

CIPA FOOTWORK FOR THE 2008-2009 SEASON IS DIAGONAL (SEE AR 11.04.12)

AR8.02.260 FREESKATING REQUIREMENTS

PRIMARY DIVISION (A) (age 8 & under)

TIME LIMIT: no minimum, maximum 2:00

Content requirements: **NO MAXIMUM REQUIREMENTS**

One sequence of primary, secondary, or advanced footwork must be included.

JUVENILE DIVISION (A) (age 10 & under)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: **NO MAXIMUM REQUIREMENTS**

One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included.

ELEMENTARY (A) (age 12 & under)

TIME LIMIT: no minimum, maximum 3:00

Content requirements: **NO MAXIMUM REQUIREMENTS**

One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included.

JUVENILE/ELEMENTARY (B) (age 12 & under)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: maximum of 5 jumps. Skaters have the option of including single jumps and/or double mapes, double toe walley, double salchow. No 1 ½ revolution jumps except for Axles, Boeckls, Colledges, or Boeckays. 2 jump combinations, maximum of 3 jumps (may include singles or doubles). Maximum 3 spins, in which 2 may be a combination (may use camel and sit position). No repeated items (spins or jumps) unless used in the combination. One sequence of primary, secondary, or advanced footwork must be included.

FRESHMAN (A) (age 14 & under)

TIME LIMIT: no minimum, maximum 3:30

Content requirements: **NO MAXIMUM REQUIREMENTS**

One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included.

FRESHMAN (B) GIRLS (age 14 & under) – FRESHMAN/SOPHOMORE MEN (B) (age 13 & up)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: maximum of 5 jumps. Skaters have the option of including single jumps and/or double mapes, double toe walley, double salchow. No 1 ½ revolution jumps except for Axles, Boeckls, Colledges, or Boeckays. 2 jump combinations, maximum of 3 jumps (may include singles or doubles). Maximum 3 spins, in which 2 may be a combination (may use camel and sit position). No repeated items (spins or jumps) unless used in the combination. One sequence of primary, secondary, or advanced footwork must be included.

FRESHMAN - SOPHOMORE (C) (age 13 & up)

TIME LIMIT: no minimum, maximum 2:00

Content requirements: Maximum of 5 jumps not to exceed 1 rotation. 1 jump combination, maximum of 3 jumps (no more than single rotation). Maximum of 3 spins, in which 1 may be a combination (no camel positions, *must* use sit position). No repeated items (spins or jumps) unless used in the combination. One sequence of primary, secondary, or advanced footwork must be included.

SOPHOMORE (A) (age 15 & up)

TIME LIMIT: no minimum, maximum 3:30

Content requirements: **NO MAXIMUM REQUIREMENTS**

One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included.

SOPHOMORE (B) WOMEN (age 15 & up)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: maximum of 5 jumps. Skaters have the option of including single jumps and/or double mapes, double toe walley, double salchow. No 1 ½ revolution jumps except for Axles, Boeckls, Colledges, or Boeckays. 2 jump combinations, maximum of 3 jumps (may include singles or doubles). Maximum 3 spins, in which 2 may be a combination (may use camel and sit position). No repeated items (spins or jumps) unless used in the combination. One sequence of primary, secondary, or advanced footwork must be included.

NOVICE (B) (age 18 & up)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: Maximum of 5 jumps, may be single, 1 ½ or double rotation, 2 jump combinations, maximum of 3 spins. Maximum of 3 spins, in which 2 may be a combination (may use camel and sit positions). No repeated items (spins or jumps) unless used in the combination. One sequence of primary, secondary, or advanced footwork must be included.

JUNIOR & JUNIOR WORLD CLASS (Junior – (age 18 & up) Junior World Class – (age 12-17))

SHORT PROGRAM TIME LIMIT: 2:15 +/- 5 seconds

LONG PROGRAM TIME LIMIT: 4:00 +/- 10 seconds

Content requirements: Same as the existing event in accordance with CIPA rules and regulations. (See AR11.04.10-11)

SENIOR WORLD CLASS (age 12 & up)

SHORT PROGRAM TIME LIMIT: 2:15 +/- 5 seconds

LONG PROGRAM TIME LIMIT: 4:00 +/- 10 seconds

Content requirements: Same as the existing event in accordance with CIPA rules and regulations. (See AR11.04.10-11)

AR8.02.265 INLINE FREESKATING

ELEMENTARY INLINE (A) (age 11 & under)

TIME LIMIT: no minimum, maximum 3:00

Content requirements: NO MAXIMUM REQUIREMENTS

One section of circular, diagonal or serpentine footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included.

