

Modification to Cepa Book 2006 for year 2007

Made and approved from Cepa Committee – Paris (France) 03/11/2006

Page 48 – Appendix

Appendix:

No.1 Regulation concerning the allocation of skaters in groups.

No.2 Elements and Guideline for Short Programme Single and Set Element for Long Programme.

No.3 Elements and Guideline for Short Programme Pairs.

No.4 Guideline for Short Programme Pairs, Cadet, Youth & Promotional

No.5 Pairs Skating Long Programme Set Elements Junior/Senior & Cadet/Youth

No.6 Step sequences.

No.7 Rules and regulations for Original Dance (OD)

No.8 Solo Dance Original Set Pattern OSP Regulations for Cha Cha & Rhumba.

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No.11 Notes for Free Skating & Pairs Skating (Toe loop Jump)

No.12 Cepa Compulsory Dances – From 2006 until 2010

Page 49 - Senior

Individual

Short Programme: 2.15 mins.CIPA regulations (**appendix 2 – IMPORTANT - See new rules**)

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

Pairs

Long Programme: 4.30 mins.CIPA regulation (**See appendix 5 - set elements long progr.**)

Dance

Compulsory Dances: Paso Doble (2 sequences)

Westminster Waltz (2 sequences)

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

Free Dance: 3.30 mins.CIPA regulations
(**See in General Rules Free dance Set Elements**)

Page 50 - Junior

Juniors - 18 years (1989 inc.)

Individual

Short Programme: 2.15 mins. (**appendix 2 – IMPORTANT - See new rules**).

Single spin groups A or B.

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

Pairs

Long Programme: 4.00 mins.CIPA regulation (See appendix 5 – set elements long progr.)

Dance

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

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

Free Dance: 3.30 mins.CIPA regulations
(See in General Rules Free dance Set Elements)

Page 50/51 – Youth

Youth - 16 years (1991 inc.)

Individual

Short Programme: 2.15 mins. (**appendix 2 – IMPORTANT - See new rules**).
Single spin groups A or B or C.

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

Pairs

Long Programme: 3.30 mins. **IMPORTANT!!** (See Appendix 5)

Dance

Compulsory Dances: Kilian (4 sequences)
European Waltz (4 sequences)
Imperial Tango (4 sequences)

Free Dance: 3 mins. Maximum 4 lifts.
(See in General Rules Free dance Set Elements – Cadet & Youth)

Page 51 – Cadet

Cadets - 14 years (1993 inc.)

Individual

Figures:	Gr.1	13	19 a/b	15	20 a/b	
	Gr.2		18 a/b	21 a/b	30 a/b	28 a/b
	Gr.3		19 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 – IMPORTANT - See new rules**).
Single spin groups A or B or C.

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

Pairs

Long Programme: 3.30 mins. **IMPORTANT!!** (See Appendix 5)

Dance

Compulsory Dances: 14 Step (4 sequences)
Tudor Waltz (4 sequences)
Swing Foxtrot (4 sequences)

Free Dance: 3 mins. Maximum 4 lifts.
(See in **General Rules Free dance Set Elements – Cadet & Youth**)

Page 53/54 – Cup of Europe

Point 2. Per nation, change in:

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

Point 4. Technical conditions, change in:

Minis: age up to 10 years (1997)

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One spiral (arabesque) sequence with 2 or 3 positions, in serpentine.

Espoirs: age up to 12 years (1995)

.....

One spiral (arabesque) sequence with 2 or 3 positions, in serpentine.

.....

Cadet: age up to 14 years (1993)

Youth: age up to 16 years (1991)

Page 54 – Promotional Pairs

CATEGORY for 2007

- MINIS	1997 / 1998
- ESPOIR	1995 / 1996
- PROMOTIONAL CADET	1993 / 1994
- PROMOTIONAL YOUTH	1991 / 1992
- PROMOTIONAL JUNIOR	1989 / 1990
- PROMOTIONAL SENIOR	1988 & before

Page 58/59 – Solo Dance

Point c) Solo Dance, change in:

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

In Solo Dance, Skaters who have competed or will compete as a couple in a European or World Championship in the current year (2007) cannot compete in the Cup of Europe.

