



**CONFÉDÉRATION EUROPÉENNE DE ROLLER-SKATING**  
**C.E.R.S. (Affiliée à la F.I.R.S.)**  
**CERS ARTISTIC – EUROPEAN ARTISTIC SKATING COMMITTEE**  
**WWW.CERS.PT**

# **CERS**

## **European Artistic Skating Committee**

### **EUROPEAN ACTIVITY 2018**

#### **PAIRS**

## **YOUTH – CADET – ESPOIR – MINIS And PROMOTIONAL CATEGORIES**

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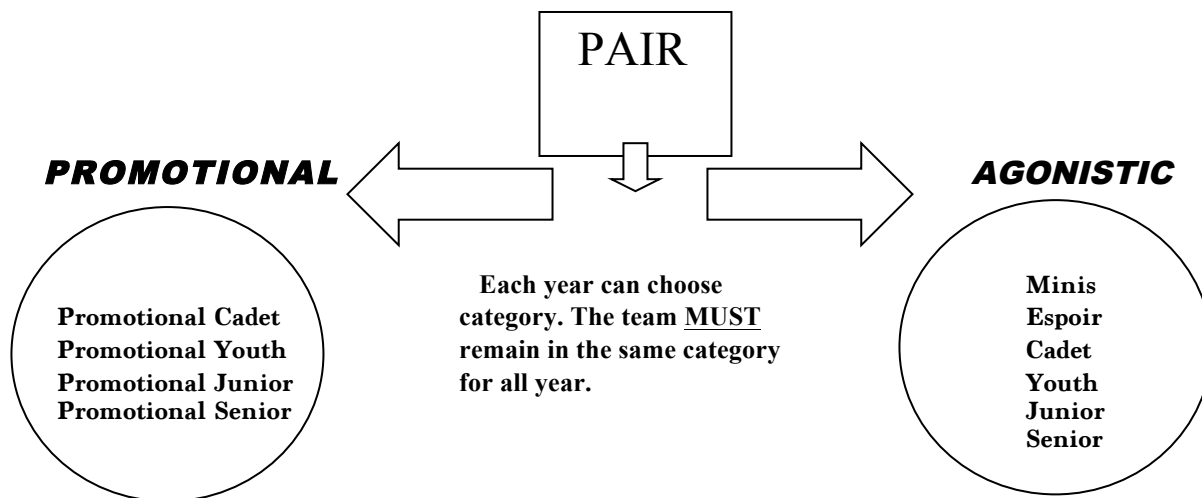
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## Rule 200

### Pairs Categories



<b>SENIOR or PROMOTIONAL SENIOR</b>	- <u>1998</u> and before
<b>JUNIOR or PROMOTIONAL JUNIOR</b>	- <u>19</u> years ( <u>1999</u> inc.)
<b>YOUTH or PROMOTIONAL YOUTH</b>	- <u>17</u> years ( <u>2001</u> inc.)
<b>CADET or PROMOTIONAL CADET</b>	- <u>15</u> years ( <u>2003</u> inc.)
<b>ESPOIR</b>	- <u>13</u> years ( <u>2005</u> inc.)
<b>MINIS</b>	- <u>11</u> years ( <u>2007</u> inc.)

- Age of skaters PAIRS SKATING. The category will be determined by the age of the MAN.

- **Categories:** In all championships and international competitions on the FIRS/CERS ARTISTIC Calendar you cannot skate in a lower category in the future, e.g. European Youth, you cannot go back to Cadet. Cadets cannot go back to Espoir.

- Each Federation takes full responsibility for its skaters aged under twelve (12).

## Rule 201

### Short Programme Cadet & Youth General Rules:

- The elements can be skated in any order.

- No additional elements may be skated.

- The step sequence can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence MUST start from a clear stopped position

- The listed required elements must not be repeated. Each additional element attempted will carry

- penalty of 0.5 from the “B” mark with no credit given to the “A” mark.
- An element not attempted will carry a penalty of 0.5 from the “A” mark
  - Any One position Lift with more than four (4) rotation 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:*

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by 0.2, on each and every occasion. The fall of both partners at the same time will receive a penalty of 0.3. This penalty will be deducted from the ”B” mark. This amount will be deducted from the ”B” mark.

