



FEDERAZIONE
SPORTIVA NAZIONALE
RICONOSCIUTA
DAL CONI



FÉDÉRATION INTERNATIONALE ROLLER SPORTS



ASSOCIAZIONE SPORTIVA DILETTANTISTICA

Fondata nel 1974 dal Dr. Carlo Faragona

Via Saffi, 56 - 47843 MISANO MONTE (RN)

Tel. 0541.989279

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Cell. 335.5282658 - 339.1199858

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Registro Società CONI n° 3241 - n°3230

Cod. Società FIHP 821

Cod. Società AICS 9246

P. IVA e COD. FISCALE 02306060407



VERSIONE 1

18/01/2016

1974 - 2014:

I NOSTRI PRIMI QUARANTANNI

19° INTERNATIONAL TROPHY OF ARTISTIC ROLLER SKATING A.I.C.S. - CERS Artistic - FIRS Artistic - MEMORIAL "GIUSEPPE FILIPPINI" - addressed to Ladies and Men Singles, IN LINE and Dance Couples. - Misano Adriatico 03/09 June 2016.

The competition will take place from 03rd to 09th June 2016 in Palasport Comunale - Via Rossini - Misano Adriatico (near Rimini - Italy). Rink, 22 x 44 meters. Floor, vinyl-quartz.

The technical organization will be held by PIETAS JULIA MISANO ADRIATICO association together with A.I.C.S. Provincial Committee of Rimini and managed by Mr. Claudio Faragona (home +39/0541/989279 - mob. +39/335/5282658 - fax 0039/0541/853922) e-mail: pattinaggiomisano@gmail.com

Inscriptions have to be sent by letter or Fax no later than **17 April 2016** to:

- Claudio Faragona, Via Rossini 15, 47833 Morciano di Romagna RN (Italy)
e-mail: pattinaggiomisano@gmail.com

Inscriptions have to be drawn up on registered paper of Association, full with Name and Surname of the Athletes, date of birth, category and responsibility. It's extremely important to **indicate e-mail** for communication.

Statement sanitary sheet fully signed by the chief in charge.

Entry fee will be € 15,00 for each registration number (single, in-line, dance couple and solo dance).

Attention, please read technical condition 2016 attached.

Looking forward hearing from you, We remain.

Best Regards

Misano Adriatico, 18th January 2016

The President
Claudio Faragona

OFFICIAL CIPA - CEPA PARTICIPATIONS: 1998 InterLand Cup Ober Ramstadt (D) - 1999 Open de Dance Hettange Grande (F) - 2000 European Championship Dance Cadet L'Aquila (I) - Open de Dance Hettange Grande (F) - 2001 Europe Cup Solo Dance Herenveen (NL) - Open de Dance Hettange Grande (F) - 2002 Europe Cup Solo Dance Chatam (GB) - Open de Dance Hettange Grande (F) - 2003 Europe Cup Solo Dance Freiburg (D) - Open de Dance Hettange Grande (F) - 2004 Europe Cup Solo Dance Cagliari (I) - Open de Dance Hettange Grande (F) - 2005 European Championship Dance Youth Rence (SLO) - Europe Cup Solo Dance Nazarè (P) - Open de Dance Hettange Grande (F) - 2006 European Championship Dance Junior Monza (I) - European Championship Dance Cadet Smørum (DK) - Open de Dance et Solo Dance Hettange Grande (F) - 2007 European Championship Dance Junior Gujan Mestras (F) - European Championship Dance Cadet Cerdanyola (E) - Open de Dance et Solo Dance Hettange Grande (F) - World Championship Dance Junior Gold Coast (Australia) - 2008 Open de Dance Hettange Grande (F) - 2014 Open de Dance et Solo Dance Hettange Grande (F) - Cup of Italy Misano Adriatico (I) - 2015 European Championship Pairs Youth Ponte di Legno (I) - Open de Dance et Solo Dance Hettange Grande (F) - Cup of Italy Misano Adriatico (I)



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- **TECHNICAL CONDITIONS** -

19° INTERNATIONAL TROPHY OF ARTISTIC ROLLER SKATING, IN LINE AND DANCE A.I.C.S. - CERS Artistic - FIRS Artistic - MEMORIAL "GIUSEPPE FILIPPINI" - addressed to Ladies and Men Singles, in Line, Dance Couples and Solo Dance.

