FIGURES**

14 and 15 years old

**3 circuits per figure/loop****Group 1**

12a/b BO - BO Double Threes  
 19a/b FI - BO Brackets  
 15a/b FI - FI Loops  
 20a/b FO - BO Rockers

**Group 3**

19a/b FI - BO Brackets  
 22a/b FO - BO Counters  
 16a/b BO - BO Loops  
 28a/b FOI - FIO Change Double Threes

**Medal Test Requirement**

2019: Figure Medal #1 (Nationals)  
 2019: Figure Medal #5 (Oceania)

**Group 2**

18a/b FO - BI Brackets  
 21a/b FI - BI Rockers  
 30a/b FOI - FIO Change Loops  
 28a/b FOI - FIO Change Double Threes

**Group 4**

13a/b BI - BI Double Threes  
 18a/b FO - BI Brackets  
 30a/b FOI - FIO Change Loops  
 23a/b FI - BI Counters

Note: Adoption of World Skate order for figures in Cadet and Youth grades.

**ADVANCED FIGURES**

15 years old and over

**2 circuits per figure****Group 1**

23a/b FI - BI Counters  
 12a RBO - LBO Double Threes  
 33a/b FIO - BIO Change Brackets

**Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

**Group 2**

20a/b FO - BO Rockers  
 28a/b FOI - FIO Change Double Threes  
 32a/b FOI - BOI Change Brackets

**YOUTH FIGURES**

16 years old

**3 circuits per figure/loop****2 circuits per paragraph figure****Group 1**

20a/b FO - BO Rockers  
 33a/b FIO - BIO Change Brackets  
 16a/b BO - BO Loops  
 36a/b FO - FI Paragraph Double Threes

**Group 3**

22a/b FO - BO Counters  
 33a/b FIO - BIO Change Brackets  
 17a/b BI - BI Loops  
 36a/b FO - FI Paragraph Double Threes

**Medal Test Requirement**

2019: Figure Medal #1 (Nationals)  
 2019: Figure Medal #6 (Oceania)

**Group 2**

21a/b FI - BI Rockers  
 32a/b FOI - BOI Change Brackets  
 17a/b BI - BI Loops  
 29a/b BOI - BIO Change Double Threes

**Group 4**

23a/b FI - BI Counters  
 32a/b FOI - BOI Change Brackets  
 30a/b FOI - FIO Change Loops  
 29a/b BOI - BIO Change Double Threes

Note: Adoption of World Skate order for figures in Cadet and Youth grades.

**JUNIOR FIGURES**

17 and 18 years old

**Circuits per figure as indicated****Group 1**

- 42a/b Forward Outside Counter combined with Bracket and Inside Counter (3 Circuits)
- 38a/b Forward Outside Paragraph Loops (3 Circuits)
- 36a/b Forward Outside Paragraph Double Threes (2 Circuits)

**Group 2**

- 43a/b Forward Outside Rocker combined with Outside Double Three (3 Circuits)
- 31a/b Backward Outside Change Loops (3 Circuits)
- 40a/b Forward Outside Paragraph Brackets (2 Circuits)

**Group 3**

- 44a/b Forward Inside Rocker combined with Inside Double Three (3 Circuits)
- 38a/b Forward Outside Paragraph Loops (3 Circuits)
- 40a/b Forward Outside Paragraph Brackets (2 Circuits)

**Group 4**

- 45a/b Backward Outside Counter combined with Bracket and Inside Counter (3 Circuits)
- 31a/b Backward Outside Change Loops (3 Circuits)
- 37a/b Backward Outside Paragraph Double Threes (2 Circuits)

**Medal Test Requirement**

- 2019: Figure Medal #1 (Nationals)
- 2019: Figure Medal #6 (Oceania)
- 2019: Figure Medal #7 (International)

**SENIOR FIGURES**

19 years old and over

**2 circuits per figure, 3 circuits per loop****Group 1**

- 46a/b Forward Outside Double Three combined with Outside Rocker and Backward Double Three Paragraph
- 39a/b Backward Outside Paragraph Loops (3 circuits)
- 47a/b Forward Outside Bracket combined with Inside Counter and Backward Bracket Paragraph

**Group 2**

- 48a/b Backward Double Three combined with Outside Rocker and Forward Double Three Paragraph
- 38a/b Forward Outside Paragraph Loops (3 circuits)
- 49a/b Backward Outside Bracket combined with Inside Counter and Forward Bracket Paragraph

**Group 3**

- 50a/b Forward Double Three combined with Outside Counter and Backward Double Three Paragraph
- 39a/b Backward Outside Paragraph Loops (3 circuits)
- 51a/b Forward Outside Bracket combined with Inside Rocker and Backward Bracket Paragraph

**Group 4**

- 52a/b Backward Outside Double Three combined with Outside Counter and Forward Double Three Paragraph
- 38a/b Forward Outside Paragraph Loops (3 circuits)
- 53a/b Backward Outside Bracket combined with Inside Rocker and Forward Bracket Paragraph

**Medal Test Requirement**

- 2019: Figure Medal #1 (Nationals)
- 2019: Figure Medal #7 (Oceania)
- 2019: Figure Medal #8 (International)

For diagrams and video presentations of the new figures, please see and World Skate website, please refer to this regularly due to World Skate updates.

<http://www.worldskate.org/artistic/about/regulations/category/257-new-figures.html>



## ADVANCED MASTERS FIGURES

21 years old and over – NZ  
30 years old and over – Oceanias

**3 circuits per figure**

**Group 1**

## Medal Test Requirement

2019: Figure Medal #1 (Nationals)  
2019: Figure Medal #3 (Oceanias)

**Group 2**

*Requirements to be advised after completion of 2018 Oceania Championships*

## MASTERS FIGURES

25 years old and over – NZ  
30 years old and over – Oceanias

Note: **2 circuits per figure** (for Nationals only)

**Group 1**

## Medal Test Requirement

2019: Figure Medal #1 (Nationals)  
2019: Figure Medal #2 (Oceanias)

**Group 2**

*Requirements to be advised after completion of 2018 Oceanias Championships*

## ESQUIRE FIGURES

30 years old and over

**2 circuits per figure**

**Group 1**

- 1 RFO – LFO Circle Eight
- 1a RFOI – LFOI Change Eight
- 111a RFO – LFO Serpentine Eight

## Medal Test Requirement

2019: Figure Medal #1 (Nationals)

*Note: 2020 requirements, Esquire will be to Areas only as this is an entry grade to Masters*

## **LOOP GRADES**

Loop events shall consist of any skaters who are not skating Senior Figures in that year.

