



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

7 December 2009

IMPORTANT MODIFICATIONS FOR 2010

The CEPA Committee met in Netherlands over the weekend to discuss the Regulations for CEPA for 2010.

The new Regulation Book will be sent to each Nation during the middle of January as usual, but in the meantime please note on the attached sheets the main modifications that CEPA has made so you are all informed before the end of the year.

It is important that you advise all your Coaches, Judges, Skaters, of these important Changes. The modifications will be put on the CERS web site:

www.cerskating.eu.com

MOST IMPORTANT MODIFICATIONS!!!!

AGES:

The Age of Junior has been changed to be in line with the World Championships – 19 years (1991). This will affect all Competitions and Championships run by CEPA, including the Junior Precision.

The ages of Minis, Espoir, Cadet, Youth will be increased by one year in January 2011.

In 2011 Cadet Groups in Show will be replaced by Youth Groups. In all Categories with the exception of Cadet Quartets, the minim age will be 12 years.

FREE SKATING LONG PROGRAMMES

In ALL categories you will see on the attached modifications, that the long programmes (for Minis, Espoir, Cadet, Youth, Junior, Senior) have the same regulations as Worlds regarding the Repetition of Jumps, the Combination Jumps, the Spins

TO SIMPLIFY THE REGULATIONS, WE HAVE KEPT THE SAME WORDING THROUGHOUT ALL CATEGORIES.

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Modification to Cepa Book 2009 for year 2010

Made and approved from Cepa Committee – Roodkerk (Netherland) 05/12/2009

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Seniors

Individual

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Long Programme: 4 mins.CIPA regulations (See appendix 2 – set elements long programme and new requirements).

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Dance

Compulsory Dances: Castel March (2 sequences)
Starlight Waltz (2 sequences)

OD: Latin Combination – (appendix 7)
(2.30 minutes +/- 10 sec.)

Juniors - 19 years (1991 inc.)

Individual

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Long Programme: 4 mins.CIPA regulations (See appendix 2 – set elements long programme and other requirements).

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Dance

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

OD: Latin Combination – (appendix 7)
(2.30 minutes +/- 10 sec.)

Youth - 16 years (1994 inc.)

Individual

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Long Programme: 4 mins.CIPA regulations (See appendix 2 – set elements long programme and new requirements).

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Dance

Compulsory Dances: Association Waltz (2 sequences)
Imperial Tango (4 sequences)

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Cadets - 14 years (1996 inc.)

Individual

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Long Programme: 3 mins.CIPA regulations (See appendix 2 – set elements long programme and new requirements).

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Dance

Compulsory Dances: Kleiner Waltz (4 sequences)
Siesta Tango (4 sequences)

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2. Per Nation

3 Ladies	in Minis, Espoir, Cadet & Youth
3 Men	in Minis, Espoir, Cadet & Youth
3 Pairs	in each category
3 Solo Dance	in each category
3 Ladies	In-Line, see appendix 10
3 Men	In-Line, see appendix 10
3 Skaters	In-Line Promotional (up to 14 years – 1996 inc.), see appendix 10

3. Judges

CEPA will invite Ten (10) international judges without limitation and two foreign calculators. Organizer will provide lodgement and meals including drinks in twin rooms (two bedded rooms)

from the day of the judges meeting until the next morning after the last competition or gala. However, when a judge would prefer to stay alone in a single room, the difference of the room rate will be at the charge of the judge's federation or the judge. Travel to be paid by the judge or their Federation. The organisation shall be required to pay the actual travel and living expenses of four (4) 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.

All Judges must be booked in the same hotel.

The organising Federation must, with CEPA's agreement, have one (1) or two (2) calculators of its own nationality; organizer pay for lodging, breakfast and other meals, including drinks, 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 and own calculator/s will be in charge of each Federation, including transport to/from the Airport/Station to the Hotel.

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Minis: age up to 10 years (2000)

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One spiral (arabesque) sequence with 2 or more positions, in serpentine starting at any end of the skating floor and progress in at least two (2) bold curves of not less than one-half (1/2) of the width of the skating floor and should finish at the opposite end of the skating floor.

