

# Skate New Zealand

## Artistic Requirements 2020

UPDATES IN GREEN OCTOBER 2020

We are aligning ourselves with the international rules from World Skate on Page 6 of the World Skate Official Regulation Artistic - General 2020 Rule Book found on their website;  
<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html>

Please refer to this for information on category names, requirements, elements, age groups and skating calendar year.

### WORLD SKATE CATEGORY AGES

<b>Tots</b>	8 and 9 years old
<b>Minis</b>	10 and 11 years old
<b>Espoir</b>	12 and 13 years old
<b>Cadet</b>	14 and 15 years old
<b>Youth</b>	16 years old
<b>Junior</b>	17 and 18 years old (12+ on application)
<b>Senior</b>	19 years old + (12+ on application)

**Note:** The age in the list above refers to the age the skater is turning in the year of the competition (that is, in the calendar year being; 1st of January through to and including the 31st of December).

#### World Skate rules:

To be eligible to compete in any category, a skater who has competed in the previous year in a higher category must not compete in a lower one after that. In New Zealand the exceptions would be; Advanced Masters, Masters.

**Please note that all changes to the requirements have been made in green, but in addition there are a few major changes that we wish to point out:**

- The grade for freeskating pairs (not couples dance) can be chosen by the skaters by either the age of the male skater OR the age of the oldest partner, for the 2020 year only.
- **Preliminary** - many categories have had an age reduction to 10 years.
- **Espoir Freeskating** - has a short and long programme now.
- **Advanced Masters and Masters** - all have been separated out as separate events and also there are options regarding being able to compete at different levels, depending on age and medal tests requirements.
- **All figures** - we have adopted the World Skate terminology as follows and updated in the requirements;
  - The previously termed change eight - is now a half eight
  - The previously termed serpentine - is now a change eight
- **Adult grade** - this has replaced Esquire and the age has been lowered, and as announced last year, this is now an Area event only.
- **Show and Precision grades** - These have changed considerably, please refer to this section for full details.

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# FIGURES

## AREAS ONLY FIGURE GRADES

### NEW ENTRANTS FIGURES

Under 8 years old

2 circuits per figure

#### Group 1

- 1 RFO – LFO **Eight**  
 111a RFO – LFO Serpentine Eight

**Note: A rolling start will be accepted. Maximum of 3 steps prior to strike zone on initial strike.**

No Medal Test Requirement

### NOVICE 1 FIGURES

8 years old and over

2 circuits per figure

#### Group 1

- 1 RFO – LFO **Eight**  
 1a RFOI – LFOI **Half Eight**  
 2 RFI – LFI **Eight**

No Medal Test Requirement

### NOVICE 2 FIGURES

11 years old and over

2 circuits per figure

#### Group 1

- 3 RBO – LBO **Eight**  
 5a/b FOI – FIO **Change Eight**  
 7 RFO – LFO Threes

No Medal Test Requirement

#### Group 2

- 4 RBI - LBI **Eight**  
 5a/b FOI – FIO **Change Eight**  
 9a RFI – LBO Threes

### ADULT FIGURES

25 years old and over

2 circuits per figure

#### Group 1

- 1 RFO – LFO **Eight**  
 1a RFOI – LFOI **Half Eight**  
 111a RFO – LFO Serpentine Eight

No Medal Test Requirement

Skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

# FIGURE GRADES – NATIONAL AND INTERNATIONAL GRADES

## TOTS FIGURES

8 and 9 years old

**3 circuits per figure**

### Group 1

1a/b FO - FO Eight  
4a/b BI - BI Eight

## Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### Group 2

2a/b FI - FI Eight  
3a/b BO - BO Eight

## MINIS FIGURES

10 and 11 years old

**3 circuits per figure**

### Group 1

8a/b FO - BI Threes  
11 RFI - LFI Double Threes  
14 RFO - LFO Loop

## Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### Group 2

9a/b FI - BO Threes  
10 RFO - LFO Double Threes  
14 RFO - LFO Loops

## ESPOIR FIGURES

12 and 13 years old

**3 circuits per figure/loop**

### Group 1

19a/b FI - BO Brackets  
22a/b FO - BO Counter  
30a/b FOI - FIO Change Loops

## Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### Group 2

18a/b FO - BI Brackets  
28a/b FOI - FIO Change Double Threes  
15 RFI - LFI Loops

### Group 3

13 RBI - LBI Double Threes  
19a/b FI - BO Brackets  
30a/b FOI - FIO Change Loops

## PRELIMINARY FIGURES

**10 years old and over**

**2 circuits per figure**

### Group 1

8a/b FO - BI Threes  
11 RFI - LFI Double Threes  
19a/b FI - BO Brackets

## Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### Group 2

9a/b FI - BO Threes  
10 RFO - LFO Double Threes  
18a/b FO - BI Brackets

**CADET FIGURES**

14 and 15 years old

**3 circuits per figure/loop****Group 1**

13 RBI - LBI Double Threes  
 19a/b FI - BO Brackets  
 15 RFI - LFI Loops  
 20a/b FO - BO Rockers

**Group 3**

19a/b FI - BO Brackets  
 22a/b FO - BO Counters  
 16 RBO - LBO Loop  
 28a/b FOI - FIO Change Double Threes

**Medal Test Requirement****2020:** Figure Medal#1 (Nationals)**2020:** Figure Medal# 5 (Oceania)

18a/b FO - BI Brackets  
 21a/b FI - BI Rockers  
 30a/b FOI - FIO Change Loops  
 28a/b FOI - FIO Change Double Threes

**Group 4**

13 RBI - LBI Double Threes  
 18a/b FO - BI Brackets  
 30a/b FOI - FIO Change Loops  
 23a/b FI - BI Counters

**ADVANCED FIGURES**

15 years old and over

**2 circuits per figure****Group 1**

23a/b FI - BI Counters  
 12a RBO - LBO Double Threes  
 33a/b FIO - BIO Change Brackets

**Medal Test Requirement****2020:** Figure Medal #1 (Nationals)**Group 2**

20a/b FO - BO Rockers  
 28a/b FOI - FIO Change Double Threes  
 32a/b FOI - BOI Change Brackets

**YOUTH FIGURES**

16 years old

**3 circuits per figure/loop****2 circuits per paragraph figure****Group 1**

20a/b FO - BO Rockers  
 33a/b FIO - BIO Change Brackets  
 16 RBO - LBO Loop  
 36a/b FO - FI Paragraph Double Threes

**Medal Test Requirement****2020:** Figure Medal#1 (Nationals)**2020:** Figure Medal #6 (Oceania)**Group 2**

21a/b FI - BI Rockers  
 32a/b FOI - BOI Change Brackets  
 17 RBI - LBI Loop  
 29a/b BOI - BIO Change Double Threes

**Group 3**

22a/b FO - BO Counters  
 33a/b FIO - BIO Change Brackets  
 17 RBI - LBI Loop  
 36a/b FO - FI Paragraph Double Threes

**Group 4**

23a/b FI - BI Counters  
 32a/b FOI - BOI Change Brackets  
 30a/b FOI - FIO Change Loops  
 29a/b BOI - BIO Change Double Threes



**JUNIOR FIGURES**

17 and 18 years old

**Circuits per figure as indicated****Group 1**

- 42a/b Forward Outside Counter combined with Bracket and Inside Counter (3 Circuits)  
 38a/b Forward Outside Paragraph Loops (3 Circuits)  
 36a/b Forward Outside Paragraph Double Threes (2 Circuits)

