

CONFÉDÉRATION EUROPÉENNE DE ROLLER – SKATING

C.E.R.S. (affiliée À LA F.I.R.S.)

COMITÉ EUROPÉEN DE PATINAGE ARTISTIQUE (CEPA)

Règlement 2012 Rules 2012



CERS – CEPA Web Site: www.cers.pt

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!! In case of misunderstanding the English version is competent !!

1 - Technical Regulation for Single, In-Line, Pairs, Dance, Solo Dance, Precision & Show teams.

- Individual Categories :

SENIOR

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

Short Programme: 2.15 mins CIPA regulations:

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 1.

The elements MUST be performed in the order as follow:

1. Jump element (combination jump or axel)
2. Jump element (combination jump or axel)
3. Spin element (single spin or combination spin)
4. Toe assisted jump
5. Step sequence
6. 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:

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by 0.2, on each and every occasion. This amount will be deducted from the "B" mark.

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 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	

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 1,1to 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:

Sit Spin with Upright Spins Combination	from 0,6 to 0,7
Sit Spin with Camel / Sit Spins Combination	from 0,7 to 1,2
Sit Spin with 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

Long Programme: 4 mins.CIPA regulations:

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

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

Limitations on jumps and spins in a free skating long programme

- 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.

Falls (Long Programme):

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by 0.2, on each and every occasion. This amount will be deducted from the “B” mark.

JUNIOR - 19 years (1993 inc.)**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. Same rules of Senior Short Programme, except Single spin, could be groups A or B:

Class A

Inverted Camel (any edge)
 Heel Camel (forward or backward)
 Broken Ankle (forward or backward)
 Lay Over Camel (any edge)
 Jump Camel
 Jump Sit

Class B

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

Long Programme: 4 mins.CIPA regulations. Same rules of Senior Long Programme.

YOUTH - 17 years (1995 inc.)

<u>Figures:</u>	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. Same rules of Senior Short Programme, except Single spin, could be groups A, B. or C:

Class A

Inverted Camel (any edge)
 Heel Camel (forward or backward)
 Broken Ankle (forward or backward)
 Lay Over Camel (any edge)
 Jump Camel
 Jump Sit

Class B

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

Class C

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

Long Programme: 4 mins.CIPA regulations Same rules of Senior Long Programme.

In Short and Long programme a broken ankle spin is not allowed!!

CADET - 15 years (1997 inc.)

<u>Figures:</u>	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. Same rules of Senior Short Programme, except Single spin, could be groups A, B. or C:

Class A

Inverted Camel (any edge)
 Heel Camel (forward or backward)
 Broken Ankle (forward or backward)
 Lay Over Camel (any edge)
 Jump Camel
 Jump Sit

Class B

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

Class C

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

Long Programme: 3 mins.CIPA regulations. Same rules of Senior Long Programme, except for the number of the required Step Sequence:

The skaters MUST INCLUDE at least one (1) step sequence either Diagonal, Circular or Serpentine.

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

In Short and Long programme a broken ankle spin is not allowed!!

ESPOIR - 13 years (1999 inc.)

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

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) to the skater's choice, to include one “loop step” (double three with wrapped free leg).

One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves.

- 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. One Spin must be a Single Sit Spin OR Combination of any Sit Spins (this Spin cannot include other positions than Sit).
 - 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.

Please Note: Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of 0.5 point in “B” mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the “A” mark given by the Referee.

MINIS - 11 years (2001 inc.)

Only free skating long programme 2.30 minutes +/- 10 seconds

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 the above listed.

Footwork:

there must be one step sequence (circle or line/diagonal or serpentine) to the skater's choice, to include one "loop step" (double three with wrapped free leg).

One spiral (arabesque) sequence with minimum 2 positions, fully utilizing the long axis of the rink surface and minimum one-half of the short axis. The pattern should be serpentine with at least two bold curves.

- 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. One Spin must be a Single Upright Spin OR Combination of any Upright Spins (this Spin cannot include other positions than Upright).
 - 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.

Please Note: Extra elements will receive no credit by the Judges and the skater will have a deduction for each one of 0.5 point in "B" mark given by the Referee. Each Element not attempted will have a deduction of 0.5 in the "A" mark given by the Referee.

- In-Line Categories :

The Competitions will be for skaters in Free Skating who are at least twelve (12) years or older as of January 1st of the year.

Technical Details for Senior In-Line category:

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 – See appendix 1
- 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.

The elements MUST be performed in the order as follow:

1. Jump element (combination jump or axel)
1. Jump element (combination jump or axel)
2. Spin element (single spin or combination spin)
3. Toe assisted jump
4. Step sequence
5. 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.