-**Date:** 03-04-05-06-07-08-09 June 2016

-Single Categories:

Giovanissimi 2008-Giovanissimi 2007-Minis 2006-Minis 2005-Promotional Minis 2006-Promotional Minis 2005-Espoir 2004 -Espoir 2003-Promotional Espoir 2004-Promotional Espoir 2003-Cadet -Youth -Junior - Senior
 National Division A - B - C - D -CADET IN LINE - YOUTH IN LINE-JUNIOR IN LINE - SENIOR IN LINE

-Dance Couples:

Giovanissimi - Minis - Espoirs - Cadet - Youth - Junior - Senior
 National Division A - B - C - D

-Solo Dance:

Minis - Espoirs - Cadet - Youth - Junior - Senior

-Competitions:

The skaters of Giovanissimi, Minis, Espoir, Cadet & Youth Single, will have only the long program. Junior & Senior will have Short & long program-Cadet in line and Youth in Line have Long Program only-Junior in line and Senior in line have short and long program
Please read well the regulation for Giovanissimi, Minis & Espoir, Promotional Minis & Espoir & National Division - Regulation 2016, and FIRS-CERS Artistic Rules about Long Programme from Cadet to Senior. FIRS-CERS-FIHP rules about Technical Condition for Dance Couples & Solo Dance will be applied.
 Rules for 2016 Couple dance: Compulsory Dances, Style Dance (for Junior & Senior) and Free Dance.
 Rules for 2016 Solo Dance, from Minis to Youth: Compulsory Dances and Free Dance.
 About Junior & Senior, Couples Dance & Solo, will have this order of execution: 1° compulsory dance, 2° second Style Dance, 3° Free Dance.

-Partecipation:

Free for all AICS Club - by invitation for all others Italian Club
 Free for all foreign Club.

ATTENTION: Solo Dance competition is only reserved for skaters from Federations or foreign Clubs (outside Italy), for the skaters of Italian Club organizer (Pietas Julia Misano Skating) and reserved for direct invitation to other Italian Clubs to achieve number required in each solo dance competition.
Every foreign Country may register to Solo Dance competition two skaters per category(in junior two men and two Ladies, in senior two men and two Ladies).

-**Link:** Palasport Comunale - m. 22 x m. 44, vinylquartz - Via Rossini
 47843 - Misano Adriatico - Italy

-Organization:

Comitato Provinciale AICS Rimini - Via Flaminia 28 47923 - RIMINI
 Tel. 0039/335/5282658 fax 0039/0541/853922

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-Chief Executive:

Mr. Claudio Faragona tel +39/0541/989279 - mob.+39/335/5282658 - info Msr. Marina Maggioli +393391199858

fax +39/0541/853922 e-mail pattinaggiomisano@gmail.com

-Jury: Referee by Ceps nomination, foreign National or International Judges, Fihp or Association Judges called directly by organizer, with CEPA agreement (2015 rule). Will be used CIPA - CEPA International System of evaluation, with system score 0-10 and for calculate results white system.

-Draw:

Will be made, before of the competition, by organizer.

-Application:

the inscriptions should be sent to Mr. CLAUDIO FARAGONA Via Rossini 15 47833 MORCIANO DI ROMAGNA (Italy) e mail pattinaggiomisano@gmail.com or fax 0039/0541/853922 within **19th April 2015**, complete of the name and surname of the skaters, date of birth, categories and statement sanitary sheet fully signed by the.

It's extremely important to **indicate e-mail** for communication.

-Fees: Entry fee will be €15,00 for each registration number (single, in-line, dance couple & solo dance).

-Program: Will be sent after the inscriptions to all Club participant.

-Hotel Information:

Associazione Albergatori Misano Adriatico

Via Piemonte 47843 - Misano Adriatico

Tel. 0541- 610104

For all not contemplated in this technical condition, FRIS-CERS rules 2016 will be applied.

