

**APPENDIX 12**  
**IN-LINE FREE SKATING CHAMPIONSHIPS**  
**GENERAL RULES FROM 2004**

The Championships will be for skaters who are at least 12 years of age or older 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 programme: 2.15 minutes plus or minus 5 seconds with set elements

Long Programme: 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 and exit optional):  
  
Camel (any edge) **no heel or broken ankle**  
  
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.

*Nach Angaben der SK Rollkunstlauf im DRIV fehlt hier der folgende Punkt:*

- 6. One footwork sequence in circle.*

**NO TRIPLE JUMPS TO BE INCLUDED IN ANY ELEMENT.**

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

There are NO restrictions on elements in the Long Programme

All other CIPA Rules regarding Free Skating will apply