- A jump of the same kind (type and rotation), with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole programme.
 - If the skater performs the same jump (type and rotation) more than three (3) times, a deduction of 0.3 from the "A" mark will be applied.
- All the combination jumps MUST be different.
 - If a skater performs the same combination jumps more than once, a deduction of 0.3 from the "A" mark will be applied.
- There MUST be at least two (2) spins, one of which MUST be a combination.
 - If the skater does not perform a combination spin, a deduction of 0.5 will be applied from the "A" mark.
 - If the skater performs less than two (2) spins a deduction of 0.5 will be applied from the "A" mark.

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Espoirs: age up to 12 years (1998)

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One spiral (arabesque) sequence with 2 or more positions, in serpentine starting at any end of the skating floor and progress in at least two (2) bold curves of not less than one-half (1/2) of the width of the skating floor and ending at the opposite end of the skating floor.

- A jump of the same kind (type and rotation), with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole programme.
 - If the skater performs the same jump (type and rotation) more than three (3) times, a deduction of 0.3 from the “A” mark will be applied.
- All the combination jumps MUST be different.
 - If a skater performs the same combination jumps more than once, a deduction of 0.3 from the “A” mark will be applied.
- There MUST be at least two (2) spins, one of which MUST be a combination.
 - If the skater does not perform a combination spin, a deduction of 0.5 will be applied from the “A” mark.
 - If the skater performs less than two (2) spins a deduction of 0.5 will be applied from the “A” mark.

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Cadet: age up to 14 years (1996)

Youth: age up to 16 years (1994)

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CATEGORY for 2010

- MINIS	2000 / 2001
- ESPOIR	1998 / 1999
- PROMOTIONAL CADET	1996 / 1997
- PROMOTIONAL YOUTH	1994 / 1995
- PROMOTIONAL JUNIOR	1991,1992 / 1993
- PROMOTIONAL SENIOR	1990 & before

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c) Solo Dance

In all categories women and men compete together in one category with the exception of Senior Solo Dance where there will be two events – one for Senior Men and one for Senior Ladies. The dances will be the same for both, and the Ladies steps will be skated in each event.

In Solo Dance, Skaters who have competed or will compete as a couple in a European or World Championship in the current year (2010) cannot compete in the Cup of Europe.

Minis: age up to 10 years (2000)

Perform 2 compulsory dances: Glide Waltz and Carlos Tango

Espoirs: age up to 12 years (1998)

Perform 2 compulsory dances: Country Polka and Rhythm Blues

Free Dance (2 mins) +/- 10 seconds (Appendix 9)

Cadets: age up to 14 years (1996)

Perform 2 compulsory dances: Denver Shuffle and Kent Tango

OSP: Polka (Appendix 8)

Youth: age up to 16 years (1994)

Perform 2 compulsory dances: European Waltz and Keats Foxtrot

Free Dance: 2.30 minutes +/- 10 seconds (Appendix 9)

Junior: age up to 19 years (1991)

Perform 2 compulsory dances: Blues and Harris Tango

Free dance: 2.30 minutes +/- 10 seconds (Appendix 9)

Senior: age older than 19 years (1990 & before)

Perform 2 compulsory dances: Paso Doble and Argentine Tango

Free dance: 2.30 minutes +/- 10 seconds (Appendix 9)

All technical conditions of solo dance are the same as the C.E.P.A./C.I.P.A.-rules for couples dance + appendix 8-9 Solo Dance Rules. **Important: All Steps will be Ladies Steps.**

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European Championships for Precision and Show Teams

Competitions

1. Quartet
2. Small Groups 6-12 skaters
3. Large groups 16 skaters or more
4. Cadet Quartet (official ages)
5. Cadet Groups (official ages) 8-16 skaters
6. Senior Precision Teams 16-24 skaters
7. Junior Precision Teams 16-24 skaters (ages official, no more than 19 yrs, 1991 included)

Important NOTE: in 2011 Cadet Groups will be delete and replaced by Youth Groups (from 12 to official ages). In all Categories with the exception of Cadet Quartet, the minimum age will be 12 years.

