

# CONFÉDÉRATION EUROPÉENNE DE ROLLER – SKATING

C.E.R.S. (affiliée À LA F.I.R.S.)

COMITÉ EUROPÉEN DE PATINAGE ARTISTIQUE (CEPA)

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## Rules 2004

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**!! In case of misunderstanding the French version is competent !!**

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## Technical regulation for Championships Seniors, Juniors, Youth and Cadets

### Seniors

#### Individual

Figures:	Gr.1	20	37	38	41	All Figures a/b
	Gr.2	21	36	39	40	
	Gr.3	22	37	38	41	
	Gr.4	23	36	39	40	

Short Programme: 2.15 mins.CIPA regulations (appendix 2 – **note modifications**)

Long Programme: 4 mins.CIPA regulations

#### Pairs

Short Programme: 2.45 mins.CIPA regulation (appendix 3)

Long Programme: 4.30 mins.CIPA regulation

**See appendix 5, for 2004 step sequences for ALL CATEGORIES, Short Programme singles and Pairs.**

#### Dance

Compulsory Dances: Quickstep (2 sequences)  
Viennese Waltz (2 sequences)

OD: Charleston – (appendix 6)  
(2.30 minutes +/- 10 sec.)

Free Dance: 3.30 mins.CIPA regulations

### **Juniors - 18 years (1986 inc.)**

#### Individual

Figures:	Gr.1	20	37	31	40	All Figures a/b
	Gr.2	21	36	38	40	
	Gr.3	22	37	31	40	
	Gr.4	23	36	38	40	

Short Programme: 2.15 mins. (appendix 2 - **note modifications**). Single spin groups A or B.

Long Programme: 4 mins.CIPA regulations

### Pairs

Short Programme: 2.30 mins.CIPA regulation (appendix 3)

Long Programme: 4.00 mins.CIPA regulation

### Dance

Compulsory Dances: Rocker Foxtrot (2 sequences)  
Flirtation Waltz (2 sequences)

OD: Charleston – (appendix 6)  
(2.30 minutes +/- 10 sec.)

Free Dance: 3.30 mins.CIPA regulations

## **Youth - 16 years (1988 inc.)**

### Individual

Figures:	Gr.1	20 a/b	33 a/b	16	36 a/b
	Gr.2	21 a/b	32 a/b	17	29 a/b
	Gr.3	22 a/b	33 a/b	17	36 a/b
	Gr.4	23 a/b	32 a/b	30 a/b	29 a/b

Short Programme: 2.15 mins. (appendix 2 -**note modifications**).Single spin groups A or B or C.

Long Programme: 4 mins.CIPA regulations

### Pairs

Short Programme: 2.15 mins – composing elements:

1. Axel Jump
2. Sit spin BI
3. Tscherkessen – sit spin opposite, can be BO/BI/FO, as long as both skaters are in opposite sit position
4. Twist Lutz (one turn)
5. Death Spiral BO
6. Press Lift
7. Steps sequence (appendix 5)

Long Programme: 3.30 mins. Maximum 3 lifts. **Throw jumps with no more than two (2) rev.**

**In Short and Long programme, for Single and Pairs, a broken ankle spin is not allowed!!**

### Dance

Compulsory Dances: 14 Step (4 sequences)  
Association Waltz (2 sequences)  
Keats Foxtrot (4 sequences)  
Free Dance: 3 mins. Maximum 4 lifts.

### **Cadets - 14 years (1990 inc.)**

#### Individual

Figures:	Gr.1	13	19 a/b	15	20 a/b
	Gr.2	19 a/b	21 a/b	30 a/b	28 a/b
	Gr.3	18 a/b	22 a/b	16	28 a/b
	Gr.4	13	18 a/b	30 a/b	23 a/b

Short Programme: 2.15 mins. (appendix 2-**note modifications**).Single spin groups A or B or C.

Long Programme: 3 mins.CIPA regulations

#### Pairs

Short Programme: 2.15 mins – composing elements:

1. Axel Jump
2. Sit spin BI
3. Tscherkessen – sit spin opposite, can be BO/BI/FO, as long as both skaters are in opposite sit position
4. Twist Lutz (one turn)
5. Death Spiral BO
6. Lutz or Flip lift
7. Steps sequence (appendix 5)

Long Programme: 3 mins. Maximum 2 lifts. **Throw Jumps with no more than two (2) rev.**  
**!! no overhead lifts during the long programme!!**

**In Short and Long programme, for Single and Pairs, a broken ankle spin is not allowed!!**

### Dance

Compulsory Dances: Denver Shuffle (4 sequences)  
Little Waltz (4 sequences)  
Siesta Tango (4 sequences)

Free Dance: 3 mins. Maximum 4 lifts.

- The day before the first official training, a member of CEP A will draw lots for groups and compulsory figures.

- Each Federation takes full responsibility for its skaters aged under twelve.
- The organisers disclaim any responsibility for accidents occurring during the official training sessions and competitions.

**The organisers have to assure the assistance of a doctor or medical service.**

- The tolerances are plus or minus **5 secs.** for Short Programmes, and plus or minus **10 secs.** for Long Programmes.

- The number of beats to be used for all dances must not exceed 24 beats of music. The timing will begin with the first movement of the skater/skaters.

A movement is defined as any movement of the arm/head/leg/foot.

## **Championships of Europe for all Categories**

### *1. Entry per nation*

3 Ladies	(figure and Free)	2 combined maximum
3 Men	(figure and Free)	2 combined maximum
3 Pairs		
3 Dance		

The Federation can enter only 3 ladies and 3 men competing in Figure and Free where maximum two can compete and be placed in combination, while the third skater is placed in Figures and Free and not in Combination. The names of the entries to Figures, Free and Combination must be specified at the entry form and cannot be changed after the initial draw of starting order.

### *2. Following Championships titles awarded*

Figures	Ladies & Men
Free	Ladies & Men
Combination	Ladies & Men
Pairs	
Dance	

### *3. Factor*

Individual / Combination	=	figures	2
		short	1
		long	3
Pairs	=	short	1
		long	3
Dance (Senior & Junior)	=	compulsory	1
		OD	1
		Free dance	1
Dance (Youth & Cadet)	=	compulsory	1
		Free Dance	1,5

## Cup of Europe

1. The Cup of Europe is a competition for Promotional Pairs, Solo Dance, Free skating & In-Line.

### 2. Per Nation

4 Ladies	in Minis & Espoir	– 3	in Cadet & Youth
4 Men	in Minis & Espoir	– 3	in Cadet & Youth
4 Pairs	in each category		
4 Solo Dance	in each category		
3 Ladies	In-Line, see appendix 9		
3 Men	In-Line, see appendix 9		

### 3. Judges

Cepa will invite Ten (10) international judges without limitation and will provide lodgement and meals in twin rooms. Travel to be paid by the judge or their Federation. The organisation shall be required to pay the actual travel and living expenses of three (3) members of CEPA from the evening preceding the start of the official training until the morning after the last day of the competition or gala.

### 4. Technical conditions:

a) Individual categories:

**Minis:** age up to 10 years (1994)

Only free skating long programme 2 minutes minimum to 2.30 minutes maximum

Can insert only:

Jumps:

max. Jumps of 1 revolution + axel, double toe loop and double salchow.

Maximum two (2) combinations of min. 2 and max. 5 jumps between above listed.

Spins:

Can perform only

Upright spins

Sit spins

Camel (not broken ankle, not heel, not inverted)

Combination spin: only one (1) combination spin is permitted between above listed.

Footwork: minimum one step sequence (circle or line/diagonal or serpentine) to the skater's choice

**Espoirs:** age up to 12 years (1992)

Only free skating long programme 3.00 minutes +/- 10 seconds

Can insert only:

Jumps.

Max. Jumps of 2 revolutions (no double axel and triples!)

Spins:

Can perform only:

Upright spins

Sit spins

Any Camel spins (no Broken Ankle!)

Combination spins are free from the spins listed above



- 7) Footwork                      A sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

**LONG PROGRAM**                      2.30 min +/- 10 sec.

Can insert ONLY:

- INDIVIDUAL JUMPS of one rotation plus axel, double toe loop and double salchow. Max 3 combination of min. 2 and max 5 jumps between above listed.
- INDIVIDUAL SPINS upright and sit all edge, camel FO & BO also in combination between them.
- THROW JUMPS of max one rotation.
- CONTACT SPINS upright, sit, hazel also in combination between them.
- SPIRALS angel (camel) BO.
- The team MUST insert a circle sequence of footwork.
- LIFTS ARE NOT ALLOWED.

## **ESPOIR**

**SHORT PROGRAM**                      2.15 min. +/- 5 sec.

- 1) Individual Jump              Max Jump of one rotations.
- 2) Individual Spin                Upright spin
- 3) Lift                              Any Single lift with the ladies waist below man's head.
- 4) Throw Jump                    Max Jump of one rotations.
- 5) Contact Spin                  Upright opposite can be BO/BI/FO
- 6) Spiral                          Angel (Camel) Spiral
- 7) Footwork                        A sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

**LONG PROGRAM**                      3 min +/- 10 sec.

Can insert ONLY:

- INDIVIDUAL JUMPS of max two rotations. Max 3 combination of min. 2 and max 5 jumps between above listed.
- INDIVIDUAL SPINS upright and sit all edge, camel FO & BO also in combination between them.
- THROW JUMPS of one rotation. plus axel & double salchow.
- CONTACT SPINS upright, sit, hazel and camel in kilian, face to face, arabesque position, also in combination between them.
- SPIRALS angel (camel) BO & death spiral BO.
- LIFTS like Axel/Flip/Lutz in all position and all lift where the lady pelvis not over head the man. OVERREAD LIFTS ARE NOT ALLOWED. Max 2 lifts also in combination.
- The team MUST insert a serpentine sequence of footwork.

## PROMOTIONAL CADET

SHORT PROGRAM 2.15 min. +/- 5 sec.