**Group 2**

- 43a/b Forward Outside Rocker combined with Outside Double Three (3 Circuits)  
 31a/b Backward Outside Change Loops (3 Circuits)  
 40a/b Forward Outside Paragraph Brackets (2 Circuits)

**Group 3**

- 44a/b Forward Inside Rocker combined with Inside Double Three (3 Circuits)  
 38a/b Forward Outside Paragraph Loops (3 Circuits)  
 40a/b Forward Outside Paragraph Brackets (2 Circuits)

**Group 4**

- 45a/b Backward Outside Counter combined with Bracket and Inside Counter (3 Circuits)  
 31a/b Backward Outside Change Loops (3 Circuits)  
 37a/b Backward Outside Paragraph Double Threes (2 Circuits)

**Medal Test Requirement****2020:** Figure Medal #1 (Nationals)**2020:** Figure Medal #6 (Oceania)**2020:** Figure Medal #7 (International)**SENIOR FIGURES**

19 years old and over

**Circuits per figure as indicated****Group 1**

- 46a/b Forward Outside Double Three combined with Outside Rocker and Backward Double Three Paragraph (2 circuits)  
 39a/b Backward Outside Paragraph Loops (3 circuits)  
 47a/b Forward Outside Bracket combined with Inside Counter and Backward Bracket Paragraph (2 circuits)

**Group 2**

- 48a/b Backward Double Three combined with Outside Rocker and Forward Double Three Paragraph (2 circuits)  
 38a/b Forward Outside Paragraph Loops (3 circuits)  
 49a/b Backward Outside Bracket combined with Inside Counter and Forward Bracket Paragraph (2 circuits)

**Group 3**

- 50a/b Forward Double Three combined with Outside Counter and Backward Double Three Paragraph (2 circuits)  
 39a/b Backward Outside Paragraph Loops (3 circuits)  
 51a/b Forward Outside Bracket combined with Inside Rocker and Backward Bracket Paragraph (2 circuits)

**Group 4**

- 52a/b Backward Outside Double Three combined with Outside Counter and Forward Double Three Paragraph (2 circuits)  
 38a/b Forward Outside Paragraph Loops (3 circuits)  
 53a/b Backward Outside Bracket combined with Inside Rocker and Forward Bracket Paragraph (2 circuits)

**Medal Test Requirement****2020:** Figure Medal #1 (Nationals)**2020:** Figure Medal #7 (Oceania)**2020:** Figure Medal #8 (International)

For diagrams and video presentations of the new figures, please see the World Skate website, please refer to this regularly due to World Skate updates.

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html>

**ADVANCED MASTERS FIGURES**

21 years old and over – NZ  
30 years old and over – Oceanias

**Medal Test Requirement**

**2020:** Figure Medal #1 (Nationals)  
**2020:** Figure Medal #3 (Oceanias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

**3 circuits per figure****Group 1**

3a/b BO - BO **Eight**  
5a/b FOI - FIO **Change Eight**  
7a/b FO - FO Threes

**Group 2**

5a/b FOI - FIO **Change Eight**  
7a/b FO - FO Threes  
9a/b FI - BO Threes

**MASTERS FIGURES**

25 years old and over – NZ  
30 years old and over – Oceanias

**Medal Test Requirement**

**2020:** Figure Medal #1 (Nationals)  
**2020:** Figure Medal #2 (Oceanias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

**3 circuits per figure****Group 1**

1 RFO - LFO **Eight**  
2a/b FIO - FIO **Half Eight**  
5a/b FOI - FIO **Change Eight**

**Group 2**

1a/b FOI - FOI **Half Eight**  
2 RFI - LFI **Eight**  
5a/b FOI - FIO **Change Eight**

# LOOP GRADES

Loop events shall consist of any skaters who are not skating Senior Figures in that year.

## PRIMARY LOOPS

8 to 11 years old

### Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### 2 circuits per loop

#### Group 1

14 RFO – LFO Loops  
 15 RFI – LFI Loops  
 30a/b FOI – FIO Change Loops

## PRELIMINARY LOOPS

12 years old and over

### Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### 2 circuits per loop

#### Group 1

14 RFO – LFO Loops  
 15 RFI – LFI Loops  
 30a/b FOI – FIO Change Loops

## ADVANCED LOOPS

14 years old and over

### Medal Test Requirement

**2020:** Figure Medal #1 (Nationals)

### 2 circuits per loop

#### Group 1

16 RBO – LBO Loops  
 31a/b BOI – BIO Change Loops  
 38a/b FO – FI Paragraph Loops

#### Group 2

17 RBI – LBI Loops  
 31a/b BOI – BIO Change Loops  
 38a/b FO – FI Paragraph Loops

Note: Skaters competing in Youth and Junior Grades may also skate Advanced Loops only.

# SOLO DANCE

## AREAS ONLY COMPULSORY SOLO DANCE GRADES

**NEW ENTRANTS SOLO DANCE**      **Waltz Sequence**      Tempo: 120 Waltz      *(2 sequences)*  
Under 8 years old

**No Medal Test Requirement**

**NOVICE 1 SOLO DANCE**      **Waltz Sequence**      Tempo: 120 Waltz      *(2 sequences)*  
8 years old and over      **March Sequence**      Tempo: 100 March      *(4 sequences)*

**No Medal Test Requirement**

**NOVICE 2 SOLO DANCE**      **Glide Waltz**      Tempo: 120 Waltz      *(4 sequences)*  
11 years old and over      **City Blues**      Tempo: 88 Blues      *(4 sequences)*

**No Medal Test Requirement**

**ADULT SOLO DANCE**      **Glide Waltz**      Tempo: 120 Waltz      *(4 sequences)*  
25 years old and over      **City Blues**      Tempo: 88 Blues      *(4 sequences)*

**No Medal Test Requirement**

Skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

# COMPULSORY SOLO DANCE GRADES

## NATIONAL AND INTERNATIONAL GRADES

### TOTS SOLO DANCE

8 and 9 years old

**Carlos Tango**  
**City Blues**

Tempo: 96 Tango  
Tempo: 88 Blues

(2 sequences)  
(4 sequences)

#### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

### PRELIMINARY SOLO DANCE

10 years old and over

**Denver Shuffle**  
**Southland Swing**

Tempo: 100 Polka  
Tempo: 92  
Blues/Foxtrot

(4 sequences)  
(4 sequences)

#### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

### ADVANCED SOLO DANCE

15 years old and over

**Cha Cha Patin**  
**Kent Tango**

Tempo: 112 Cha Cha  
Tempo: 100 Tango

(4 sequences)  
(4 sequences)

#### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

### ADVANCED MASTERS SOLO DANCE

21 years old and over - NZ

30 years old and over - Oceanias

**Roller Samba**  
**Little Waltz (Solo)**

Tempo: 104 Samba  
Tempo: 132 Waltz

(4 sequences)  
(2 sequences)

#### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

2020: Solo Dance Medal #3 (Oceanias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

### MASTERS SOLO DANCE

25 years old and over - NZ

30 years old and over - Oceanias

**Skaters March**  
**Carlos Tango**

Tempo: 100 March  
Tempo: 96 Tango

(4 sequences)  
(4 sequences)

#### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

2020: Solo Dance Medal #2 (Oceanias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

**ADVANCED MASTERS****Time:** 2:30 minutes +/- 10 seconds**SOLO FREEDANCE**

21 years old and over - NZ

30 years old and over - Oceanias

**Medal Test Requirement****2020:** Solo Dance Medal #1 (Nationals)**2020:** Solo Dance Medal #3 (Oceanias)**Requirements:****Footwork Sequence** - Maximum level 2 - maximum 30 seconds**Artistic Footwork Sequence** - Maximum level 2, maximum 30 secs**Travelling** - Maximum level 2**Choreo Sequence** - Yes

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

Masters and Advanced Masters Skaters are expected to focus on QOE scores rather than level achievements.