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No Person is allowed to sit in the judges' area during any official practices

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- b. The organising Federation must, with CEPA's agreement, have one (1) or two (2) calculators of its own nationality; organizer pay for lodging, breakfast and other meals, including drinks, 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 and own Calculator/s will be in charge of each Federation. The transfer to/from the Airport to the Hotel will be the responsibility of the organisers.

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4. CEPA Seminars for Judges

All judges are welcome at the seminars.

In 2011 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. The Judge attending must be active in International Events.
- Travel expenses are at charge of the federations.
- Lodgement and food for 3 days (in twin rooms – two bedded 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 invite 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 the next seminar.

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6. Judges, Referee, Assistant Referee, judges and calculators will be invited by CEPA President from the official list prepared by CIPA each year for E.C.Show & Precision, E.C. Cadet & Youth, E.C. Junior & Senior and Cup of Europe.

10. International Judges who reach the age of SIXTY-FIVE (70) cannot judge European Cadet & Youth, European Junior & Senior, European of Show & Precision skating and Cup of Europe.

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2. Participants

All participants 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. Only a maximum of six (6) Skaters participating at Europeans in Junior Precision Category will be allow to skate in the same championships in the Senior Precision Category. All participants must be approved by their Federation.

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- i) When sending the entries for all Show Competitions (Quartet, Cadet Quartet, Cadet Groups, Small & Large Groups) a short explanation of not more than 25 words must be attached to the entries describing the performance in English. These descriptions will be given to the Judges and announced by the speaker once the group is in position and before starting the music.

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) 0.4 - 0.6 in B mark
- minor (down and right up for one skater) 0.2 in B mark
- Duration longer than required time, the referee gives the signal by whistle to stop judging. 0.2 in A & B mark for each 10 seconds under
- Duration shorter than required time (given by referee)
- 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

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8. Precision deductions

- 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
- Less than 3 separate handholds 0.4 in A mark
- Duration longer than required time, the referee gives the signal by whistle to stop judging. 0.2 in A & B mark for each 10 seconds under
- Duration shorter than required time (given by the referee)
- 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) 0.4 - 0.6 in B mark
- minor (down and right up for one skater) 0.2 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)
- Stationary Position/laying on the floor 0.2 in the B mark
- Costume deduction (given by the referee) 0.5 – 1.0 in B mark

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Limitations on jumps and spins in a free skating long programme (Ladies/Mens – Cadet/Youth/Junior/Senior)

- A jump of the same kind (type and rotation), with the exception of one revolution jumps or less, can be performed no more than three (3) times in the whole programme.
 - If the skater performs the same jump (type and rotation) more than three (3) times, a deduction of 0.3 from the “A” mark will be applied.
- All the combination jumps MUST be different.
 - If a skater performs the same combination jumps more than once, a deduction of 0.3 from the “A” mark will be applied.
- There MUST be at least two (2) spins, one of which MUST be a combination.
 - If the skater does not perform a combination spin, a deduction of 0.5 will be applied from the “A” mark.
 - If the skater performs less than two (2) spins a deduction of 0.5 will be applied from the “A” mark.

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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 it's good and bad aspect. Any attempt will receive a minimum mark of 0.2.

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

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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. Any attempt will receive a minimum mark of 0.2.

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,2	from 4.0 to 10,0
Shadow Spin	from 0,5 to 1,2	
Throw Jump	from 0,5 to 1,4	
Contact Spin	from 0,5 to 1,3	
One Position Lift	from 0,5 to 1,2	
Combination Lifts	from 0,5 to 1,3	
Death spiral	from 0,5 to 1,2	
Footwork sequence	from 0,5 to 1,2	

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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 aspects. Any attempt will receive a minimum mark of 0.2.

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,2	from 1,6 to 10,0
Shadow Spin	from 0,5 to 1,2	
Throw Jump	from 0,5 to 1,4	
Contact Spin	from 0,5 to 1,3	
One Position Lift	from 0,5 to 1,2	
One Position Lift	from 0,5 to 1,2	
Death spiral	from 0,5 to 1,3	
Footwork sequence	from 0,5 to 1,2	

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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 its good and bad aspects. Any attempt will receive a minimum mark of 0.2.