- 1) Individual Jump Max Jump of one rev. or an Axel.
- 2) Individual Spin Upright or Sit
- 3) Lift Any Single lift with the ladies waist below man's head
- 4) Throw Jump Max Jump of one a half rotations
- 5) Contact Spin Face to face upright spin BI or BO in waltz position
- 6) Spiral Angel (Camel) Spiral
- 7) Footwork A seq. of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

LONG PROGRAM 3 min +/- 10 sec.

Can insert ONLY:

- INDIVIDUAL JUMPS of max two rotations.  
Max 2 combination of min. 2 and max 5 jumps between above listed.
- INDIVIDUAL SPINS upright and sit all edge, camel FO & BO also in combination between them.
- THROW JUMPS of one rotation. plus axel & double salchow.
- CONTACT SPINS upright, sit, hazel and camel in kilian, face to face, arabesque position, also in combination between them.
- SPIRALS angel (camel) BO & death spiral BO.
- LIFTS like Axel/Flip/Lutz in all position and all lift where the lady pelvis not over head the man. OVERREAD LIFTS ARE NOT ALLOWED. Max 2 lifts also in combination.
- The team MUST insert a sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

## PROMOTIONAL YOUTH

SHORT PROGRAM 2.15 min. +/- 5 sec.

- 1) Individual Jump Max Jump of one rev. or an Axel.
- 2) Individual Spin Upright or Sit spin
- 3) Lift Any Single lift with the ladies waist below man's head.
- 4) Throw Jump Max Jump of one a half rotations
- 5) Contact Spin Tscherkessen – sit spin opposite can be BO/BI/FO
- 6) Spiral Angel (Camel) Spiral
- 7) Footwork A sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

LONG PROGRAM 3.30 min +/- 10 sec.

Can insert ONLY:

- INDIVIDUAL JUMPS of max two rotations.  
Max 2 combination of min. 2 and max 5 jumps between above listed.

- INDIVIDUAL SPINS upright and sit all edge, camel FO & BO also in combination between them.
- THROW JUMPS of max two rotations (no double axel)
- CONTACT SPINS forbidden only impossible spins (any kind) and spin around over the head camel with the lady in inverted position
- SPIRALS angel (camel) outside and inside, forward and backward. Also BO Death Spiral
- LIFTS max 2 lifts selected from Airplane, Press lift, Pancake also in combination between them. You can also use shoulder lifts such as Axel, Flip, Lutz
- The team MUST insert a sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

## PROMOTIONAL JUNIOR

### SHORT PROGRAM            2.15 min. +/- 5 sec.

- |                    |  |
|--------------------|--|
| 1) Individual Jump | Max jump of two rotation   |
| 2) Individual Spin | Upright/Sit or Camel spin  |
| 3) Lift            | Airplane   |
| 4) Throw Jump      | Max Jump of two rotation.  |
| 5) Contact Spin    | Hazel spin   |
| 6) Spiral          | any kind (Camel or Death)  |
| 7) Footwork        | A sequence of footwork to cover at least $\frac{3}{4}$ of the diagonal of the skating surface. |

### LONG PROGRAM            4.00 min +/- 10 sec.

Can insert ONLY:

- INDIVIDUAL JUMPS of max two rotations.  
Max 2 combination of min. 2 and max 5 jumps between above listed.
- INDIVIDUAL SPINS upright and sit all edge, camel FO, BO, BI, FI also in combination between them.
- THROW JUMPS of max two rotations (no double axel)
- CONTACT SPINS, forbidden only impossible spins (all type) and spin around over the head camel with the lady in inverted position
- SPIRALS any kind (Camel or Death).
- LIFTS max 2 lifts selected from Airplane, Press lift, Pancake, Cartwheel (any kind, forbidden reverse cartwheel), Militano with take-off like press lift (Press chair lift) also in combination between them. You can also use shoulder lifts such as Axel, Flip, Lutz
- The team MUST insert a sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

## PROMOTIONAL SENIOR

SHORT PROGRAM            2.15 min. +/- 5 sec.

- |                    |  |
|--------------------|--|
| 1) Individual Jump | Max Jump with two rotations.   |
| 2) Individual Spin | Upright/sit or Camel spin  |
| 3) Lift            | Press Lift   |
| 4) Throw Jump      | Max Jump with two rotations  |
| 5) Contact Spin    | Camel BO in kilian position  |
| 6) Spiral          | any kind (Camel or Death)  |
| 7) Footwork        | A sequence of footwork to cover at least $\frac{3}{4}$ of the diagonal of the skating surface. |

LONG PROGRAM            4.30 min +/- 10 sec.

Can insert ONLY:

- INDIVIDUAL JUMPS of max two rotations.  
Max 2 combination of min. 2 and max 5 jumps between above listed.
- INDIVIDUAL SPINS upright and sit all edge, camel FO, BO, BI, FI also in combination between them.
- THROW JUMPS of max two rotations (no double axel)
- CONTACT SPINS, forbidden only impossible sit spins and spin around over the head camel with the lady in inverted position.
- SPIRALS any kind (Camel or Death).
- LIFTS max 2 lifts selected from Airplane, Press lift, Pancake, Cartwheel (any kind, forbidden reverse cartwheel), Militano with take-off like press lift (Press chair lift) also in combination between them. You can also use shoulder lifts such as Axel, Flip, Lutz
- The team MUST insert a sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.

### NOTES FOR ALL PROMOTIONAL CATEGORIES:

In the short program the lift must have from take-off to landing max 4 rotation of the man.

In the short program Individual spin and contact spin must have min. 3 revolution.

In the long programme choreographic movement, like little dance lift, are allowed.

For all others elements see normal rules of pairs in the CIPA book (Artistic Roller Skating – Special Regulations & Sports Rules 2003 edition)

c) Solo Dance

*In all categories women and men compete together in one category.*

**Minis:** age up to 10 years (1994)

Perform 2 compulsory dances: Country Polka and Rhythm Blues.

**Espoirs:** age up to 12 years (1992)

Perform 2 compulsory dances: Denver Shuffle and Tudor Waltz.

**Cadets**: age up to 14 years (1990)

Perform 2 compulsory dances: Little Waltz and Siesta Tango.

OSP: Tango (Appendix 7)

**Youth**: age up to 16 years (1988)

Perform 2 compulsory dances: Keats Foxtrot and Imperial Tango.

OSP: Charleston (Appendix 7)

**Junior**: age up to 18 years (1986)

Perform 2 compulsory dances: Blues and Harris Tango.

Free dance: 2.30 minutes +/- 10 seconds

**Senior**: age older than 18 years (1985 & before)

Perform 2 compulsory dances: Italian Foxtrot and Viennese Waltz.

Free dance: 3 minutes +/- 10 seconds

All technical conditions of solo dance are the same as the C.E.P.A./C.I.P.A.-rules for couples dance + appendix 8 Solo Dance Rules.

**Important: All Steps will be Ladies Steps.**

d) In-Line Free Skating

A new competition started from 2003, see appendix 9

e) Factors

Individual, Pairs & In-Line: Short Programme	Factor 1
Long Programme	Factor 3
Dance: Compulsory/OSP/Free Dance	Factor 1

## **European Championships for Precision and Show Teams**

### **Competitions**

1. Quartet
2. Small Groups 6-12 skaters
3. Large groups more than 16 skaters
4. Cadet Quartet
5. Cadet Groups (ages official) 8-16 skaters
6. Precision Teams 16-24 skaters

### **ALL INSCRIPTIONS MUST BE THROUGH THE FEDERATION!!!!**

Three (3) numbers maximum per category, per nation. A skater can participate in each category.

One maximum per category per team.

### **Prizes**

1. Quartet: 1°, 2° & 3° receive an official medal
2. Show Groups & Precision Teams: 3 cups are offered (one large, one medium, one small) for the first 3 places.
3. All participants will be given a Diploma.

## General Regulations

### Composition of groups Competition

The larger group will start first

Groups will be announced before the commencement of training.

### Warm-Up Competitions

1. Compulsory figures: 15 minutes before the competition, 2 mins. per 4/5 skaters (appendix 1)  
15 minutes between second and third figure.
2. Compulsory Dances: each group has 20 sec. warm-up without music and then one piece of music is played for the warm-up.
3. OD, Free Dance, Short & Long Programme:  
2 minutes plus length of programmes.
4. OSP: 4 minutes.

- For the warming up period, a clock should be provided by the country organising championships

- Rules re OD as per CIPA ref. SR 3.33 to SR 3.39 will be respected.

- Rules re Free Dance as per CIPA ref. SR 3.41 to SR 3.51 will be respected.

- **SR 3.44.05: Lifts in the free dance:** A maximum of five (5) lift in Junior/Senior, in the free dance will be allowed. The number of revolutions may not exceed one-and-a-half (1,5), with the woman's waist never held higher than the man's shoulders. Cadet/Youth max. 4 lifts, minis/Espoir max. 3 lift.

**Any choreographic movement, in which the partner is assisted aloft and has both feet off the floor, shall be considered a lift.**

- **Note**, kneeling or laying on the floor, in all categories, is only allowed at the beginning and/or at the end of the performance. This may be done for a maximum of five (5) seconds at the beginning or at the end. Deduction for each violation 0.3 in the B mark.

- **Pairs Short Programme, All Categories:** No extra elements are allowed in the short programme pairs and this included choreographic lifts of any kind. Starting with 1998 in pairs short programme any choreographic movement in which a partner is assisted aloft, shall be considered a lift and will not be allowed.

Choreographic lifts in pairs are not allowed, only set elements.

- **Vocal music:** Free Skating and Pairs, vocal music is not allowed, not a spoken word in any language. For OD, OSP and Free Dance vocal music is permitted.

- **Opening Step in Compulsory Dances:** The number of beats to be used for all dances must not exceed 24 beats of music. The timing will begin with the first movement of the skater/skaters. A movement is defined as any movement of the arm/leg/foot.