### **PRIMARY LOOPS**

8 to 11 years old

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

#### **2 circuits per loop**

#### **Group 1**

14 RFO – LFO Loops  
15 RFI – LFI Loops  
30a/b FOI – FIO Change Loops

### **PRELIMINARY LOOPS**

12 years old and over

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

#### **2 circuits per loop**

#### **Group 1**

14 RFO – LFO Loops  
15 RFI – LFI Loops  
30a/b FOI – FIO Change Loops

### **ADVANCED LOOPS**

14 years old and over

#### **Medal Test Requirement**

2019: Figure Medal #1 (Nationals)

#### **2 circuits per loop**

#### **Group 1**

16 RBO – LBO Loops  
31a/b BOI – BIO Change Loops  
38a/b FO – FI Paragraph Loops

#### **Group 2**

17 RBI – LBI Loops  
31a/b BOI – BIO Change Loops  
38a/b FO – FI Paragraph Loops

**Note:** Skaters competing in Youth and Junior Grades may also skate Advanced Loops only.

# SOLO DANCE

## AREAS ONLY COMPULSORY SOLO DANCE GRADES

### **NEW ENTRANTS SOLO DANCE**

Under 8 years old

**No Medal Test Requirement**

**Waltz Sequence**

Tempo: 120 Waltz

*(2 sequences)*

### **NOVICE 1 SOLO DANCE**

8 years old and over

**No Medal Test Requirement**

**Waltz Sequence**

Tempo: 120 Waltz

*(2 sequences)*

**March Sequence**

Tempo: 100 March

*(4 sequences)*

### **NOVICE 2 SOLO DANCE**

11 years old and over

**No Medal Test Requirement**

**Beverley Blues**

Tempo: 88 Blues

*(4 sequences)*

**Progressive Tango**

Tempo: 100 Tango

*(4 sequences)*

# **COMPULSORY SOLO DANCE GRADES**

## **NATIONAL AND INTERNATIONAL GRADES**

**TINY TOTS/TOTS SOLO DANCE**      **Waltz Sequence**      Tempo: 120 Waltz      (2 sequences)  
8 and 9 years old      **City Blues**      Tempo: 88 Blues      (4 sequences)

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**PRIMARY/MINIS SOLO DANCE**      **City Blues**      Tempo: 88 Blues      (4 sequences)  
10 and 11 years old      **La Vista Cha Cha**      Tempo: 108 Cha Cha      (4 sequences)

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**PRELIMINARY SOLO DANCE**      **Canasta Tango**      Tempo: 100 Tango      (4 sequences)  
12 years old and over      **Denver Shuffle**      Tempo: 100 Polka      (4 sequences)

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**ADVANCED SOLO DANCE**      **Association Waltz**      Tempo: 132 Waltz      (4 sequences)  
15 years old and over      **Easy Paso**      Tempo: 104 Paso Doble      (4 sequences)

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**ADVANCED MASTERS SOLO DANCE**      *Requirements to be*      (4 sequences)  
21 years old and over - NZ      *advised after completion*      (4 sequences)  
30 years old and over - Oceanias      *of 2018 Oceanias*  
*Championships*

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #3 (Oceanias)

Note: If a skater wishes to compete at Oceanias level they need to compete in both events of Advanced Masters Compulsory Dance and Advanced Masters CSD and hold the required medal test.

**MASTERS SOLO DANCE**      *Requirements to be*      (4 sequences)  
25 years old and over - NZ      *advised after completion*      (4 sequences)  
30 years old and over - Oceanias      *of 2018 Oceanias*  
*Championships*

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #2 (Oceanias)

Note: If a skater wishes to compete at Oceanias level they need to compete in both events of Masters Compulsory Dance and Masters CSD and hold the required medal test.

**ESQUIRE SOLO DANCE**      **Progressive Tango**      Tempo: 100 Tango      (4 sequences)  
30 years old and over      **Academy Blues**      Tempo: 92 Blues      (4 sequences)

**Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

Note: 2020 requirements, Esquire will be to Areas only as this is an entry grade to Masters.

## **CREATIVE SOLO DANCE (CSD) GRADES**

### **ADVANCED MASTERS CSD**

21 years old and over - NZ

30 years old and over - Oceanias

**Theme:** *To be advised after completion of 2018 Oceania Championships*

**Time:** 1:50 minutes to 2:40 minutes

#### **Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #3 (Oceanias)

Advanced Masters CSD content is not restricted.

Note: If a skater wishes to compete at Oceanias level they need to compete in both events of Advanced Masters Compulsory Dance and Advanced Masters CSD and hold the required medal test.

### **MASTERS CSD**

25 years old and over - NZ

30 years old and over - Oceanias

**Theme:** *To be advised after completion of 2018 Oceania Championships*

**Time:** 1:50 minutes to 2:40 minutes

#### **Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #2 (Oceanias)

Note: If a skater wishes to compete at Oceanias level they need to compete in both events of Masters Compulsory Dance and Masters CSD and hold the required medal test.

