

ER 5.12 Pairs Skating - General & Set Elements

- 5.12.01 This event shall be conducted for teams consisting of two contestants, one male and one female.
- 5.12.02 The pairs skating event shall consist of two (2) parts: a Short Program and a Long Program.
- 5.12.03 The short program shall have a value of twenty-five (25) percent of the event point total, with the long program having a value of seventy-five (75) percent of the event point total.
- 5.12.03 The same panel of judges shall judge both the short program and the long program.
- 5.12.04 Set Elements
1. **Death Spiral.** Any edge, at least one revolution.
 2. **Contact Spin.** Any combination. Each position of the spin must be held for at least two revolutions. The change from one position to another is not counted as a revolution.
 3. **One Position Lift.** Maximum four (4) rotations of the man. Adagio-type movements at the end of the lift are not allowed.
 4. **Combination Lift.** Maximum three (3) positions; no more than eight (8) rotations of the man from take-off to landing. All take-offs by the woman must be recognized take-offs. Adagio-type movements at the end of the lift are not allowed.
 5. **One Shadow Jump.** No combination; must be a recognized jump.
 6. **One Shadow Spin.** No combination or change spin; must be a recognized spin. Minimum three (3) revolutions. Any Shadow Spin with more than one (1) position will be given a penalty of 0.5 from the "A" mark.
 7. **One Footwork Sequence.** Advanced footwork to comply with the new prescribed footwork regulation-page 50 (see attachment)
 8. **One Throw Jump or Twist Lift.** In the twist lift, immediately after the take-off, the woman can attempt either a full extension or a full split before rotating; the latter will be given more credit. On landing, both partners can be rolling backward or can be in a frontal position. The latter will be given more credit.

General: The elements may be skated in any order. No additional

elements may be skated. The eight listed elements must not be repeated. 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 from the "A" mark. Any One Position Lift with more than four (4) rotations will be given a deduction of 0.5 from the "A" mark.

Any Combination Lift with more than eight (8) rotations 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. The fall of both partners at the same time will receive a penalty of .4. This penalty will be deducted from the "B" mark.

The timing of the short program will be two minutes 45 seconds (2.45) plus or minus five (5) seconds.

**Artistic Roller Skating
Special Regulations & Sports Rules
2002 Edition**

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