Minis: age up to 10 years (1997)

Perform 2 compulsory dances: Olympic Foxtrot and Glide Waltz.

Espoirs: age up to 12 years (1995)

Perform 2 compulsory dances: Skaters March and Canasta Tango.

Cadets: age up to 14 years (1993)

Perform 2 compulsory dances: 14 Step and Swing Foxtrot.

OSP: Cha Cha (Appendix 8)

Youth: age up to 16 years (1991)

Perform 2 compulsory dances: Kilian and Association Waltz.

OSP: Rhumba (Appendix 8)

Junior: age up to 18 years (1989)

Perform 2 compulsory dances: Rocker Foxtrot. and Flirtation Waltz

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

Senior: age older than 18 years (1988 & before)

Perform 2 compulsory dances: Quickstep and Westminster Waltz.

Free dance: 3 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.**

Point d) In-line, change in:

See appendix 10

Page 59 – European Championships for Precision & Show Teams

Point Competitions, change in:

Quartet

Small Groups 6-12 skaters

Large groups 16 skaters or more

Cadet Quartet

Cadet Groups (ages official) 8-16 skaters

Senior Precision Teams 16-24 skaters

Junior Precision Teams 16-24 skaters (ages official, no more than 18 yrs, 1989 included)

Page 60/61/62 – General Regulations

Point 1 & 2 of Warm-Up Competitions, change in:

Warm-Up Competitions

1. Compulsory figures: 15 minutes before the competition, 2 mins. per 4/5 skaters (appendix 1)
10 minutes between second and third figure.

If the numbers of the contestants is less than 8 an extra training of

5 minutes between 3rd and 4th exercise will be given

2. Compulsory Dances: each group has 30 seconds warm-up without music and then one piece of music is played for the warm-up.

Add:

- DS 8.02 – Entry and Exit on the Floor for Dance & Solo Dance – ALL CATEGORIES

When a couple/skater is announced for compulsory dances, original dance or OSP and free dance the entrance must be no longer than fifteen (15) seconds. The exit of the compulsory dances, original dance or OSP and free dance must be no longer than fifteen (15) seconds.

The penalty for each extra second will be 0,1 for compulsory and 0,1 from the “B” mark for OD/OSP/Free dance.

- DS 8.28 – Free Dance limitation (Couple) – ALL CATEGORIES

8.28.05 – dance lifts are permitted (as outlined in DS 8.29) to enhance the performance of the programme (not to display feats or strength or acrobatics). A maximum of five (5) lifts in the free dance will be allowed. The number of the revolutions may not exceed one and a half (1,5), with the man's hands no higher than his shoulders. Any choreographic movements in which the partner is assisted aloft, and has both feet off the floor shall be considered a lift. The change of position in a lift is permitted.

During a lift it is not allowed for the lady to assume an upside down position with the legs in a split or semi-split position in front of the man's face.

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.

- DS 8.29 – Free Dance Set elements (Couple) – JUNIOR & SENIOR

8.29.01 – Set elements that MUST BE included in Free Dance programme are:

- one straight-line step sequence, along the long axis of the rink (the middle 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. This is the same rule as OD (DS 8.24.24).

- One step sequence – performed together in any dance hold, either diagonal OR serpentine, extending as near as possible to the full length of the skating surface.

- Free Dance Set elements (Couple) – CADET & YOUTH

– Set elements that MUST BE included in Free Dance programme are:

- One step sequence – performed together in any dance hold, in diagonal, extending as near as possible to the full length of the skating surface.

Note that in Minis & Espoir Free Dance (Couple) no set elements.

- DS 8.36 – Timing violations – Compulsory Dance, OD and Free Dance

Any deduction made by a judge for incorrect timing to the music must be based on the duration of the fault. For a timing fault, there is a minimum deduction of 0,2 for Compulsory Dances and 0,2 from the “B” mark for OD / Free Dance.