Misano Adriatico 18th January 2016

The President
(Claudio Faragona)

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FREESKATING LADIES AND MEN + IN LINE

Cat. Giovanissimi 2008	Long Programme	(2-2,30)+/- 10"	
Cat. Giovanissimi 2007	Long Programme	" "	
Cat. Minis 2006	Long Programme	(2,30)+/- "	(Importante: Controlla gli elementi tecnici per Minis e Espoir)
Cat. Minis 2005	Long Programme	" "	
Cat. Minis Regionale 2006	Long Programme	" "	
Cat. Minis Regionale 2005	Long Programme	" "	
Cat. Espoir 2004	Long Programme	(3,00) +/- "	(Importante: Controlla gli elementi tecnici per Minis e Espoir)
Cat. Espoir 2003	Long Programme	" "	
Cat. Espoir Regionale 2004	Long Programme	(3,00) +/- "	
Cat. Espoir Regionale 2003	Long Programme	" "	
Cat. Cadet 2002-2001	Short Program	(2,15) +/- 5"+	Long Program (3,30) +/- 10"
Cat. Cadet IN LINE 2002-2001	Long Program	(3,00-3,30) +/- 10"	
Cat. Youth 2000-1999	Short Program	(2,15) +/- 5"+	Long Program (4,00) +/- 10"
Cat. Youth IN LINE 2000-1999	Long Program	(3,00-3,30) +/- 10"	
Cat. Junior (+ in line) 1998-1997	Short Program	(2,15) +/- 5"+	Long Program (4,00, 3,30 In-Line) +/- 10"
Cat. Senior (+ in line) 1996 e prec.	Short Program	(2,15) +/- 5"+	Long Program (4,00, 3,30 In-Line) +/- 10"
Cat. Divisione Nazionale A 2002-2001	Long Program	(3,00-3,30) +/- 10"	
Cat. Divisione Nazionale B 2000-1999	Long Program	(3,00-4,00) +/- 10"	
Cat. Divisione Nazionale C 1998-1997	Long Program	(3,00-4,00) +/- 10"	
Cat. Divisione Nazionale D 1996 e prec.	Long Program	(3,00-4,00) +/- 10"	

DANCE COUPLE

Cat. Giovanissimi(oldest 2007)	Free Dance (2,00') +/- 10"
Cat. Minis (Oldest 2005)	City Blues - Olympic Foxtrot / Free Dance (2,00' +/-10")
Cat. Espoir (Oldest 2003)	Country Polka - Swing Foxtrot / Free Dance (2,30' +/- 10")
Cat. Cadet 2002-2001	Tudor Waltz - Siesta Tango / Free Dance (3,00' +/- 10")
Cat. Youth 2000-1999	Kilian - Keats Foxtrot / Free Dance (3,00' +/- 10")
Cat. Junior 1998-1997	1) Flirtation Waltz 2) Style dance "Swing Medley" (Rocker Foxtrot) (2,30') 3) Free Dance (3,30' +/- 10")
Cat. Senior 1996 & before	1) Starlight Waltz 2) Style dance "Swing Medley" (Quickstep) (2,30') 4) Free Dance (3,30' +/- 10")
Cat. National Division A 2002-2001	Ritmo Blues - Canasta Tango / Free Dance (2,30' +/- 10")
Cat. National Division B 2000-1999	Country Polka - Siesta Tango / Free Dance (2,30' +/- 10")
Cat. National Division C 1998-1997	Imperial tango - Keats Foxtrot / Free Dance (2,30' +/- 10")
Cat. National Division D 1996 & before	Dench blues - Harris Tango / Free Dance (2,30' +/-10")

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SOLO DANCE

Cat. Minis (Oldest 2005)

Cat. Espoir (Oldest 2003)

Cat. Cadet 2002-2001

Cat. Youth 2000-1999 M/L

Cat. Junior 1998-1997 M/L

Cat. Senior 1996 & before M/L

City Blues - Glide Waltz

Swing Foxtrot - Ritmo Blues / Free Dance (2,00' +/- 10")

Federation Foxtrot - Siesta Tango / Free Dance (2,00' +/- 10")

European Waltz - Imperial Tango / Free Dance (2,30' +/- 10")

1) Rocker Foxtrot 2) Style dance "Classic Medley" (Flirtation Waltz) (2,20')

3) Free Dance (2,30' +/- 10")

1) Quickstep 2) Style dance "Classic Medley" (Starlight Waltz) (2,20')

4) Free Dance (3,30' +/- 10")

REQUIRED ELEMENTS OF SHORT PROGRAM 2016

(See Rule 130 - CERS Artistic Book 2016)

Cat. CADET / YOUTH / JUNIOR / SENIOR:

1) Axel/Double Axel/Triple Axel.