## **GENERAL RULES - CREATIVE SOLO DANCE**

*To be advised at completion of 2018 Oceania Championships.*

## **SOLO FREEDANCE GRADES**

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2019. [Official Regulation Artistic - Dance and Solo Dance Book 2019](#) [Official Regulation Artistic - Dance 2019](#)  
[Official Regulation Artistic - Solo Dance 2019](#) [World Skate Artistic - Dance Requirements 2018](#)  
[RollArt Dance Values 2019](#)

### **PRIMARY/MINIS SOLO FREEDANCE**

10 and 11 years old

**Theme:** Disney / Animated Movie

**Time:** 1:30 minutes +/- 10 seconds

#### **Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**Note:** This event is separate to the Primary Compulsory Dance event

#### **2019 PRIMARY/MINIS SOLO FREEDANCE REQUIREMENTS**

<b>Straight Step Sequence</b>	<b>Circular Step Sequence</b>	<b>Travelling</b>	<b>Choreo Step Sequence</b>
Long Axis - Max Level 1	Semi-circle counter-clockwise (from transversal to transversal) Max Level 1	Yes - Max Level 1	Yes

### **PRELIMINARY SOLO FREEDANCE**

12 years old and over

**Time:** 2 minutes +/- 10 seconds

#### **Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**Note:** This event is separate to the Preliminary Compulsory Dance event

#### **2019 PRELIMINARY SOLO FREEDANCE REQUIREMENTS**

<b>Straight Step Sequence</b>	<b>Circular Step Sequence</b>	<b>Travelling</b>	<b>Choreo Step Sequence</b>
Diagonal - Max Level 2	Serpentine - Max Level 2	Yes - Max Level 2	Yes

### **ADVANCED SOLO FREEDANCE**

15 years old and over

**Time:** 2:30 minutes +/- 10 seconds

#### **Medal Test Requirement**

2019: Solo Dance Medal #1 (Nationals)

**Note:** This event is separate from the Advanced Compulsory Dance event.

#### **2019 ADVANCED SOLO FREEDANCE REQUIREMENTS**

<b>Circular Step Sequence</b>	<b>Straight Step Sequence</b>	<b>Travelling</b>	<b>Choreo Step Sequence</b>	<b>Cluster</b>
Circle Anti-Clockwise Max Level 3	Long Axis Max Level 3	Yes - Max Level 2	Yes	Yes - Max Level 1

# SOLO DANCE - COMBINED EVENTS GRADES

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2019.  
[Official Regulation Artistic - Dance and Solo Dance Book 2019](#) [Official Regulation Artistic - Dance 2019](#)  
[Official Regulation Artistic - Solo Dance 2019](#) [World Skate Artistic - Dance Requirements 2018](#)  
[RollArt Dance Values 2019](#)

## JUVENILE/ESPOIR SOLO DANCE

12 and 13 years old

Juvenile Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

### Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)

### COMPULSORY DANCES

**Canasta Tango**  
**Denver Shuffle**

Tempo: 100 Tango (4 sequences)  
Tempo: 100 Polka (4 sequences)

### FREEDANCE

**Time:** 2 minutes +/- 10 seconds

#### 2019 JUVENILE/ESPOIR SOLO FREEDANCE REQUIREMENTS

Straight Step Sequence	Circular Step Sequence	Travelling	Choreo Step Sequence
Diagonal - Max Level 2	Serpentine - Max Level 2	Yes - Max Level 2	Yes

## CADET SOLO DANCE

14 and 15 years old

Cadet Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

### Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)  
2019: Solo Dance Medal #5 (Oceania)

### COMPULSORY DANCES

**Tudor Waltz**  
**Easy Paso**

Tempo: 144 Waltz (4 sequences)  
Tempo: 104 Paso Doble (4 sequences)

### FREEDANCE

**Time:** 2:30 minutes +/- 10 seconds

#### 2019 CADET SOLO FREEDANCE REQUIREMENTS

Circular Step Sequence	Straight Step Sequence	Travelling	Choreo Step Sequence	Cluster
Circle Anti-Clockwise Max Level 3	Long Axis Max Level 3	Yes - Max Level 2	Yes	Yes - Max Level 1

## YOUTH SOLO DANCE

16 years old

Youth Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

### Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)  
2019: Solo Dance Medal #6 (Oceania)

### COMPULSORY DANCES

**Association Waltz**  
**Kilian**

Tempo: 132 Waltz (2 sequences)  
Tempo: 108 March (4 sequences)

### FREEDANCE

**Time:** 2:30 minutes +/- 10 seconds

#### 2019 YOUTH SOLO FREEDANCE REQUIREMENTS

Circular Step Sequence	Straight Step Sequence	Travelling	Choreo Step Sequence	Cluster
Circle Clockwise Max Level 4	Diagonal Max Level 4	Yes - Max Level 3	Yes	Yes - Max Level 3

## JUNIOR SOLO DANCE

17 and 18 years old

Junior Solo Dance is composed of both Style Dance and Freedance events.  
Skaters must skate in both events.

### Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #6 (Oceania)

2019: Solo Dance Medal #7 (International)

### STYLE DANCE

**Time:** 2:40 minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence.

During the Pattern Dance Sequence, a change of music selection is NOT permitted.

### 2019 JUNIOR SOLO STYLE DANCE REQUIREMENTS:

**Theme: Swing Medley** - Foxtrot, Quickstep, Charleston, Lindy Hop**Compulsory Dance/Pattern Dance:** Quickstep

Circular Step Sequence	Straight Step Sequence	Travelling	Cluster
-	Diagonal	Yes	Yes

Note: the first required element performed of each type will be the one called by the Technical Panel and evaluated by the judges as the required one for the current year.

### FREEDANCE

**Time:** 3 minutes +/- 10 seconds

### 2019 JUNIOR SOLO FREEDANCE REQUIREMENTS

Circular Step Sequence	Straight Step Sequence	Travelling	Choreo Step Sequence	Cluster
Circle Clockwise	Long Axis	Yes	Yes	Yes

## SENIOR SOLO DANCE

19 years old and over

Senior Solo Dance is composed of both Style Dance and Freedance events.  
Skaters must skate in both events.

### Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #7 (Oceania)

2019: Solo Dance Medal #8 (International)

### STYLE DANCE

**Time:** 2:40 minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence.

During the Pattern Dance Sequence, a change of music selection is NOT permitted.

### 2019 SENIOR SOLO STYLE DANCE REQUIREMENTS

**Theme: Spanish Medley** - Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango**Compulsory Dance/Pattern Dance:** Tango DelanCHA

Circular Step Sequence	Straight Step Sequence	Travelling	Cluster
-	Diagonal	Yes	Yes

Note: the first required element performed of each type will be the one called by the Technical Panel and evaluated by the judges as the required one for the current year.