**MASTERS SOLO STYLE DANCE****Time:** 2:00 minutes +/- 10 seconds

25 years old and over - NZ

30 years old and over - Oceanias

**Medal Test Requirement****2020:** Solo Dance Medal #1 (Nationals)**2020:** Solo Dance Medal #2 (Oceanias)**Theme:** **Classic Medley** - Waltz, Classic Polka, March, Galop**Compulsory Dance/Pattern Dance:****Skaters March (100 March)****Requirements:****Footwork sequence** - Maximum level 1 - maximum 20 seconds

The four (4) steps that will be counted towards the level include and are limited to, Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

Masters and Advanced Masters Skaters are expected to focus on QOE scores rather than level achievements.

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2020.

[Official Regulation Artistic - Dance and Solo Dance Book 2020](#)

[Official Regulation Artistic - Dance 2020](#)

[Official Regulation Artistic - Solo Dance 2020](#)

[RollArt Dance Values 2020](#)

# SOLO FREEDANCE GRADES

## PRELIMINARY SOLO FREEDANCE

10 years old and over

**Time:** 2:30 minutes +/- 10 seconds

**Note:** This event is separate to the Preliminary Compulsory Dance event

### Medal Test Requirement

**2020:** Solo Dance Medal #1 (Nationals)

### 2020 PRELIMINARY SOLO FREEDANCE REQUIREMENTS

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence
Max Level 2 Maximum 30 seconds	Max Level 2 Maximum 30 seconds	Yes - Max Level 2	Yes

## ADVANCED SOLO FREEDANCE

15 years old and over

**Time:** 3:00 minutes +/- 10 seconds

**Note:** This event is separate from the Advanced Compulsory Dance event.

### Medal Test Requirement

**2020:** Solo Dance Medal #1 (Nationals)

### 2020 ADVANCED SOLO FREEDANCE REQUIREMENTS

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence	Cluster
Max Level 3 Maximum 30 seconds	Max Level 3 Maximum 30 seconds	Max Level 2	Yes	Max Level 2

# SOLO DANCE - COMBINED EVENTS

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2020.

[Official Regulation Artistic - Dance and Solo Dance Book 2020](#)  
[Official Regulation Artistic - Solo Dance 2020](#)

[Official Regulation Artistic - Dance 2020](#)  
[RollArt Dance Values 2020](#)

## MINIS SOLO DANCE

10 and 11 years old

Mini Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

### COMPULSORY DANCES

**Skaters March** Tempo: 100 March (4 sequences)  
**Carlos Tango** Tempo: 96 Tango (4 sequences)

### FREEDANCE

Time: **2:00** minutes +/- 10 seconds

#### 2020 MINIS SOLO FREEDANCE REQUIREMENTS

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence
Max Level 1 Maximum 20 seconds	Max Level 1 Maximum 20 seconds	Max Level 1	Yes

## ESPOIR SOLO DANCE

12 and 13 years old

Esplor Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

### COMPULSORY DANCES

**Roller Samba** Tempo: 104 Samba (4 sequences)  
**Little Waltz (Solo)** Tempo: 132 Waltz (2 sequences)

### FREEDANCE

Time: **2:30** minutes +/- 10 seconds

#### 2020 ESPOIR SOLO FREEDANCE REQUIREMENTS

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence
Max Level 2 Maximum 30 seconds	Max Level 2 Maximum 30 seconds	Max Level 2	Yes

## CADET SOLO DANCE

14 and 15 years old

Cadet Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.

### Medal Test Requirement

2020: Solo Dance Medal #1 (Nationals)

2020: Solo Dance Medal #5 (Oceania)

### COMPULSORY DANCES

**Federation Foxtrot** Tempo: 96 Foxtrot (4 sequences)  
**Siesta Tango** Tempo: 100 Tango (4 sequences)

### FREEDANCE

Time: **3:00** minutes +/- 10 seconds

#### 2020 CADET SOLO FREEDANCE REQUIREMENTS

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence	Cluster
Max Level 3 Maximum 30 seconds	Max Level 3 Maximum 30 seconds	Max Level 2	Yes	Max Level 2



**YOUTH SOLO DANCE**

16 years old

Youth Solo Dance is composed of both Compulsory and Freedance events. Skaters must skate in both events.**Medal Test Requirement****2020:** Solo Dance Medal #1 (Nationals)**2020:** Solo Dance Medal #6 (Oceania)**COMPULSORY DANCES****Cha Cha Patin**

Tempo: 112 Cha Cha

( 4 sequences)

**Kent Tango**

Tempo: 100 Tango

( 4 sequences)

**FREEDANCE****Time: 3:15** minutes +/- 10 seconds**2020 YOUTH SOLO FREEDANCE REQUIREMENTS**

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence	Cluster
Max Level 4 Maximum 40 seconds	Max Level 4 Maximum 40 seconds	Max Level 3	Yes	Max Level 3

**JUNIOR SOLO DANCE**

17 and 18 years old

Junior Solo Dance is composed of both Style Dance and Freedance events. Skaters must skate in both events.**Medal Test Requirement****2020:** Solo Dance Medal #1 (Nationals)**2020:** Solo Dance Medal #6 (Oceania)**2020:** Solo Dance Medal #7 (International)

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Junior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

**STYLE DANCE****Time: 2:50** minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm, *however, this may only be done for one (1) of the selected rhythms.* The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence.

During the Pattern Dance Sequence, a change of music selection is NOT permitted.

**2020 JUNIOR SOLO STYLE DANCE REQUIREMENTS:**

**Theme: Classic Medley - Waltz, Classic Polka, March, Galop**  
**Compulsory Dance/Pattern Dance: Flirtation Waltz (120 Waltz)**

Footwork Sequence	Artistic Footwork Sequence	Travelling	Cluster
Maximum 40 seconds	Maximum 40 seconds	Yes	Yes

**FREEDANCE****Time: 3:30** minutes +/- 10 seconds**2020 JUNIOR SOLO FREEDANCE REQUIREMENTS**

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence	Cluster
Maximum 40 seconds	Maximum 40 seconds	Yes	Yes	Yes

**SENIOR SOLO DANCE**

19 years old and over

Senior Solo Dance is composed of both Style Dance and Freedance events. Skaters must skate in both events.

**Medal Test Requirement****2020:** Solo Dance Medal #1 (Nationals)**2020:** Solo Dance Medal #7 (Oceania)**2020:** Solo Dance Medal #8 (International)

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Senior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

**STYLE DANCE****Time: 2:50** minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm, **however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.**

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence.

During the Pattern Dance Sequence, a change of music selection is NOT permitted.