2) Toe assisted Jump - this can be single, double or triple.

3) One combination of minimum three jumps, maximum five jumps, to include one jump of two revolution or more.

4) One class "A" single spin - select from the following list (entry and exit optional): inverted camel, heel camel, broken ankle (only for Junior & Senior) lay over, Fly camel & Fly sit.

For Cadet & Youth category can be execute also spins of "B" & "C" category:

"B" category: B0 Camel, BI Camel, B0 sit spin.

"C" category; F0 camel, F0 sit, BI sit, cross foot spin

5) One combination of spins with two or three positions with or without change of foot. At least three revolution in each position. A sit spin must be included in the combination. The entry & exit is optional.

6) One sequence of steps in Circle.

The elements MUST be performed in the order as follow:

- Jump element (combination jump or axel or Toe Assisted jump)
- Jump element (combination jump or axel or Toe Assisted jump)
- Spin element (single spin or combination spin)
- Jump element (combination jump or axel or Toe Assisted jump)
- Step sequence
- Spin element (single spin or combination spin)

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To clarify:

No.1 and No.2 and No.4 above - Skaters can choose to skate the combination jump first or second or third, the axel first or second or third and the Toe Assisted jump first or second or third.

No.3 and No.6 above - Skaters can choose to skate the single spin third or last and the combination spin third or last.

In the Short Programme judges will give **EVERY TOE LOOP ELEMENT (any rotations)** executed like "3. third execution" (Rule 146), ONLY THE minimum value (0,6) in the A-mark and the Referee will penalize the bad execution of the element by -0,5 points in the A mark.

In the Short Programme, All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered a poor quality spin.

Therefore in any programme Spins performed in this way will be penalized **-0.3 points in the "A" mark by the Referee for EACH executed Spin.**

It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.

Score: will be used the FIRS Short Program System (Rule 131 - CERS Artistic book 2016).

Deductions: will be used the FIRS-CERS rules 2016.

REQUIRED ELEMENTS OF LONG PROGRAMME 2016

- In the Free Skating Long Programme Youth, Junior & Senior the skaters MUST INCLUDE at least two (2) DIFFERENT step sequences either Diagonal, Circular or Serpentine.
- In the Free Skating Long Programme Cadet the skaters MUST INCLUDE at least one (1) step sequence either Diagonal, Circular or Serpentine.
- In the Free Skating Long Programme Cadet & Youth, there MUST be at least a Toe Loop element, single &/or double &/or triple, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an Open Toe Loop.
- In the Free Skating Long Programme Cadet, will be possible insert MAX 6 Jump elements. Jump element is, Solo Jump OR Jump Combination. (see Rule 134 - CERS Artistic Book 2016)

Well balanced Free Skating Long Programme Cadet, Youth, Junior & Senior

(See Rule 132 - CERS Artistic Book 2016)

- A jump of the same kind (type and rotation), with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole programme.
- All the combination jumps MUST be different.
- There MUST be at least two (2) spins, one of which MUST be a combination.

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- Spins MUST be evenly distributed throughout the programme, this means that between two (2) OF the spin elements in the long programme there should be at least two other different elements (at least one steps sequence AND one jump element). A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well-balanced

It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.

Double and Triple jumps: if the skater presents one jump for three (3) times, one of these MUST be in combination.

In the Long Programme All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered a poor quality spin. Therefore in any programme Spins performed in this way will be penalized -0.3 points in the "A" mark by the Referee for EACH executed Spin.

Score & Deductions, will be used the CERS Artistic rules 2016.

SPECIAL RULES LONG PROGRAM GIOVANISSIMI 2016

Freeskating category GIOVANISSIMI 2008 (FIHP Rules 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution. Max two (2) combinations can be executed from 2 to 3 Jumps.

Spins:

Can perform only:

Upright Single spins

Combination spins are forbidden

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis rink surface (min. 3/4 of the length).