Cadet / Youth

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,3	from 3,5 to 9,1
Shadow Spin	from 0,5 to 1,3	
Throw Jump	from 0,5 to 1,3	
Contact Spin	from 0,5 to 1,3	
One Position Lift	from 0,5 to 1,3	
Death spiral	from 0,5 to 1,3	
Footwork sequence	from 0,5 to 1,3	

Minis / Espoir

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,1	from 3,5 to 7,7
Shadow Spin	from 0,5 to 1,1	
Throw Jump	from 0,5 to 1,1	
Camel series / Lift	from 0,5 to 1,1	
Contact Spin	from 0,5 to 1,1	
Spiral	from 0,5 to 1,1	
Footwork sequence	from 0,5 to 1,1	

Promotional Cadet / Youth

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,1	from 3,5 to 8,0
Shadow Spin	from 0,5 to 1,2	
Throw Jump	from 0,5 to 1,2	
One Position Lift	from 0,5 to 1,2	
Contact Spin	from 0,5 to 1,1	
Spiral	from 0,5 to 1,1	
Footwork sequence	from 0,5 to 1,1	

Promotional Junior / Senior

Set Element	Score	Total score
Shadow Jump	from 0,5 to 1,2	from 3,5 to 8,4
Shadow Spin	from 0,5 to 1,2	
Throw Jump	from 0,5 to 1,2	
One Position Lift	from 0,5 to 1,2	
Contact Spin	from 0,5 to 1,2	
Spiral	from 0,5 to 1,2	
Footwork sequence	from 0,5 to 1,2	

ORIGINAL DANCE FOR 2010 “LATIN COMBINATION”

Choice of Rhythms :

Mambo, Cha Cha Cha , Samba, Rhumba

The current rules apply – the Original Dance will consist of two (2) rhythms of the skaters choice as listed above. **NOTE: a couple can repeat the first rhythm they have chosen, as the third change, BUT IT MUST BE THE SAME MELODY AND TUNE AS THE FIRST.**

Length of time – 2 ½ minutes +/- 10 seconds

Mambo

Origin - This dance emerged in the 1930s from Cuban rhythms. It is a relative of the Cha Cha Cha, and the Cuban Rhumba. The tempo is faster than the Rhumba and there is a different musical emphasis with less hip motion.

Tempo – 4/4 – (4 beats to a bar of music) - time not set – a great variety can be used.

Music – in Mambo you don't move on the first beat but by not moving it is still counted as a step, the primary accent being on the 2nd count. Some count the movement as quick-quick-slow, but it is probably better to think of the Mambo movement as Step, Rock, Close, Pause. Staccato style music.

The beat count is:-

1	2	3	4
hold	step	step	step

Instruments – Features timbales (a drum played with sticks on the rim of the drum), which gives a “tinny” sound, and other percussive instruments such as claves and cowbells.

General Interpretation – Origin Cuban with a mixture of Swing and Cuban music and should give the impression of having fun together, saucy, staccato style, to an upbeat tempo. Steps should be kept small, with a slight hold on the first beat. sexy dance, skated close together with constant eye contact with the couple projecting as one.

Cha-Cha-Cha

Origin - The Cha Cha Cha is a dance rhythm that originated in Cuba with a type of “skipping step”, but has been “Americanised” to the version we know today.

Tempo – **usually played in 4/4 time (may be played in 2/2 or “cut time”)** time not set but is fairly fast.

Music – can be either Cuban music, Latin Pop, Latin Rock and is energetic with a steady beat. Usually the Cuban Cha-Cha-Cha is more sensual.

Instruments – varies depending on the tune chosen. Originally in Cuba, violins and flute were prominent, now great variety with brass and percussion featured (e.g. Bongo drums, maracas, cow bells, timbales etc.)