- **Step sequences for short programme single/pairs** : Recognised jumps with a visible preparation-execution-landing are not allowed in the step sequence.

Please be aware of extra-recognised jumps in the short programme.

- **Specification Dance Rules**: In Compulsory Dance, on skating surface under 25x50 meters, it's permissible to cross the long axis slightly (not more than two 2 meters).

In OSP Solo Dance, on a surface 22x 44 or under, it's permissible, in each sequence, to cross the tracing slightly (not more than two 2 meters) one (1) time and cross long **OR** short axis slightly (not more than two 2 meters) one (1) time per sequence.

- **Costume Rules**:

In all artistic competitive roller skating events (including official training days), the costume for both women and men should be in character with the music, but should not be such so as to cause embarrassment to the skater, judges or spectators.

To clarify the paragraph above, the "appearance" of nudity of a costume is considered a violation of the above rules and will be penalised. (This means too much use of body-stocking material which gives the appearance of nudity).

Costumes, which are very low, cut at the neck, or which show bare midriffs are considered show costumes, and are not suitable for championship skating.

Any beads or diamante trimmings used on the costumes must be very securely stitched so as not to cause obstruction to the following contestants.

The woman's costume must be constructed so that it completely covers the thigh (pants), hips and posterior. French-cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hipbone. All costumes must have a skirt.

The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimetres below the collarbone; transparent material is not permitted.

Props of any nature are not permitted.

Penalties resulting from the violation of the costume rules will range between five tenths (0,5) and one point zero (1,0), in according to the degree of the violation. At the instruction of the Referee, this penalty will be deducted from the "B" mark after the score has been assigned by the judges.

- **Categories**: In all championships and international competitions on the CIPA/CEPA Calendar you cannot skate in a lower category the future, e.g. European youth, you cannot go back to Cadet. Cadets cannot go back to Espoir.

- The country organising a Championship must be prepared to have a panel of 9 judges decided by CEPA. The organising must provide the Judges the marking boxes/computer for judging the competitions.

- **ATTENTION**: In the category youth, cadet, espoir and minis, in single and pairs, a broken ankle spin is not allowed.

- **Antidoping controls**: Refer to FIRS statutes.

## Financial Regulation from January 2004

### European Championships Seniors & Juniors

#### 1. Organising Charge

Charge set at 6500 Euro.

It will be increased every two years according to transport and hotel prices.

The Organising Federation is required to pay this amount to CEPA not later than two month before the start of the event, or with the approval of the President, on the first day of the official training.

#### 2. Registration Charge

Charge set at 50 Euro per skater per competition (whether compulsory figures or free).

It is payable to CEPA on the first day of the official training by each participating Federation.

#### 3. Allowance for travel & living expenses

The organising federation shall be required to pay for:

- a. Lodging, breakfast and other meals including drink (during meals) from the day of the judges meeting until the next morning after the last competition for fourteen (14 ) judges maximum and lodging, breakfast and other meals including drink (during meals) of two (2) foreign calculators nominated by CEPA from the evening preceding the start of the official training until the morning after the last day of the competition or gala. If more than 14 countries take part, CEPA will select the official judges. If a judge or calculator does not accept the lodging and breakfast offered by the organiser, he will be himself responsible for the relevant expenses; an agreement is to be reached between the organiser and CEPA in respect of other meals. All Judges and calculators will be lodged in a double (twin) room: however, when a judge would prefer to stay alone in the room, the difference of the room rate will be at the charge of the judges federation or the judge. All Judge and Calculators are booked in the same hotel.

#### ***JUDGES FOR JUNIOR/SENIOR MUST BE WITHOUT LIMITATION***

- b. The organising Federation must, with CEPA's agreement, have one (1) calculator of its own nationality; organizer pay for lodging, breakfast and other meals including drink (during meals) from the evening preceding the start of the official training until the morning after the last day of the competition or gala. The travel expenses of the foreign calculators will be met by CEPA. The travel expenses of the Judges will be in charge of each Federation.
- c. The only Official Calculating Programme recognised at Europeans Championships will be the R.Gussmann programme.
- d. The actual travel and living expenses of CEPA's members (from the evening preceding the start of the official training until the morning after the last day of the competition or gala).

4. Facilities at the Championships site

- 2 The organising Committee shall place a vehicle (with 6 or more seats) at CEPA's disposal for the duration of the championship (from the evening preceding the start of the official training until the morning after the last day of the competitions or gala).
- 3 Transport between the official accommodation premises and the rink must be provided to all teams, at regular interval, for the duration of the championships.
- 4 The Hotel for CEPA, Judges and calculators must not be more than 10 Km.

## **European Championships – Youth & Cadets**

1. Organising Charge

Charge set at 4.000 Euro, and subject to the same condition as those for the European Championships – Seniors & Juniors.

All other regulation shall be as for Senior & Junior category except that expenses of only four (4) CEPA Members shall have to be met.

### **Note concerning all European Championships:**

- 1) Countries represented in all three categories (individual, Pairs and dance) shall be entitled, at their expense and with the agreement of CEPA, to propose an additional judge whose qualification must cover dance. Two (2) more judge maximum nominated by CEPA with hotel and meals paid by the organisation in the case of large number of competitors.
- 2) The judges shall be selected by CEPA, priority being given to those from participating countries.

## **Cup of Europe**

1. Organising Charge

Charge set at 1.500 Euro, and subject to the same condition as those for the European Championships – Seniors & Juniors.

2. Registration Charge

Charge set at 50 Euro per skater per competition. 15 Euro per skater will be given by CEPA to the organiser.

3. Allowance for travel & living expenses

Same regulation as for European Championships Senior/Juniors, except:

- a) expenses of three (3) CEPA members to be met (travel, meals and Hotel), from the evening preceding the start of the official training until the morning after the last day of the competition or gala.
- b) expenses of Ten (10) judges (not limited) to be met (lodgement in twin room) and food provided by CEPA, from the day of the judges meeting until the next morning after the last competition. Travel will be in charge of each Federation.
- c) the two international calculators will be from the organising country.  
Meals and Hotel from the evening preceding the start of the official training until the morning after the last day of the competition or gala, will be in charge of organizer.  
Travel expenses will be in charge of organizing Federation.

#### 4. Facilities at the Championship site

Same regulation as for European Championships Senior/Junior

### **European Championships for Precision and Show Teams**

#### 1. Organising Charge

Charge set at 1.500 Euro.

#### 2. Registration Charge

25 Euro per skater (10 Euro per skater given by CEPA to the organisation).

#### 3. Living Allowance

The organizer shall be responsible for the lodging and meal expenses for ten (10) foreign judges approved by CEPA and of the two calculators and their own/s judge/s (approved by CEPA) from the day of the judges meeting until the next morning after the last competition. Travel will be in charge of each Federation.

The actual expenses (travel, meals and lodging) incurred by three (3) CEPA members from the evening preceding the start of the official training until the morning after the last day of the competition or gala.

### **ATTENTION, FOR ALL CHAMPIONSHIPS/COMPETITIONS:**

All payment done in another rate than Euro will be charged an extra 10%. Currency that is not exchangeable in any country will be not be acceptable.

#### Accreditation to European Championships and Cup of Europe, given to:

- 1 Delegate
- 1 Team Manager
- 4 Trainer max; each discipline one (1) with a maximum of four (4)
- 1 Pass for extra trainer each 10 skaters (e.g. 32 skaters, will be given 3 extra pass)
- 1 medical person (qualified)
- 2 bus drivers

#### For European Championships of Precision and Show Teams:

- 1 Delegate per team
- 1 trainer per team
- 2 Bus drivers

**For ALL Competitions: late payments of the above financial regulations will carry a penalty of two (2) % for each 30 days.**

## **European Championships Participation Bulletins**

Ninety (90) day before the start of the Championships, the organisers shall send the following documents to each country:

- a) Site details, rink, nature of floor, dimensions, etc.
- b) List of Hotels
- c) CEPA registration forms:
  - 1. Confirmation, also indicating the number of participants, to be sent to CEPA & Organisers 40 days in advance, in respect of each Federation
  - 2. Registration of participants by name (**TYPED**) to be sent to CEPA & Organisers, 20 days in advance (Imperative!!)  
After twenty (20) days a penalty will be applied of double entry fees for each late country.  
**A Federation must pay if they enter and do not cancel 20 days before. CEPA must be notified by fax of any subsequent modification. No alteration in the list of participants and in their category/speciality will be accepted after the draw of the starting foot or after the start of the first training session indicated in the timetable prepared by CEPA.**  
**The list must be signed by the delegate before the first official training.**
- d) Likely training and competition timetable by CEPA
- e) Date(s) of Judges meeting and of drawing by CEPA

After receiving the registration forms, CEPA will send the training and competition programme to the organisers.

## **Ceremony**

### **Opening Ceremony**

- a) Entrance of national teams on roller skates.
- b) Entrance of Delegates.
- c) Entrance of Judges and calculators.
- d) Entrance of CEPA members.
- e) Welcome to national teams, parts of each national anthem played.
- f) Welcome address by the event Organiser and by the President of the National Federation organising the event.
- g) Opening by the President of CERS or by his stand-in.

### **Closing Ceremony**

- a) – d) as for opening ceremony
- f) Farewell speeches by the event Organiser and by the President of the organising national Federation.
- g) Closing of the event by the President of CERS or by his stand-in.
- h) National anthem of the inviting Federation

### **Presentation Medals**

- a) Announcing the three highest placed competitors and presentation on the podium.
- b) Presentation of medals:
  - Gold - by the President of CEPA
  - Silver - by the Referee
  - Bronze - by the Assistant Referee
- c) Presentation of the CERS Cup:  
by the President of CERS or a member of a Central Committee or a dignitary.
- d) Winners National Anthem

## Rules Concerning Judges

### 1. Examinations

- a) Examinations must take place and be carried out in accordance with agreed procedure: CIPA – 1993 at the Hague.
- b) When possible CEPA will organise international examinations for judges and calculators.
- c) Examinations for Precision competition judges will take place when required. Successful candidates will receive a “B” commission.

