

SKATE NEW ZEALAND

ARTISTIC REQUIREMENTS 2019

We are aligning ourselves with the international rules from World Skate on Page 6 of the World Skate Official Regulation Artistic - General 2019 Rule Book found on their website;
<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html> for category names, requirements, elements, age groups and skating calendar year.

WORLD SKATE CATEGORY AGES

Tots 8 and 9 years old

Minis 10 and 11 years old

Espoir 12 and 13 years old

Cadet 14 and 15 years old

Youth 16 years old

Junior 17 and 18 years old

Senior 19 years old

Note: The age in the list 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).

World Skate rule; To be eligible to compete in any category, a skater who has competed in the previous year in a higher category must not compete in a lower one after that. In New Zealand the exceptions would be; Advanced Masters, Masters and Esquire.

TABLE OF CONTENTS

FIGURES	5
AREAS ONLY FIGURE GRADES	5
NEW ENTRANTS FIGURES	5
NOVICE 1 FIGURES	5
NOVICE 2 FIGURES	5
FIGURE GRADES	6
TINY TOTS/TOTS FIGURES	6
PRIMARY/MINIS FIGURES	6
JUVENILE/ESPOIR FIGURES	6
PRELIMINARY FIGURES	6
CADET FIGURES	7
ADVANCED FIGURES	7
YOUTH FIGURES	7
JUNIOR FIGURES	8
SENIOR FIGURES	8
ADVANCED MASTERS FIGURES	9
MASTERS FIGURES	9
ESQUIRE FIGURES	9
LOOP GRADES	10
PRIMARY LOOPS	10
PRELIMINARY LOOPS	10
ADVANCED LOOPS	10
SOLO DANCE	11
AREAS ONLY COMPULSORY SOLO DANCE GRADES	11
NEW ENTRANTS SOLO DANCE	11
NOVICE 1 SOLO DANCE	11
NOVICE 2 SOLO DANCE	11
COMPULSORY SOLO DANCE GRADES	12
TINY TOTS/TOTS SOLO DANCE	12
PRIMARY/MINIS SOLO DANCE	12
PRELIMINARY SOLO DANCE	12
ADVANCED SOLO DANCE	12
ADVANCED MASTERS SOLO DANCE	12
MASTERS SOLO DANCE	12
ESQUIRE SOLO DANCE	12
CREATIVE SOLO DANCE (CSD) GRADES	13
ADVANCED MASTERS CSD	13
MASTERS CSD	13
GENERAL RULES - CREATIVE SOLO DANCE	13
SOLO FREEDANCE GRADES	14
PRIMARY/MINIS SOLO FREEDANCE	14
PRELIMINARY SOLO FREEDANCE	14
ADVANCED SOLO FREEDANCE	14

SOLO DANCE - COMBINED EVENTS GRADES	15
JUVENILE/ESPOIR SOLO DANCE	15
CADET SOLO DANCE	15
YOUTH SOLO DANCE	15
JUNIOR SOLO DANCE	16
SENIOR SOLO DANCE	16
COUPLES DANCE	17
AREAS ONLY COUPLES COMPULSORY DANCE GRADES	17
NOVICE 1 COUPLES DANCE	17
NOVICE 2 COUPLES DANCE	17
COUPLES COMPULSORY DANCE GRADES	18
TINY TOTS/TOTS COUPLES DANCE	18
PRIMARY/MINIS COUPLES DANCE	18
JUVENILE/ESPOIR COUPLES DANCE	18
PRELIMINARY COUPLES DANCE	18
CADET COUPLES DANCE	19
ADVANCED COUPLES DANCE	19
YOUTH COUPLES DANCE	19
JUNIOR COUPLES DANCE	20
SENIOR COUPLES DANCE	20
ADVANCED MASTERS COUPLES DANCE	21
MASTERS COUPLES DANCE	21
ESQUIRE COUPLES DANCE	21
COUPLES DANCE – FREEDANCE GRADES	21
PRELIMINARY COUPLES FREEDANCE	21
ADVANCED COUPLES FREEDANCE	21
FREESKATING	1
AREAS ONLY FREESKATING GRADES	22
NEW ENTRANTS FREESKATING	22
NOVICE 1 FREESKATING	22
NOVICE 2 FREESKATING	22
FREESKATING GRADES	23
TINY TOTS/TOTS FREESKATING	23
PRIMARY/MINIS FREESKATING	23
JUVENILE/ESPOIR FREESKATING	23
PRELIMINARY FREESKATING	23
CADET FREESKATING	24
ADVANCED FREESKATING	24
YOUTH FREESKATING	24
JUNIOR FREESKATING	25
SENIOR FREESKATING	25
MASTERS FREESKATING	25
ARTISTIC INLINE	26
TINY TOTS/TOTS INLINE	26
PRIMARY/MINIS INLINE	26