**2020 SENIOR SOLO STYLE DANCE REQUIREMENTS:**

**Theme: Latin Medley - Mambo, Salsa, Merengue, Bachata, Bossa Nova, Batucada, Cha Cha Cha, Samba, Rumba**

**Compulsory Dance/Pattern Dance: Loran Rumba (86 Rumba)**

Footwork Sequence	Artistic Footwork Sequence	Travelling	Cluster
Maximum 40 seconds	Maximum 40 seconds	Yes	Yes

**FREEDANCE****Time: 3:30** minutes +/- 10 seconds**2020 SENIOR SOLO FREEDANCE REQUIREMENTS**

Footwork Sequence	Artistic Footwork Sequence	Travelling	Choreo Sequence	Cluster
Maximum 40 seconds	Maximum 40 seconds	Yes	Yes	Yes

# COUPLES DANCE

## AREAS ONLY COUPLES COMPULSORY DANCE GRADES

### NOVICE COUPLES DANCE

8 years old and over

**Waltz Sequence**

**March Sequence**

Tempo: 120 Waltz

Tempo: 100 March

*(2 sequences)*

*(4 sequences)*

**No Medal Test Requirement**

### ADULT COUPLES DANCE

25 years old and over

**Glide Waltz**

**City Blues**

Tempo: 120 Waltz

Tempo: 88 Blues

*(4 sequences)*

*(4 sequences)*

**No Medal Test Requirement**

Skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

# COUPLES DANCE - COMBINED

## NATIONAL AND INTERNATIONAL GRADES

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2020.

[Official Regulation Artistic - Dance and Solo Dance Book 2020](#)  
[Official Regulation Artistic - Solo Dance 2020](#)  
[Requirements 2020 RollArt Dance Values 2020](#)

[Official Regulation Artistic - Dance 2020](#)  
[World Skate Artistic - Dance](#)

### MINIS COUPLES DANCE

10 and 11 years old

Skaters March  
Carlos Tango

Tempo: 100 March  
Tempo: 96 Tango

(4 sequences)  
(4 sequences)

#### Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

#### FREEDANCE

Time: 2:00 minutes +/- 10 seconds

#### 2020 MINIS COUPLES FREE DANCE REQUIREMENTS

Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Lift
Max Level 1 Maximum 20 seconds	Max Level 1 Maximum 20 seconds	Max level 1	Yes

### ESPOIR COUPLES DANCE

12 and 13 years old

Roller Samba  
Little Waltz (Couples)

Tempo: 104 Samba  
Tempo: 132 Waltz

(4 sequences)  
(2 sequences)

#### Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

#### FREEDANCE

Time: 3:00 minutes +/- 10 seconds

#### 2020 ESPOIR COUPLES FREE DANCE REQUIREMENTS

Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Lift	Stationary Lift
Max Level 2 Maximum 30 seconds	Max Level 2 Maximum 30 seconds	Max level 2	Yes	Max level 2

### CADET COUPLES DANCE

14 and 15 years old

Swing Foxtrot  
Siesta Tango

Tempo: 104 Foxtrot  
Tempo: 100 Tango

(4 sequences)  
(4 sequences)

#### Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

2020: Dance Couples Medal #5 (Oceania)

#### FREEDANCE

Time: 3:15 minutes +/- 10 seconds

#### 2020 CADET COUPLES FREE DANCE REQUIREMENTS

Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Lift	Stationary Lift	Rotational Lift
Max Level 3 Max 30 seconds	Max Level 3 Max 30 seconds	Max level 2	Yes	Max Level 3	Max Level 3

**YOUTH COUPLES DANCE**

16 years old

**Cha Cha Patin**

Tempo: 112 Cha Cha

(4 sequences)

**Harris Tango (Double)**

Tempo: 100 Tango

(4 sequences)

**Medal Test Requirement****2020:** Dance Couples Medal #1 (Nationals)**2020:** Dance Couples Medal #6 (Oceania)**FREEDANCE****Time: 3:30** minutes +/- 10 seconds**2020 YOUTH COUPLES FREE DANCE REQUIREMENTS**

Dance Hold Footwork Sequence	No Hold Footwork Sequence	Cluster Sequence	Choreo Lift	Rotational Lift	Combo Lift
Max Level 4 Max 50 seconds	Max Level 4 Max 40 seconds	No Hold Max level 3	Yes	Max Level 4	Max Level 4

**JUNIOR COUPLES DANCE**

17 and 18 years old

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Junior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

**Medal Test Requirement****2020:** Dance Couples Medal #1 (Nationals)**2020:** Dance Couples Medal #6 (Oceania)**2020:** Dance Couples Medal #7 (International)**STYLE DANCE****Time: 3:00** minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm, however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence.

During the Pattern Dance Sequence, a change of music selection is NOT permitted.

**2020 JUNIOR COUPLES STYLE DANCE REQUIREMENTS:****Theme: Latin Medley - Mambo, Salsa, Merengue, Bachata, Bossa Nova, Batucada, Cha Cha Cha, Samba, Rumba****Compulsory Dance/Pattern Dance: Golden Samba (104 Samba)**

Hold Footwork Sequence	Stationary Lift	Cluster
Maximum 50 seconds	Yes	Hold

**FREEDANCE****Time: 3:50** minutes +/- 10 seconds**2020 JUNIOR COUPLES FREEDANCE REQUIREMENTS**

Hold Footwork Sequence	Travelling	Choreo Lift	Stationary Lift	Rotational Lift	Combo Lift	Cluster
Yes Max 40 seconds	Yes	Yes	Yes	Yes	Yes	No Hold

## SENIOR COUPLES DANCE

19 years old and over

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Senior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

### Medal Test Requirement

**2020:** Dance Couples Medal #1 (Nationals)

**2020:** Dance Couples Medal #7 (Oceania)

**2020:** Dance Couples Medal #8 (International)

## STYLE DANCE

**Time:** 3:00 minutes +/- 10 seconds

The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms.

The choice of two (2) rhythms may include the use of two (2) different music selections for the same rhythm, however, this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.

One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence.

During the Pattern Dance Sequence, a change of music selection is NOT permitted.

### 2020 SENIOR COUPLES STYLE DANCE REQUIREMENTS:

**Theme:** Modern Medley - Disco, Pop, Dance, Hip Hop, Soul, Rap, House, Hard Rock

**Compulsory Dance/Pattern Dance:** Iceland Tango (100 Tango)

Hold Footwork Sequence	Dance Lift	Cluster
Maximum 50 seconds	Rotational	Hold

## FREEDANCE

**Time:** 3:50 minutes +/- 10 seconds

### 2020 SENIOR COUPLES FREEDANCE REQUIREMENTS

Hold Footwork Sequence	Travelling	Choreo Lift	Stationary Lift	Rotational Lift	Combo Lift	Cluster
Yes Max 40 seconds	Yes	Yes	Yes	Yes	Yes	Hold

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2020.

[Official Regulation Artistic - Dance and Solo Dance Book 2020](#)

[Official Regulation Artistic - Solo Dance 2020](#)

[RollArt Dance Values 2020](#)

[Official Regulation Artistic - Dance 2020](#)

[World Skate Artistic - Dance Requirements 2020](#)

# COUPLES DANCE – COMPULSORY DANCE AND FREEDANCE GRADES

Note: These are all separate events

## PRELIMINARY COUPLES COMPULSORY DANCE

10 years old and over

Skaters March  
Carlos Tango

Tempo: 100 March  
Tempo: 96 Tango

(4 sequences)  
(4 sequences)

Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

## PRELIMINARY COUPLES FREEDANCE

Time: 2:30 minutes +/- 10 seconds

10 years old and over

Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

### 2020 PRELIMINARY COUPLES FREE DANCE REQUIREMENTS

Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Lift
Max Level 1 Maximum 20 seconds	Max Level 1 Maximum 20 seconds	Max level 1	Yes

## ADVANCED COUPLES DANCE

15 years old and over

Cha Cha Patin  
Kent Tango

Tempo: 112 Cha Cha  
Tempo: 100 Tango

(4 sequences)  
(4 sequences)

Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

## ADVANCED COUPLES FREEDANCE

Time: 3:30 minutes +/- 10 seconds

15 years old and over

Medal Test Requirement

2020: Dance Couples Medal #1 (Nationals)

