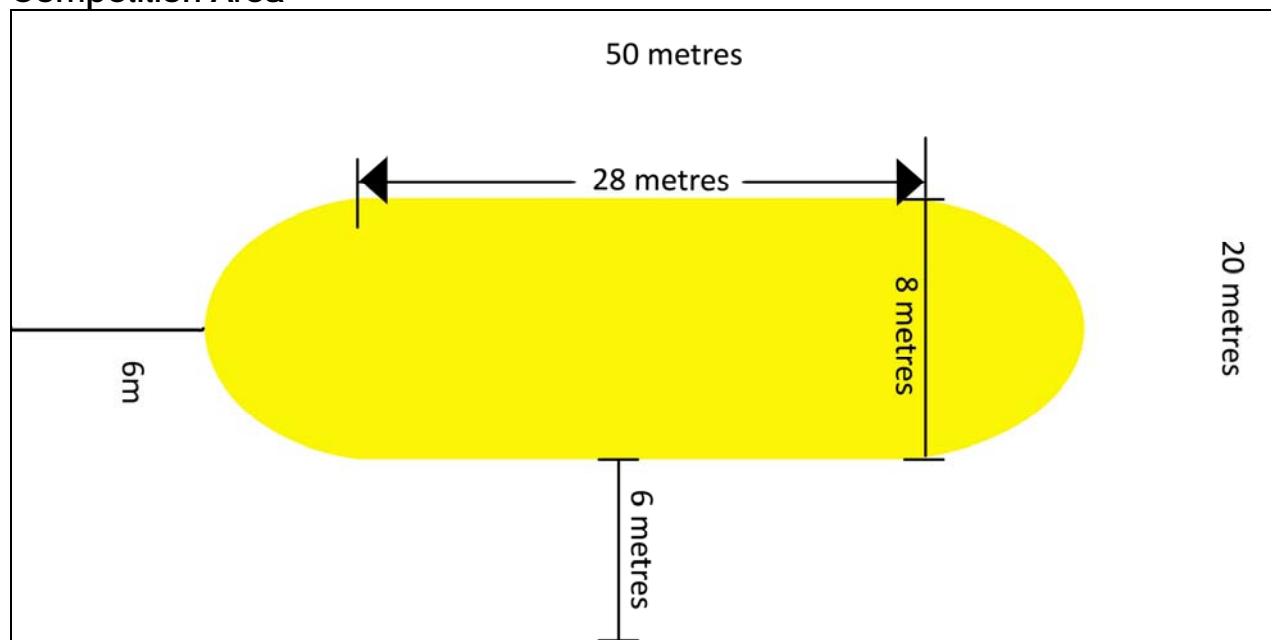


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## 500m Sprint & Kids Race

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### Competition Area



The competition area consists of

1. Cones are used to mark the turning corners
2. Start Line for all competitors to line up

### Rules

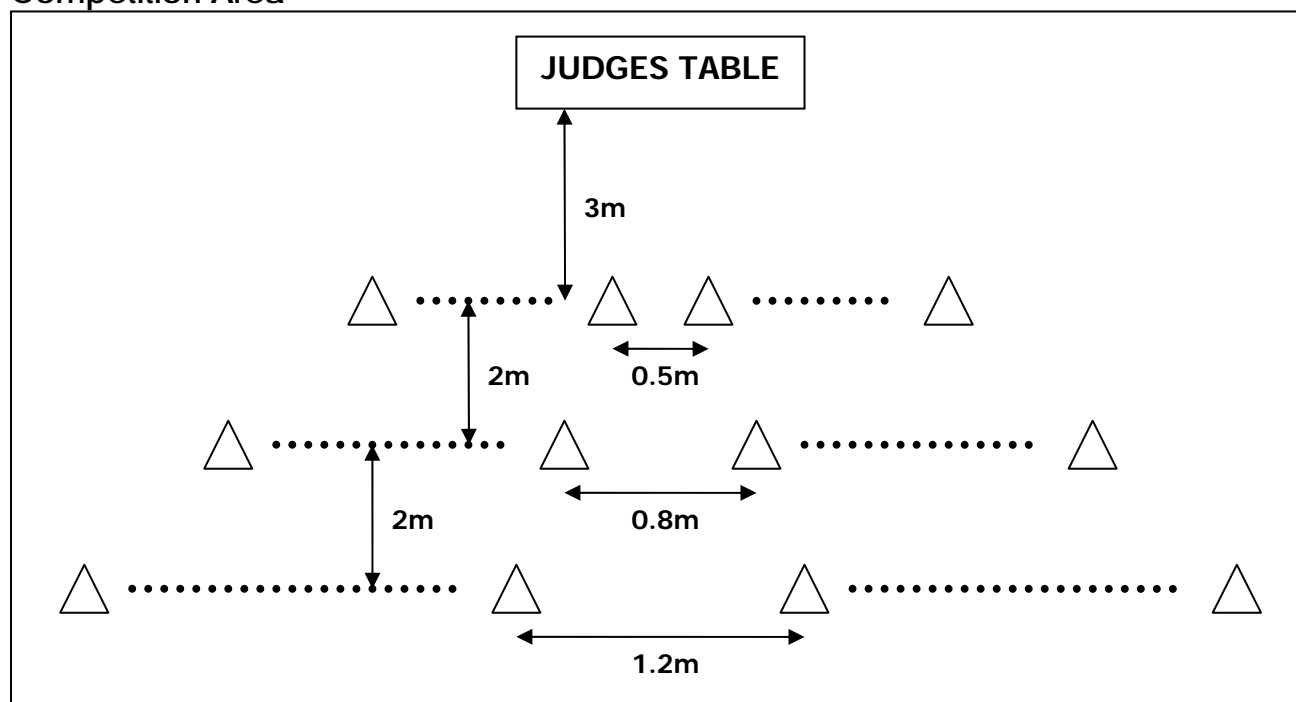
1. Competitors are to take their place on the start line.
2. Competitor is eliminated if slipped and fell.
3. Race starts at the blow of whistle.
4. Timing is taken when the first part of the first skate crosses the line.
5. A penalty is awarded for false-start.
6. When a competitor leaves the starting line or is caused to by another competitor, before the sounding of the starting signal, the skater causing the break, even if not breaking themselves, is awarded a penalty.
7. A penalty is awarded for deviating from race course.
8. A penalty is awarded for obvious pushing of another competitor.
9. Competitor is disqualified when 2<sup>nd</sup> penalty is awarded.
10. Competitor is being eliminated if he/she is being lapped.
11. Competitor is to finish a total of 6 laps for 500m sprint or 2 laps for kids race.
12. Referee's decision is final.

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# Freestyle Slalom

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## Competition Area



The competition area consists of

3. 3 lines of 8 cones each.
4. Line 1 consists of cones 50cm apart
5. Line 2 consists of cones 80cm apart
6. Line 3 consists of cones 120cm apart

## A) TRICK LADDER

### Rules

1. A list of moves (about 20) is pre-defined in order of difficulty
2. Competitors take turn to execute the moves precisely as described.
3. One attempt per trick.
4. A penalty is awarded if **one or more** cones are knocked down during the execution of a move.
