

## 花式绕桩评分系统

花式绕桩是在选手自选音乐中融洽地表演一段富含跳跃、旋转、步法以及各种连接动作的花式绕桩元素构成优美而平衡节目。

### 优美而平衡的节目

对男女选手来说，一优美而平衡的花式绕桩节目应该至少包括如下内容：

编号	类别	数量	Sample	Remark
1	旋转	1	小天鹅,奥利佛	
2	蹲类	1	茶壶	劈叉不计
3	跳跃	1	Foot spin,wiper	X-jump不计
4	单轮	2	前单轮、后单轮	

花式绕桩评分系统（FSJS）包括如下 3 部分：

#### 1) 技术价值/技术分（60 分）

- a) 难度（30 分）
- b) 速度（20 分）
- c) 创新（10 分）

#### 2) 艺术价值/艺术分(40 分)

- a) 身形（15 分）
- b) 编排（25 分）

#### 3) 扣分(-)

- a) 时间
- b) 踢、漏桩
- c) 失误

#### 第一部分 技术价值/技术分

##### 1) 难度

## Freestyle Slalom Judge System

Freestyle Slalom consists of a well balanced program of freestyle slalom elements, such as jumps, spins, steps and other linking movements executed in harmony with music of the competitor's choice.

### Well Balanced Program

A well balanced freestyle slalom program for **Men & Ladies** must contain: at least

No.	Category	Quantity	Sample	Remark
1	Spins	1	Little swan,oliver	
2	Sitting trick	1	Foot gun	NO spit
3	Jumps	1	Foot spin,wiper	NO X-jump
4	Wheeling	2	Toe wheeling,heel wheeling	

Freestyle Slalom Judge System (FSJS) Should include 3 parts,there are

#### 1) Technical Value/Technical Score（60 points）

- a) Difficulty(30 points)
- b) Speed(20 points)
- c) Creation/Bonus(10 points)

#### 2) Artistic Value/Artistic Score(40 points)

- a) Body Performance(15 points)
- b) Management (25points)

#### 3) Deduction(-)

- a) Limit of Time
- b) Kick or No Slalom Cones
- c) Fall

#### Part(I) Technical Value/Technical Score

##### 1) Difficulty

**a) 旋转**

旋转应该包括单桩旋转，如双脚尖单桩旋转，绕桩旋转，如小天鹅、奥利佛。

**b) 跳跃**

跳跃应该为非同时着地跳跃，如 wiper,foot spin，但是 X-jump 和 Chap-chap 不应该称为跳跃，因为其为同时着地的。

**c) 步法**

步法应该包括变化足步法、变向步法、变姿步法。

**2) 速度**

对于裁定技术水平，速度是非常重要的指标，其取决于绕桩线的数量、每桩线的速度、平均绕桩速度。

**3) 创新**

要么在优美而平衡的规定动作中，要么是额外动作未列入已知动作，只要其是唯一的、特别的、富有创新的动作，在一套优美而平衡的节目中将获得一些创新分。如没有别的选手表演同样的动作，此创新分最多只记录一次。

**第二部分 艺术价值/艺术分**

**艺术价值的定义**

对于每位裁判员除要评价技术价值之外，还要就整个节目分 2 部分评分，它们是身形和编排。

**1) 身形**

身形应该包括身体姿态和身体语言两个部分。

**a)spins**

Spins should include spins of one cone e.g. toes spins on one cones ,spins of slaloming cones ,such as little swan,oliver.

**b)jumps**

Jumps should be asynchronous jump when landing,such as wiper,foot spin,but X-jump &Chap-chap could not include because of they are at one time when landing.

**c)steps**

Steps should include change of footwork,change of direction and change of gesture.

**2) Speed**

Speed is very important index for judging level of technique,depends on quantities of slalom line ,speed of slalom per line &average speed of slalom.

**3) Creation/Bonus**

Unique, special and innovative movements either within the given number of elements of a Well Balanced Program or as an extraordinary element not listed within a Well Balanced Program will receive a Bonus of some points. The Bonus will be awarded for maximum one season, unless there is no other slalomer who performs the same element.

**Part(II) Artistic Value/Artistic Score**

**Definition of Artistic Value**

In addition to Technical Score each of the Judges will evaluate the skater's/pair's whole performance which is divided into 2 Parts: Body Performance and Management.

**1) Body Performance**

Body Performance should include 2 parts: Body Pose and Body Language.

### ➤ 身体姿态

身体姿态的价值以滑行技巧为载体，滑行总质量、刃的掌控以及场地中滑行的流畅度，都将被花式绕桩语言（刃的掌控、步法、转向等）所诠释出来，简约而不简单的技术、毫不费力的加速和变速，以及变化能量中的加速度。

评价身体姿态的价值，如下必须考虑：

- 平衡，膝关节的韵律和精确的足位。
- 流畅且毫不费力的滑行
- 简洁而稳定的用刀、步法和转向。
- 力量和加速度
- 多方向滑行掌控
- 单足滑行
- 技术均衡掌控的一致性（双人滑）

### ➤ 身体语言

身体语言的价值体现在花式绕桩节目中的节目表演和节目执行上  
表演（演绎）：节目表演包含选手生理、情绪、智力上表现，将其翻译为音乐与舞蹈语言的表演。

执行：动作质量和精确表达动作，这包括着双人滑动作均衡一致性。

评价身体语言的价值，如下必须考虑：

- 生理、情绪、智力上表现
- 姿态
- 风格和个性、个人特质
- 简洁
- 多样性
- 突出部分
- 和谐如一性（双人滑）
- 平衡(双人滑)
- 双人空间距离- 双人空间距离掌控和双人位置改变掌控（双人滑）