- In the long Programme Single or Pairs, for each set element non included/attempted will carry a penalty of 0,5 from the “A” mark.

- Specification Dance Rules: In Compulsory Dance, Couple & Solo, 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.

A penalty for crossing the long axis more than the CEPA rule, as above, will be applied.

The Penalty, given by the Referee, will be 0.2 for each violation.

Page 74 – Show Groups and Precision Team

Point 8 Precision deductions, add:

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- Stationary Position/laying on the floor

0.2 in the B mark

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Page 79 – Appendix 2

All appendix 2 change in:

Appendix No.2

Elements and Guideline for Short Programme Single and Set Element for Long Programme

Short Programme

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

- Axel – This can be a single, double or triple.
- Toe assisted Jump – This can be a single, double or triple.
- Combination of Jumps – Minimum of three (3) jumps, maximum of five (5) jumps, to include one jump with two (2) revolutions or more.
- 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
- 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.
- Step sequence – See appendix 5.

The elements MUST be performed in the order as follow:

- Jump element (combination jump or axel)*
- Jump element (combination jump or axel)*
- Spin element (single spin or combination spin)*
- Toe assisted jump*
- Step sequence*
- Spin element (single spin or combination spin)*

To clarify:

No.1 and No.2 above – Skaters can choose to skate the combination jump first or second, and the axel first or second.

No.3 and No.6 above – Skaters can choose to skate the single spin third or last and the combination spin third or last.

General:

- All the above elements must be performed.
- The single elements listed above may also be skated in the combination jumps or spins.
- 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.
If it is clear that the intention is to perform an element it will be considered an attempt.
- 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.
- Not performing the elements in the order as outlined above will carry a penalty of 0.5 from the “B” 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)

Class C

BI sit spin

BI Camel (arabesque)
BO sit spin

FO sit spin
Cross Foot spin
FO Camel (arabesque)

Long Programme

*In the Free Skating Long Programme Youth, Junior & Senior the skaters **MUST INCLUDE** at least two (2) **DIFFERENT** step sequences either *Diagonal, Circular or Serpentine*.*

*In the Free Skating Long Programme Cadet the skaters **MUST INCLUDE** at least one (1) **DIFFERENT** step sequence(s) either *Diagonal, Circular or Serpentine*.*

For each step sequence not performed a deduction of 0.5 from the “A” mark will be given.

Page 86 – Appendix 5

2006 Appendix 5 become the follow paragraph, 2006 Appendix 5 (Step sequences) become Appendix 6:

Appendix No.5

Pairs Skating Long Programme Set Elements Junior & Senior

*The following four set elements **MUST** be included in the long programme:*

- The Couple can perform **NO MORE THAN 3 (Three)** lifts in a programme.*
- Each combination lift **MUST NOT EXCEED 12 (Twelve)** rotations.*
- The Couple **MUST INCLUDE** one spiral (arabesque) sequence with at least one change of edge and one change of direction. The change of direction may be performed by one of the partners or both and one of the two must always in a spiral position.*
- The Couple **MUST INCLUDE** one step sequence either *Diagonal, Circular or Serpentine*.*

Each additional lift or for each lift of more than 12 (Twelve) rotations will carry a penalty of 0,5 from the “B” mark with no credit to the “A” mark.

Each set element not included will carry a penalty of 0,5 from “A” mark.

Pairs Skating Long Programme Notes & Set Elements Cadet & Youth

Youth:

- Maximum 2 lifts (including combination – each of max 8 revolution of the man).*
- Throw jumps with no more than two (2) rev.*
- The Couple must include one step sequence either *Diagonal, Circular or serpentine*.*
- The Couple **MUST INCLUDE** one spiral (arabesque) sequence with at least one change of edge and one change of direction. The change of direction may be performed by one of the partners or both and one of the two must always in a spiral position.*

Cadet:

- Maximum 2 lifts (including combination – each of max 8 revolution of the man).
- Throw Jumps with no more than two (2) rev.
- **No overhead lifts during the long programme.**
- The Couple must include one step sequence either Diagonal, Circular or serpentine.
- **The Couple MUST INCLUDE one spiral (arabesque) sequence with at least one change of edge and one change of direction. The change of direction may be performed by one of the partners or both and one of the two must always in a spiral position.**

Each set element not included will carry a penalty of 0,5 from “A” mark.