General Interpretation – Danced in a lively, playful, manner with actions of seduction and pursuit. The Lady is “hunted” and the Man “Huntes” There should be close connection with the Partner, a lot of forward and back or one side and back . Hip actions occur at the end of every step – for steps taking a single beat the first half of the beat constitutes the foot movement and the second half is taken up by the hip movement.

Samba

Origin – Originated in Africa, and was taken by slaves to Brazil plantations. Later, at carnival time was introduced to the Cities as a Carnival and street Festival Dance. It is the National Dance of Brazil – A Samba dancer is known in Brazil as a “Sambista”.

Tempo – 2/4 time of 2 beats per measure – may be written in 2/2 or “cut time”

Music – varies from medium to fast – beat count :-

1	“and”	2	2	“and”	2
step	quick	step	step	quick	step

Instruments – Often accompanied by Latin instruments especially the cabaza (gourd with beads), conga drum.

General Interpretation - Flirtatious, animated, bouncy and exuberant dance performed together by a couple with rocking motions of the body, with variations of hold, travels across the floor a lot.

Rhumba

Origin – It is an Americanised version of the Cuban Danzon and Spanish Bolero. It is an Afro-Cuban rhythm. The Rhumba rhythm is the spirit and soul of Latin music.

Tempo – 4/4 time with four beats to each measure. Two measures of music are required to complete one full basic step.

Music – usually slower than the other rhythms listed within this group.

Instruments - The basic Rhumba is brought out by the bass instruments. Features Latin percussion instruments such as maracas, conga drums and bongos.

General Interpretation - Romantic, sultry, sensuous, smooth. Lady is the focus – and in particular the rhythmic body and hip action and the steamy tease in routines that can be close to X-rated. Unlike the Cha-Cha-Cha which effects a happy, carefree, party-time-like dance expression, the Rhumba effects a more serious and intense expression.

Less travelling across the floor than Cha-Cha-Cha or Samba.

REMEMBER – WE ARE AN ARTISTIC SPORT AND THE OD SHOULD BE SKATED TO THE MUSIC WITH STEPS, EDGES, FLOW, RHYTHM AND TOGETHER, NO MATTER WHAT MUSIC IS SELECTED

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Appendix No.8

Solo Dance Original Set Pattern OSP

Rhythms for OSP:

Samba
Polka
Jive
Charleston
Tango
Cha Cha Cha

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Special Rules for Solo Dance OSP – Polka (Cadet – 2010)

The Polka is a boisterous, rollicking dance. The basic ballroom step consists of a preparatory hop followed by a chasse done first to the left and then to the right. Skaters should perform the dance with exuberance and fun.

Range of Tempo: Not restricted, 2/4 time

Stops: one stop per circuit is permitted. Max. duration 10 seconds. Toe stops are permitted during this stop and can be used to come to a stop.

Toe Steps and 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.

Clarification of the use of Toe Stops: Toe stops can be used in any part of the dance TWICE per sequence (each use maximum time 5 seconds).

General notes for both the above rhythms:

- Only music with a constant and regular tempo may be used throughout the dance.
- The OSP can be started at any place on the floor.
- A certificate, obtained from a Professional musician on their headed paper, authenticating the music, must be handed to CEPA before the first training day.
- Vocal music can be used.
- See the diagrams for OSP attached giving examples.

Appendix N°9

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; after the first normal draw for the first dance the skaters will be divided in two groups. In the second dance the team first of the second group will start.

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

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

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

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

General notes on Technical Merit Free Dance Junior & Senior categories:

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. The deduction will be 0.3 in the B mark for each violation.

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

- No more than three (3) revolutions per spin are permitted. The total number of spins must not exceed two (2), including the set spin.
- Small dance jumps are permitted but must not exceed more than one revolution, with the total number of jumps not exceeding three (3), including the set jump.
- 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 deduction for each violation will be 0.2 in A mark.

Set Elements that must be included in the solo free dance

- One spin with 3 revolutions (not more than 3 revs)
- One small jump of one rotation
- One diagonal step sequence – extending as near as possible the diagonal of the skating surface
- One straight line step sequence commencing from a standing start – along the long axis of the rink extending as near as possible the full length of the skating surface.

Penalty of 0.5 in A mark for an element not performed.

