

ER 5.11.10 Free Skating Short Program Set Elements (men & women)

1. Axel - This can be a single, double or triple.
2. Toe Assisted Jump - This can be a single, double or triple.
3. Combination of jumps, minimum three (3) jumps, maximum five (5) jumps, to include one jump with two revolutions or more.
4. One Class A Single Spin - Select from the following list (entry and exit optional): - Inverted Camel (any edge), Heel Camel (forward or backward), Broken Ankle (forward or backward), Lay Over Camel (any edge), Jump Camel, Jump Sit.
5. Spin combination of two or three positions with or without change of foot. At least three (3) revolutions in each position.
6. One footwork sequence - Advanced footwork to comply with the new prescribed footwork regulation-page 50 (see attachment)

General:

- The single elements listed may also be skated in the combination jumps or spins.
- The elements may be skated in any order.
- No additional elements may be skated.
- You cannot repeat any jump in the short program when there has been an apparent attempt of a take-off.
- The six listed elements must not be repeated. No additional elements may be skated. Each additional element attempted will carry a penalty of .5 from the "B" mark with no credit given to the "A" mark.
- An element not attempted will carry a penalty of .5. The penalty will be taken from the A mark.
- Any Class "A" spin with more than one position will be given a deduction of 0.5 from the "A" mark.
Any spin combination with more than three positions will be given a deduction of 0.5 from the "A" mark.
Any jumps combination of more than five (5) jumps will be given a deduction of 0.5 from the "A" mark.
- Falls -The complete loss of balance involving body contact with the skating surface will receive a penalty of .3 for each fall. This penalty will be deducted from the B mark.
- The timing of the short program will be two minutes fifteen seconds (2:15), plus or minus five (5) seconds (2:15 +/-05).

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