Each additional lift or for each lift of more than 8 (eight) rotations will carry a penalty of 0,5 from the “B” mark with no credit to the “A” mark.

Page 87/88/89 – Appendix 6

Change Appendix 6 (OD) in Appendix 7. New Appendix 7:

Appendix No.7

Rules and regulations for Original Dance (OD)

General – DS. 8.24

8.24.01

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.

8.24.02

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

8.24.03

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.

8.24.04

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

8.24.05

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

8.24.06

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

8.24.07

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

8.24.08

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

8.24.09

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)

8.24.10

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"

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

Music

8.24.12

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.

DS 8.04 – The Original Dance (OD)

8.04.01

The original dance will consist of a dance constructed of two (2) rhythms of the skaters choice as listed below. NOTE: a couple can repeat the first rhythm they have chosen as a third change but it must be the same melody and tune as the first.

DS 8.04.02 – Rhythms

	Year skated
Rhythm combination	2007
<i>Foxtrot, Quickstep, Charleston.</i>	
Spanish Melody	2008
<i>Paso Doble, Flamenco, Tango, Spanish Waltz</i>	
Memories of Grand Ball	2009
<i>Waltz, Polka, March, Galop</i>	
Latin Combination	2010
<i>Mambo, Cha Cha, Samba, Rhumba</i>	
Swing Combination	2011
<i>Swing, Jive, Boogie Woogie, Jitterbug, Rock & Roll, Blues</i>	

Timing

8.24.14

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.

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

Execution of the Original Dance (OD)

8.24.16

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.

8.24.17

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

8.24.18

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

8.24.19

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.

8.24.20

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

8.24.21

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

8.24.22/23

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 8.24.24

DS 8.24.25 **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.

THIS ELEMENT MUST BE INCLUDED.

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

DS 8.24.26 **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. **During the execution of this element it is not allowed for the ladies to assume an upside down position with the legs in a split or semi-split position in front of the man's face.**

THIS ELEMENT MUST BE INCLUDED.

DS 8.24.27 **One diagonal step sequence together in any dance hold.**

THIS ELEMENT MUST BE INCLUDED.

DS 8.24.28 **One dance spin (one position only) in any dance hold/position, with minimum two (2) and maximum five (5) revolutions.**

THIS ELEMENT MUST BE INCLUDED.

8.24.29

A deduction of 0.5 from the A mark will be made for any omission of the above elements

Costume Requirements

8.24.30 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 SR 3.10

Original Dance Technical Merit and Artistic Impression

8.24.31 Scores are assigned for the Original Dance as outlined in DS 8.08

8.24.32

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 DS 8.30 to 8.31.

Page 90/91 – Appendix 7

Change Appendix 7 (OSP) in Appendix 8.

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Special Rules for Solo Dance OSP – Cha Cha

This originated in Cuba with a type of “skipping step” and should be danced in a lively and playful manner with actions of seduction.

Range of Tempo: 120-132 beats per minute

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

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

Special Rules for Solo Dance OSP – Rhumba

*The Rhumba is an Afro-Cuban rhythm, and is the spirit and soul of latin music.
It should be performed to the basic Rhumba rhythm in a sultry, sensuous, and smooth manner.
Hip motions accentuating the slow rhythm are advised.*

Range of Tempo: 104-120 beats per minute

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

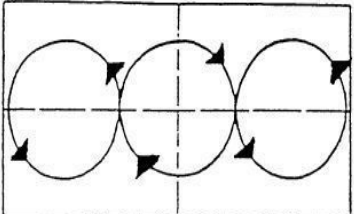
Clarification of the use of Toe Stops: Toe stops can be used in any part of the dance TWICE per sequence (maximum time 5 seconds).