### 2020 ADVANCED COUPLES FREE DANCE REQUIREMENTS

Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Lift	Stationary Lift	Rotational Lift
Max Level 3 Max 30 seconds	Max Level 3 Max 30 seconds	Max level 2	Yes	Max Level 3	Max Level 3

## ADVANCED MASTERS COUPLES DANCE

21 years old and over - NZ  
30 years old and over - Oceansias

**Roller Samba**  
**Little Waltz**  
**(Couples)**

Tempo: 104 Samba (4 sequences)  
Tempo: 132 Waltz (2 sequences)

### Medal Test Requirement

**2020:** Dance Couples Medal #1 (Nationals)

**2020:** Dance Couples Medal #3 (Oceansias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

## ADVANCED MASTERS COUPLES FREEDANCE

**Time: 3:00** minutes +/- 10 seconds

21 years old and over - NZ  
30 years old and over - Oceansias

### Medal Test Requirement

**2020:** Dance Couples Medal #1 (Nationals)

**2020:** Dance Couples Medal #3 (Oceansias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

### 2020 ADVANCED MASTERS COUPLES FREEDANCE REQUIREMENTS

Dance Hold Footwork Sequence	No Hold Footwork Sequence	Travelling	Choreo Lift	Stationery Lift	Rotational Lift (Optional)
Max Level 2 Maximum 30 seconds	Max Level 2 Maximum 30 seconds	Max level 2	Yes	Max Level 2	Max Level 2

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2020.

[Official Regulation Artistic - Dance and Solo Dance Book 2020](#)

[Official Regulation Artistic - Solo Dance 2020](#)

[RollArt Dance Values 2020](#)

[Official Regulation Artistic - Dance 2020](#)

[World Skate Artistic - Dance Requirements 2020](#)



**MASTERS COUPLES DANCE**

25 years old and over - NZ  
30 years and old over - Oceanias

**Carlos Tango**  
**Skaters March**

Tempo: 96 Tango (4 sequences)  
Tempo: 100 March (4 sequences)

**Medal Test Requirement**

**2020:** Dance Couples Medal #1 (Nationals)  
**2020:** Dance Couples Medal #2 (Oceanias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

**MASTERS COUPLES STYLE DANCE**

**Time: 2:00** minutes +/- 10 seconds

25 years old and over - NZ  
30 years and old over - Oceanias

**Medal Test Requirement**

**2020:** Dance Couples Medal #1 (Nationals)  
**2020:** Dance Couples Medal #2 (Oceanias)

Masters skaters who are under 50 years of age and have competed in any discipline at either Junior or Senior World Championships must skate in Advanced Masters.

Skaters can skate in Masters for Compulsories and Advanced Masters for Free Dance if they choose, or vice versa ie, Advanced Masters Compulsories and Masters Style Dance – provided they meet the requirements as far as having skated at a previous Junior or Senior World Championship and also the age and medal tests requirements as indicated. This applies to New Zealand and Oceania events.

**2020 MASTERS COUPLES STYLE DANCE REQUIREMENTS**  
**Theme: Classic Medley - Waltz, Classic Polka, March, Galop**  
**Compulsory Dance/Pattern Dance: Skaters March (100 March)**

Dance Hold Footwork Sequence	No Hold Footwork Sequence
Max Level 1 Maximum 20 seconds	Max Level 1 Maximum 20 seconds

The four (4) steps that will be counted towards the level include and are limited to, Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020. For compulsory dance patterns and specifications, refer to the World Skate Artistic Dance Book 2020.

[Official Regulation Artistic - Dance and Solo Dance Book 2020](#)  
[Official Regulation Artistic - Solo Dance 2020](#)  
[RollArt Dance Values 2020](#)

[Official Regulation Artistic - Dance 2020](#)  
[World Skate Artistic - Dance Requirements 2020](#)

# FREESKATING

## AREAS ONLY FREESKATING GRADES

### NEW ENTRANTS FREESKATING

Time: Up to 2.00 minutes

No Medal Test Requirement

Under 8 years old

#### COMPULSORY ELEMENTS

- Choreographic Sequence: Beginning from a stopped position, from short side to short side of the rink, containing a minimum of one (1) spiral for a minimum of 10 metres, on any edge. The spiral may be on a curve or straight.

#### NOTES:

- No referee penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

### NOVICE 1 FREESKATING

Time: 1:30 to 2:00 minutes

No Medal Test Requirement

8 years old and over

#### COMPULSORY ELEMENTS

- Choreographic Sequence: Beginning from a stopped position, from short side to short side of the rink, containing a minimum of one (1) spiral for a minimum of 10 metres, on any edge. The spiral may be on a curve or straight.

#### NOTES:

- No referee penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

### NOVICE 2 FREESKATING

Time: 1:30 to 2.00 minutes

No Medal Test Requirement

11 years old and over

#### COMPULSORY ELEMENTS

- Choreographic Sequence: Beginning from a stopped position, from short side to short side of the rink, containing a minimum of one (1) spiral for a minimum of 10 metres, on any edge. The spiral may be on a curve or straight.

#### NOTES:

- No referee penalties.
- Poor execution, missed element, unbalanced routine will be downgraded by judges
- The emphasis in evaluation will be on performance value and quality of items presented rather than difficulty and quantity. Credit will be given for good musical interpretation, choreography, form, confidence, sureness, speed across the floor and quality of items presented.

# FREESKATING GRADES – NATIONAL AND INTERNATIONAL GRADES

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020.

- [World Skate Official Regulation Artistic - General 2020](#)
- [World Skate Official Regulation - Free 2020](#) (includes definitions of footwork step sequences and levels)
- [World Skate Official Regulation - Artistic Impression 2020](#)
- [RollArt Freeskating Values 2020](#)

## TOTS FREESKATING

8 and 9 years old

### Long Programme only

**Time:** 2:30 minutes +/- 10 seconds

### Medal Test Requirement

**2020:** Freeskating Medal #1 (Nationals)

- A maximum of twelve (12) jumps of one (1) rotation are allowed including Waltz jump.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- The same jump cannot be presented more than three (3) times.
- **Two (2) spin elements must be performed.** One of them MUST be a combination spin (maximum three (3) positions) ONLY upright positions and sit positions are allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1. The four (4) steps and turns that will be counted towards the level include and are limited to: Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk, **maximum thirty (30) seconds.**

## MINIS FREESKATING

10 and 11 years old

### Long Programme only

**Time:** 2:45 minutes +/- 10 seconds

### Medal Test Requirement

**2020:** Freeskating Medal #1 (Nationals)

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- **It is mandatory to perform an Axel that can be presented also in combination**
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there MUST be at least one toe loop element (single or double).
- **Two spin elements must be performed.** One of them MUST be a combination spin (maximum three (3) positions) **and must include a sit spin, (broken ankle, heel, and inverted are NOT allowed).** The two spins must be different.
- One (1) footwork sequence maximum level 2, **maximum thirty (30) seconds.**

**ESPOIR FREESKATING**

12 and 13 years old

**Short Programme****Time:** 2:00 minutes +/- 5 seconds**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)**Long Programme****Time:** 3:15 minutes +/- 10 seconds**Short Programme Espoir**

- Axel - Single
- Jumps combination from two (2) to four (4) jumps including connecting jumps (only doubles, excluding double Axel. No triples allowed). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump - single or double (cannot be an Axel).
- One (1) combination spin with a maximum two (2) positions. The two positions **MUST** be a sit spin combined with a camel (either outside backward, camel or outside forward camel).
- One (1) position spin. **MUST** be a camel spin (either outside backward or outside forward, however it **CANNOT** be the same camel used in the combination).
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