JUVENILE/ESPOIR INLINE	26
CADET INLINE	26
YOUTH INLINE	26
JUNIOR INLINE	26
SENIOR INLINE	26
FREESKATING PAIRS	27
PRIMARY/MINIS FREE PAIRS	27
PRELIMINARY FREE PAIRS	27
ADVANCED FREE PAIRS	28
CADET FREE PAIRS	28
YOUTH FREE PAIRS	28
JUNIOR FREE PAIRS	28
SENIOR FREE PAIRS	28
PRECISION SKATING	29
NATIONAL MINI PRECISION TEAMS	29
OPEN MINI	29
MASTERS MINI	29
NATIONAL AND INTERNATIONAL PRECISION TEAMS	29
OPEN	29
MASTERS	29
JUNIOR	29
SENIOR	29
SHOW and GROUP SKATING	30
CLUB SHOW CHALLENGE	30
QUARTETS	30
YOUTH QUARTET	31
JUNIOR QUARTET	31
QUARTET	31
SHOW GROUPS	31
LARGE SHOW	31
SMALL SHOW	31
JUNIOR SHOW GROUPS	31

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

2 RFI-LFI Circle Eight
3 RBO-LBO Circle Eight
5a/b FOI-FIO Serpentine

Medal Test Requirement

2019: Figure Medal #1 (Nationals)

Group 2

2 RFI-LFI Circle Eight
5a/b FOI-FIO Serpentine
7 RFO-LFO Threes

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

Medal Test Requirement

2019: Figure Medal #1 (Nationals)

Group 2

11 RFI – LFI Double Threes
18a/b FO – BI Brackets
15 RFI – LFI Loops

Group 3

13 RBI - LBI Double Threes
19a/b FI - BO Brackets
14 RFO - LFO 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**

3a/b BO- BO Circle Eight

5a/b FOI-FIO Serpentine

7a/b FO-FO Threes

Medal Test Requirement

2019: Figure Medal #1 (Nationals)

2019: Figure Medal #3 (Oceanias)

Group 2

5a/b FOI-FIO Serpentine

7a/b FO-FO Threes

9a/b FI-BO Threes

MASTERS FIGURES

25 years old and over – NZ

30 years old and over – Oceanias

Note: **2 circuits per figure** (for Nationals only)**Group 1**

1 RFO-LFO Circle Eight

2a/b FIO-FIO Change Eight

5a/b FOI-FIO Serpentine

Medal Test Requirement

2019: Figure Medal #1 (Nationals)

2019: Figure Medal #2 (Oceanias)

Group 2

1a/b FOI-FOI Change Eight

2 RFI-LFI Circle Eight

5a/b FOI-FIO Serpentine

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

Waltz Sequence

Tempo: 120 Waltz

(2 sequences)

No Medal Test Requirement

NOVICE 1 SOLO DANCE

8 years old and over

Waltz Sequence

Tempo: 120 Waltz

(2 sequences)

March Sequence

Tempo: 100 March

(4 sequences)

No Medal Test Requirement

NOVICE 2 SOLO DANCE

11 years old and over

Beverley Blues

Tempo: 88 Blues

(4 sequences)

Progressive Tango

Tempo: 100 Tango

(4 sequences)