### FREEDANCE

**Time:** 3 minutes +/- 10 seconds

### 2019 SENIOR SOLO FREEDANCE REQUIREMENTS

Circular Step Sequence	Straight Step Sequence	Travelling	Choreo Step Sequence	Cluster
Circle Clockwise	Long Axis	Yes	Yes	Yes



# COUPLES DANCE

## AREAS ONLY COUPLES COMPULSORY DANCE GRADES

### **NOVICE 1 COUPLES DANCE**

8 years old and over

**No Medal Test Requirement**

**Glide Waltz**  
**Masters Tango**

Tempo: 120 Waltz  
Tempo: 100 Tango

*(4 sequences)*  
*(4 sequences)*

### **NOVICE 2 COUPLES DANCE**

11 years old and over

**No Medal Test Requirement**

**Olympic Foxtrot**  
**Swing Waltz**

Tempo: 104 Foxtrot  
Tempo: 120 Waltz

*(4 sequences)*  
*(4 sequences)*

# **COUPLES COMPULSORY DANCE GRADES**

## **NATIONAL AND INTERNATIONAL GRADES**

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2019.

[Official Regulation Artistic - Dance and Solo Dance Book 2019](#)

[Official Regulation Artistic - Dance 2019](#)

[Official Regulation Artistic - Solo Dance 2019](#)

[World Skate Artistic - Dance Requirements 2018](#)

[RollArt Dance Values 2019](#)

### **TINY TOTS/TOTS COUPLES DANCE**

8 and 9 years old

**Waltz Sequence**  
**Progressive Tango**

Tempo: 120 Waltz (4 sequences)  
Tempo: 100 Tango (4 sequences)

#### **Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

### **PRIMARY/MINIS COUPLES DANCE**

10 and 11 years old

**City Blues**  
**La Vista Cha Cha**

Tempo: 88 Blues (4 sequences)  
Tempo: 108 Cha Cha (4 sequences)

#### **Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

### **JUVENILE/ESPOIR COUPLES DANCE**

12 and 13 years old

Juvenile/Espeir Couples Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

#### **Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

### **COMPULSORY DANCES**

**Canasta Tango**  
**Denver Shuffle**

Tempo: 100 Tango (4 sequences)  
Tempo: 100 Polka (4 sequences)

### **FREEDANCE**

**Time:** 3 minutes +/- 10 seconds

#### **2019 JUVENILE/ESPOIR COUPLES FREE DANCE REQUIREMENTS**

<b>Dance Hold Step Sequence</b>	<b>No Hold Step Sequence</b>	<b>Travelling</b>	<b>Choreo Lift</b>	<b>Stationary Lift</b>	<b>Rotational Lift</b>
Long Axis Max Level 2	Diagonal Max Level 2	Yes - max level 2	Yes	Yes Max Level 2	Yes Max Level 2

### **PRELIMINARY COUPLES DANCE**

12 years old and over

**City Blues**  
**Skaters March**

Tempo: 88 Blues (4 sequences)  
Tempo: 100 March (4 sequences)

#### **Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

**CADET COUPLES DANCE**

14 and 15 years old

Cadet Couples Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events

**Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

2019: Dance Couples Medal #5 (Oceania)

**COMPULSORY DANCES**

**Tudor Waltz**  
**Easy Paso**

Tempo: 144 Waltz (4 sequences)  
Tempo: 104 Paso Doble (4 sequences)

**FREEDANCE****Time:** 3 minutes +/- 10 seconds**2019 CADET COUPLES FREE DANCE REQUIREMENTS**

Dance Hold Step Sequence	No Hold Step Sequence	Travelling	Choreo Lift	Stationary 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

**ADVANCED COUPLES DANCE**

15 years old and over

**Association Waltz**  
**Easy Paso**

Tempo: 132 Waltz (4 sequences)  
Tempo: 104 Paso Doble (4 sequences)

**Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

**YOUTH COUPLES DANCE**

16 years old

Youth Dance is composed of both Compulsory and Freedance Pairs events. Skaters must skate in both events

**Medal Test Requirement**

2019: Dance Couples Medal #1 (Nationals)

2019: Dance Couples Medal #6 (Oceania)

**COMPULSORY DANCES**

**Keats Foxtrot**  
**Imperial Tango**

Tempo: 96 Foxtrot (4 sequences)  
Tempo: 104 Tango (4 sequences)

**FREEDANCE****Time:** 3:10 minutes +/- 10 seconds**2019 YOUTH COUPLES FREE DANCE REQUIREMENTS**

Dance Hold Step Sequence	No Hold Step Sequence	Cluster Sequence	Choreo Lift	Rotational Lift	Combo Lift
Circle Clockwise Max Level 4	Long Axis Max Level 4	Yes - No Hold Max level 3	Yes	Yes Max Level 4	Yes Max Level 4

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2019.

[Official Regulation Artistic - Dance and Solo Dance Book 2019](#)

[Official Regulation Artistic - Solo Dance 2019](#)

[RollArt Dance Values 2019](#)

[Official Regulation Artistic - Dance 2019](#)

[World Skate Artistic - Dance Requirements 2018](#)

## JUNIOR COUPLES DANCE

17 and 18 years old

Junior Couples Dance is composed of both Style Dance and Freedance events.  
Skaters must skate in both events

### Medal Test Requirement

- 2019: Dance Couples Medal #1 (Nationals)
- 2019: Dance Couples Medal #6 (Oceania)
- 2019: Dance Couples Medal #7 (International)

### STYLE DANCE

**Time:** 2:50 minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however, this may only be done for one (1) of the selected rhythms.

The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.

### 2019 JUNIOR COUPLES STYLE DANCE REQUIREMENTS

**Theme: Rock Medley** - Rock Medley (Jive, Boogie Woogie, Rock n Roll, Blues, Old Jazz)

**Compulsory Dance/Pattern Dance:** Double Pattern Blues

No Hold Step Sequence	Combo Lift	Cluster
Diagonal	Yes	Yes - Hold

### FREEDANCE

**Time:** 3:40 minutes +/- 10 seconds

### 2019 JUNIOR COUPLES FREEDANCE REQUIREMENTS

Hold Step Sequence	Travelling Sequence	Choreo Lift	Stationary Lift	Rotational Lift	Combo Lift	Cluster
Circle, Counter-clockwise	Yes	Yes	Yes	Yes	Yes	Yes No Hold

## SENIOR COUPLES DANCE

19 years old and over

Senior Couples Dance is composed of both Style Dance and Freedance events.  
Skaters must skate in both events

### Medal Test Requirement

- 2019: Dance Couples Medal #1 (Nationals)
- 2019: Dance Couples Medal #7 (Oceania)
- 2019: Dance Couples Medal #8 (International)

### STYLE DANCE

**Time:** 2:50 minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two different music selections for the same rhythm; however, this may only be done for one (1) of the selected rhythms.