WORLD CLASS INLINE (age 12 & older)

SHORT PROGRAM TIME LIMIT: 2:15 +/- 5 seconds

LONG PROGRAM TIME LIMIT: 3:30 +/- 10 seconds

Content requirements: Same as the existing event in accordance with CIPA rules and regulations. (See AR11.04.13-14)

AR8.02.270 PAIRS REQUIREMENTS

JUVENILE (A) (age 10 & under)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: Maximum of 4 lifts not to exceed 4 rotations (No over-head lifts allowed) 2 pair spins in which both partners must keep one foot on the floor. One side-by-side jump not to exceed 2 rotations. One side-by-side spin, no combinations. One sequence of primary, secondary, or advanced footwork must be included. Other (optional) items--one throw jump and/or twist lift not to exceed two (2) rotations, death spiral.

ELEMENTARY (A) (AGE 12 & UNDER)

TIME LIMIT: NO MINIMUM, MAXIMUM 3:00

Content requirements: Maximum of 5 lifts not to exceed four rotations (no more than 2 overhead lifts, 2 pair spins any position. Two side-by-side jumps not to exceed 2 rotations, one side-by-side spin (no combinations). One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included. Other (optional) items: one (1) throw-jump and/or twist lift not to exceed two (2) rotations, death spiral.

ELEMENTARY (B) (age 12 & under)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: Maximum of 3 lifts not to exceed 4 rotations with no overhead lifts. A Single twist may be used as a lift. Maximum of 2 pair spins. 2 side-by-side jump not to exceed 1 ½ rotations. One side-by-side spin (upright & sit positions only). Other (optional) items, throw jumps and/or twist lift not to exceed 1 rotation death spirals. One sequence of secondary or advance footwork is required.

FRESHMAN (A) (age 14 & under)

TIME LIMIT: no minimum, maximum 3:30

Content requirements: Maximum of 5 lifts not to exceed 4 rotations (one lift may be a combination with 2 positions not to exceed 6 rotations). Maximum of 2 pair spins. 2 side-by-side jumps. One side-by-side spins (combination allowed). One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included. Other (optional) items, throw jumps and/or twist lift - no limit on rotations, death spirals.

SOPHOMORE (A) (age 15 & up – for older partner)

TIME LIMIT: no minimum, maximum 3:30

Content requirements: Maximum of 5 lifts not to exceed 4 rotations (one lift may be a combination with 2 positions not to exceed 6 rotations). Maximum of 2 pair spins. 2 side-by-side jumps. One side-by-side spins (combination allowed). One section of circular, diagonal or *serpentine* footwork using primary, secondary or advanced movements, to be determined by the CIPA rule for the respective year, must be included. Other (optional) items, throw jumps and/or twist lift - no limit on rotation, death spirals.

FRESHMAN/SOPHOMORE (B) (age 13 & up – for older partner)

TIME LIMIT: no minimum, maximum 2:30

Content requirements: Maximum of 3 lifts not to exceed 4 rotations with no overhead lifts. A Single twist may be used as a lift. Maximum of 2 pair spins. 2 side-by-side jump not to exceed 1 1/2 rotation. One side-by-side spin (upright & sit positions only). Other (optional) items , throw jumps and/or twist lift - not to exceed 1 rotation , death spirals. One sequence of secondary or advanced footwork is required.

JUNIOR & JUNIOR WORLD CLASS

(JUNIOR: age 18 & up - for older partner) (JUNIOR WORLD CLASS: age 12 – 17 for both partners)

SHORT PROGRAM TIME LIMIT: 2:30 +/- 5 seconds

LONG PROGRAM TIME LIMIT: 4:00 +/- 10 seconds

Content requirements: Same as the existing event in accordance with CIPA rules and regulations. (See AR11.04.07)

SENIOR WORLD CLASS

(12 & older - for both partners)

SHORT PROGRAM TIME LIMIT: 2:45 +/- 5 seconds

LONG PROGRAM TIME LIMIT: 4:30 +/- 10 seconds

Content requirements: Same as the existing event in accordance with CIPA rules and regulations. (See AR11.04.07)