No Medal Test Requirement

COMPULSORY SOLO DANCE GRADES

NATIONAL AND INTERNATIONAL GRADES

TINY TOTS/TOTS SOLO DANCE 8 and 9 years old Medal Test Requirement 2019: Solo Dance Medal #1 (Nationals)	Waltz Sequence City Blues	Tempo: 120 Waltz Tempo: 88 Blues	(2 sequences) (4 sequences)
PRIMARY/MINIS SOLO DANCE 10 and 11 years old Medal Test Requirement 2019: Solo Dance Medal #1 (Nationals)	City Blues La Vista Cha Cha	Tempo: 88 Blues Tempo: 108 Cha Cha	(4 sequences) (4 sequences)
PRELIMINARY SOLO DANCE 12 years old and over Medal Test Requirement 2019: Solo Dance Medal #1 (Nationals)	Canasta Tango Denver Shuffle	Tempo: 100 Tango Tempo: 100 Polka	(4 sequences) (4 sequences)
ADVANCED SOLO DANCE 15 years old and over Medal Test Requirement 2019: Solo Dance Medal #1 (Nationals)	Association Waltz Easy Paso	Tempo: 132 Waltz Tempo: 104 Paso Doble	(4 sequences) (4 sequences)
ADVANCED MASTERS SOLO DANCE 21 years old and over - NZ 30 years old and over - Oceanias 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 <u>both events</u> of Advanced Masters Compulsory Dance <u>and</u> <u>Advanced Masters Freedance</u> and hold the required medal test. <u>The Fourteen Step will be the only compulsory dance skated at Oceanias.</u>	Fourteen Step (Ladies steps) Tudor Waltz (NZ Nationals only)	Tempo: 108 March Tempo: 144 Waltz	(4 sequences) (4 sequences)
MASTERS SOLO DANCE 25 years old and over - NZ 30 years old and over - Oceanias 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 <u>both events</u> of Masters Compulsory Dance <u>and</u> <u>Masters Style Dance</u> and hold the required medal test. <u>The Double Cross Waltz will be the only compulsory dance skated at Oceania level.</u>	Double Cross Waltz Olympic Foxtrot (NZ Nationals only)	Tempo: 138 Waltz Tempo: 104 Foxtrot	(4 sequences) (4 sequences)
ESQUIRE SOLO DANCE 30 years old and over 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.	Progressive Tango Academy Blues	Tempo: 100 Tango Tempo: 92 Blues	(4 sequences) (4 sequences)

ADVANCED MASTERS SOLO FREEDANCE

21 years old and over - NZ

30 years old and over - Oceanias

Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #3 (Oceanias)

Time: 2:30 minutes +/- 10 seconds

Requirements:-

Circular Step Sequence - clockwise - Maximum level 2

Straight Line Step Sequence - diagonal - Maximum level 2

Jump and/or spin - optional

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 Solo **Freedance** and hold the required medal test.

Masters and Advanced Masters Skaters are expected to focus on QOE scores rather than level achievements.

MASTERS SOLO STYLE DANCE

25 years old and over - NZ

30 years old and over - Oceanias

Medal Test Requirement

2019: Solo Dance Medal #1 (Nationals)

2019: Solo Dance Medal #2 (Oceanias)

Theme: Spanish Medley - Paso Doble, Flamenco, Tango, Spanish Waltz, Bolero Gypsy Music, Fandango

Compulsory Dance/Pattern Dance: Canasta Tango

Required footwork sequence - diagonal - Maximum level 1*

Note: A three-turn WILL be considered as a turn to achieve the level 1 footwork component in the Masters grade, NZ only. (ie: Not for Oceanias)

Time: 2.00 minutes +/- 10 seconds

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

Masters and Advanced Masters Skaters are expected to focus on QOE scores rather than level achievements.