Penalty of 0.2 in A mark and no credit for each extra rotation of the above 3 max permitted.
Penalty of 0.2 in A mark and no credit for each jump with more than one revolution.

General notes on Technical Merit Free Dance Youth category:

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. The deduction will be 0.3 in the B mark for each violation.

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

- No more than three (3) revolutions per spin are permitted. The total number of spins must not exceed two (2), including the set spin.
- Small dance jumps are permitted but must not exceed more than one revolution, with the total number of jumps not exceeding two (2), including the set jump.
- 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 deduction for each violation will be 0.2 in A mark.

Set Elements that must be included in the solo free dance

- **One spin with 3 revolutions (not more than 3 revs)**
- **One small jump of one revolution**
- **One diagonal step sequence – extending as near as possible the diagonal of the skating surface**

Penalty of 0.5 in A mark for an element not performed.

Penalty of 0.2 in A mark and no credit for each extra rotation of the above 3 max permitted.

Penalty of 0.2 in A mark and no credit for each jump with more than one revolution.

General notes on Technical Merit Free Dance for Espoir Category:

The Free Dance should be a simple Free dance with all steps and turns permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.

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. The deduction will be 0.3 in the B mark for each violation.

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

- Max one (1) spin of no more than three (3) revolutions is allowed.
- Max one (1) small dance jump of one revolution is permitted.
- Max one (1) small dance jump of half-revolution is permitted.
- 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 deduction for each violation will be 0.2 in A mark.

Set Elements that must be included in the solo free dance

- **One diagonal step sequence – extending as near as possible the diagonal of the skating surface**

Penalty of 0.5 in A mark for an element not performed.

Penalty of 0.2 in A mark and no credit for each extra rotation of the above 3 max permitted.

Penalty of 0.2 in A mark and no credit for each jump with more than one revolution.

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Appendix n°10

In-Line Free Skating

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For restrictions on elements in the Long Programme see Appendix No. 2

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Appendix n°12

CEPA COMPULSORY DANCES

COUPLES

MINIS

- 1- Glide Waltz
- 2- Skaters March
- 3- City Blues
- 4- Carlos Tango

ESPOIR

- 1-Country Polka
- 2-Canasta Tango
- 3-Olympic Foxtrot
- 4-Rhythm Blues

CADET

- 1- Swing Foxtrot
- 2- Tudor Waltz
- 3- Denver Shuffle
- 4- Kleiner Waltz
- 5- Siesta Tango

YOUTH

- 1- Kilian
- 2- European Waltz
- 3- Imperial Tango
- 4- 14 Step
- 5- Association Waltz
- 6- Keats Foxtrot

JUNIOR

- 1- Blues
- 2- Harris Tango
- 3- Imperial Tango
- 4- Rocker Foxtrot
- 5- Flirtation Waltz
- 6- 14 Step

SENIOR

- 1- Italian Foxtrot
- 2- Argentine Tango
- 3- Iceland Tango
- 4- Tango Delanco
- 5- Castel March
- 6- Starlight Waltz
- 7- Viennese Waltz
- 8- Westminster Waltz
- 9- Quickstep
- 10- Paso Doble

	2010	2011
Minis	Skaters March	Glide Waltz
	City Blues	Carlos Tango
Espoir	Olympic Foxtrot	Country Polka
	Rhythm Blues	Canasta Tango
Free Dance	2.30 min.	2.30 min.
Cadet	Kleiner Waltz	Denver Shuffle
	Siesta Tango	Tudor Waltz
Free Dance	3.00 min.	3.00 min.
Youth	Association Waltz	Kilian
	Imperial Tango	European Waltz
Free Dance	3.00 min.	3.00 min.
Junior	Flirtation Waltz	14 Step
	Rocker Foxtrot	Imperial Tango
OD Free Dance	Latin Combination	Swing Combination
	3.30 min.	3.30 min.
Senior	Castel March	Paso Doble
	Starlight Waltz	Westminster Waltz
OD Free Dance	Latin Combination	Swing Combination
	3.30 min.	3.30 min.