**Long Programme Espoir**

- A maximum of ten (10) jumps are allowed (excluding connecting jumps) (double axel and triples are not allowed)
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- **The technical value will be awarded just to axels and double jumps in the combination.**
- It is mandatory to perform an Axel that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- **maximum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin **and one MUST be a solo spin.** The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken ankle is not allowed and the **three (3) spins** must be different.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

**PRELIMINARY  
FREESKATING**

10 years old and over

**Long Programme only****Time:** 2:45 minutes +/- 10 seconds**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- **It is mandatory to perform an Axel that can be presented also in combination**
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there **MUST** be at least one toe loop element (single or double).
- **Two spin elements must be performed.** One of them **MUST** be a combination spin (maximum three (3) positions) **and must include a sit spin, (broken ankle, heel, and inverted are NOT allowed).** The two spins must be different.
- One (1) footwork sequence maximum level 2, **maximum thirty (30) seconds.**

**CADET FREESKATING**

14 and 15 years old

**Short Programme****Time:** 2:30 minutes +/- 5 seconds**Long Programme****Time:** 3:30 minutes +/- 10 seconds**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)**2020:** Freeskating Medal #5 (Oceania)**Short Programme Cadet:**

- Axel – single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump – single, double, triple... (cannot be an Axel).
- One (1) position spin.
- One (1) combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds

**Long Programme Cadet:**

- A maximum of eight (8) jumps are allowed excluding connecting one (1) rotations jumps in the combinations.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- **Minimum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin **and one MUST be a solo spin.** The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed. The **three** spins must be different.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds

**ADVANCED FREESKATING**

15 years old and over

**Long Programme only****Time:** 3:15 minutes +/- 10 seconds**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)

- A maximum of ten (10) jumps are allowed (excluding connection jumps) (double axel and triples are not allowed)
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- **The technical value will be awarded just to axels and double jumps in the combination.**
- It is mandatory to perform an Axel that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- **Maximum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum four (4) positions) and must include a sit spin **and one MUST be a solo spin.** The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken ankle is not allowed and the **three** spins must be different.
- One (1) footwork sequence maximum level 3, maximum thirty (30) seconds.

**YOUTH FREESKATING**

16 years old

**Short Programme****Time:** 2:30 minutes +/- 5 seconds**Long Programme****Time:** 4:00 minutes +/- 10 seconds**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)**2020:** Freeskating Medal #6 (Oceania)**Short Programme Youth:**

- Axel – single, double or triple.
- Jumps combination from two (2) to four (4) jumps including connecting jumps (one rotation jumps). In calculating the value of the combination jumps the connecting jumps will not be counted.
- Solo jump – single, double, triple... (cannot be an Axel).
- One (1) position spin.
- One (1) combination spin. One of the spins must be a sit spin. Maximum five (5) positions.
- One (1) footwork sequence maximum level 4, **maximum forty (40) seconds.**

**Long Programme Youth:**

- A maximum of eight (8) jumps for women and nine (9) jumps for men excluding the connecting one (1) rotation jumps in the combination.
- Maximum three (3) jumps combinations.
- The number of jumps within the combination cannot be more than five (5) including the connecting jumps.
- The technical value will be awarded just to double and triple jumps in the combination.
- It is mandatory to perform an Axel jump (single, double, triple) that can be presented also in combination.
- Axel, doubles and triples cannot be presented more than twice. If presented twice, one must be in combination.
- **Minimum two (2), maximum three (3) spin elements are allowed.** One of them **MUST** be a combination spin (maximum five (5) positions) and must include a sit spin **and one MUST be a solo spin..** The same kind of spin cannot be performed more than twice in the whole program (i.e. maximum two inverted, maximum two forward heel etc.). Broken is not allowed. The two spins must be different.
- One (1) footwork sequence maximum level 4, **maximum forty (40) seconds.**
- One (1) choreographic sequence.

**JUNIOR FREESKATING**

17 and 18 years old

**Short Programme****Time:** 2:45 minutes +/- 5 seconds**Long Programme****Time:** 4:15 to 4:30 minutes (Ladies)  
4.30 minutes +/- 10 seconds (Men)**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)**2020:** Freeskating Medal #6 (Oceania)**2020:** Freeskating Medal #7  
(International)**REQUIREMENTS - For further detail, refer to World Skate Regulations**

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Junior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

**SENIOR FREESKATING**

19 years old and over

**Short Programme****Time:** 2.45 minutes +/- 5 seconds**Long Programme****Time:** 4:15 to 4:30 minutes (Ladies)  
4.30 minutes +/- 10 seconds (Men)**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)**2020:** Freeskating Medal #7 (Oceania)**2020:** Freeskating Medal #8  
(International)**REQUIREMENTS - For further detail, refer to World Skate Regulations**

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Senior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

**MASTERS FREESKATING**

21 years old and over

**Short Programme only****Time:** 2:45 minutes +/- 10 seconds**Medal Test Requirement****2020:** Freeskating Medal #1 (Nationals)**2020:** Freeskating Medal #2 (Oceania)

- A maximum of twelve (12) jumps of one (1) rotation. Within the twelve (12) jumps Axel, double toe-loop and double salchow are allowed.
- Maximum two (2) jumps combinations are allowed.
- The number of jumps within the combination cannot be more than five (5).
- It is mandatory to perform an Axel or Waltz jump that can be presented in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, one must be in combination.
- The same one rotation jump cannot be presented more than three (3) times.
- In the program, there MUST be at least one toe loop element (single or double).
- Two (2) spin elements must be performed. One of them MUST be a combination spin (maximum three (3) positions). Broken ankle, heel, and inverted are NOT allowed. The two spins must be different.
- One (1) footwork sequence maximum level 1, maximum thirty (30) seconds. The four (4) steps that will be counted towards level 1, include and are limited to, Cross in front, Inside Three Turn, Outside Three turn, Open Mohawk.

# ARTISTIC INLINE

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020, including but not limited to:

- [World Skate Official Regulation Artistic - General 2020](#)
- [RollArt Inline 2020](#)

<b>TOTS INLINE</b> 8 and 9 years old	<b>Long Programme only</b> Time: 2:00 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals)
<b>MINIS INLINE</b> 10 and 11 years old	<b>Long Programme only</b> Time: 2:30 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals)
<b>ESPOIR INLINE</b> 12 and 13 years old	<b>Long Programme only</b> Time: 3:00 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals)
<b>CADET INLINE</b> 14 and 15 years old	<b>Short Programme</b> Time: 2:20 minutes +/- 5 seconds  <b>Long Programme</b> Time: 3:30 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals) 2020: Inline Medal #5 (Oceania)
<b>YOUTH INLINE</b> 16 years old	<b>Short Programme</b> Time: 2:20 minutes +/- 5 seconds  <b>Long Programme</b> Time: 3:30 minutes +/- 10 seconds	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals) 2020: Inline Medal #6 (Oceania)
<b>JUNIOR INLINE</b> 17 and 18 years old	<b>Short Programme</b> Time: 2:40 minutes +/- 5 seconds  <b>Long Programme</b> Time: 4:00 minutes +/- 10 seconds (Ladies) Time: 4:00 to 4:30 minutes (Men)	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals) 2020: Inline Medal #6 (Oceania) 2020: Inline Medal #7 (International)
<p>Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Junior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.</p>		
<b>SENIOR INLINE</b> 19 years old and over	<b>Short Programme</b> Time: 2:40 minutes +/- 5 seconds  <b>Long Programme</b> Time: 4:00 minutes +/- 10 seconds (Ladies) Time: 4:00 to 4:30 minutes (Men)	<b>Medal Test Requirement</b> 2020: Inline Medal #1 (Nationals) 2020: Inline Medal #7 (Oceania) 2020: Inline Medal #8 (International)
<p>Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Senior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.</p>		



# FREESKATING PAIRS

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020.