## **Rule 202**

*Long Programme General Rules:*

- All the lift take-offs must be different in each program.
- The step sequence can include just one (1) jump of maximum one (1) revolution (even if not recognized jump). An extra jump will be considered an extra element and will be penalized as such. Quick stops are permitted if they need to characterize the music and it is also allowed to skate on the pattern just executed (retrogression is allowed). The step sequence MUST start from a clear stopped position.
- In the long programme choreographic movements, such as little dance lifts, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)
- Each additional lift or for each combination lift with more than eight (8) rotations or for each one position lift with more than four (4) rotations will carry a penalty of 0.5 from the “B” mark with no credit given to the “A” mark.
- Each set element not included will carry a penalty of .5 from the “A” mark.
- Extra Element penalty 0.5 from the “B” mark
- Each Fall (one skater) penalty 0.2 from the “B” mark
- Each Fall (both skaters) penalty 0.3 from the “B” mark

## **Rule 203 – 206 (reserved)**

## Rule 207

### Special Rules for YOUTH Short Programme

**Short Programme:** 2.30 mins. +/- 5 Seconds – CERS Artistic Regulation:

1. **One Position Lifts** – Press Lift. Minimum three (3), Maximum four (4) rotations of the man. Adagio type movements at the end of the lift are not allowed.
2. **One Side by Side Jump** – Double Toeloop.
3. **One Side by Side Spin** – Camel BO prepared with the threes sequence. Min.three (3) rev.
4. **One throw Jump** – Double Salchow OR Double Rittberger.
5. **Contact Spin** – Pull Around Camel, free entrance.
6. **Death Spiral** – FI or BO – at least one revolution.
7. **One Step Sequence** – for 2018 Straight Line – Long Axis (appendix 1).

For general Rules about the execution and construction of the Short Programme, see Rule 201.

## Rule 208

### European Regulation for Short Programme Youth Pairs

The score should not merely be the result of a figure sum, it should rather reflect the total performance including both its good and bad aspects. Any attempt will receive a minimum of 0,2.

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,3	from 3,5 to 9,1
Shadow Spin	from 0,5 to 1,3	
Throw Jump	from 0,5 to 1,3	
Contact Spin	from 0,5 to 1,3	
One Position Lift	from 0,5 to 1,3	
Death spiral	from 0,5 to 1,3	
<u>Step sequence</u>	from 0,5 to 1,3	

## Rule 209

### Special Rules for YOUTH Long Programme

**Long Programme:** 3.30 mins. +/- 10 Seconds

The rules listed below **MUST BE FOLLOWED** in a Youth Pairs Skating long program:

- **Maximum two (2) lifts** (Single or in Combination), are not allowed Reverse Cartwheel (all type), and all Lifts where the Ladies during the take-off make a Spin with the head down, like Spin Pancake and similar Lifts. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements, adagio type movements, are allowed while ending the lift..

- **Maximum one (1) Side by Side Jump** (Solo or Combination of max 3 Jumps)

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max two revolutions and half (2.5). One of the Throw or Twist jumps must be prepared from footwork or choreographic movement.



## Rule 212

### Special Rules for CADET Long Programme

**Long Programme:** 3.30 mins. +/- 10 Seconds

The rules listed below ***MUST BE FOLLOWED*** in a Cadet Pairs Skating long program:

- **Maximum two (2) Lifts** (Single or in Combinations) selected from No-Overhead Lifts like: Axel, Flip Reversed Split position, Around the back lift, Etc. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Are NOT allowed choreographic movements, adagio type movements, at the exit.

- **Maximum one (1) Side by Side Jump** (Solo or Combination of max 3 Jumps)

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max two (2) revolutions. One of the Throw or Twist jumps must be prepared from footwork or choreographic movement.

- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions). Forbidden Impossible Spins (all type) and Spin around over the head camel with the ladies in inverted position.

- **Maximum one (1) Death Spiral**, free choice.

- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.

- **Maximum one (1) Choreographic Element** - one sequence of Spirals (Arabesque) with minimum three (3) different positions, the position of the partners can also be different with minimum one (1) change of edge and direction for both, the partners must always hold each other. Partners could use cross pulls between the positions. Minimum one (1) position must be maintained from both at least for three (3) seconds. Pattern is free.

- In the long programme choreographic movement, like little dance lift, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)

For general Rules about the execution and construction of the Long Programme, see Rule 202.

**In Long Programme, a broken ankle spin is not allowed!!**

## Rule 213

### Special Rules for ESPOIR

NO Short Programme

**LONG PROGRAMME** 3 min +/- 10 seconds

Can insert ONLY:

- **Maximum two (2) Lifts** (Single or in Combinations) selected from No-Overhead Lifts like: Axel, Flip Reversed Split position, Around the back lift, Etc. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Are NOT allowed choreographic movements, adagio type movements, at the exit.

- **Maximum one (1) Side by Side Jump** (Solo or Combination of max 3 Jumps, max two (2) rotations.

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions, selected from upright and sit all edge, camel FO & BO)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max one and a half (1.5) revolutions + Double Salchow.

- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions). ONLY selected from upright, sit, hazel and camel in kilian, face to face, arabesque position.
- **Maximum one (1) Spiral**, angel (camel) BO OR death spiral BO.
- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.
- In the long programme choreographic movement, like little dance lift, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)

**In Long Programme, a broken ankle spin is not allowed!!**

For general Rules about the execution and construction of the Long Programme, see Rule 202.

## Rule 214

### Special Rules for MINIS

NO Short Programme

**LONG PROGRAMME**                      2.30 min +/- 10 sec.

Can insert ONLY:

- **Maximum two (2) Side by Side Jump** (Solo or Combination of max 3 Jumps, max one and half (1.5) rotations + Double Salchow and Double Toe Loop)
- **Maximum two (2) Side by Side Spin** (Solo or Combination of max 3 positions, selected from upright and sit all edge)
- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max one and half (1.5) revolutions.
- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions). Selected from upright, sit, hazel.
- **Maximum one (1) Spiral**, angel (camel) BO.
- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.
  - **LIFTS ARE NOT ALLOWED (any kind of Lifts).**

**In Long Programme, a broken ankle spin is not allowed!!**

For general Rules about the execution and construction of the Long Programme, see Rule 202.

## Rule 215

### Special Rules for PROMOTIONAL CADET

NO Short Programme

**LONG PROGRAMME**                      3.30 min +/- 10 seconds

Can insert ONLY:

- **Maximum two (2) Lifts** (Single or in Combinations) selected from No-Overhead Lifts like: Axel, Flip Reversed Split position, Around the back lift, Etc. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Are NOT allowed choreographic movements, adagio type movements, at the exit.

- **Maximum one (1) Side by Side Jump** (Solo or Combination of max 3 Jumps, max two (2) rotations (no double rittberger/loop).

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions, selected from Upright, Sit & BO Camel - no others Camel, broken ankle, heel and inverted)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max one and a half (1.5) revolutions + Double Salchow.

- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions). ONLY selected from Upright Spins, face to face inner/outer Sit Spins, Arabesque Sit Spin, Hazel Spin, Pull Around Camel/Kilian (free entrance).

- **Maximum one (1) Spiral**, angel (camel) OR death spiral (free choice).

- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.

- **Maximum one (1) Choreographic Element** - one sequence of Spirals (Arabesque) with minimum three (3) different positions, the position of the partners can also be different with minimum one (1) change of edge and direction for both, the partners must always hold each other. Partners could use cross pulls between the positions. Minimum one (1) position must be maintained from both at least for three (3) seconds. Pattern is free.

- In the long programme choreographic movement, like little dance lift, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)

## **In Long Programme, a broken ankle spin is not allowed!!**

For general Rules about the execution and construction of the Long Programme, see Rule 202.