SOLO DANCE

MINIS

- 1- Olympic Foxtrot
- 2- Glide Waltz
- 3- Skaters March
- 4- City Blues
- 5- Carlos Tango

ESPOIR

- 1- Country Polka
- 2- Canasta Tango
- 3- Swing Foxtrot
- 4- Rhythm Blues

CADET

- 1- Tudor Waltz
- 2- Federation Foxtrot
- 3- Denver Shuffle
- 4- Kleiner Waltz
- 5- Siesta Tango
- 6- Kent Tango

YOUTH

- 1- Kilian
- 2- European Waltz
- 3- Terenzi Waltz
- 4- Imperial Tango
- 5- Association Waltz
- 6- Rocker Foxtrot
- 7- Keats Foxtrot

JUNIOR

- 1- 14 Step Plus
- 2- Imperial Tango
- 3- Blues
- 4- Flirtation Waltz
- 5- Harris Tango
- 6- Rocker Foxtrot

SENIOR

- 1- Quickstep
- 2- Westminster Waltz
- 3- Viennese Waltz
- 4- Starlight Waltz
- 5- Paso Doble
- 6- Argentine Tango
- 7- Italian Foxtrot
- 8- Iceland Tango

	2010	2011
Minis	Glide Waltz Carlos Tango	Olympic Foxtrot City Blues
Espoir	Country Polka Rhythm Blues	Swing Foxtrot Canasta Tango
Free Dance	2.00 min.	2.00 min.
Cadet	Denver Shuffle Kent Tango	Federation Foxtrot Siesta Tango
OSP	Polka	Jive
Youth	European Waltz Keats Foxtrot	Terenzi Waltz Imperial Tango
Free Dance	2.30 min	2.30 min
Junior	Blues Harris Tango	Flirtation Waltz Rocker Foxtrot
Free Dance	2.30 min.	2.30 min.
Senior	Paso Doble Argentine Tango	Italian Foxtrot Iceland Tango
Free Dance	2.30 min.	2.30 min.

Important!!!: All Solo Dances must be performed for both men and ladies the ladies steps.

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Appendix n°13

CIPA – CEPA DEDUCTIONS

FIGURE DEDUCTIONS

1.	Touch Down on the Major Part	1.0	deductions by the Referee
2.	Touch Down on the Minor Part	0.5	deductions by the Referee
3.	Fall or stop	1.0	deductions by the Referee
4.	Incorrect turn	1.0	deductions by the Referee

GENERAL

1.	Kneeling or laying on the floor,	0.3	deduction by the Referee - B mark
2.	Costume violation	0.5-1.0	according to the degree of violation deductions by the Referee - B mark

COMPULSORY DANCE – COUPLES/SOLO

1.	Opening steps using more than 24 beats	0.1	for each extra beat deductions by the Referee
2.,	Entrance & exit longer than 15 secs	0.1	for each extra sec. deductions by the Referee
3.	Timing fault,	0.2	minimum by the Judges
4.	Falls		by the Judges
	small	0.1-0.2	
	medium	0.3-0.7	by the Judges
	major	0.8-1.0	by the Judges

ORIGINAL DANCE – COUPLES

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2 (minimum)	by the Judges – B mark
3.	Falls		
	small	0.1-0.2	by the Judges – B mark
	medium	0.3-0.7	by the Judges – B mark
	major	0.8-1.0	by the Judges – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Violation of set elements	0.2	by the Judge – A mark

FREE DANCE – COUPLES

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2 (minimum)	by the Judges – B mark
3.	Falls		
	small	0.1-0.2	by the Judges – B mark
	medium	0.3-0.7	by the Judges – B mark
	major	0.8-1.0	by the Judges – B mark
4.	Each set element not performed	0.5	by the Referee – A mark
5.	Lift violation	0.2	by the Judge – A mark
6.	Carried Lifts	0.2	by the Judge – A mark
7.	Arabesque, Pivot, Spin violation	0.2	by the Judge – A mark
8.	Separations in excess of duration	0.1	by the Referee – A mark
9.	Jumps or revolution in excess	0.2	by the Judge – A mark