[World Skate Official Regulation Artistic - General 2020](#)

[World Skate Official Regulation - Pairs 2020](#) (includes definitions of footwork step sequences and levels)

[World Skate Official Regulation - Artistic Impression 2020](#)

[RollArt Pairs Values 2020](#)

## MINIS FREE PAIRS

10 and 11 years old

**Long Programme only**

**Time:** 2:30 minutes +/- 10 seconds

**Medal Test Requirement**

**2020:** Free Pairs Medal #1 (Nationals)

## ESPOIR FREE PAIRS

12 and 13 years old

**Short Programme**

**Time:** 2:00 minutes +/- 5 seconds

**Medal Test Requirement**

**2020:** Free Pairs Medal #1 (Nationals)

**Long Programme**

**Time:** 3:00 minutes +/- 10 seconds

## PRELIMINARY FREE PAIRS

10 years old and over

**Long Programme only**

**Time:** 2:30 minutes +/- 10 seconds

**Medal Test Requirement**

**2020:** Free Pairs Medal #1 (Nationals)

- Maximum two (2) side by side jumps (not in combo). Maximum Axel, Double Toe loop, Double Salchow
- Maximum one (1) side by side one position or combo spin, selected from upright and sit (any edge). Maximum of two (2) positions of combo spin
- Maximum two (2) throw jumps: single rotation or axel maximum (must be different jumps).
- Maximum one (1) contact spin: one (1) position selected from upright, sit, hazel.
- Maximum one (1) spiral, angel (camel) BO.
- Maximum one (1) footwork sequence maximum level 2, maximum 20 seconds.
- LIFTS ARE NOT ALLOWED

## ADVANCED FREE PAIRS

15 years old and over

**Long Programme only**

**Time:** 3:30 minutes +/- 10 seconds

**Medal Test Requirement**

**2020:** Free Pairs Medal #1 (Nationals)

- Maximum two (2) lifts (single or in combinations). No overhead lifts allowed. Selected from lifts like: Axel, Flip Reversed Split position, Around the back lift, etc. Each combination lift must not exceed eight (8) rotations of the man, with no more than two (2) changes of position for the lady (3 positions), and single position lifts must not exceed four (4) rotations.
- Maximum one (1) side by side solo jump.
- Maximum one (1) combination of maximum two (2) jumps.
- Maximum one (1) side by side combination spin with a maximum of three (3) positions.
- Maximum two (2) throw jumps with a maximum of two (2) rotations (must be different jumps)
- Maximum one (1) twist jump with maximum two (2) rotations
- Maximum one (1) contact spin (solo or combination with a maximum of three (3) positions. Set each year by ATC). Impossible spins (all types) and reverse lay over camel are forbidden.
- Maximum one (1) death spiral, free choice.
- Maximum one (1) footwork sequence maximum level 4, maximum 40 seconds.
- One (1) choreographic sequence where the partners must always hold each other. The lifts take-offs must be different.

**CADET FREE PAIRS**

14 and 15 years old

**Short Programme****Time:** 2:30 minutes +/- 5 seconds**Long Programme****Time:** 3:30 minutes +/- 10 seconds**Medal Test Requirement****2020:** Free Pairs Medal #1 (Nationals)**2020:** Free Pairs Medal #1 (Oceania)**YOUTH FREE PAIRS**

16 years old

**Short Programme****Time:** 2:30 minutes +/- 5 seconds**Long Programme****Time:** 3:30 minutes +/- 10 seconds**Medal Test Requirement****2020:** Free Pairs Medal #1 (Nationals)**2020:** Free Pairs Medal #1 (Oceania)**JUNIOR FREE PAIRS**

17 and 18 years old

**Short Programme****Time:** **3:00** minutes +/- 5 seconds**Long Programme****Time:** 4:30 minutes +/- 10 seconds**Medal Test Requirement****2020:** Free Pairs Medal #1 (Nationals)**2020:** Free Pairs Medal #2 (Oceania)**2020:** Free Pairs Medal #3

(International)

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Junior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

**SENIOR FREE PAIRS**

19 years old and over

**Short Programme****Time:** **3:00** minutes +/- 5 seconds**Long Programme****Time:** 4:30 minutes +/- 10 seconds**Medal Test Requirement****2020:** Free Pairs Medal #1 (Nationals)**2020:** Free Pairs Medal #2 (Oceania)**2020:** Free Pairs Medal #3

(International)

Skaters who are at least 12 before the 1st of January in the year of the World Skate ATC Championships will be eligible to skate Senior (ie have turned 12 in the year preceding the competition year), on application and provided they meet all medal test requirements.

For a full list of regulations and specifications regarding the technical elements and associated levels for each grade, please refer to the relevant [World Skate Rules](#) for Artistic Skating Competitions Manuals 2020.

[World Skate Official Regulation Artistic - General 2020](#)

[World Skate Official Regulation - Pairs 2020](#) (includes definitions of footwork step sequences and levels)

[World Skate Official Regulation - Artistic Impression 2020](#)

[RollArt Pairs Values 2020](#)

# PRECISION SKATING

Please refer to [World Skate Official Regulation Precision - 2020](#) for full rules, information and definitions, please refer to this live document regularly due to World Skate updates.

## GENERAL RULES

Each team will be permitted thirty (30) seconds for the positioning before the commencement of the performance. Once the team is ready for the music to commence the team captain must raise their hand to advise the announcer.

- Neither portable or handheld props shall be used
- Vocal music shall be permitted
- Costume rules – see Artistic rules and regulations
- Each team **must** have reserves, listed as such on the team entry, the maximum being four (4). All reserves must take the floor during the warm-up and be capable of skating as a replacement at the time of the event.
- The grading of a Precision team is determined by the age of the majority of the skaters. Where the team is evenly split it is to skate in the higher grade.

## NATIONAL MINI PRECISION TEAMS

<b>OPEN MINI PRECISION</b> 4 – 8 skaters of any age	<b>Time: 2:00 - 3:00 minutes</b>	<b>Medal Test Requirement</b> <b>2020:</b> Precision Medal #1
<b>MASTERS MINI PRECISION</b> 4 – 8 skaters, 21 years old and over	<b>Time: 2:00 - 3:00 minutes</b>	<b>Medal Test Requirement</b> <b>2020:</b> Precision Medal #1

## NATIONAL AND INTERNATIONAL PRECISION TEAMS

All participants must belong to a club, which is a member of a National Federation. Groups may consist of individuals belonging to different clubs. All participants must be approved by their Federation.