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

Straight Step Sequence	Circular Step Sequence	Travelling	Choreo Step Sequence
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

Straight Step Sequence	Circular Step Sequence	Travelling	Choreo Step Sequence
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

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

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

Glide Waltz
Masters Tango

Tempo: 120 Waltz
Tempo: 100 Tango

(4 sequences)
(4 sequences)

No Medal Test Requirement

NOVICE 2 COUPLES DANCE

11 years old and over

Olympic Foxtrot
Swing Waltz

Tempo: 104 Foxtrot
Tempo: 120 Waltz

(4 sequences)
(4 sequences)

No Medal Test Requirement

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/Espoir 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

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

**Fourteen Step
Tudor Waltz
(NZ Nationals Only)**

Tempo: 108 March (4 sequences)
Tempo: 144 Waltz (4 sequences)

Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)
2019: Dance Couples 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 Style Dance** and hold the required medal test. **The Fourteen Step will be the only compulsory dance skated at Oceanias.**

ADVANCED MASTERS COUPLES STYLE DANCE

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

Requirements:-

Hold sequence: Diagonal - Max Level 2
Stationary Lift (optional)

Time: 2.00 minutes +/- 10 seconds

MASTERS COUPLES DANCE

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

**Double Cross Waltz
Olympic Foxtrot
(NZ Nationals Only)**

Tempo: 138 Waltz (4 sequences)
Tempo: 104 Foxtrot (4 sequences)

Medal Test Requirement

2019: Dance Couples Medal #1 (Nationals)
2019: Dance Couples 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 Style Dance** and hold the required medal test. **The Double Cross Waltz will be the only compulsory dance skated at Oceanias.**

MASTERS COUPLES STYLE DANCE

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

Requirements:-

Hold sequence: Diagonal - Max Level 1

Note: A three-turn WILL be considered as a turn to achieve the Level 1 footwork component in the Masters grade, NZ only. (ie: Not for Oceanias)

Time: 2.00 minutes +/- 10 seconds

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

Under 8 years old

Time: Up to 2 minutes

No Medal Test Requirement

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

8 years old and over

Time: 1:30 to 2 minutes

No Medal Test Requirement

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

11 years old and over

Time: 1:30 to 2 minutes

No Medal Test Requirement

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

8 and 9 years old

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

Medal Test Requirement
2019: Freeskating Medal #1

- 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

10 and 11 years old

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

Medal Test Requirement
2019: Freeskating Medal #1

- 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

12 and 13 years old

Long programme only
Time: 3 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).
- 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

12 years old and over

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

Medal Test Requirement
2019: Freeskating Medal #1

- 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*

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

2019: Freeskating Medal #1

- No requirements
- Vocals allowed

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](#)

TINY TOTS/TOTS INLINE

8 and 9 years old

Long programme only

Time: 2 minutes +/- 10 seconds

Medal Test Requirement

2019: Inline Medal #1

PRIMARY/MINIS INLINE

10 and 11 years old

Long programme only

Time: 2:30 minutes +/- 10 seconds

Medal Test Requirement

2019: Inline Medal #1

JUVENILE/ESPOIR INLINE

12 and 13 years old

Long programme only

Time: 3 minutes +/- 10 seconds

Medal Test Requirement

2019: Inline Medal #1

CADET INLINE

14 and 15 years old

Short programme

2:15 minutes +/- 5 seconds

Long programme

3:30 minutes +/- 10 seconds

Medal Test Requirement

2019: Inline Medal #1 (Nationals)

2019: Inline Medal #5 (Oceania)

YOUTH INLINE

16 years old

Short programme

2:15 minutes +/- 5 seconds

Long programme

3:30 minutes +/- 10 seconds

Medal Test Requirement

2019: Inline Medal #1 (Nationals)

2019: Inline Medal #6 (Oceania)

JUNIOR INLINE

17 and 18 years old

Short programme

2:30 minutes +/- 5 seconds

Long programme

4 minutes +/- 10 seconds (Ladies)

4 to 4:30 minutes (Men)

Medal Test Requirement

2019: Inline Medal #1 (Nationals)

2019: Inline Medal #6 (Oceania)

2019: Inline Medal #7 (International)

SENIOR INLINE

19 years old and over

Short programme

2:30 minutes +/- 5 seconds

Long programme

4 minutes +/- 10 seconds (Ladies)

4 to 4:30 minutes (Men)

Medal Test Requirement

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

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

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

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

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