## **Rule 216**

### **Special Rules for PROMOTIONAL YOUTH**

NO Short Programme

**LONG PROGRAMME** 3.30 min +/- 10 seconds

Can insert ONLY:

- **Maximum two (2) Lifts** (Single or in Combinations) selected from No-Overhead Lifts like: Axel, Flip Reversed Split position, Around the back lift, Etc. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Are NOT allowed choreographic movements, adagio type movements, at the exit.

- **Maximum one (1) Side by Side Jump** (Solo or Combination of max 3 Jumps, max two (2) rotations (no Double Axel or Triples).

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max two (2) revolutions.

- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions). Forbidden Impossible Spins (all type) and Spin around over the head camel with the ladies in inverted position.

- **Maximum one (1) Spiral**, angel (camel) OR death spiral (free choice).

- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.



- **Maximum one (1) Choreographic Element** - one sequence of Spirals (Arabesque) with minimum three (3) different positions, the position of the partners can also be different with minimum one (1) change of edge and direction for both, the partners must always hold each other. Partners could use cross pulls between the positions. Minimum one (1) position must be maintained from both at least for three (3) seconds. Pattern is free.

- In the long programme choreographic movement, like little dance lift, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)

**In Long Programme, a broken ankle spin is not allowed!!**

For general Rules about the execution and construction of the Long Programme, see Rule 202.

## Rule 217

### Special Rules for PROMOTIONAL JUNIOR

NO Short Programme

**LONG PROGRAMME** 4.00 min +/- 10 Seconds

Can insert ONLY:

- **Maximum two (2) lifts** (Single or in Combination), are not allowed Reverse Cartwheel (all type), and all Lifts where the Ladies during the take-off make a Spin with the head down, like Spin Pancake and similar Lifts. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements, adagio type movements, are allowed while ending the lift..

- **Maximum two (2) Side by Side Jump** (Solo or Combination of max 3 Jumps). Forbidden Double Axel and Triples.

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump) with max two (2) revolutions. One of the Throw or Twist jumps must be prepared from footwork or choreographic movement.

- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions)

- **Maximum one (1) Death Spiral**, free choice.

- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.

- **Maximum one (1) Choreographic Element** - one sequence of Spirals (Arabesque) with minimum three (3) different positions, the position of the partners can also be different with minimum one (1) change of edge and direction for both, the partners must always hold each other. Partners could use cross pulls between the positions. Minimum one (1) position must be maintained from both at least for three (3) seconds. Pattern is free.

- In the long programme choreographic movement, like little dance lift, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)

For general Rules about the execution and construction of the Long Programme, see Rule 202.

## Rule 218

### Special Rules for PROMOTIONAL SENIOR

NO Short Programme

#### LONG PROGRAMME

4.30 min +/- 10 seconds

Can insert ONLY:

- **Maximum two (2) lifts** (Single or in Combination). Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements, adagio type movements, are allowed while ending the lift..

- **Maximum two (2) Side by Side Jump** (Solo or Combination of max 3 Jumps). Forbidden Double Axel and Triples.

- **Maximum one (1) Side by Side Spin** (Solo or Combination of max 3 positions)

- **Maximum two (2) Throw or Twist jumps** (max 1 Twist Jump). One of the Throw or Twist jumps must be prepared from footwork or choreographic movement.

- **Maximum one (1) Contact Spin** (Solo or Combination of max 3 positions)

- **Maximum one (1) Death Spiral**, free choice.

- **Maximum one (1) step sequence** either Straight Line, Diagonal, Circular or Serpentine.

- **Maximum one (1) Choreographic Element** - one sequence of Spirals (Arabesque) with minimum three (3) different positions, the position of the partners can also be different with minimum one (1) change of edge and direction for both, the partners must always hold each other. Partners could use cross pulls between the positions. Minimum one (1) position must be maintained from both at least for three (3) seconds. Pattern is free.

- In the long programme choreographic movement, like little dance lift, are allowed. For all others elements see normal rules of pairs in the FIRS ARTISTIC book (Artistic Technical Committee – World Skate – Rule book 2018)

For general Rules about the execution and construction of the Long Programme, see Rule 202.