- All others rules of Short Programme of Senior Individual Short Programme will apply.

- Restrictions on elements in the Long Programme:

- 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.

- 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.

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

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

Promotional In-Line. The competition will be for skaters up to 14 years (1998 inc.), Men & Ladies together, with only a Long Programme of 2.30 min-3.00 max duration (+/- 10 sec). Long Programme rules are the same of the Senior In-Line Category.

General Rules about Individual & In-Line Competitions

Warm-Up Competitions

1. Compulsory figures:
 - 15 minutes before the competition, 2 mins. per 4/5 skaters:
4 skaters for circle and 5 skaters for loop.
 - When the Competition starts: the competitor plus 4 skaters warming up in circle, the competitor plus 5 skaters warming up in the loop.
 - 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. Short & Long Programme: 2 minutes plus length of programmes.
 - Step sequences for short programme: 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.
 - The tolerances are plus or minus **5 secs.** for Short Programmes, and plus or minus **10 secs.** for Long
 - **ATTENTION:** In the category Youth, Cadet, Espoir and Minis, a broken ankle spin is not allowed.
 - In the long Programme, for each set element not included/attempted will carry a penalty of 0,5 from the "A" mark.
 - After the Judges Seminar held in Misano on April 2005 & April 2011, these are the decision taken about perform the toe loop:

1. The GOOD execution of the element:

A toe loop performed with a turn of the toe stop of **no more than one-quarter** of a rotation or less, 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.

This will be given full value and be considered a good execution.

2. The FAIR execution of the element:

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.

This will be given half value of No.1 above.

3. The BAD execution of the element:

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** and **the left arm/shoulder is open.**

This will be considered as a bad attempt and therefore a quarter of the value of No.1 above.

Important:

From 2012 in the Short Programme if the ELEMENT “TOE ASSISTED JUMP” is made like above “3. third execution” the jump will have NO CREDIT and will be penalized like extra element (0,5 points in the B mark). This DOES NOT REFER TO THE COMBINATION JUMP.

Important:

From 2011 all Spins when the change of position is performed with additional hitching of the employed foot (“pumping”) will be considered a poor quality spin.

Therefore in the Short Programme the Combination Spin performed with such changes of positions will be penalized 0.5 points in the “A” mark.

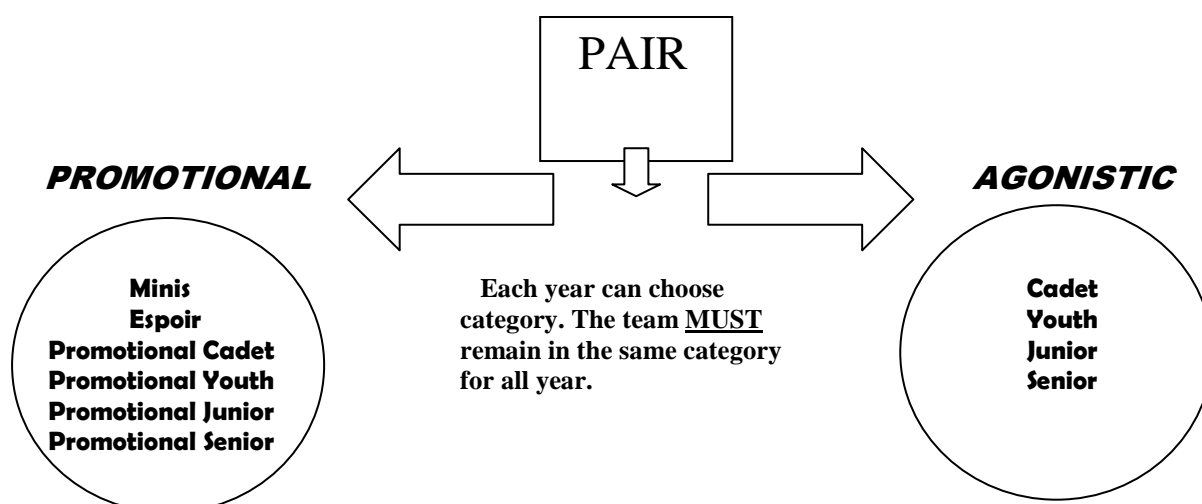
Rules concerning the allocation of skaters in groups

- *For Single Short & Long Programme:*

Session Training & Training Competition

Participants	Drawing order	“Programme” / warm up groups C/Y/J/S	“Programme”/ warm up groups Minis & Espoir
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
Etc. etc.			