### 2. Judges functions after being successful in the examination

- a) First year – International competitions such as German Cup, Interland Cup, Sunday’s Brussels and all category “A” competitions and Groups.
- b) Second year – European Championships – Youth and Cadets, Cup of Europe, European Championships of Precision and Show Teams.
- c) Third year – European Championships Seniors & Juniors

### 3. Judges Meeting

- a) A judges meeting must take place before every European Championship or European Cup.
- b) After each event, a judges meeting chaired by the Referee (CEPA) should also be held.
- c) After an obviously mistaken judgement/decision, the judge concerned must submit his case in writing to CEPA.
- d) In case of blatant disagreement, the Referee shall prepare a report and submit it to CIPA.

### 4. CEPA Seminars for Judges

#### All judges are welcome at the seminars.

In 2005 a special seminar will be organised by CEPA with the following regulation:

- One international judge **without limitation** from every Federation who speaks English or French, must attend a seminar organised by CEPA.
- Travel expenses are at charge of the federations.
- Lodgement and food for 3 days (in twin rooms) are at the charge of CEPA.
- The judge who attends this seminar, at the end, will make a report (English or French) and send this to the CEPA President within one month after the seminar.
- Afterwards the judge must transmit all the obtained information to his national and international colleagues at home by organising a seminar. He will report to CEPA President the list of the Judges who have attended this national seminar.
- For the European Championships CEPA will only accept judges from this list
- When a Federation is absent at this particular seminar, NO judge from this federation will be invited to any European Championships (All) until next seminar.

**5. The President and the Vice-President of CEPA** will form the juries for the European Championships and the Cup of Europe.

**6. Judges, Referee, Assistant Referee**, judges and calculators will be selected from the official list prepared by CIPA and from the proposals of each Federation CEPA have the right of the choice of the judge. In particular cases CEPA may request the nomination of a Judge to his/her National Federation (like CIPA rule 4.03.18).

The President of CEPA will request from each federation a list of Judges (**min. 3 per event**) & Calculators for Europeans Championships and Cup of Europe **before February 29th 2004**.

7. All other regulation of CIPA OR4.05.10/11/12.

8. International judges who are in the same time trainers are not allowed to judge in the categories they train.

9. International judges are not allowed to judge skaters of their relatives:

A judge must withdraw from a panel if a conflict of interest should arise.

A “conflict of interest” occurs when a judge is assigned to an event in which one or more of the competitors are:

- A. A relative
- B. A student of a relative
- C. A former student
- D. A former competitive partner

10. International Judges who reach the age of SIXTY-FIVE (65) **cannot** judge European Cadet & Youth, European Junior & Senior, European of Show & Precision skating.

11. Any judge may have to justify his marks in writing at the request of the Referee/Assistant. The Referee/Assistant will write his own report. Both will be send to the President for the discussion in his committee. Then if necessary, all documentation will be send to CIPA for decision.

In case of unacceptable judging the involved judge may lose, temporarily or definitely, their commission (like CIPA 4.06.15).

12. To set the average of the first competitor, the highest and lowest mark will be taken away.

13. **In European Junior & Senior the Judges must be without Limitation.**

## Rules for International Competitions

Any proposed competition or meeting (Precision or show competitions included) must be notified to CEPA for its approval and for a decision as to the category it belongs to.

**A - Category)** The following European and World Competition:

German Cup, Interland Cup, Concours Sunday's, Open Dance Hettange, Trophy "Fabio Barbieri", Coppa Italia "Memorial D.Di Giuseppe"

**B - Category)** Competition involving a limited (fixed in advance) number of countries or foreign Club. All other competitions, meetings or Precision/Show competitions.

The following should be noted:

**1.** Application for approval be addressed to CEPA, 45 days before the event, together with the following documents:

- a) participation bulletin
- b) list of invited participants (countries, club, etc.)
- c) Remittance of the organisation charge of 350 Euro for A Category and 175 Euro for B category, payable to:

Mrs M.Brooks  
Account N° 10068 – ABI 5308 – CAB 69440  
Swift IBAN IT 94 X 05308 69440 10068  
Banca Popolare di Ancona S.p.A.  
Filiale di Falerone  
P.zza Concordia  
Falerone AP  
Italy

**2.** CEPA & Judges Costs

a) For A category events, CEPA will send two of its members, or their representatives, who reside geographically nearest. Travel and living expenses shall be met by the organiser. The cost of Judge (Hotel and meals) will be at the charge of organiser.

b) For B category events CEPA will appoint one committee member or representative to monitor the competitions. Travel and living expenses shall be met by the organisers. All cost of Judges (travel, lodging) will be at the charge of each Federation or Club. The meals of the judges are in charge of organiser.

**3.** The Jury - composition

For international A & B category events the referee shall generally be a CEPA members or their representatives.

For international A events, the judges must be international (subject to CEPA's agreement).

For international B events, the judges can be international or national (subject to CEPA's agreement).

In all international competitions a minimum of one international calculator is required.

4. Documents of competitions. A full dossier (juries, results, score sheets) must be submitted to CEPA at the close of the competition.

5. When skaters from outside Europe are invited to European competitions, CEPA shall make the required formal arrangements with CIPA.

6. CEPA and the Federation of the country of origin must be notified of competitions of B category or meetings.

7. CEPA keep the right to print on all official documents at championships, the logo of sponsor/s, including Cup of Europe.

**8. No international competition or meeting can be organised at the same time as those of CEPA.**

**!!! Only CEPA is authorised to allow exceptions !!!**

# Regulation concerning Show & Precision Competitions 2004

## Competitions

- 1.Solo: Woman or Man
- 2.Duo: Woman (women) and/or man (men)
- 3.Groups: Number of participants as per nation bulletin. Groups may consist of women and/or men.
- 4.Precision Teams

## Technical Conditions

- 1.Length: Solo, Duo and Quartet: 3 min +/- 10 sec.  
Cadet Groups and Cadet Quartet: 3 min. +/- 10 sec.  
Small Groups: minimum 4, maximum 5 min. +/- 10 sec.  
Large Groups: minimum 4, maximum 5 min +/- 10 sec.  
Precision Teams: 5 min. +/- 10 sec.

Time start with the first movement

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

### 3.Elements

- a) Solo:** All jumps with one rotation plus single axel, double toe loop and double salchow are allowed. Spins are allowed except spins of class A.
- b) Duo:** Elements in the artistic pair category and those involving lifting above the shoulders shall not be allowed. All jumps with one rotation plus single axel, double toe loop and double salchow are allowed. Spins are allowed except spins of class A.
- c) Quartets:** They shall not be made up of two couples, pairs or dance, but four skaters acting as a group. All jumps with one rotation plus single axel, double toe loop and double salchow are allowed. Spins are allowed except spins of class A.
- d) Groups:** Individual and artistic pairs skating are not allowed. Skating will be assessed as a whole. Jumps with more than one revolution shall not be allowed. Only upright and sit spins without travelling are allowed.

### 4. Rules for Show skating

- a) Movements or steps performed while stationary position are allowed. However, programmes with excessive stationary movements will be given less credit. Choreography must commence within 10 sec. After the music has started.
- b) A Show performance may not include more than **4 typical precision elements**: e.g. a circle, a wheel is allowed; or from each mentioned manoeuvre are 4 allowed: e.g. 4 circle, etc!.
- Circle: a group of skaters standing or revolving about a common centre each equidistant from the centre: the circle can rotate either clockwise or counter clockwise, forward or backward. There are open circles ( the skaters do not have contact with one another ) and closed circles ( the skaters hold onto each other in a variety of ways such as hand to hand, shoulder to shoulder or catch waist as in a train).**
- Closed circles with more than 1 rotation are recognized as a typical precision element !**

**Wheel : a straight line revolving about a common axis in the centre of the line : usually there is an equal number of skaters on each side of the axis . the wheel can rotate clockwise or in a counter clockwise direction .**

**The quantity of spokes goes from two spoke to six or more; the variation in wheels are recognized in Parallel-Pinwheels , S-Pinwheels , Step-in- Wheels and Travelling-Wheels : Any of these mentioned wheels with more than 1 rotation are recognized as typical precision element !**

Line manoeuvres & Blocks in all forms have no limitations.

Combination of elements will be counted like one element.

- c) The main performance of a show group must be show, not precision.
- d) Show teams give in their performance expression of show elements; so audience and judges are aware of a theme matching the title of the performance; (Precision teams gives in their performance expression of a technical standard).
- e) Participants not on roller skates shall not be allowed.
- f) There shall be no restrictions on the choice of music but skating must be in tune with the music chosen.
- g) All theatre decorations are not allowed, only accessories (props) directly in harmony with the programme. Self standing props are not allowed.
- h) Fog machines and personal spotlights are not allowed.

#### 5. Costume rules for show competitions

In all show competitive roller skating events (including official training), the costumes for both women and men should be in character with the music, but should not be so as to cause embarrassment to the skaters, judges or spectators!

Woman's costume must be constructed so that it completely covers the tights (pants), hips and posterior. French-cut leotards are strictly prohibited; i.e. leotards which are cut higher than the hip bone.