<b>OPEN PRECISION</b> 8 – 16 skaters of any age	<b>Time: 2:00 to 3:00 minutes</b>	<b>Medal Test Requirement</b> <b>2020:</b> Precision Medal #1
<b>MASTERS PRECISION</b> 8 – 20 skaters, 21 years old and over	<b>Time: 2:00 to 3:00 minutes</b>	<b>Medal Test Requirement</b> <b>2020:</b> Precision Medal #1
<b>JUNIOR PRECISION</b> 16 skaters (maximum 4 reserves) 12 to 18 years old  Refer to <a href="#">World Skate rules</a>	<b>Time: 4:00 mins +/- 10 secs</b>	<b>Medal Test Requirement</b> <b>2020:</b> Precision Medal #1 (Nationals) <b>2020:</b> Precision Medal #4 (Oceania) <b>2020:</b> Precision Medal #6 (International)
<b>SENIOR PRECISION</b> 16 skaters (maximum 4 reserves) 12 years old and over  Refer to <a href="#">World Skate rules</a>	<b>Time: 4:30 mins +/- 10 secs</b>	<b>Medal Test Requirement</b> <b>2020:</b> Precision Medal #1 (Nationals) <b>2020:</b> Precision Medal #4 (Oceania) <b>2020:</b> Precision Medal #6 (International)

# SHOW and GROUP SKATING

## CLUB SHOW CHALLENGE

Group: minimum of 4 skaters of any age

**Time: 3:30 to 4:00 minutes**

### REGULATIONS FOR CLUB SHOW CHALLENGE

The main emphasis for the Club Show skating challenge will be skating and entertainment value. Participants must be members of the Affiliated Club that is being represented, and a registered member of the New Zealand Federation of Roller Sports (Inc) This membership may be the Class 5 Supporters membership if not already a New Zealand Federation of Roller Sports member.

Entry is allowed direct to the New Zealand Artistic Roller Sports Championships, ie there is no requirement for teams to qualify through Areas.

A team name must be provided on the entry form. At the New Zealand Artistic Roller Sports Championships, a Challenge trophy will be awarded to the winning team.

### TECHNICAL REGULATIONS

1. Duration of performance – **minimum 3.30 minutes, maximum 4 minutes**. Time to start with the first movement.
2. A minimum of four (4) skaters of any age.
3. Free skating and Pairs skating are allowed. However, skating will be assessed on the performance of the whole group.
4. There will be no restriction on the choice of music, but skating must be in tune with the music chosen.
5. Movements or steps performed in stationary positions are allowed. However, programmes with excessive stationary movements will be given less credit. Choreography must commence within ten (10) seconds after the music has started.
6. The main performance of a show group must be Show, not Precision. If there are Precision elements, they must be performed in the character of a show.
7. All participants must be on skates.
8. Only handheld or portable props are permitted.
9. Fog machines, water or personal spotlights are not permitted.

### MARKING

The event will be judged by two (2) commissioned judges and one (1) invited judge and their decision will be final.

Criteria for evaluation will be:

- a) Creativity
- b) Entertainment

### Entry & Exit on the floor:

- A maximum of forty (40) seconds are allowed for entry onto the rink.
- A penalty of up to -0.3 from "A" mark if the entry takes longer than the permitted time may be applied.
- It is Optional to provide:-

A short explanation of not more than twenty five (25) words may be attached to the entry describing the performance. These descriptions will be given to the judges and announced as the group is entering the floor. If you do wish to submit this description it is to be done at the Team Managers' Meeting, along with skaters' name.

# QUARTETS

Show events: Large groups, Small groups, Junior Groups, Senior Quartets, Junior Quartets and Cadet Quartets.  
For the ages the show will follow the same as the other disciplines (except Cadet – see table below).

CATEGORY	AGE
<b>Cadet</b>	12 to 15 years old
<b>Junior</b>	12 to 18 years old
<b>Senior</b>	12 years old and above

- Skaters **MUST** be at least 12 years of age before the 1st of January in the year of the event to compete.
- Skaters who are at least 12 before the 1st of January and, not yet 16 by and including the 31st of December in the year of the event are eligible to compete in Cadet.
- Skaters who are at least 12 before the 1st of January and, not yet 19 by and including the 31st of December in the year of the event are eligible to compete in Junior.
- Skaters who are at least 12 before the 1st of January in the year of the event will be eligible to skate Senior.

All participants must belong to a club, which is a member of a National Federation. Groups may consist of individuals belonging to different clubs.

Note: Application for re-grading due to quartet skaters abilities, regardless of age, will be considered on application to the Artistic Committee.

Please refer to [World Skate Official Regulation Show 2020 document](#) for complete rules, requirements and explanations.

## INTERNATIONAL QUARTETS:

### CADET QUARTET

4 skaters (maximum 1 reserve)  
12 - 15 years old

**Time:** 3:00 mins +/- 10 secs

#### Medal Test Requirement

**2020:** Artistic Medal (any discipline) #1 (Nationals)  
**2020:** Artistic Medal (any discipline) #4 (Oceania)  
**2020:** Artistic Medal (any discipline) #6 (International)

### JUNIOR QUARTET

4 skaters (maximum 1 reserve)  
12 - 18 years old

**Time:** 3:00 mins +/- 10 secs

#### Medal Test Requirement

**2020:** Artistic Medal (any discipline) #1 (Nationals)  
**2020:** Artistic Medal (any discipline) #4 (Oceania)  
**2020:** Artistic Medal (any discipline) #6 (International)

### SENIOR QUARTET

4 skaters (maximum 1 reserve)  
12 years old and over

**Time:** 3:00 mins +/- 10 secs

#### Medal Test Requirement

**2020:** Artistic Medal (any discipline) #1 (Nationals)  
**2020:** Artistic Medal (any discipline) #4 (Oceania)  
**2020:** Artistic Medal (any discipline) #6 (International)

## NATIONAL QUARTETS:

### OPEN QUARTET

4 skaters (maximum 1 reserve)  
No Age Restrictions

**Time:** 3:00 mins +/- 10 secs

#### Medal Test Requirement

**2020:** Artistic Medal (any discipline) #1 (Nationals)

## INTERNATIONAL SHOW GROUPS:

Show events: Large groups, Small groups, Junior Groups, Senior Quartets, Junior Quartets and Cadet Quartets.  
For the ages the show will follow the same as the other disciplines (except Cadet – see table below).

[Refer to World Skate rules](#)

<p><b>LARGE SHOW GROUPS</b> 12 years old and over 16 – 30 skaters (max 4 reserves)</p>	<p><b>Time:</b> 4:30 to 5:00 mins +/- 10 secs</p>	<p><b>Medal Test Requirement</b> 2020: Artistic Medal (any discipline) #1 (Nationals)</p>
<p><b>SMALL SHOW GROUPS</b> 12 years old and over 6 – 12 skaters (max 2 reserves)</p>	<p><b>Time:</b> 4:30 to 5:00 mins +/- 10 secs</p>	<p><b>Medal Test Requirement</b> 2020: Artistic Medal (any discipline) #1 (Nationals) 2020: Artistic Medal (any discipline) #4 (Oceania) 2020: Artistic Medal (any discipline) #5 (International)</p>
<p><b>JUNIOR SHOW GROUPS</b> 12 to 18 years old 8 – 16 skaters (max 2 reserves)</p>	<p><b>Time:</b> 3:30 to 4:00 mins +/- 10 secs</p>	<p><b>Medal Test Requirement</b> 2020: Artistic Medal (any discipline) #1 (Nationals) 2020: Artistic Medal (any discipline) #4 (Oceania) 2020: Artistic Medal (any discipline) #5 (International)</p>

## NATIONAL SHOW GROUPS:

<p><b>OPEN SMALL SHOW GROUPS</b> 6 – 15 skaters (max 2 reserves) No Age Restrictions</p>	<p><b>Time:</b> 3:30 to 4:00 minutes</p>	<p><b>Medal Test Requirement</b> 2020: Artistic Medal (any discipline) #1 (Nationals)</p>
<p><b>OPEN LARGE SHOW GROUPS</b> 16 – 30 skaters (max 2 reserves) No Age Restrictions</p>	<p><b>Time:</b> 3:30 to 4:00 minutes</p>	<p><b>Medal Test Requirement</b> 2020: Artistic Medal (any discipline) #1 (Nationals)</p>