- Pairs Categories :



SENIOR

Short Programme: 2.45 mins.CIPA regulation:

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 – See appendix 1.
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.

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 that eight (8) rotations will be given a deduction of 0.5 from the “A” mark.

Falls:

A fall leading to the penalty is when more than 50% of the body weight is supported by any part of the body except the skate/s, will be penalised by 0.2, on each and every occasion. The fall of both partners at the same time will receive a penalty of 0.3. This penalty will be deducted from the "B" mark. This amount will be deducted from the "B" mark.

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. Any attempt will receive a minimum 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	

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	

Throw Jump:

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.

Contact Spin:

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.

One Position Lift:

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

Combination Lifts:

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 includes 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

Footwork Sequence:

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

Long Programme: 4.30 mins.CIPA regulation:

The rules listed below **MUST BE FOLLOWED** in a Senior Pairs Skating long program:

- The couple can perform no more than three(3) lifts in a program. At least one (1) of the lifts **MUST** be a one position lift **NOT EXCEEDING** four (4) rotations. Each combination lift **MUST NOT EXCEED** twelve (12) rotations.
 - The couple **MUST INCLUDE** two death spirals one on an inside edge and one on an outside edge.
 - The couple **MUST INCLUDE** one spiral (arabesque) sequence with three (3) different positions with at least one change of edge and one change of direction. Partners can insert cross pulls between each position. The change of direction may be performed by one of the partners or both and one of the two must be always in spiral position.
 - The couple **MUST INCLUDE** one step sequence either Diagonal, Circular or Serpentine.
- Each additional lift or for each combination lift with more than twelve (12) rotations or for each one position lift with more than four (4) rotations will carry a penalty of .5 from the “B” mark with no credit given to the “A” mark.
 - Each set element not included will carry a penalty of .5 from the “A” mark.
 - Each Fall (one skater) penalty 0.2 from the “B” mark
 - Each Fall (both skaters) penalty 0.3 from the “B” mark

JUNIOR - 19 years (1993 inc.)

Short Programme: 2.30 mins.CIPA regulation:

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 – See appendix 1.
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.

General Rules about the execution and construction of the Short Programme, are the same of Senior Pairs Short Programme.

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 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	
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	

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

Long Programme: 4.00 mins.CIPA regulation:

The rules listed below **MUST BE FOLLOWED** in a Junior Pairs Skating long program:

- The couple can perform no more than two (2) lifts in a program. At least one (1) of the lifts **MUST** be a one position lift **NOT EXCEEDING** four (4) rotations. The combination lift **MUST NOT EXCEED** twelve (12) rotations.
- The couple **MUST INCLUDE** at least one (1) death spiral any edge.
- 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 be always in spiral position.
- The couple **MUST INCLUDE** one step sequence either Diagonal, Circular or Serpentine.

- Each additional lift or for a combination lift with more than twelve (12) rotations or for the one (1) position lift with more than four (4) rotations will carry a penalty of .5 from the “B” mark with no credit given to the “A” mark.

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

- Each Fall (one skater) penalty 0.2 from the “B” mark

- Each Fall (both skaters) penalty 0.3 from the “B” mark

YOUTH - 17 years (1995 inc.)

Short Programme: 2.15 mins – Cepa Regulation:

1. Death Spiral – FI or BO – at least one revolution.
2. Contact Spin – Pull Around Camel, free entrance.
3. One Position Lifts – Press Lift. Minimum three (3), Maximum four (4) rotations of the man. Adagio type movements at the end of the lift are not allowed.
4. One shadow Jump – Double Toeloop.
5. One shadow Spin – Camel BO prepared with the threes sequence. Min.three (3) revolutions.
6. One Step Sequence – See appendix 1.
7. One throw Jump – Double Salchow OR Double Rittberger.

General Rules about the execution and construction of the Short Programme, are the same of Senior Pairs Short Programme.

European Guideline for Short Programme Youth Pairs

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 of 0,2.

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	

Long Programme: 3.30 mins.