#### 6. Show deductions

- more than 4 typical precision parts (given by the referee) 1.0 in A mark per element
- when the main performance is not a show but a precision (given by the referee) 1.0 in B mark
- If elements, that are not allowed, are included in the program 0.5 in A & B mark per element
- Falls: major (more than one skater for prolonged time) 0.8 – 1.0 in B mark
- medium (either one skater for prolonged time or down and up for more than one skater) 0.6 in B mark
- minor (down and right up for one skater) 0.4 in B mark
- Duration longer than required time, the referee gives the signal by whistle to stop judging.
- Duration shorter than required time (given by referee) 0.2 in A & B mark for each 10 seconds under
- Performance of Quartet to start within 15 seconds of the announcement of the floor
- Performance of Groups to start within 30 seconds of the announcement of the floor (referee to signal start by whistle)
- Costume deduction (given by the referee) 0.5 – 1.0 in B mark

#### 7. Rules for precision skating

- A group contains normally a min. of 16 and a max of 24 skaters
- The performance of a formation team:
  - a) Vocal music is allowed
  - b) Well balanced programme of recognized elements for formation teams: as circles, wheels, lines, blocks and intersecting manoeuvre. The manoeuvres must be dominant from one element to the other.
  - c) Difficult linking steps between elements must be visible.
  - d) At least 3 separate handholds must be shown.

- e) Max. Use of surface.
- f) Stationary position during the performance is not allowed.
- g) The movements & steps must be matched with the music.
- h) Lifts & individual elements are not allowed.
- i) Spins with more than one revolution are not allowed.
- j) At least one change of tempo in the music must be done.
- k) Allowed jumps with max half revolution.
- l) Props and object are not allowed.

### 8. Precision deduction

- Omission elements (not attempts)	1.0 in A mark per element
- Jumps of more than half (1/2) revolution or Spins with more one revolution	0.4 in A mark per element
- Lifts of any kind	0.4 in A mark per lift
- Break in the execution of manoeuvres	0.2 – 0.4 in A mark
- Stumble during manoeuvres	0.2 in A & B mark
- Duration longer than required time, the referee gives the signal by whistle to stop judging.	
- Duration shorter than required time (given by the referee)	0.2 in A & B mark for each 10 seconds under
- Falls: <u>major</u> (more than one skater for prolonged time)	0.8 – 1.0 in B mark
<u>medium</u> (either one skater for prolonged time or down and up for more than one skater)	0.6 in B mark
<u>minor</u> (down and right up for one skater)	0.4 in B mark
- Performance to start within one (1) and half minute (Cipa Rule). Captain will give the signal to start by hand. (referee to signal start by whistle)	
- Costume deduction (given by the referee)	0.5 – 1.0 in B mark

### 9. Costume rules for precision competition

In all competitive precision roller skating event (including official training days), the costumes for both women and men should be in character with the music. The design of the costume should not cause embarrassment to the skaters, judges or spectators.

Costumes which are very low cut at the neck or which show bare midriffs are not suitable for precision skating teams.

Beads or diamond trimmings are not recommended for precision skating team. Any trimmings used on the costume must be very securely stitched so that they do not dislodge during competition and cause obstruction to the competitors team or following contestants.

Women's costumes may consist of leotard with skirt. This must be constructed so that it completely covers the tights (pants), hips and posterior: French cut leotards are strictly prohibited, i.e. leotards which are cut higher than the hip bone.

Both men and women in precision teams are permitted to wear long trousers. Ballet tights are not permitted.

Men's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimetres below the collarbone. Transparent material is not permitted for either sex.

Props of any nature are not permitted during precision skating events. For example, hand props such banner, canes or pom poms.

## **Drawing Order and warm up groups**

Drawing for starting numbers shall follow that for countries and teams in alphabetical order

## Marking

Judges shall score Show and Precision Skating using the point system outlined below after the performance of each group, solo/duo, quartet. The full values indicate the general ability of the team. Additional marks of point one through point nine may add to further differentiate between the teams:

0.0	not skated
0.1 – 0.9	extremely bad
1.0 – 1.9	very poor
2.0 – 2.9	poor
3.0 – 3.9	defective
4.0 – 4.9	below average
5.0 – 5.9	average
6.0 – 6.9	fair
7.0 – 7.9	good
8.0 – 8.9	very good
9.0 – 9.9	excellent
10.0	perfect

Two marks will be awarded: **A and B**

If two position are equal the best B prevails. Results will conform with the “White” system.

### Show

#### A: Technical difficulty

- a) originality
- b) technical difficulties
- c) rhythm
- d) Choreography (construction of program)
- e) space filling

#### B: Artistic Impression

- a) ideas
- b) harmony between movement and music
- c) appropriateness of the costume to the nature of the programme
- d) general impression (creativity)

### Precision

#### A: Technical difficulty

- a) Originality of elements
- b) Difficulty of program
- c) Difficulty of connecting steps and their suitability to the music
- d) variety of elements and formations, overall balance of choreography and utilization of the entire floor
- e) Placement of formation and manoeuvre in the utilization of the surface

#### B: Artistic Impression

- a) Unison and synchronization of elements by team member
- b) Ability of team members to sustain the same level of performance throughout the program
- c) Carriage and style
- d) Cleanness and sureness
- e) Speed and flow
- f) Smoothness of transitions, without hesitation
- g) interpretation of character and rhythm of the music
- h) Variety of the music, correct selection in relation to skaters
- i) Orderly entry and exit from floor
- l) Neatness of appearance, including costumes
- m) Harmonious composition of program and conformity to the music

## **Training and warm up**

The organizer must in agreement with CEPA ensure that all participants have sufficient training, following these rules:

Team competing in one Show category	10 min.
Team competing in two Show category	15 min.
Team competing in three Show category	20 min.
Team competing in four Show category	25 min.
Team competing in five Show category	30 min.
Precision Teams – for each team	15 min.

## **Judges**

Ten Judges will be invited proposed by the Federation each panel will consist of five or seven Judges

**All international show competitions must be organised in accordance with the CEPA Rules an Regulations.**

**Organisers shall refer to the CEPA Rules and Regulations, item 6 (Rules for international competitions) and item 2 (Financial regulation).**

## Appendix No.1

### Rules concerning the allocation of skaters in groups

#### Individual

##### 1) Warm up for figures:

First 2 minutes: 4 skaters for circle and 5 skaters for loop

When competition starts, the competitor plus 4 skaters warming up in circle, the competitor plus 5 skaters warming up in the loop.

##### 2) For Single Short & Long Programme, and Solo Dance (Compulsory, OSP and Free)

#### Session Training & Training Competition

Participants                      Drawing order                      “Programme” / warm up groups

---

1-3	Reverse order	1 group	1-3
4	2+2	1 Gr.	4
5	3+2	1 Gr.	5
6	3+3	1 Gr.	6
7	4+3	2 Gr.	4+3
8	4+4	2 Gr.	4+4
9	5+4	2 Gr.	5+4
10	5+5	2 Gr.	5+5
11	6+5	2 Gr.	6+5
12	6+6	2 Gr.	6+6
13	5+4+4	3 Gr.	5+4+4
14	5+5+4	3 Gr.	5+5+4
15	5+5+5	3 Gr.	5+5+5
16	6+5+5	3 Gr.	6+5+5
17	6+6+5	3 Gr.	6+6+5
18	6+6+6	3 Gr.	6+6+6
19	5+5+5+4	4 Gr.	5+5+5+4
20	5+5+5+5	4 Gr.	5+5+5+5
21	6+5+5+5	4 Gr.	6+5+5+5
22	6+6+5+5	4 Gr.	6+6+5+5
23	6+6+6+5	4 Gr.	6+6+6+5
24	6+6+6+6	4 Gr.	6+6+6+6
25	5+5+5+5+5	5 Gr.	5+5+5+5+5
26	6+5+5+5+5	5 Gr.	6+5+5+5+5
27	6+6+5+5+5	5 Gr.	6+6+5+5+5
28	6+6+6+5+5	5 Gr.	6+6+6+5+5
29	6+6+6+6+5	5 Gr.	6+6+6+6+5
30	6+6+6+6+6	5 Gr.	6+6+6+6+6

### 3) Pairs

#### Session Training & Training Competition

Participants	Drawing order	Programme / warm up groups	
1-3	reverse order	1 group	1-3
4	2+2	1 Gr.	4
5	3+2	2 Gr.	3+2
6	3+3	2 Gr.	3+3
7	4+3	2 Gr.	4+3
8	4+4	2 Gr.	4+4
9	3+3+3	3 Gr.	3+3+3
10	4+3+3	3 Gr.	4+3+3
11	4+4+3	3 Gr.	4+4+3
12	4+4+4	3 Gr.	4+4+4
13	4+3+3+3	4 Gr.	4+3+3+3
14	4+4+3+3	4 Gr.	4+4+3+3
15	4+4+4+3	4 Gr.	4+4+4+3
16	4+4+4+4	4 Gr.	4+4+4+4

### 4) Dance

#### Session Training & Training Competition

Participants	Drawing order	Programme / warm up groups	
1-3	reverse order	1 group	
4	2+2	1 Gr.	4
5	3+2	1 Gr.	5
6	3+3	2 Gr.	3+3
7	4+3	2 Gr.	4+3
8	4+4	2 Gr.	4+4
9	5+4	2 Gr.	5+4
10	5+5	2 Gr.	5+5
11	4+4+3	3 Gr.	4+4+3
12	4+4+4	3 Gr.	4+4+4
13	5+4+4	3 Gr.	5+4+4
14	5+5+4	3 Gr.	5+5+4
15	5+5+5	3 Gr.	5+5+5
16	4+4+4+4	4 Gr.	4+4+4+4

## Appendix No.2

### Set Elements for Ladies and Men Short Programmes

The elements to be skated in the two minutes fifteen seconds (2.15) short programme must be as listed below:

1. Axel – This can be a single, double or triple.
2. Toe assisted Jump – This can be a single, double or triple.
3. Combination of Jumps – Minimum of three (3) jumps, maximum of five (5) jumps, to include one jump with two (2) revolutions or more.
4. One class “A” Single Spin – Select from the following list (entry and exit optional):
  - Inverted Camel (any edge)
  - Heel Camel (forward or backward)
  - Broken Ankle (forward or backward)
  - Lay Over Camel (any edge)
  - Jump Camel
  - Jump Sit
5. Spin Combination – Two (2) or three (3) positions with or without change of foot **(MUST INCLUDE A SIT SPIN, ANY EDGE)**. At least three (3) revolutions in each position. The entry and exit is optional.
6. Step sequence – In Circle, see appendix 5.