FREE DANCE – SOLO DANCE

1.	Entrance & exit longer than 15 secs.	0.1	for each extra sec. deductions by the Referee
2.	Timing fault	0.2 (minimum)	by the Judges – B mark
3.	Falls		
	small	0.1-0.2	by the Judges – B mark
	medium	0.3-0.7	by the Judges – B mark
	major	0.8-1.0	by the Judges – B mark
4.	Each set element not performed	0.3	by the Referee – A mark
5.	Excess jumps/Spins and/or revolutions	0.2	by the Judge – A mark

FREE SKATING

SHORT PROGRAMME – A MARK

1.	Jump Combination with more than 5 jumps	0.5	by the Judge
2.	Spin Combination with more than 3 positions	0.5	by the Judge
3.	Single Spin with more than one position	0.5	by the judge
4.	Each element not attempted	0.5	by the Judge

SHORT PROGRAMME – B MARK

1.	Each fall	0.3	by the Judge
2.	Additional element	0.5	by the Judge
3.	Incorrect order of elements	0.5	by the Referee

LONG PROGRAMME

1.	Each fall	0.3	by the Judge – B mark
2.	Each set element not attempted	0.5	by the Judge – A mark
3.	Each jump (type/rotation) performed more than three (3) times	0.3	by the Referee – A mark

4.	Each combination jumps performed more than once	0.5	by the Referee – A mark
5.	For programmes not containing a combination spin	0.5	by the Referee – A mark
6.	For programmes containing less than two (2) spins	0.5	by the Referee – A mark

PAIRS SKATING

SHORT PROGRAMME – A MARK

1.	Each element not attempted	0.5	by the Judge
2.	One position lift with more than 4 rotations	0.5	by the Referee
3.	Combination lift with more than 8 rotations	0.5	by the Referee
4.	Shadow spin with more than one position	0.5	by the Judge

SHORT PROGRAMME – B MARK

1.	Each fall	0.3 (one skater) 0.4 (both skaters)	by the Judge
2.	Additional elements	0.5	by the Judge

LONG PROGRAMME

1.	Each set element not attempted	0.5	by the Judge – A mark
2.	Each additional lift	0.5	by the Referee – B mark
3.	Lift with more than 12 rotations	0.5	by the Referee – B mark
4.	Each fall	0.3 (one skater) 0.4 (both skaters)	by the Judge – B mark

PRECISION

1.	Elements not attempted	1.0	by the Judge - A mark
2.	Jumps of more than half ½ revolution or spins with more than one revolution	0.4	by the Judge - A mark
3.	Lifts of any kind	0.4	by the Judge - A mark
4.	Break in the execution of manoeuvres	0.2-0.4	by the Judge - A mark
5.	Stumble during manoeuvres	0.2	by the Judge - A & B mark
6.	Less than three (3) different handholds	0.4	by the Referee - A mark
7.	Falls –		
•	<u>Major</u> (more than one skater for a prolonged time	0.8-1.0	by the Judge - B mark
•	<u>Medium</u> (either one skater for prolonged time or down and up for more than one skater)	0.4-0.6	by the Judge – B mark
•	<u>Minor</u> (down and right up for one skater)	0.2	by the Judge - B mark

SHOW

1.	More than 4 typical precision elements	1.0	by the Referee - A mark per element
2.	If elements, that are not allowed, are Included in the programme	0.5	by the Judge - A & B mark per element
3.	Falls		
•	<u>Major</u> (more than one skater for a prolonged time	0.8-1.0	by the Judge - B mark
•	<u>Medium</u> (either one skater for prolonged time or down and up for more than one skater)	0.4-0.6	by the Judge - B mark
•	<u>Minor</u> (down and right up for one skater)	0.2	by the Judge - B mark

IF ANY UNFORESEEN EVENT SHOULD HAPPEN DURING THE CHAMPIONSHIPS WHICH ARE NOT PROVIDED FOR IN THE WRITTEN REGULATIONS, THE MATTER SHALL BE SETTLED BY THE REFEREE IN THE BEST INTERESTS OF THE SPORT.

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