The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

### 2019 SENIOR COUPLES STYLE DANCE REQUIREMENTS

**Theme: Latin Medley** (Mambo, Salsa, Merengue, Bachata, Bossa nova, Batucada, Cha Cha Cha, Samba, Rumba)

**Compulsory Dance/Pattern Dance:** Shaken Samba

No Hold Step Sequence	Combo Lift	Cluster
Diagonal	Yes	Yes - Hold

### FREEDANCE

**Time:** 3:40 minutes +/- 10 seconds

### 2019 SENIOR COUPLES FREEDANCE REQUIREMENTS

Hold Step Sequence	No Hold Step Seq.	Travelling Sequence	Choreo Lift	Stationary Lift	Rotational Lift	Combo Lift
Circle, Clockwise	Long Axis	Yes	Yes	Yes	Yes	Yes

## ADVANCED MASTERS COUPLES DANCE

21 years old and over - NZ  
30 years old and over - Oceanias

*Requirements to be  
advised after completion  
of 2018 Oceania  
Championships*

Tempo: (sequences)  
Tempo: (sequences)  
Tempo: (sequences)

### Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)  
2019: Dance Couples Medal #3 (Oceanias)

## MASTERS COUPLES DANCE

25 years old and over - NZ  
30 years old and over - Oceanias

*Requirements to be  
advised after completion  
of 2018 Oceania  
Championships*

Tempo: (sequences)  
Tempo: (sequences)  
Tempo: (sequences)

### Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)  
2019: Dance Couples Medal #2 (Oceanias)

## ESQUIRE COUPLES DANCE

30 years old and over

**Progressive Tango  
Academy Blues**

Tempo: 100 Tango (4 sequences)  
Tempo: 92 Blues (4 sequences)

### Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)

Note: 2020 requirements, Esquire will be to Areas only as this is an entry grade to Masters

# COUPLES DANCE – FREEDANCE GRADES

## PRELIMINARY COUPLES FREEDANCE

**Time:** 2:30 minutes +/- 10 seconds

12 years old and over

### Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)

### 2019 PRELIMINARY COUPLES FREE DANCE REQUIREMENTS

Dance Hold Step Sequence	No Hold Step Sequence	Travelling	Choreo Lift
Semi-Circle Counter-Clockwise (from transversal to transversal) Max Level 1	Long Axis Max Level 1	Yes - max level 1	Yes

## ADVANCED COUPLES FREEDANCE

**Time:** 3:30 minutes +/- 10 seconds

15 years old and over

### Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)

### 2019 ADVANCED COUPLES FREE DANCE REQUIREMENTS

Dance Hold Step Sequence	No Hold Step Sequence	Travelling	Choreo Lift	Stationary 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

# FREESKATING

## AREAS ONLY FREESKATING GRADES

### NEW ENTRANTS FREESKATING

**Time:** Up to 2 minutes

**No Medal Test Requirement**

Under 8 years old

#### COMPULSORY ELEMENTS

- The routine must contain a spiral for at least a  $\frac{1}{4}$  of the length of the rink, any edge. This may be on a curve or straight. Minimum Ten (10) metres on one foot.

#### NOTES:

- No referee penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

### NOVICE 1 FREESKATING

**Time:** 1:30 to 2 minutes

**No Medal Test Requirement**

8 years old and over

#### COMPULSORY ELEMENTS

- The routine must contain a spiral for at least a  $\frac{1}{4}$  of the length of the rink, any edge. This may be on a curve or straight. Minimum ten (10) metres on one foot.

#### NOTES:

- No referee penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

### NOVICE 2 FREESKATING

**Time:** 1:30 to 2 minutes

**No Medal Test Requirement**

11 years old and over

#### COMPULSORY ELEMENTS

- The routine must contain a spiral for at least a  $\frac{1}{4}$  of the length of the rink, any edge. This may be on a curve or straight. Minimum ten (10) metres on one foot.

#### NOTES:

- No referee penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

# **FREESKATING GRADES**

## **NATIONAL AND INTERNATIONAL GRADES**

### **TINY TOTS/TOTS FREESKATING**

**Long programme only**  
**Time:** 2 minutes +/- 10 seconds

**Medal Test Requirement**  
**2019:** Freeskating Medal #1

8 and 9 years old

- A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- The same jump cannot be presented more than three (3) times.
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum three (3) positions) **ONLY** upright positions and sit positions are allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1. The four (4) steps and turns that will be counted towards the level include and are limited to: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk. **2019: Serpentine footwork step sequence**

### **PRIMARY/MINIS FREESKATING**

**Long programme only**  
**Time:** 2:30 minutes +/- 10 seconds

**Medal Test Requirement**  
**2019:** Freeskating Medal #1

10 and 11 years old

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there **MUST** be at least one toe loop element (single or double).
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum three (3) positions). The two spins must be different.
- One (1) footwork sequence maximum level 2.