General notes for both the above rhythms:

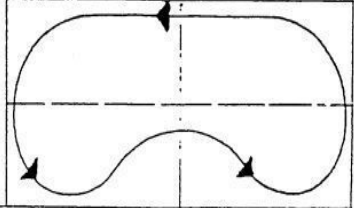
- Only music with a constant and regular tempo may be used throughout the dance.*
- The OSP can be started at any place on the floor.*
- A certificate, obtained from a Professional musician on their headed paper, authenticating the music, must be handed to CEPA before the first training day.*
- Vocal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

Add:

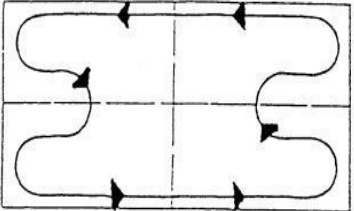
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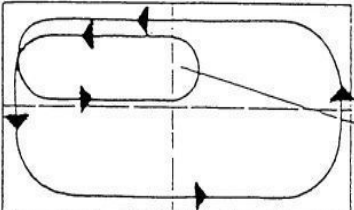
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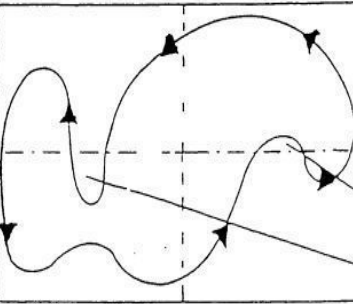
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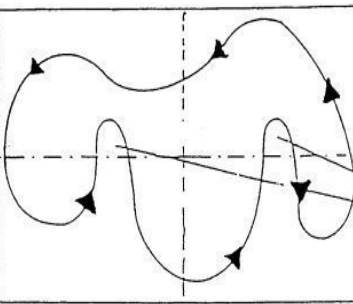
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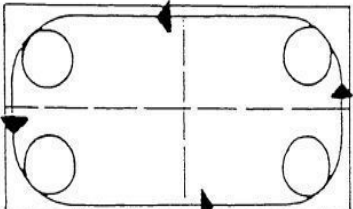
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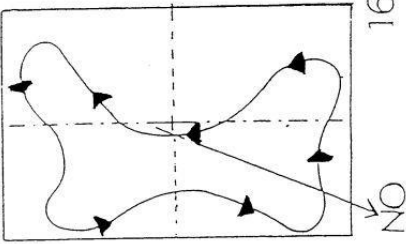
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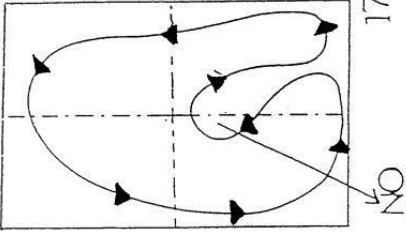
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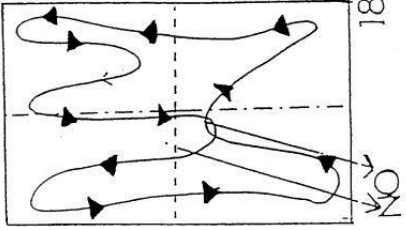
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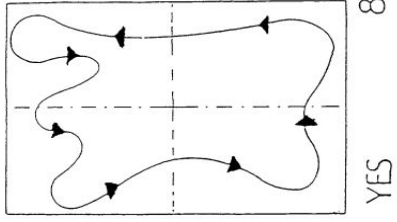
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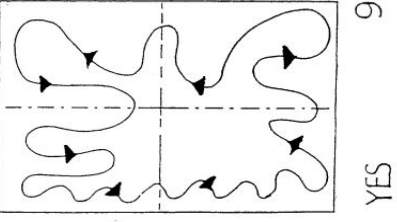
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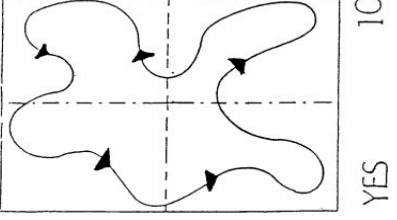
18 NO