#### General:

- The single elements listed above may also be skated in the combination jumps or spins.
- The elements can be skated in any order.
- No additional elements may be skated.
- Each additional element attempted will carry a penalty of 0.5 from the “B” mark with no credit given to the “A” mark.
- The six listed elements must not be repeated.
- An element not attempted will carry a penalty of 0.5 from the “A” mark
- Any Class “A” spin with more than one position will be given a deduction of 0.5 from the “A” mark.
- Any spin combination with more than three positions will be given a deduction of 0.5 from the “A” mark.
- Any jumps combination of more than five (5) jumps will be given a deduction of 0.5 from the “A” mark.

#### Falls:

Complete loss of balance with the body making contact with the floor will be penalised by 0.3, on each and every occasion. This amount will be deducted from the “B” mark.

#### **Authorised Spins (one position)**

Seniors:	Class “A” (refer to CIPA regulation).
Juniors:	Class “A” & “B”.
Youth/Cadets:	Class “A”, “B” & “C”

#### **Class B**

BO Camel (arabesque)  
BI Camel (arabesque)  
BO sit spin

#### **Class C**

BI sit spin  
FO sit spin  
Cross Foot spin  
FO Camel (arabesque)

## European Guideline for judging Free Skating Short Program set elements

The score should not merely be the result of a figure sum, it should rather reflect the total performance including both its good and bad aspect.

Set Element	Score	Total Score
Axel/Simple,double, triple	from 0,5 to 1,8	from 3,0 to 10,0
Toe Assisted jump	from 0,5 to 1,6	
Combination of Jumps	from 0,5 to 1,8	
Class A (or B, C) Spin	from 0,5 to 1,6	
Combination Spin	from 0,5 to 1,6	
Step sequence	from 0,5 to 1,6	

### **Axel:**

Single	from 0,6 to 1,0
Double	from 0,9 to 1,5
Triple	from 1,4 to 1,8

### **Toe Assisted Jump:**

Single	Toeloop	0,6
	Flip / Lutz	from 0,6 to 0,8
Double	Toeloop	from 0,8 to 0,9
	Flip / Lutz	from 0,9 to 1,1
Triple	Toeloop	from 1,1 to 1,3
	Flip / Lutz	from 1,3 to 1,6

### **Combination of Jumps:**

Including one double (axel excepted)	from 0,6 to 0,9
Including more than one double	from 0,9 to 1,3
Including one Double Axel or one Triple	from 1,3 to 1,5
Including two Triples or one Double Axel and one Triple	from 1,5 to 1,8

### **Class A (or B, C) Spin:**

Sit or Camel Spin	from 0,6 to 1,1
Lay over camel / Broken Ankle camel	from 1,1 to 1,3
Heel Camel / Inverted Camel	from 1,3 to 1,6

### **Combination Spins:**

Upright Spins Combination	from 0,6 to 0,7
Camel / Sit Spins Combination	from 0,7 to 1,2
Class A Spins Combination	from 1,2 to 1,6

### **Step sequence:**

Poor	from 0,6 to 0,9
Fair	from 1,0 to 1,4
Very Good	from 1,5 to 1,6

## Appendix No.3

### Pairs Skating Short Programme Set Elements Seniors

1. Death Spiral – any edge – at least one revolution.
2. Contact Spin – any combination, each change of position must be held for at least two (2) revolutions. The change from one position to another is not counted as a revolution.
3. One position Lift – Maximum four (4) rotations of the man. Adagio type movements at the end of the lift are not allowed.
4. Combination Lift - Maximum three (3) positions. No more than eight (8) rotation of the man from take-off to landing. All take-offs by the girl must be recognised take-offs. Adagio-type movements at the end of the lift are not allowed.
5. One shadow Jump – No combination. Must be a recognised jump.
6. One Shadow Spin – No combination. Must be a recognised spin. Minimum three (3) revolutions.
7. One Step Sequence – In Circle, see appendix 5.
8. One throw Jump or Twist Lift – In the twist lift, immediately after the take-off, the woman can attempt either a full extension or a full split before rotating, the latter will be given more credit. On landing both partners can be rolling backward or can be in frontal position. The latter will be given more credit.

Time: 2.45 min. +/- 5 sec.

### Pairs Skating Short Programme Set Elements Juniors

1. Death Spiral – any edge – at least one revolution.
2. Contact Spin – any combination, each change of position must be held for at least two (2) revolutions. The change from one position to another is not counted as a revolution.
- 3.4 Two Different One Position Lifts – Maximum four (4) rotations of the man. Adagio type movements at the end of the lift are not allowed.
5. One shadow Jump – No combination. Must be a recognised jump. No Triple Jumps to be included.
6. One shadow Spin – No combination. Must be a recognised spin. Minimum three (3) revolutions.
7. One Step Sequence – In Circle, see appendix 5.
8. One throw Jump or Twist Lift – In the twist lift, immediately after the take-off, the woman can attempt either a full extension or a full split before rotating, the latter will be given more credit. One landing both partners can be rolling backward or can be in frontal position. The latter will be given more credit.

Time 2.30 min. +/- 5 sec.

General:

- The elements can be skated in any order.
- No additional elements may be skated.
- The eight (8) listed elements must not be repeated. Each additional element attempted will carry penalty of 0.5 from the "B" mark with no credit given to the "A" mark.
- An element not attempted will carry a penalty of 0.5 from the "A" mark
- Any One position Lift with more than four (4) rotation will be given a deduction of 0.5 from the "A" mark.
- Any Combination Lift with more than eight (8) rotations will be given a deduction of 0.5 from the "A" mark.

Falls:

Complete loss of balance with the body making contact with the floor will be penalised by 0.3, on each and every occasion. The fall of both partners at the same time will receive a penalty of 0.4. This penalty will be deducted from the "B" mark.

**No extra elements are allowed in the short programme pairs, and this includes choreographic lifts of any kind. Starting with 1998, in the pairs short programme any choreographic movement in which a partner is assisted aloft, shall be considered a lift and will not be allowed. THERE ARE NO RESTRICTIONS ON ELEMENTS IN THE LONG PROGRAMME.**

**European Guideline for judging SENIOR Pairs Skating Short Program set elements**

The score should not merely be the result of a figure sum, it should rather reflect the total performance including both its good and bad aspect.

Set Element	Score	Total score
Shadow Jump	from 0,4 to 1,2	from 3,2 to 10,0
Shadow Spin	from 0,4 to 1,2	
Throw Jump	from 0,4 to 1,4	
Contact Spin	from 0,4 to 1,3	
One Position Lift	from 0,4 to 1,2	
Combination Lifts	from 0,4 to 1,3	
Death spiral	from 0,4 to 1,2	
Footwork sequence	from 0,4 to 1,2	

**Shadow Jumps:**

Axel - Double Toeloop/ Salchow	from 0,5 to 0,7
Double Flip/Lutz/Rittberger	from 0,7 to 1,0
Double Axel/Triple Jumps	from 1,0 to 1,2

**Shadow Spin:**

Class C Spin	from 0,5 to 0,7
IB Sit, OF Sit, OF Camel	
Class B Spin	from 0,7 to 1,0
OB Sit, OB Camel, IB Camel	

Class A spin	from 1,0 to 1,2
Jump Sit/Camel, Lay Over Camel, Broken Ankle, Heel Camel, Inverted Camel	
<b>Throw Jump:</b>	
Class C Jump	from 0,5 to 0,9
Double Twist Lutz (partners facing same direction), Axel, Double Toeloop, Double Salchow, Double Rittberger, Double Twist Lutz (frontal landing)	
Class B Jump	from 0,9 to 1,3
Triple Twist Lutz (partners facing same direction), Double Axel, Triple Toeloop, Triple Salchow, Triple Rittberger, Triple Twist Lutz (frontal landing)	
Class A Jumps	from 1,3 to 1,4
Jumps with a higher number of rotations.	
<b>Contact Spin:</b>	
Class C Spin	from 0,5 to 0,6
Hand in Hand upright, Hand in Hand Camel, face to face sit	
Class B Spin	from 0,6 to 0,9
Pull around by side Camel, Pull around catch-waist Camel, Hazel Spin, Face to face Camel, Lay over Camel, Pull around over the head Camel	
Class A Spin	from 0,9 to 1,3
Pull around over the head inverted Camel, Impossible lay-over Camel, Impossible twist Camel, Impossible Sit, Impossible twist sit.	
<b>One Position Lift:</b>	
Class D	from 0,5 to 0,6
Airplane Reversed Loop	
Class C	from 0,6 to 0,7
Press (both positions), Pancake, Press Chair	
Class B	from 0,7 to 1,0
Cartwheel (all position), Kennedy (both positions), Twist Pancake	
Class A	from 1,0 to 1,2
Militano, Reverse Cartwheel (both positions), Spin Pancake	
<b>Combination Lifts:</b>	
Class C	from 0,5 to 0,6
The combination does not include Class B or A Lift	
Class B	from 0,6 to 1,0
The combination include one (1) or more Class B lifts and does not include Class A lifts.	

Class A from 1,0 to 1,3  
 The combination includes one (1) or more Class A lifts

**Death Spiral:**

Poor from 0,5 to 0,7  
 Fair from 0,8 to 1,0  
 Very Good from 1,1 to 1,2

**Step Sequence:**

Poor from 0,5 to 0,7  
 Fair from 0,8 to 1,0  
 Very Good from 1,1 to 1,2

**European Guideline for judging JUNIOR Pairs Skating Short Program set elements**

The score should not merely be the result of a figure sum, it should rather reflect the total performance including both its good and bad aspect.