### **JUVENILE/ESPOIR FREESKATING**

**Long programme only**  
**Time:** 3 minutes +/- 10 seconds

**Medal Test Requirement**  
**2019:** Freeskating Medal #1

12 and 13 years old

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (double axel and triples are not allowed)
- 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 that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- Maximum two (2) spin elements must be performed, one of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken ankle is not allowed and the two spins must be different.
- One (1) footwork sequence maximum level 3 **2019:** Serpentine footwork step sequence

### **PRELIMINARY FREESKATING**

**Long programme only**  
**Time:** 2:30 minutes +/- 10 seconds

**Medal Test Requirement**  
**2019:** Freeskating Medal #1

12 years old and over

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there **MUST** be at least one toe loop element (single or double).
- Maximum two (2) spin elements must be performed, the two spins must be different.
- One (1) footwork sequence maximum level 2. **2019:** Serpentine footwork step sequence

**CADET FREESKATING**

14 and 15 years old

**Short Programme**

2:30 minutes +/- 5 seconds

**Long Programme**

3:30 minutes +/- 10 seconds

**Medal Test Requirement**

2019: Freeskating Medal #1 (Nationals)

2019: Freeskating Medal #5 (Oceania)

**REQUIREMENTS (For further detail, refer to World Skate Regulations)****Short Programme Cadet:**

- Axel – single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump – single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- One footwork sequence (set by ATC each year) maximum level 4. **2019: Serpentine footwork step sequence**

**Long Programme Cadet:**

- A maximum of eight (8) jumps are allowed excluding connecting one (1) rotations jumps in the combinations.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- Maximum two (2) spin elements must be performed, one of them MUST be a combination spin (maximum five (5) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed. The two spins must be different.
- One (1) footwork sequence maximum level 4.

**ADVANCED FREESKATING**

15 years old and over

**Long programme only****Time:** 3:30 minutes +/- 10 seconds**Medal Test Requirement**

2019: Freeskating Medal #1

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (double axel and triples are not allowed)
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- Maximum two (2) spin elements must be performed, The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed and the two spins must be different.
- One (1) footwork sequence, maximum level 3. **2019: Serpentine footwork step sequence**

**YOUTH FREESKATING**

16 years old

**Short Programme**

2:30 minutes +/- 5 seconds

**Long Programme**

3.30 minutes +/- 10 seconds

**Medal Test Requirement**

2019: Freeskating Medal #1 (Nationals)

2019: Freeskating Medal #6 (Oceania)

**REQUIREMENTS (For further detail, refer to World Skate Regulations)****Short Programme Youth:**

- Axel – single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump – single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- One footwork sequence (set by ATC each year) maximum level 4. **2019: Serpentine footwork step sequence**

**Long Programme Youth:**

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- Maximum two (2) spin elements must be performed, one of them MUST be a combination spin (maximum five (5) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed. The two spins must be different.
- One (1) footwork sequence maximum level 4
- One (1) choreographic sequence.



**JUNIOR FREESKATING**

17 and 18 years old

**Short Programme**

2:45 minutes +/- 5 seconds

**Long Programme**

4:15 to 4:30 minutes (Ladies)

4.30 minutes +/- 10 seconds (Men)

**Medal Test requirement**

2019: Freeskating Medal #1 (Nationals)

2019: Freeskating Medal #6 (Oceania)

2019: Freeskating Medal #7 (International)

**SENIOR FREESKATING**

19 years old and over

**Short Programme**

2.45 minutes +/- 5 seconds

**Long Programme**

4:15 to 4:30 minutes (Ladies)

4.30 minutes +/- 10 seconds (Men)

**Medal Test Requirement**

2019: Freeskating Medal #1 (Nationals)

2019: Freeskating Medal #7 (Oceania)

2019: Freeskating Medal #8 (International)

**JUNIOR AND SENIOR REQUIREMENTS (For further detail, refer to World Skate Regulations)****Short Programme Junior and Senior:**

- Axel – single, double or triple.
- Jumps combination from two (2) to four (4) jumps including linking jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump – single, double, triple... (cannot be an Axel).
- One position spin.
- One combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- Footwork sequence (set by ATC each year). **2019: Serpentine footwork step sequence**

**Long programme Junior and Senior****Jumps:**

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented, one must be in combination.

**Spins:**

- Maximum two (2) spin elements must be performed, one of them MUST be a combination spin (maximum five (5) positions) and must include a sit spin. The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two broken, maximum two forward heel etc.). The two spins must be different.

**Footwork sequences:**

- One (1) footwork sequence.
- One (1) choreographic sequence.

**MASTERS FREESKATING**

21 years old and over

*Requirements to be advised after completion of 2018 Oceania Championships*

- No requirements
- Vocals allowed

**Time:** 2 minutes +/- 5 seconds**Medal Test Requirement**

2019: Freeskating Medal #1

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019.

- [World Skate Official Regulation Artistic - General 2019](#)
- [World Skate Official Regulation - Free 2019](#) (includes definitions of footwork step sequences and levels)
- [World Skate Official Regulation - Artistic Impression 2019](#)
- [RollArt Freeskating Values 2019](#)

# ARTISTIC INLINE

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019, including but not limited to:

- [World Skate Official Regulation Artistic - General 2019](#)
- [RollArt Inline 2019](#)

<b>TINY TOTS/TOTS INLINE</b> 8 and 9 years old	<b>Long programme only</b> <b>Time:</b> 2 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2019: Inline Medal #1
<b>PRIMARY/MINIS INLINE</b> 10 and 11 years old	<b>Long programme only</b> <b>Time:</b> 2:30 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2019: Inline Medal #1
<b>JUVENILE/ESPOIR INLINE</b> 12 and 13 years old	<b>Long programme only</b> <b>Time:</b> 3 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2019: Inline Medal #1
<b>CADET INLINE</b> 14 and 15 years old	<b>Short programme</b> 2:15 minutes +/- 5 seconds <b>Long programme</b> 3:30 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2019: Inline Medal #1 (Nationals) 2019: Inline Medal #5 (Oceania)
<b>YOUTH INLINE</b> 16 years old	<b>Short programme</b> 2:15 minutes +/- 5 seconds <b>Long programme</b> 3:30 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2019: Inline Medal #1 (Nationals) 2019: Inline Medal #6 (Oceania)
<b>JUNIOR INLINE</b> 17 and 18 years old	<b>Short programme</b> 2:30 minutes +/- 5 seconds <b>Long programme</b> 4 minutes +/- 10 seconds (Ladies) 4 to 4:30 minutes (Men)	<b>Medal Test Requirement</b> 2019: Inline Medal #1 (Nationals) 2019: Inline Medal #6 (Oceania) 2019: Inline Medal #7 (International)
<b>SENIOR INLINE</b> 19 years old and over	<b>Short programme</b> 2:30 minutes +/- 5 seconds <b>Long programme</b> 4 minutes +/- 10 seconds (Ladies) 4 to 4:30 minutes (Men)	<b>Medal Test Requirement</b> 2019: Inline Medal #1 (Nationals) 2019: Inline Medal #7 (Oceania) 2019: Inline Medal #8 (International)

# FREESKATING PAIRS

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019.