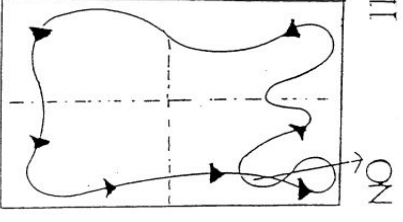
8 YES



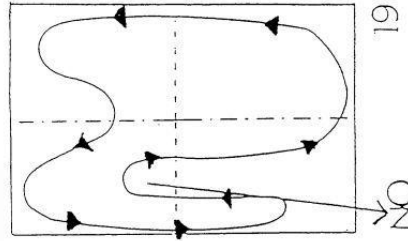
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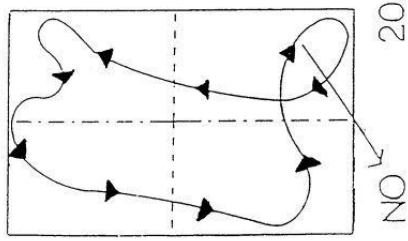
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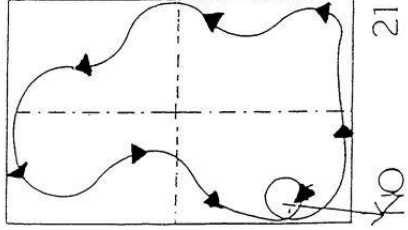
11 NO



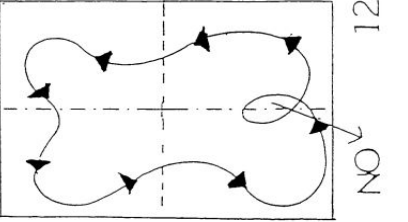
19 NO



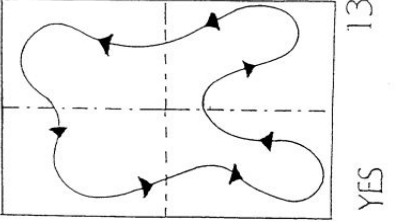
20 NO



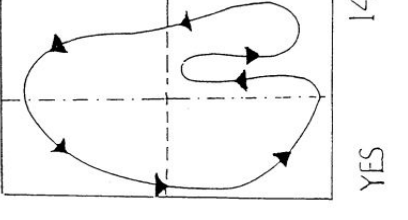
21 NO



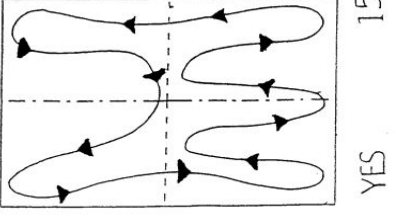
12 NO



13 YES



14 YES



15 YES

Page 92 – Solo Dance – Appendix 8
Appendix 8 change in Appendix 9

Add at the end of the page:

Penalty of 0.1 in A mark and no credit for each extra rotation of the above 3 max permitted.

Penalty of 0.1 in A mark and no credit for each jump with more than one revolution.

Page 93 – In Line – Appendix 9
Appendix 9 change in Appendix 10

Add this new Appendix:

Appendix n°11

Notes for Free Skating & Pairs Skating

After the Judges Seminar held in Misano on 8 April 2005, these are the decision taken about perform the toe loop:

A toe loop performed with a turn of the toe stop of one-quarter of a rotation whilst the employed foot is on the floor and the body position is a maximum of a one-quarter turned without opening the left arm/shoulder, will be credited by the Judges as a correct Toe Loop.

A toe loop performed with a turn of the toe stop of more than one-quarter of a rotation whilst the employed foot is on the floor and the body position is a maximum of a one-quarter turned without opening the left arm/shoulder, will be credited by the Judges but with less value than the previous explanation.

A toe loop performed with a turn of the toe stop of more than one-quarter of a rotation whilst the employed foot is on the floor and the body position is turned more than one-quarter with opening the left arm/shoulder, will be considered by the Judges as an attempt.