5. Cone is considered knocked if moved more than half its diameter (exposing the cone's center mark position).
6. Competitors are allowed to pass a move **once and only once**. A penalty is awarded for passing a move.
7. A competitor is eliminated when the 3<sup>rd</sup> penalty is awarded.
8. Last competitor left un-eliminated wins. In the case of a tie, the tie-breaker is
  - Whoever has the lesser number of penalties win
  - Whoever was the first to get a penalty loses
9. The score will be based on the combined highest number of completed tricks, with the highest first missed trick breaking ties.
10. Competitor can choose any line of cones to do each trick.
11. Competitor can enter the line of cones from either end, and may do anything before entering the line to prepare for the trick. Unless otherwise noted, once past the first cone, the competitor must be performing the required trick.
12. To successfully complete a trick, a contestant must slalom all 8 cones.
13. No part of the competitor's body may touch the ground, except for the skates.

14. An appeal must be discussed with the judge before the end of the each step of the ladder.
15. No video challenges will be allowed. A judge's decision is final.

## List of Moves

1. Fish
2. Front Cross
3. Back Snake
4. Mabrouk
5. Back Nelson
6. Crazy
7. Eagle
8. Stroll
9. Heel-toe Snake
10. Crazy Sun
11. X
12. Back One Foot
13. One-cone Back Stroll
14. Volte (2 iterations on 4 cones)
15. Jumping X
16. Italian
17. Special
18. Total Cross
19. Wiper
20. Heel Wheeling
21. Screw / Swan (2 rounds or 720 degrees of revolution around one single cone) Footgun  
Moving Screw / Moving Swan (pass any 4 consecutive cones in screw/swan position)  
Back Toe Wheeling Forward Heel Wheeling to Back Heel Wheeling (pass all 8 cones, but must slalom at least 3 cones forward and 3 cones backward)