[World Skate Official Regulation Artistic - General 2019](#)

[World Skate Official Regulation - Pairs 2019](#) (includes definitions of footwork step sequences and levels)

[World Skate Official Regulation - Artistic Impression 2019](#)

[RollArt Pairs Values 2019](#)

## PRIMARY/MINIS FREE PAIRS

10 and 11 years old

**Long programme only**  
**Time:** 1:30 to 2:30 minutes

**Medal test requirement**  
2019: Free Pairs Medal #1 (Nationals)

A maximum of three (3) lifts will be allowed, with a maximum of four (4) rotations on any lift; No overhead lifts are permitted.

### Lifts to choose from:

- lutz lift
- flip lift
- passover axel
- round the back
- swing lift (one rotation)
- bucket lift (hip carry or pull through)
- and split lift

### Routine must contain a minimum of one (1) of the following items;

- contact pairs spins
- side by side shadow spin
- side by side shadow jump
- sequence of shadow footwork
- sequence of contact footwork.

A death spiral does not count as one of the required spins but may be attempted.

All lift takeoffs by the girl shall be recognised jump takeoffs. The boy must lift the girl to her accepted lift position as quickly as possible.

At the discretion of the team, other pairs items may also be included, with major emphasis placed on artistic impression and programme.

NOTE: The rotation of the lift starts when the man begins to turn and is completed when the man stops turning.

## PRELIMINARY FREE PAIRS

12 years old and over

**Long programme only**  
**Time:** 2:30 minutes +/- 10 seconds

**Medal test requirement**  
2019: Free Pairs Medal #1 (Nationals)

### LIFTS \*\*\*\*\* No overhead lifts are permitted \*\*\*\*\*

Maximum of four (4) permitted - choose from following list:

- Lutz lift – Reverse Split
- Flip lift – Full Split
- Passover Axel
- One Arm Passover Axel
- Around the back lift
- Swing lift
- Bucket lift
- Split lift

### CONTACT SPINS

- Two (2)

### SHADOW SPIN

- One (1) side by side
- Must be a single spin - No combination spin - No change of foot

### SHADOW JUMP

- One (1) side by side - No combination jump

### FOOTWORK

- At least one sequence

**ADVANCED FREE PAIRS**

15 years old and over

**Long programme only****Time:** 3:30 minutes +/- 10 seconds**Medal test requirement**

2019: Free Pairs Medal #1 (Nationals)

**LIFTS**

- Maximum of four
- Overhead lifts are permitted - must have two hand contact for the man and the lady

**CONTACT SPINS**

- Two spins one of which may be a death spiral

**TWIST LIFT &/OR THROW JUMP**

- Maximum of one of each allowed
- Maximum of two revolutions for the lady

**SIDE BY SIDE SPINS**

- One allowed
- May be single spin or combination spin - No change of foot.

**SIDE BY SIDE JUMP**

- One permitted - No combination jumps.

**FOOTWORK**

- At least one sequence covering 3/4 of the diagonal of the rink.

All lifts must have a recognised jump take - off (i.e. mapes, flip, lutz).

The man must lift the lady to her accepted lift position as quickly as possible.

**CADET FREE PAIRS**

14 and 15 years old

**Short Programme**

2:30 minutes +/- 5 seconds

**Long Programme**

3:30 minutes +/- 10 seconds

**Medal test requirement**

2019: Free Pairs Medal #1 (Nationals)

2019: Free Pairs Medal #1 (Oceania)

**YOUTH FREE PAIRS**

16 years old

**Short Programme**

2:30 minutes +/- 5 seconds

**Long Programme**

3:30 minutes +/- 10 seconds

**Medal test requirement**

2019: Free Pairs Medal #1 (Nationals)

2019: Free Pairs Medal #1 (Oceania)

**JUNIOR FREE PAIRS**

17 and 18 years old

**Short Programme**

2:45 minutes +/- 5 seconds

**Long Programme**

4:30 minutes +/- 10 seconds

**Medal test requirement**

2019: Free Pairs Medal #1 (Nationals)

2019: Free Pairs Medal #2 (Oceania)

2019: Free Pairs Medal #3 (International)

**SENIOR FREE PAIRS**

19 years old and over

**Short Programme**

2:45 minutes +/- 5 seconds

**Long Programme**

4:30 minutes +/- 10 seconds

**Medal test requirement**

2019: Free Pairs Medal #1 (Nationals)

2019: Free Pairs Medal #2 (Oceania)

2019: Free Pairs Medal #3 (International)

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2019.

[World Skate Official Regulation Artistic - General 2019](#)

[World Skate Official Regulation - Pairs 2019](#) (includes definitions of footwork step sequences and levels)

[World Skate Official Regulation - Artistic Impression 2019](#)

[RollArt Pairs Values 2019](#)

# PRECISION SKATING

Please refer to [World Skate Official Regulation Precision - 2019](#) for full rules, information and definitions, please refer to this live document regularly due to World Skate updates.

## GENERAL RULES

Each team will be permitted thirty (30) seconds for the positioning before the commencement of the performance. Once the team is ready for the music to commence the team captain must raise their hand to advise the announcer.

- Neither portable or hand held props shall be used
- Vocal music shall be permitted
- Costume rules – see Artistic rules and regulations
- Each team may have reserves, listed as such on the team entry, the maximum being four (4). All reserves must take the floor during the warm-up and be capable of skating as a replacement at the time of the event.
- The grading of a Precision team is determined by the age of the majority of the skaters. Where the team is evenly split it is to skate in the higher grade.

## NATIONAL MINI PRECISION TEAMS

<b>OPEN MINI PRECISION</b> 4 – 8 skaters of any age	<b>Time:</b> up to 3 minutes	<b>Medal Test Requirement</b> 2019: Precision Medal #1 (Nationals)
<b>MASTERS MINI PRECISION</b> 4 – 8 skaters, 21 years old and over	<b>Time:</b> up to 3 minutes	<b>Medal Test Requirement</b> 2019: Precision Medal #1 (Nationals)

## NATIONAL AND INTERNATIONAL PRECISION TEAMS

All participants must belong to a club, which is a member of a National Federation. Groups may consist of individuals belonging to different clubs. All participants must be approved by their Federation.

