



CONFÉDÉRATION EUROPÉENNE DE ROLLER-SKATING
C.E.R.S. (Affiliée à la F.I.R.S.)
COMITÉ EUROPÉEN DE PATINAGE ARTISTIQUE (C.E.P.A.)

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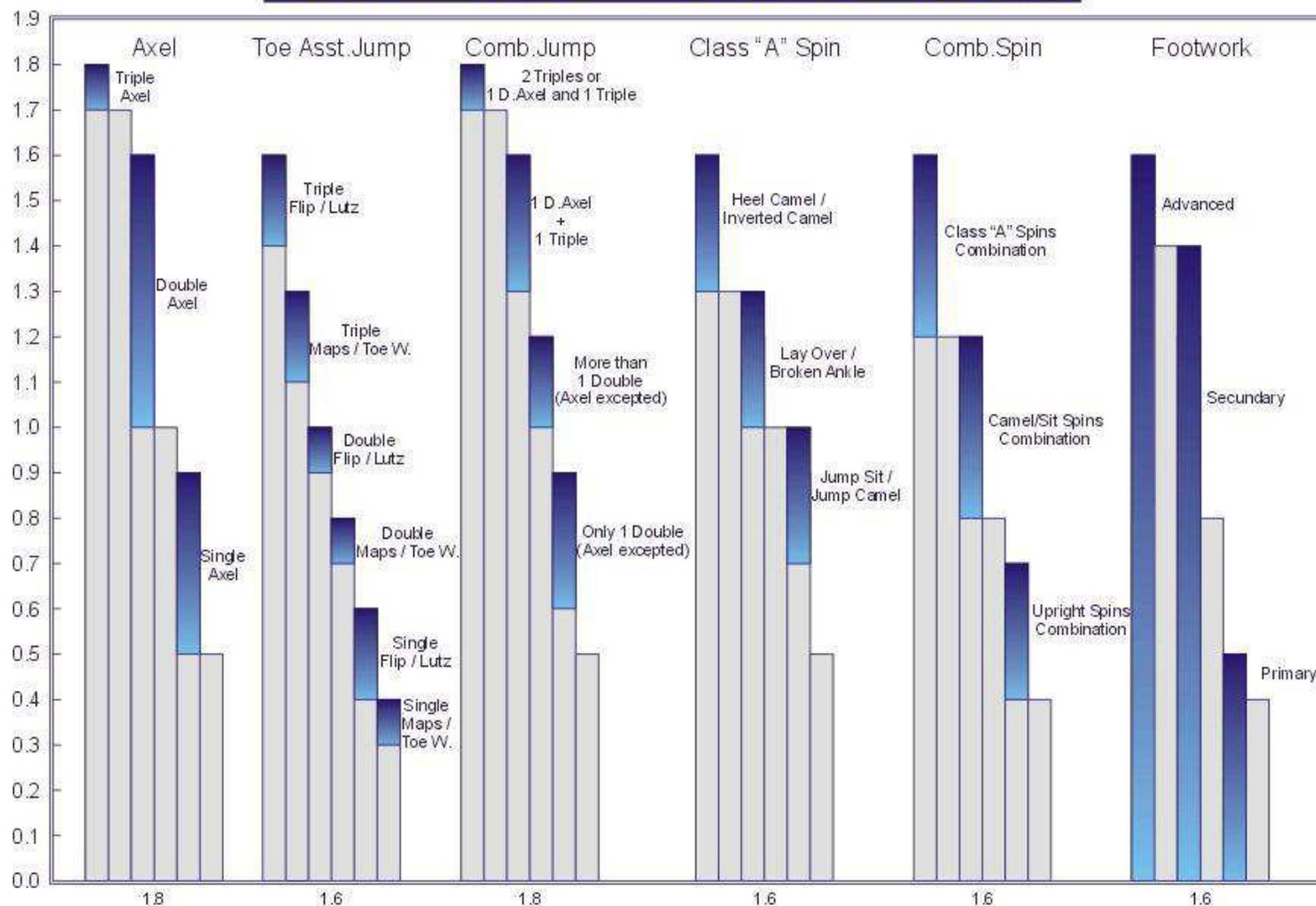
Free Skating Notes



These notes about Free Skating have been taken from Antonio Merlo's Guidelines: "Pattinaggio Artistico Individuale – Libero" and CIPA's "Special Regulations" and adapted by the CEPA Committee



SHORT PROGRAM ELEMENT VALUES



This guideline is from the CIPA Rule Book (page 163 for the Short Programme.) It is also useful for the Long Programme as it indicates the correct order of difficulty for Jumps & Spins.



JUDGING JUMPS

Important Points:

- The complete execution of the required rotation(s)
- Speed, height & length
- All phases of the jump must be correct: preparation, entry, take-off, axis, rotation, exit
- The take-off and landing edges must be as required

Jumps approached from footwork are more difficult and should be given more credit by the judges

Judges **should give no credit** for a jump with a fall at the entrance or at the exit (but they should not deduct for a “missing element”)

Judges should consider the value of an **ATTEMPTED Jump as being less than 1/4 of the full value**
i.e.

- incomplete number of required rotation(s)
- landed directly on the toe-stop for a prolonged period

In the following cases Judges should consider a Jump **VALID but seriously flawed (1/4 of full value)**

- landed directly on two feet
- landing in a “sitting” position
- landed, but with one or two hands on the floor.