### ➤ Body Pose

The value of Body pose is expressed by Skating Skills. Overall skating quality, edge control and flow over the field surface demonstrated by a command of the freestyle slalom vocabulary (edges, steps, turns etc), the clarity of technique and the use of effortless power to accelerate and vary speed. Varied use of power/energy, speed and acceleration. In evaluating the value of Body pose, the following must be considered:

- Balance, rhythmic knee action and precision of foot placement
- Flow and effortless glide
- Cleanness and sureness of deep edges, steps and turns
- Power/energy and acceleration
- Mastery of multi directional skating
- Mastery of one foot skating
- Equal mastery of technique by both partners shown in unison (Pair Skating or Jam)

### ➤ Body Language

The value of Body Language is expressed by Performance and Execution of Freestyle Slalom Program

Performance: is the involvement of the skater/pair physically, emotionally and intellectually as they translate the intent of the music and choreography.

Execution: is the quality of movement and precision in delivery. This includes harmony of movement in Pair Skating.

In evaluating the value of Body Language, the following must be considered:

- Physical, emotional and intellectual involvement
- Carriage
- Style and individuality/personality
- Clarity of movement
- Variety and contrast
- Projection
- Unison and "oneness" (Pair Slalom or Jam)
- Balance in performance Pair Slalom or Jam)

## 2) 编排

编排应该包括两部分：动作编排和音乐编排。

### ➤ 动作编排

动作编排应该包括两个要素：动作连接和动作结构编排

#### (1) 动作连接

无论是在单人滑还是双人滑中，各色各样而纷繁的滑位、移动、暂停和步法连接着所有花式绕桩元素，从入桩到出桩。

评价动作连接，如下必须考虑：

- 多样性
- 难度
- 复杂性
- 质量 (包括一致和谐性在双人滑中)
- 配合平衡 (双人滑)

#### (2) 动作结构编排

依据均衡、统一、合理桩空间利用、动作造型等原则，有意识编排原创各种类型的技术动作。

评价动作结构编排，如下必须考虑：

- 目标性 (创意、理念、视觉、情绪)
- 均衡性 (不同部分均衡比重)
- 一致性 (有意识串接)
- 身材和公用空间利用
- 图案和场地覆盖
- 排列组合(技术动作和每部分表达合乎音乐)
- 富含创意的目的、技术、设计编排

- Spatial awareness between partners - management of the distance between partners and management of changes of hold (Pair Slalom or Jam)

## 2) Management

Management should include 2 parts: tricks of Management and Music of Management.

### ➤ Tricks of Management

Tricks of Management should include tow elements: Transitions/ Linking Footwork and Movement and Structure of Tricks Management

#### (1) Transitions/ Linking Footwork and Movement

The varied and/or intricate footwork, positions, movements and holds that link all elements. In singles and pairs or jam this also includes the entrances and exits of technical elements.

In evaluating the Transitions/Linking Footwork and Movement, the following must be considered:

- Variety
- Difficulty
- Intricacy
- Quality (including unison in Pair Slalom or Jam)
- Balance of workload between partners (Pair Slalom or Jam)

#### (2) Structure of Tricks Management

An intentional, developed and/or original arrangement of all types of movements according to the principles of proportion, unity, space, pattern, structure and phrasing.

In evaluating the Choreography/Composition the following must be considered:

- Purpose (idea, concept, vision, mood)
- Proportion (equal weight of parts)
- Unity (purposeful threading of all movements)
- Utilization of personal and public space
- Pattern and field coverage
- Phrasing and form (movements and parts structured to match the phrasing of the music)

- 在结束时共享责任(双人滑)

➤ **音乐编排**

个人创造性地融合音乐，在场地上诠释花式绕桩。

评价音乐编排，如下必须考虑：

- 毫不费力得准确进入音乐
- 表达应音乐的风格、特性和韵律
- 恰当地反映音乐席位差别
- 双人关系恰当地反映了音乐特性(双人滑)

**第三部分 扣分**

**1) 时间**

花式绕桩节目滑行时间为 90 ±15 秒，过长或者过短的节目都将依据入桩到出桩的时间长度来判定扣分多少。

**2) 踢、漏桩数**

每个踢、漏桩数将扣 0.5 分。

**3) 失误**

依据花式绕桩的具体细节情况，判定失误扣分多少，如失去重心、姿态、入桩、出桩等失误情况而定。

中国自由式轮滑筹备组  
编辑：马君 (mmj)

- Originality of purpose, movement and design

- Shared responsibility in achieving purpose (for Pair Slalom or Jam)

➤ **Music of Management**

The personal and creative translation of the music to movement on filed.

In evaluating the Interpretation of the music, the following must be considered:

- Effortless movement in time to the music (timing)
- Expression of the music's style, character and rhythm
- Use of fitness to reflect the nuances of the music
- Relationship between the partners reflecting the character of the music(Jam)

**Part(III) Deduction**

**1)Limit of Time**

Freestyle slalom program should be set 90 ±15 seconds, too short or too long program should be received deduction score of some points ,depend on the time of program from slaloming first cone to exit of last cone.

**2)Cones of Penalty/Kick or No Slalom Cones.**

Kick or No Slalom Cones should be deducted score of 0.5 points per cone

**3)Fall**

Fall should be deducted score of some points according to the circumstantialities of freestyle slalom progame,such as center of gravity,gesture,entry of slalom, exit of slalom and so on.

China Slalom Program Steering Committee  
Editor:Jackie MA (mmj)