<b>OPEN PRECISION</b> 8 – 16 skaters of any age	<b>Time:</b> up to 3 minutes	<b>Medal Test Requirement</b> 2019: Precision Medal #1 (Nationals)
<b>MASTERS PRECISION</b> 8 – 20 skaters, 21 years old and over	<b>Time:</b> up to 3 minutes	<b>Medal Test Requirement</b> 2019: Precision Medal #1 (Nationals)
<b>JUNIOR PRECISION</b> 16 skaters (maximum 4 reserves), 12 to 18 years old	<b>Time:</b> 4 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Precision Medal #1 (Nationals) 2019: Precision Medal #4 (Oceania) 2019: Precision Medal #6 (International)
<b>SENIOR PRECISION</b> 16 skaters (maximum 4 reserves), 12 years old and over	<b>Time:</b> 4.30 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Precision Medal #1 (Nationals) 2019: Precision Medal #4 (Oceania) 2019: Precision Medal #6 (International)

# SHOW and GROUP SKATING

## **CLUB SHOW CHALLENGE**

**Group:** minimum of 4 skaters of any age

**Time:** 4 to 5 minutes

### **REGULATIONS FOR CLUB SHOW CHALLENGE**

The main emphasis for the Club Show skating challenge will be skating and entertainment value. Participants must be members of the Affiliated Club that is being represented, and a registered member of the New Zealand Federation of Roller Sports (Inc) This membership may be the Class 5 Supporters membership if not already a New Zealand Federation of Roller Sports member.

Entry is allowed direct to the New Zealand Artistic Roller Sports Championships, ie there is no requirement for teams to qualify through Areas.

A team name must be provided on the entry form. At the New Zealand Artistic Roller Sports Championships a Challenge trophy will be awarded to the winning team.

### **TECHNICAL REGULATIONS**

1. Duration of performance – minimum 4 minutes, maximum 5 minutes. Time to start with the first movement.
2. A minimum of four (4) skaters of any age.
3. Freeskating and Pairs skating are allowed. However, skating will be assessed on the performance of the whole group.
4. There will be no restriction on the choice of music, but skating must be in tune with the music chosen.
5. Movements or steps performed in stationary positions are allowed. However, programmes with excessive stationary movements will be given less credit. Choreography must commence within ten (10) seconds after the music has started.
6. The main performance of a show group must be Show, not Precision. If there are Precision elements they must be performed in the character of a show.
7. All participants must be on skates.
8. Only hand held or portable props are permitted.
9. Fog machines, water or personal spotlights are not permitted.

### **MARKING**

The event will be judged by two (2) commissioned judges and one (1) invited judge and their decision will be final.

Criteria for evaluation will be:

- a) Creativity
- b) Entertainment

### **Entry & Exit on the floor:**

- A maximum of forty (40) seconds are allowed for entry onto the rink.
- A penalty of up to -0.3 from "A" mark if the entry takes longer than the permitted time may be applied.
- It is Optional to provide:-  
A short explanation of not more than twenty five (25) words may be attached to the entry describing the performance. These descriptions will be given to the judges and announced as the group is entering the floor. If you do wish to submit this description it is to be done at the Team Managers' Meeting, along with skaters' name.

## QUARTETS

Please refer to [World Skate Official Regulation Show 2019 document](#) for complete rules, requirements and explanations.

All participants must belong to a club, which is a member of a National Federation. Groups may consist of individuals belonging to different clubs. All participants must be approved by their Federation.

<b>YOUTH QUARTET</b> 4 skaters (maximum 1 reserve) 16 years old and younger	<b>Time:</b> 3 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Artistic Medal (any discipline) #1 (Nationals) 2019: Artistic Medal (any discipline) #4 (Oceania)
<b>JUNIOR QUARTET</b> 4 skaters (maximum 1 reserve) 17 and 18 years old	<b>Time:</b> 3 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Artistic Medal (any discipline) #1 (Nationals) 2019: Artistic Medal (any discipline) #4 (Oceania) 2019: Artistic Medal (any discipline) #6 (International)
<b>QUARTET</b> 4 skaters (maximum 1 reserve) 19 years old and over	<b>Time:</b> 3 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Artistic Medal (any discipline) #1 (Nationals) 2019: Artistic Medal (any discipline) #4 (Oceania) 2019: Artistic Medal (any discipline) #6 (International)

Note: Application for re-grading due to quartet skaters abilities, regardless of age, will be considered on application to the Artistic Committee.

## SHOW GROUPS

Please refer to [World Skate Official Regulation Show 2019 document](#) for complete rules, requirements and explanations.

All participants must belong to a club, which is a member of a National Federation. Groups may consist of individuals belonging to different clubs. All participants must be approved by their Federation.

- Time starts with the first movement of one of the skaters.
- A maximum time of fifteen (15) seconds of music is allowed before the first movement of the single skater of a group. The deduction of exceeding the time will be 0.2 from B mark.

<b>LARGE SHOW GROUPS</b> 16 – 30 skaters (max 4 reserves)	<b>Time:</b> 4:30 to 5 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Artistic Medal (any discipline) #1 (Nationals) 2019: Artistic Medal (any discipline) #4 (Oceania) 2019: Artistic Medal (any discipline) #5 (International)
<b>SMALL SHOW GROUPS</b> 6 – 12 skaters (max 2 reserves)	<b>Time:</b> 4:30 to 5 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Artistic Medal (any discipline) #1 (Nationals) 2019: Artistic Medal (any discipline) #4 (Oceania) 2019: Artistic Medal (any discipline) #5 (International)
<b>JUNIOR SHOW GROUPS</b> 8 – 16 skaters (max 2 reserves)	<b>Time:</b> 3:30 to 4 minutes +/- 10 secs	<b>Medal Test Requirement</b> 2019: Artistic Medal (any discipline) #1 (Nationals) 2019: Artistic Medal (any discipline) #4 (Oceania) 2019: Artistic Medal (any discipline) #5 (International)