The pattern should be serpentine with at least two bold curves.

Freeskating category GIOVANISSIMI 2007 (FIHP Rules 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution. Max three (3) combinations can be executed from 2 to 5 Jumps.

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FÉDÉRATION INTERNATIONALE ROLLER SPORTS



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Spins:

Can perform only:

Upright spins

Sit spins

Combination spins are free from the spins listed above

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis rink surface (min. 3/4 of the length).

The pattern should be serpentine with at least two bold curves.

SPECIAL RULES LONG PROGRAM MINIS & ESPOIR 2016

Freeskating category MINIS (Adapted FIHP & CEPA Rule 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution + axel, double toe loop and double salchow.

Max three (3) combinations can be executed from 2 to 5 Jumps.

The Jumps Axel + Double Toe Loop + Double Salchow can be performed max 3 time in the programme as single jump or in combination.

Double jumps: if the skater presents one jump for three (3) times, one of these MUST be in combination.

In the programme there MUST be at least a Toe Loop element, single and/or double, AND a Lutz element (See Rule 147), single, both executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an Open Toe Loop & for each wrong execution of Lutz edge: the jump will get the value of a Flip.

Spins:

Free choice between:

Upright spins

Sit spins

Camel (not broken ankle, not heel, not inverted)

Combination spins are free from the spins listed above.

Footwork:

There must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice.

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Freeskating category ESPOIR (Adapted FIHP & CEPA Rule 2016):

Can insert only:

Jumps.

Max. Jumps of 2 revolutions (no double axel and triples!)

Max three (3) combinations can be executed from 2 to 5 Jumps.

The Jumps Axel + all Doubles can be performed max 3 time in the programme as single jump or in combination.

Double jumps: if the skater presents one jump for three (3) times, one of these MUST be in combination.

In the programme there MUST be at least a Toe Loop element AND a Lutz element (See Rule 147), single and/or double, executed as a single jump or in a combination. Deduction of 0,2 from the "A" mark will be given by the Referee for an Open Toe Loop & for each wrong execution of Lutz edge: the jump will get the value of a FLip.

Spins:

Free Choice, forbidden only broken ankle, entry and exit free.

Footwork:

There must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice.

Freeskating category PROMOTIONAL MINIS 2006 (FIHP Rules 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution. Max two (2) combinations can be executed from 2 to 5 Jumps.

Spins:

Can perform only:

Upright spins

Max two (2) Combination spins are permitted from the spins listed above

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis rink surface (min. 3/4 of the length).

Freeskating category PROMOTIONAL MINIS 2005 (FIHP Rules 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution. Max two (2) combinations can be executed from 2 to 5 Jumps.

Can insert also single Axel (NO in combination)

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Spins:

Can perform only:

Upright spins

Max two (2) Combination spins are permitted from the spins listed above

Can insert also single Sit BI (NO in combination)

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis rink surface (min. 3/4 of the length).

Freeskating category PROMOTIONAL ESPOIR 2004 (FIHP Rules 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution + axel

Max two (2) combinations can be executed from 2 to 5 Jumps.

Spins:

Can perform only:

Upright and Sit spins

Max two (2) Combination spins are permitted from the spins listed above

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice

Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis rink surface (min. 3/4 of the length).

Freeskating category PROMOTIONAL ESPOIR 2003 (FIHP Rules 2016):

Can insert only:

Jumps:

Max. Jumps of 1 revolution + axel

Max two (2) combinations can be executed from 2 to 5 Jumps.

Can insert also single Double Salchow OR Double Toe Loop, just one type free choice (NO in combination)

Spins:

Can perform only:

Upright and Sit spins

Max two (2) Combination spins are permitted from the spins listed above

Can insert also single Camel BO (NO in combination)

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Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) of the skater's choice
Must be inserted One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis rink surface (min. 3/4 of the length).

NATIONAL DIVISION 2015

- In all National Division Categories could be performed Jumps of max two (2) rotation (NO double Axel or Triples Jumps).

In the Category National Division A forbidden also Double Loop/Rittberger.

- Max three (3) combinations of Jumps, from two (2) to five (5) Jumps.

- Spins are free, entry and exit free, except that:

National Division A, is forbidden Heel-Camel, Inverted Camel and Broken Ankle.