## B) SHOWDOWN

### Rules

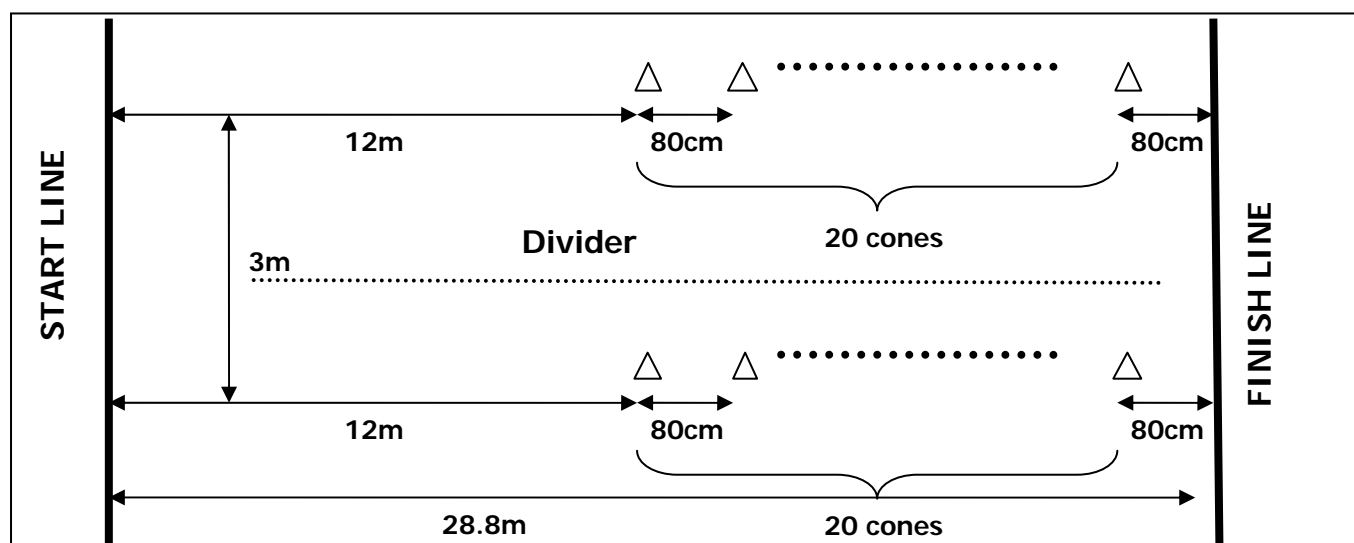
1. Competitors are matched up in groups of 2 by means of drawing lots
2. Each competitor is given 30 seconds to perform a run across 12 cones spaced at 0.8m
3. At the end of the 30s, each of the judges (odd number of judges required) picks one of the two competitors in the group (by majority votes) to advance to the next round immediately
4. Repeat until the winner is chosen

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# Speed Slalom

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## Competition Area



The competition area consists of

7. 2 lines of **20** cones, each cone separated by **80cm** (the distance is measured from center to center of the cones), and each line separated by **3m**
8. a start line **12m** before the first cone
9. a finish line **80cm** after the last cone
10. a net separating the 2 lines of cones
11. officials at start line
12. official timers at finish line