Page 94 – CEPA COMPULSORY DANCES

Change all with this:

Appendix n°12

CEPA COMPULSORY DANCES

MINIS

- 1- Rythmn Blues
- 2- Glide Waltz
- 3- Olympic Foxtrot
- 4- Skaters March

ESPOIR

- 1-Denver Shuffle
- 2-Canasta Tango
- 3-Tudor Waltz
- 4-Swing Foxtrot
- 5-Country Polka

	2006	2007	2008	2009	2010
Minis	Skaters March	Olympic Foxtrot	Skaters March	Olympic Foxtrot	Skaters March
	Rythmn Blues	Glide Waltz	Rythmn Blues	Glide Waltz	Rythmn Blues
Espoir	Country Polka	Denver Shuffle	Swing Foxtrot	Country Polka	Denver Shuffle
	Tudor Waltz	Canasta Tango	Tudor Waltz	Canasta Tango	Tudor Waltz
Cadet	Denver Shuffle	14 Step	Denver Shuffle	14 Step	Denver Shuffle
	Kleiner Little Waltz	Tudor Waltz	Kleiner Little Waltz	Tudor Waltz	Kleiner Little Waltz
	Siesta Tango	Swing Foxtrot	Siesta Tango	Swing Foxtrot	Siesta Tango
Youth	14 Step	Kilian	14 Step	Kilian	14 Step
	Association Waltz	European Waltz	Association Waltz	European Waltz	Association Waltz
	Keats Foxtrot	Imperial Tango	Keats Foxtrot	Imperial Tango	Keats Foxtrot
Junior	Blues	Rocker Foxtrot	14 Step	Blues	Rocker Foxtrot
	Harris Tango	Flirtation Waltz	Imperial Tango	Harris Tango	Flirtation Waltz
OD	Cha Cha	Rhythm Combination	Spanish Melody	Memories of a Grand ball	Latin Combination
Senior	Starlight Waltz	Paso Doble	Quickstep	Italian Foxtrot	Starlight Waltz
	Iceland Tango	Westminster Waltz	Viennese Waltz	Argentine Tango	Iceland Tango
OD	Cha Cha	Rhythm Combination	Spanish Melody	Memories of a Grand ball	Latin Combination

SOLO DANCE

	2006	2007	2008	2009	2010
Minis	Country Polka	Olympic Foxtrot	Country Polka	Skaters March	Country Polka
	Glide Waltz	Glide Waltz	Rythmn Blues	Olympic Foxtrot	Glide Waltz
Espoir	Denver Shuffle	Skaters March	Denver Shuffle	Skaters March	Denver Shuffle
	Canasta Tango	Canasta Tango	Tudor Waltz	Swing Foxtrot	Canasta Tango
Cadet	Denver Shuffle	14 step	Kleiner Little Waltz	Tudor Waltz	Denver Shuffle
	Kleiner Little Waltz	Swing Foxtrot	Siesta Tango	Swing Foxtrot	Kleiner Little Waltz
OSP	Paso Doble	Cha Cha	Rhumba	Samba	Polka
Youth	14 Step	Kilian	Keats Foxtrot	Kilian	14 Step
	Association Waltz	Association Waltz	Imperial Tango	European Waltz	Association Waltz
OSP	Samba	Rumba	Samba	Polka	Jive
Junior	Blues	Rocker Foxtrot	Blues	14 Step	Blues
	Imperial Tango	Flirtation Waltz	Harris Tango	Harris Tango	Imperial Tango
Free Dance	2.30 min	2.30 min.	2.30 min.	2.30 min.	2.30 min.
Senior	Paso Doble	Quickstep	Italian Foxtrot	Quickstep	Paso Doble
	Starlight Waltz	Westminster Waltz	Viennese Waltz	Argentine Tango	Starlight Waltz
Free Dance	3 min	3 min.	3 min.	3 min.	3 min.

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

Page 95 – Address of Cepa Committee

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