National Division B is forbidden the Broken Ankle.

- In the programme must be inserted at least one (1) sequence of step in Diagonal/line, Circle or serpentine.

IN-LINE COMPETITIONS 2015

Categories admitted to compete:

Cadet Men and Ladies 14 years (2000 inc.)

Youth Men and Ladies 16 years (1998 inc.)

Junior Men and Ladies 18 years (1996 inc.)

Senior Men and Ladies 1995 and before

Men and ladies for each category will compete separately

Technical Details for all Cadet, Youth, Junior & Senior:

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

Long Programme (Cadet & Youth): 3,00 - 3,30 minutes +/- 10 seconds

Short Programme (Junior & Senior): 2,15 minutes +/- 5 seconds - Set Elements

Long Programme (Junior & Senior): 3,30 minutes +/- 10 seconds

Cadet & Youth will do only the Long Programme.

Junior & Senior will do Short Programme & Long Programme.

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Set Elements for the In-Line Short Programme (Junior & Senior):

1. Single or Double Axel.
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 for ladies).
4. Individual Spin - can be class "A" spin (entry and exit optional):
5. Spin Combination - two (2) or three (3) positions with or without change of foot. **A sit spin must be included in the combination.** At least three (3) revolutions in each position. Entry and exit optional.
6. One sequence of steps in **Circle.**

No triple Jumps to be included in any element.

Only the listed set elements can be included in the short programme; this means no extra elements.

The elements MUST be performed in the order as follow:

- Jump element (combination jump or axel or Toe Assisted jump)
- Jump element (combination jump or axel or Toe Assisted jump)
- Spin element (single spin or combination spin)
- Jump element (combination jump or axel or Toe Assisted jump)
- Step sequence
- Spin element (single spin or combination spin)

To clarify:

No.1 and No.2 and No.4 above - Skaters can choose to skate the combination jump first or second or third, the axel first or second or third and the Toe Assisted jump first or second or third.

No.3 and No.6 above - Skaters can choose to skate the single spin third or last and the combination spin third or last.

In the Short Programme judges will give **EVERY TOE LOOP ELEMENT (any rotations)** executed like "3. third execution" (Rule 146), ONLY THE minimum value (0,6) in the A-mark and the Referee will penalize the bad execution of the element by -0,5 points in the A mark.

In the Short Programme, All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered a poor quality spin.

Therefore in any programme Spins performed in this way will be penalized **-0.3 points in the "A" mark by the Referee for EACH executed Spin.**

It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.

- All others rules of Short Programme of Senior Individual Short Programme will apply.

Score: will be used the FIRS Short Program System (Rule 131 - CERS Artistic book 2016).

Deductions: will be used the FIRS-CERS rules 2016.

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There are NO restrictions on elements in the Long Programme of Cadet, Youth, Junior & Senior, except the following instructions:

In the Free Skating Long Programme Cadet & Youth the skaters MUST INCLUDE at least one (1) step sequence either Diagonal, Circular or Serpentine.

In the Free Skating Long Programme Junior & Senior the skaters MUST INCLUDE at least two (2) DIFFERENT step sequences either Diagonal, Circular or Serpentine.

Well balanced In-Line Free Skating Long Programme JUNIOR & SENIOR

- A jump of the same kind (type and rotation), with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole programme.

- All the combination jumps MUST be different.

- There MUST be at least two (2) spins, one of which MUST be a combination.

- Spins MUST be evenly distributed throughout the programme, this means that between two (2) **OF the spin elements** in the long programme there should be at least two other different elements (at least one steps sequence AND one jump element). A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well-balanced

It is allowed to do acrobatic movements (back flips, Cartwheel, etc.) once.

Double and Triple jumps: if the skater presents one jump for three (3) times, one of these MUST be in combination.

In the Long Programme All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered a poor quality spin. Therefore in any programme Spins performed in this way will be penalized -0.3 points in the "A" mark by the Referee for EACH executed Spin.

Score & Deductions, will be used the CERS Artistic rules 2016.

- All other FIRS-CERS Artistic Rules 2016 regarding Free Skating will be apply.

Misano Adriatico, 18th January 2016

Chief Executive
(Claudio Faragona)

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