## Rules

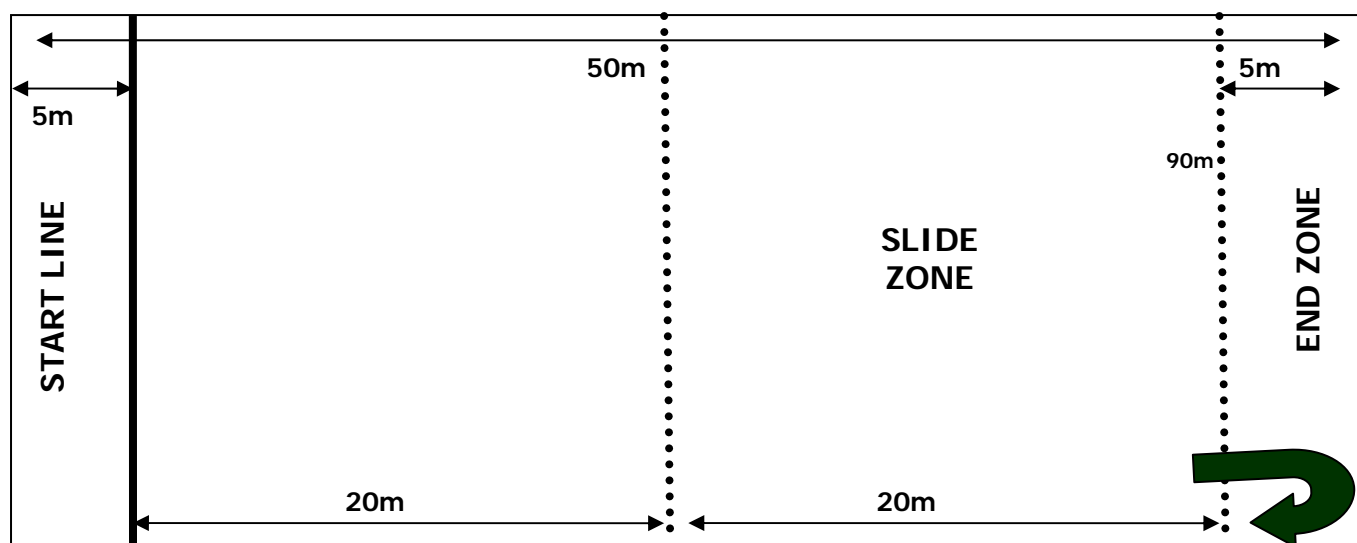
1. Participants have to skate through 20 cones in the shortest possible time. Skaters must pass through the alternate side of each successive cone for the entire run.
2. Participants will wait for the judge's signal to commence their run. They must in a stationary position behind the start line.
3. Each participant is allowed one false-start per run before he or she is disqualified.
4. There is a penalty of 0.2s for each cone knocked down, and for each cone not slalomed. The total penalty time is added to the time recorded.
5. The competition is conducted in two stages, **time-trials** and **Best Time**. For both stages, each participant is given **one run**. The qualified skaters of the time-trials will then compete in the **Best Time** according to their time-trial rankings.
6. The **Best Time** skater will have one run each.
7. Medals are awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed skater.
8. Judges decision is final and no disputes will be entertained.

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## Freestyle Slide

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### Competition Area



The competition area consists of

1. A start zone of 5m
2. A runoff distance of 20m
3. A slide zone of 20m
4. A end zone of 5m

### Rules

#### A. General

1. The competition is conducted in 2 stages. Qualifying and Battle Round.
2. In the event if there are too many competitors, initial elimination will take place after the preliminary round, i.e. not everyone gets to participate in the battle round.
3. One slide attempt can consist of only one slide or many slides done in combination.
4. There can be any number of judges, and each will be judging the performance using the same set of criteria.

#### B. Preliminary Stage

1. Each competitor is given 1 run to perform their best trick
2. Each judge will award a maximum of 30 marks on each attempt based on Technique, Execution and Presentation. Marks are totaled across all judges.
3. Judges will choose the top 15-30 competitors to rank and group them for the battle rounds fairly.
4. If there are 15 or less competitors, the preliminary stage is omitted and the battle stage is conducted immediately.

#### C. Battle Stage

1. Each battle group consists of 3-5 competitors seeded according to the results of the preliminary stage. Note that each group might not have the same number of competitors (in the case of an odd number of competitors).

2. Competitors in the same group will compete within the group. During each battle, competitors will perform **3 slide attempts** each. They will take turns to do this, according to the judges prompt. If there is a time constraint, each competitor would be asked to perform a lesser number of slides.
3. If and only if a competitor falls during any slide, the attempt will not be scored and forfeited.
4. Each slide attempt must be a unique slide or a unique slide combination. No marks will be awarded for repetition of the same slide or slide combination.
5. After the marks from judges are combined totaled. The highest total score will be award prizes respectively.
6. Medals are awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed skater.
7. Judges decision is final and no disputes will be entertained.

#### **D. Judging System**

1. The judging criteria is divided into the following components:
  - a. Technique (10 marks)
  - b. Execution (10 marks)
  - c. Presentation (10 marks)
2. **Technique** – Difficulty of the slides. For slides performed in combination, the marks are accumulated, with no accounting for the switching. **Note that each slide (even in combination) must be done over a distance of at least 1m at least for it to be considered.**
3. **Style** – Competitors will be evaluated based on the speed, mastery, balance and control during the entire execution of the slide.
4. **Execution** – Competitors will be evaluated how well they execute the slides and distance covered Lower level slides have lower execution points and Higher level slides more.
5. No penalties are deducted if the skater hands or 1 knee touches the ground. No marks are awarded for falls.