

APPENDIX 12

IN-LINE FREE SKATING CHAMPIONSHIPS

GENERAL RULES

The Championships will be for skaters in free skating who are at least 12 years of age or over as of January 1 of the year of the Championships.

Skaters have the option of participating in an In-line event and a Junior or Senior Free Skating event in the same Championships.

Technical Details:

The skates to be used should be three- or four-wheel in-line indoor skates with a toe stop on the front only.

Short Program: 2:15 minutes plus or minus 5 seconds set elements

Long Program 3:30 minutes plus or minus 10 seconds

Set Elements:

1. Single axel only.
2. Toe assisted jump - single or double.
3. Combination of jumps, minimum three (3) jumps, maximum five (5) jumps, to include at least one jump with two (2) revolutions. (No **more than two (2) revolutions.**)
4. Spins - select from the following (entry & exit optional):
 - Camel (any edge)
 - Layover Camel (any edge)
 - Sit Spin (any edge)
5. Spin Combination - two (2 or three (3) positions with or without change of foot. At least three (3) revolutions in each position. **A sit spin must be included in the combination.** Entry and exit optional.
6. One footwork sequence - Advanced footwork to comply with the prescribed footwork regulations.

NO TRIPLE JUMPS TO BE INCLUDED IN ANY ELEMENT.

ONLY THE LISTED SET ELEMENTS ABOVE CAN BE INCLUDED IN THE SHORT PROGRAM -THIS MEANS NO EXTRA ELEMENTS.

There are NO restrictions on elements in the Long Program.

All other CIPA Rules regarding Free Skating will apply.

aus:
Artistic Roller Skating
Special Regulations & Sports Rules
2003 Edition
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