Set Element	Score	Total score
Shadow Jump	from 0,4 to 1,2	from 3,2 to 10,0
Shadow Spin	from 0,4 to 1,2	
Throw Jump	from 0,4 to 1,4	
Contact Spin	from 0,4 to 1,3	
One Position Lift	from 0,4 to 1,2	
One Position Lift	from 0,4 to 1,2	
Death spiral	from 0,4 to 1,3	
Footwork sequence	from 0,4 to 1,2	

Shadow Jump – see Senior  
 Shadow Spin – see Senior  
 Throw Jump – see Senior  
 Contact Spin – see Senior  
 One position lift – see senior

**Death Spiral:**

Poor from 0,5 to 0,8  
 Fair from 0,9 to 1,1  
 Very Good from 1,2 to 1,3

Footwork sequence – see Senior

## **Appendix No.4**

### **European Guideline for Short Programme Pairs, Cadet, Youth & Promotional**

The score should not merely be the result of a figure sum, it should rather reflect the total performance including both it's good and bad aspect.

#### **Cadet & Youth**

Set Element	Score	Total score
Shadow Jump	from 0,4 to 1,3	from 3,2 to 9,1
Shadow Spin	from 0,4 to 1,3	
Throw Jump	from 0,4 to 1,3	
Contact Spin	from 0,4 to 1,3	
One Position Lift	from 0,4 to 1,3	
Death spiral	from 0,4 to 1,3	
Footwork sequence	from 0,4 to 1,3	

#### **Minis / Espoir**

Set Element	Score	Total score
Shadow Jump	from 0,3 to 1,1	from 2,1 to 7,7
Shadow Spin	from 0,3 to 1,1	
Throw Jump	from 0,3 to 1,1	
Camel series / Lift	from 0,3 to 1,1	
Contact Spin	from 0,3 to 1,1	
Spiral	from 0,3 to 1,1	
Footwork sequence	from 0,3 to 1,1	

#### **Promotional Cadet / Youth**

Set Element	Score	Total score
Shadow Jump	from 0,4 to 1,1	from 3,2 to 7,7
Shadow Spin	from 0,4 to 1,2	
Throw Jump	from 0,4 to 1,2	
One Position Lift	from 0,4 to 1,2	
Contact Spin	from 0,4 to 1,1	
Spiral	from 0,4 to 1,1	
Footwork sequence	from 0,4 to 1,1	

#### **Promotional Junior / Senior**

Set Element	Score	Total score
Shadow Jump	from 0,4 to 1,2	from 3,2 to 8,4
Shadow Spin	from 0,4 to 1,2	
Throw Jump	from 0,4 to 1,2	
One Position Lift	from 0,4 to 1,2	
Contact Spin	from 0,4 to 1,2	
Spiral	from 0,4 to 1,2	
Footwork sequence	from 0,4 to 1,2	

## Appendix No.5

### Step Sequences Restricted jumps: Short Programme Single/Pairs

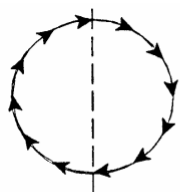
Recognised jumps with a visible preparation-execution-landing are not allowed in the step sequence: please be aware of extra recognised jumps in the short programme.

General:

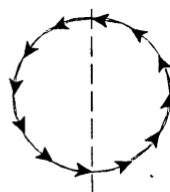
All footwork step sequences must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **Jumps taken off and landed with a visible preparation – execution – landing, are not allowed in the short programme.**

#### 1. Circle Patterns “A” or “B” for year 2001 and 2004

Skated on a complete circle or oval utilizing at least three quarters (3/4) of the full width of the skating surface, using advanced footwork.



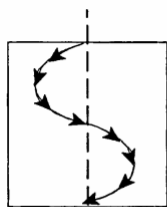
“A” Pattern



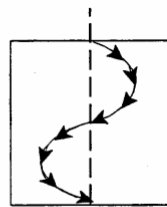
“B” Pattern

#### 2. Serpentine Footwork Step Sequence “A” or “B” for year 2002 and 2005.

Starting at any end of the skating floor and progress in the least two (2) bold curves of not less than one-half (1/2) of the width of the skating floor and ends at the opposite end of the skating floor using advanced footwork.



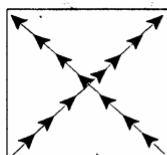
“A” Pattern



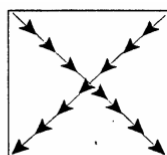
“B” Pattern

#### 3. Diagonal pattern “A” or “B” straight line footwork step sequence for year 2000 and 2003

Start at one end corner of the skating floor and ends near the diagonal opposite corner of the skating floor. To cover at least three quarters (3/4) of the floor with advanced footwork.



“A” Pattern



“B” Pattern

### Pairs Skating

Any choreographic movement where the girl is lifted off of the floor is to be considered a lift and therefore shall be penalized as an additional element in the short programme

## *Appendix No.6*

### **Rules and regulations for Original Dance (OD)**

#### **General – SR 3.33**

##### 3.33.01

An Original Dance (OD) dance allows the skaters to skate to the limits of their ability, thereby allowing the judges to see the best skaters in the contest. The best skaters should be those with the highest technical expertise, coupled with the best artistic impression.

##### 3.33.02

An OD must incorporate not only existing and recognizable steps, but also new and original steps.

##### 3.33.03

The pattern of the dance is very important in determining Technical Merit. A dance which utilizes the entire skating surface is more difficult than a dance which uses ninety per cent of the surface. A dance possessing good Technical Merit will use the corners of the skating surface.

##### 3.33.04

The lobes of an OD must be deep, with the flow of the dance maintained at all times.

##### 3.33.05

The skaters should use as many positions as possible. A constantly changing relationship of the partners indicates a great degree of difficulty.

##### 3.33.06

Novelty items are perfectly acceptable, provided they are not excessive and fit the character of the music.

##### 3.33.07

Difficult steps, position, and novelties must not impair the speed of the dance.

##### 3.33.08

The character of the dance should be obvious throughout the entire dance. There should be no lapses in any part of the dance. All steps should co-ordinate to the phrasing of the chosen rhythm.

##### 3.33.09

Even the most difficult steps must be skated with ease, they are of little value if not performed with confidence. Clean execution of steps is a must for good artistic impression. The skaters should make the difficult steps look easy, with flow throughout the dance. (CIPA 3.33.10)

##### 3.33.10

A team's unison and line are very important to the overall impression. The team should present a total look of togetherness, using bodies, legs, arms, heads, hands, etc., for a total performance. It is not necessary that the couple perform the same steps or the same movements at the same time, but remember, separate movements must co-ordinate to form a complete "picture"

##### 3.33.11

**THE DANCE MUST NOT BE A FREE DANCE.!!!!**

### **Music – SR 3.34**

#### 3.34.01

Each couple must choose their own music, tempo, and composition. Orchestral music and vocal music is permitted. This does not preclude background musical effects, which are considered as being expressive of a particular type of folk music. The incorrect selection of music for the rhythm chosen shall result in a mark of point zero (.0) by each judge.

#### 3.34.02

The rhythm is set each year by CIPA (see ER 5.22 – 5.22.02)

### **Timing – SR 3.35**

#### 3.35.01

The OD shall be a total time of 2.30 (two minutes thirty seconds) +/- 10 seconds. Timing of the dance will begin with the first movement and end with the last movement.

3.35.02 The OD can be started at any place on the floor.

### **Execution of the Original Dance (OD) – SR 3.36**

#### 3.36.01

The choice of steps, connecting steps, turns and rotations is left to the skaters, provided those choices conform to the OD rules. This does not exhaust all the possibilities of steps, turns and rotations. Any are permissible, providing that at least one skate of each skater remains on the skating surface at all times throughout the dance except for 3.37.02 and 3.36.07.. Toe stop steps are permitted but remember whilst on the toe stop, there are no edges skated and therefore considered less difficult. Little hops (lifting of the skating foot a small distance from the floor) are allowed to express the character of the dance.

#### 3.36.02

Two stops are allowed during the dance which must not exceed 10 (ten) seconds for each stop.

#### 3.36.03

Pulling or pushing the partner by the boot or skate is not permitted.

#### 3.36.04

Partners must not separate except to change dance holds, or to perform brief movements in character with the rhythm chosen, or during a permitted stop, provided that they are performed no more than 2 arms- length apart and no more than 10 (ten) seconds except for 3.37.01.

#### 3.36.05

There are no restrictions on dance holds, arm movements, hand claps etc. which are interpretive of the music.

#### 3.36.06

The dance must contain difficult movements and be expressive of the music.

3.36.07

During the first and the last 10 (ten) seconds of the OD the following movements are allowed (but not obligatory):

- a) laying with hands, knees or other parts of the body on the skating surface
- b) stationary movements in character with the rhythm of the OD

A deduction of 0.2 from both the A and B mark will be made for any violation of the above

### **Set Elements that MUST be included in the OD – SR 3.37**

3.37.01 **One straight-line step sequence**, along the long axis of the rink, extending as near as possible the full length of the skating surface. During this step sequence the partners **MUST NOT** touch but remain no more than one arms length apart.

NOTE:- the closer the couple skate this sequence without touching, and the more difficult the steps/turns, will obviously receive more credit.

3.37.02 **One change of direction lift** – one small lift **MUST BE** executed with one change of direction – there must not be **more than one half (1/2)** revolution in the lift, only a change of direction, (**either change of edge and/or forwards to backwards, or backwards to forwards**), with the lady's waist no higher than the man's shoulder.

### **Costume Requirements – SR 3.38**

3.38.01 Costumes for the Original Dance (OD) should be in character with the dance but not extreme. Props of any nature are forbidden. For the complete guidelines concerning costumes, consult ER 5.28

### **Original Dance Technical Merit and Artistic Impression – SR3.39**

3.39.01 Scores are assigned for the Original Dance as outlined in ER 5.26

3.39.02

The first score (Technical Merit – A) shall be assigned based on the following factors exhibited by the team:

- Originality
- Difficult
- Variety
- Position
- Pattern
- Speed of the Dance

The second score (Artistic Impression – B) shall be assigned based on the following factors exhibited by the team:

- Correct timing of the dance
- Movements of the couple in rhythm
- Relationship of the skating movements to the character of the music.
- Cleanness, execution, and utilization of the skating surface
- General carriage and line of the couple.