Judges should consider the following as VALID but less seriously flawed (1/2 value):

- Double Axels or Triples which lack the required number of rotations (e.g. missing 1/4 of a rotation)
- Landed on the toe-stop before transferring to wheels/edge
- With an obvious touch down of the free leg on landing
- With loss of control on the landing which causes the athlete almost to reverse the direction
- Landed with poor continuous motion

Judges should consider the following as VALID but slightly flawed (3/4 value):

- With the landing such as wheels – toe stop - wheels
- With a clear difference of speed between take off and landing.
- With a slight lack of control in holding the landing position.
- With a slight touch on the floor of the free leg on landing
- When good body position is not maintained throughout.



In a Long Free Programme a Combination of jumps which includes an element considered to be incorrectly performed, should be given credit only for those elements which have been performed correctly.

In a Short Programme however – for example where a combination of 3 to 5 jumps are required, will only be given credit if at least 3 consecutive jumps are correctly executed.

IMPORTANT: In 2012 the Toe loop with half a rotation overturned at the take-off, will be considered as an Axel and given credit as such. This means a Toe loop executed as a “toe assisted jump” in the Short Programme – performed with a turn of more than one-quarter on the toe-stop while the employed foot is still on the floor – will receive NO CREDIT and will be considered as an extra element.



JUDGING SPINS

The following points are important for Judges:

- Posture (position) during the preparation
- Speed across the floor
- Centring and time taken over it
- Complete execution of the required rotations. Single Spin min. 3 and Combination 2 positions of 3 rotations each.
- Speed of rotations
- Exit made as per the rules.

Judges **should give no credit** with a fall at the entry or exit of a spin (but not consider it a “missing” element).

Judges should consider VALID the following Spins as an attempt (less than 1 /4 value):

- Use of the toe stop during the entry, rotation, change of foot, jump, exit, except Flying Camel, Butterfly and Jump Camel or where it is permitted in the rules (entry/exit free).
- A touch down of the free leg on the floor during the rotations
- Failure to complete the minimum number of rotations on the correct edge, or the spin does not have a constant edge but is interrupted
- Sit Spin where the seat is above the level of the knee
- A completely wrong position.
- Less than 3 rotations



Judges should consider the following as VALID but seriously flawed (1/4 of value):

- Bad centring.
- Very bad position during preparation and rotations
- Spin very slow and unstable
- Number of rotations less than the 3 required.
- Change of position performed with additional hitching of the employed foot (“pumping”)

Judges should consider the following as VALID but less seriously flawed (1/2 full value):

- With a correct number of rotations but with loss of control and stability.
 - With a position slightly incorrect during any part of the element.
 - Upright/Sit Spin with a Jump or change made without an immediate take off on the required edge
 - Entry with a sequence of 3 (travelling) where at the point of centring the free foot touches the floor
- NB:** In the Short Programme there is a danger that a single spin element might be taken as a “Combination” because the athlete continue to rotate in another position for 3 sequences during the exit.

Judges should consider the following VALID but slightly flawed (3/4 of full value):

- With a correct number of rotation but with slight lack of control.
- Slight lack of control during the exit.
- Rotational speed only just adequate.



In a Long Free Programme a Combination of Spins which includes an element considered to be incorrectly performed, should be given credit only for those elements which have been performed correctly.

In a Short Programme for example where a Combination of 2 to 3 Spins is required, the Combination will only be given credit if at least 2 consecutive spins are correctly executed.

IMPORTANT: From 2011 any Spin in which the change of position is performed with additional hitching of the employed foot (“pumping”) will be considered as being of poor quality (seriously flawed). Therefore in the Short Programme the Combination Spin performed with such changes of position will be penalized 0.5 points in the “A” mark.



Footwork

- Advanced (High Level)

Movements are constructed of steps involving one-foot turns, loops, Threes, Rockers, Counters, Brackets, Twizzles and Toe-Steps with one-foot rotations

- Secondary (Medium level)

Movements involving step sequences consisting of two-foot turns, Mohawks, Choctaws

- Primary

Free skating movements, which do not involve any kind of turn e.g. Runs, Cross Rolls, Cross Chasses, Chasses, Cut Steps, Toe-Steps without rotations.

In Judging Footwork the following points are important:

- Speed and fluidity of execution
- Rapidity of execution coordinated with body movements.
- Max use of the space
- Are the steps difficult or easy ? Check the quality, depth of the edge, cleanness, etc.
- Characterization and choreographic adherence to the musical theme
- Musicality and rhythm
- Originality



The “A” Mark – Technical Merit

- **Balance of the programme - Jumps, Spins and Footwork**
- **Maximum use of the skating Area**
- **A programme containing less difficult elements but correctly performed should be considered to have more value than a programme containing continuous attempts at more difficult elements.**
- **Judging must be based on the QUALITY of the elements rather than the quantity.**



The “B” Mark – Artistic Impression

The first concept that should be clear is:

“it is impossible to evaluate form without referring to its content”

For this reason the difference between the “A” and the “B” mark should normally not exceed 1.0.

In the Short Programme, owing to the unusual features of the Content of Programme, the “B” mark may in some cases be less closely linked than usual to the “A” mark.



Elements of the “B” mark

Basic Skating Skill of the Skater

- **Posture**
- **Correct positions maintained in jumps, spins and footwork**
- **Demonstration of sureness, ease and flow.**

- **Music is very important to help the skaters express themselves, their thoughts and feelings. A programme should be constructed to suit the music and ability of the skater. Programmes which are too difficult or not difficult enough, are easily recognisable.**

- **The use of space is very important**
- **The pattern of a programme traced on the rink should show variation, i.e. speed, shape, direction.**
- **All movements should be clear, strong and choreographic, making full use of arms, head, body and legs.**
- **Footwork should be clean throughout its execution with good depth of edge, good posture and artistic movement of the body.**

- **Through his/her performance the skater should be able to transmit to the Judges the emotions aroused by the music.**

- **Originality is always welcome.**