For assignment of standard point deductions for compulsory dance, Original Dance, and Free Dance, please consult SR 3.47 to SR 3.51

## ***Appendix No.7***

### **Solo Dance Original Set Pattern OSP Regulations for Tango & Charleston.**

#### **General**

An Original Set pattern (OSP) dance allows the skaters to skate to the limits of their ability, thereby allowing the judges to see the best skaters in the contest. The best skaters should be those with the highest technical expertise, coupled with the best artistic impression.

An OSP should incorporate not only existing and recognizable steps, but also new and original steps.

The pattern of the dance is very important in determining Technical Merit. A dance which utilizes the entire skating surface is more difficult than a dance which uses ninety per cent of the surface. A dance possessing good Technical merit will use the corners of the skating surface. Not only is it more difficult to get in and out of the corners, but it also takes more skating time. More skating time translates into more skating steps.

The lobes of an OSP should be deep, with the speed and flow of the dance maintained at all times. Novelty items are perfectly acceptable, provided they are not excessive and fit the character of the music.

Speed of the dance should be constant. Difficult steps, positions, and novelties must not impair the speed of the dance.

The character of the dance should be obvious throughout the entire dance. There should be no lapses in any part of the dance. All steps should co-ordinate to the phrasing of the chosen rhythm. Even the most difficult steps must be skated with ease, they are of little value if not performed with confidence. Clean execution of steps is a must for good artistic impression. The skater should make the difficult steps look easy, with flow throughout the dance.

**THE DANCE MUST NOT BE A FREE DANCE**

#### **Music**

Each skater must choose their own music, tempo and composition. Orchestral and vocal music is permitted. The incorrect selection of music for the rhythm chosen shall result in a mark of .0 by each judge. Only music with a constant and regular tempo may be used.

#### **Timing and Repetition**

The OSP shall consist of two repetitive sequences, total time of which shall not be less than 1.50 seconds and no longer than 2.40 seconds. The timing will begin with the first movement and end with the last movement. This includes the closing steps of the OSP. The OSP can be started at any place on the floor.

#### **Execution**

A complete dance executed in reverse direction is not permitted..

A dance sequence must not cross the long axis more than once at each end of the skating surface.

A dance sequence must not cross the short axis more than once at each side of the skating surface.

The skating of loops (circular steps which cross the tracing) in any direction is not permitted.

Crossing a previous tracing during the circuit of the dance is not permitted at any time. The choice of steps, connecting steps, turns and rotations is left to the skater, provided those choices conform to the rules. This does not exhaust the possibility of steps, turns and rotations – any are permissible provided they are not toe steps and that at one skate remains on the skating surface at all times throughout the dance..

The dance must contain difficult movements and be expressive of the music.

#### **Scoring the OSP**

Refer to SR.3.39 of Original Dance (OD) rules.

#### **Costume Requirements**

Refer to ER.5.28 of CIPA regulations

## Special Rules for Solo Dance OSP - Tango

Range of tempo: 108/132 beats per minute, 4/4 time.

Stops: Brief stops to express the character of the music may be included, provided the flow of the dance is maintained through some type of body action. No more than two (2) stops per circuit of the rink. The duration of the stop no more than two (2) bars of music (8 beats).

General: It is to be noted that show posing during the “stop” mentioned above is allowed, provided the body movement is continuous.  
The Tango is a dramatic and exciting dance. Typical Latin flavours should be expressed through the use of characteristic steps, movements and position. The Dance should be performed with deep, flowing edges, emphasized by good lean and carriage.

### USE OF TOE STOPS

The toe stop can be used in of above movements, but the maximum number per sequence is eight (8). There is no minimum number.

The penalty for more than the maximum of eight (8) steps on the toe stop will be 0.1 for each one.

## Special Rules for Solo Dance OSP – Charleston

The Charleston is a lively and exuberant dance. It should give the feeling of fun and gaiety. In the performance of the dance, care should be taken that the dance keeps moving over the floor surface.

Range of tempo: Not restricted, 4/4 time.

Stops: No more than two (2) stops per circuit of the rink. The duration of the stop no more than five (5) seconds.

Toe Stops / Hops: Small Hops and toe steps are permitted no more than twice per sequence, with a maximum duration of five (5) seconds.

Toe Steps & Small Hops: The lifting of the skating foot a small distance off the floor is allowed to express the character of the dance. No more than twice per sequence, (and no more than five each time, making a maximum total of 10 per sequence).

### Clarification of Toe Stop / Hops

You may use your toe steps for a maximum duration of five (5) seconds while stationary and/or for a maximum duration of five (5) seconds while moving across the skating surface, but only twice per sequence.

The penalty for more than the maximum of ten (10) sec on the toe will be 0.1 for each one.

Please note:

- a. The OSP can be started at any place on the floor.
- b. A Certificate, obtained from a Professional musician authenticating the music, must be handed to CEPA before the first training day.
- c. Vocal music for OSP can be used.

## *Appendix N°8*

### **Solo Dance Rules**

All technical conditions of solo dance are the same as the C.E.P.A./C.I.P.A. - rules for couples dance, except of these following rules:

Draw skating order:

**Minis and Espoir**; after the first normal draw for the first dance the skaters will be divided in two groups, in the second dance will start the team first of the second group.

**Cadet & Youth**; after the normal draw for the first dance the skaters will be divided in two groups, in the second dance will start the team first of the second group.

For the order of skating of the OSP after the compulsory dances, will have a new draw. The order of skating the OSP dance will be determined from the result of the compulsory dances, reversing the placements obtained and dividing the skaters into groups established in appendix 1 and re-drawing for skating position within each group.

**Junior & Senior**: after the normal draw for the first dance the skaters will be divided in two groups, in the second dance will start the team first of the second group.

For the order of skating of the Free Dance after the compulsory dances, will have a new draw. The order of skating the Free Dance will be determined from the result of the compulsory dances, reversing the placements obtained and dividing the skaters into groups established in appendix 1 and re-drawing for skating position within each group.

#### General notes on Technical Merit Free Dance:

All Steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Intricate footwork must be included and must display both originality and difficulty.

Kneeling or laying on the floor is only allowed at the beginning and/or end of the programme. This may be done for a maximum of five (5) seconds at the beginning or at the end.

Certain free skating movement such as turns, arabesque, pivots, jumps and spins are permitted with the following limitation:

- No more than three (3) revolution per spin are permitted, the total number of spins must not exceed two (2).
- Small dance jumps are permitted but must not exceed more than one revolution, with the total number of jumps not exceeding three (3).
- Vocal music is allowed.
- A free dance programme which contains more than the above number of spins or jumps will be penalized by the judges.

The penalty for each violation will be 0.3 in A mark.

## *Appendix n°9*

### **In-Line Free Skating**

The Competitions will be skated in Free Skating who are at least twelve (12) years or older as of January 1<sup>st</sup> of the year.

#### **Technical Details:**

The skates to be used should be three or four wheel in-line indoor skates with a toe stop on the front only.

Short Programme: 2,15 minutes +/- 5 seconds – Set Elements

Long Programme: 3,30 minutes +/- 10 seconds

#### **Set Elements for the Short Programme:**

1. Single Axel only.
  2. Toe assisted jump – single or double
  3. Combination of jumps, minimum three (3) jumps, maximum five (5) jumps, to include at least one jump with two (2) revolutions. (No more than two (2) revolutions).
  4. Individual Spin – selected from the following (entry and exit optional):
    - Camel (any type)
    - Layover Camel (any type)
    - Sit Spin (any type)
  5. Spin Combination – two (2) or three (3) positions with or without change of foot. **A sit spin must be included in the combination**. At least three (3) revolutions in each position. Entry and exit optional.
  6. One footwork sequence in Circle – See appendix 5.
- No triple Jumps to be included in any element.
- Only the listed set elements can be included in the short programme; this means no extra elements.

There are NO restrictions on elements in the Long Programme.

Alle other CIPA-CEPA Rules regarding Free Skating will apply.

## CEPA ( Le Comité )

### Présidente

#### ***Margaret Brooks***

“Villa Ruscelli”

Contrada Ferrini 22  
63022 Falerone (AP)

Italy

Tel. (+39) 0734-710133

Fax (+39) 0734-718028

E-mail [m.brooks@tiscali.it](mailto:m.brooks@tiscali.it)

### Vice-Président

#### ***Chris Laheij***

Wearbuorren 1  
NL-9067 DL Roodkerk  
Netherlands

Tel. (+31) 58-2563492

Fax (+31) 58-2563439

E-mail [oostenbrug.lahey@worldonline.nl](mailto:oostenbrug.lahey@worldonline.nl)

### Membres

#### ***Marco Faggioli***

Via Roberto Preti 111/H  
I-40059 Medicina (BO)  
Italy

Tel.+Fax (+39) 051-6970743

E-mail [faggioli.m@virgilio.it](mailto:faggioli.m@virgilio.it)

#### ***Cornelia Bork***

Bruchweg 16  
D-30900 Wedemark  
Germany

Tel. (+49) 5130-39069

Fax (+49) 5130-36853

E-mail [conny-bork@t-online.de](mailto:conny-bork@t-online.de)

#### ***Gonda Verbruggen***

Langeveld 180  
B-3220 Holsbeek  
Belgium

Tel. (+32) 16449153

Fax (+32) 16327980

E-mail [gonda.verbruggen@fys.kuleuven.ac.be](mailto:gonda.verbruggen@fys.kuleuven.ac.be)

#### ***Maria Elisabete Claro***

Rua Dr.Manuel Laranjeira 854  
4200-385 Porto  
Portugal

Tel.+Fax (+351) 225090312

E-Mail [maria.elisabete.claro@sapo.pt](mailto:maria.elisabete.claro@sapo.pt)