The rules listed below ***MUST BE FOLLOWED*** in a Youth Pairs Skating long program:

- Maximum 2 lifts (Single or in Combination), are not allowed Reverse Cartwheel (all type), and all Lifts where the Ladies during the take-off make a Spin with the head down, like Spin Pancake and similar Lifts. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements are allowed while ending the lift..
- Can perform Throw jumps with two (2) revolutions and also the Double Axel.
- The Couple must include one step sequence either Diagonal, Circular or serpentine.
- The Couple **MUST** perform one sequence of Spirals (Arabesque) with three (3) different positions, the position of the partners can also be different with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three (3) required position must be maintained from both at least for three (3) seconds.
- Must perform a Single Jump or a Throw Jump prepared from footwork of choreographic movements. In both case, the last step must be the starting foot of the Single Jump or Throw Jump.
- Must perform minimum one (1) Death Spiral, free choice.
- All other elements are free. Remember that in Youth Category isn't allowed Brocken ankle Spin.
- 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.
- Each Fall (one skater) penalty 0.2 from the “B” mark
- Each Fall (both skaters) penalty 0.3 from the “B” mark

In Short and Long programme, a broken ankle spin is not allowed!!

CADET - 15 years (1997 inc.)

Short Programme: 2.15 mins – Elements in **appendix 3**

1. Death Spiral – BO – at least one revolution.
2. Contact Spin – Hazel Spin.
3. One Position Lifts – Flip Lift Reversed Split Position. Minimum three (3), Maximum four (4) rotations of the man. Adagio type movements at the end of the lift are not allowed.
4. One shadow Jump – Axel jump. No combination.
5. One shadow Spin – Sit Spin BI prepared with the threes sequence. Min.three (3) revolutions.
6. One Step Sequence – See appendix 1.
7. One throw Jump – Axel Paulsen

General Rules about the execution and construction of the Short Programme, are the same of Senior Pairs Short Programme.

European Guideline for Short Programme Cadet Pairs

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 of 0,2.

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	

Long Programme: 3.30 mins.

The rules listed below ***MUST BE FOLLOWED*** in a Cadet Pairs Skating long program:

- Max two (2) Lifts (Single or in Combinations) selected from No-Overhead Lifts like: Axel, Flip Reversed Split position, Around the back lift, Etc. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Are NOT allowed choreographic movements at the exit.
- Can perform Throw Jumps with maximum two rotations.
- The Couple must include one step sequence either Diagonal, Circular or serpentine.
- Must perform one sequence of Spirals (Arabesque) with three (3) different positions, the positions of the partners can also be different with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the

third position. Minimum one (1) of the three required position must be maintained from both at least for three (3) seconds.

- Must perform a Single Jump or a Throw Jump prepared from footwork or choreographic movements. In both case, the last step must be the starting foot of the Single Jump or Throw Jump.
- Can perform Individual Spins, single or in combination, free choice (no broken ankle).
- Can perform a Contact Spin/s to free choice also in combination. Forbidden Impossible Spins (all type) and Spin around over the head camel with the ladies in inverted position.
- Can Perform Individual Jumps, single or in combination, free choice.
- 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.
- Each Fall (one skater) penalty 0.2 from the "B" mark
- Each Fall (both skaters) penalty 0.3 from the "B" mark

In Short and Long programme, a broken ankle spin is not allowed!!

ESPOIR - 13 years (1999 inc.)

NO Short Programme

LONG PROGRAMME

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 positions and all lifts where the lady's pelvis is not over the head of the man. OVERHEAD LIFTS ARE NOT ALLOWED. Max 2 lifts also in combination. Each combination lift must not exceed eight (8) rotations of the Man. Are NOT allowed choreographic movements at the exit.
- The team MUST insert a serpentine sequence of footwork.
- 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.
- Each Fall (one skater) penalty 0.2 from the "B" mark
- Each Fall (both skaters) penalty 0.3 from the "B" mark

MINIS - 11 years (2001 inc.)

NO Short Programme

LONG PROGRAMME 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.

- Each set element not included will carry a penalty of 0,5 from "A" mark.
- Each Fall (one skater) penalty 0.2 from the "B" mark
- Each Fall (both skaters) penalty 0.3 from the "B" mark

PROMOTIONAL CADET - 15 years (1997 inc.)

NO Short Programme

LONG PROGRAMME 3 min +/- 10 sec.

Can insert ONLY:

- Max two (2) Lifts (Single or in Combinations) selected from the following: Axel and Flip Reversed Split position. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements Are NOT allowed at the exit.
- Can perform Throw Jumps with maximum one and half (1, 5) rotations and also the Double Salchow.
- Must perform a Step Sequence Diagonal, Circle or Serpentine.
- Must perform one sequence of Spirals (Arabesque) with three (3) different positions, the positions of the partners can also be different with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds.
- Can perform Contact Spins selected from, Upright Spins, face to face inner/outer Sit Spins, Arabesque Sit Spin, Hazel Spin, Pull Around Camel (free entrance) also in combination.
- Can perform Individual Jumps of max two (2) rotations (no double rittberger/loop), single or in combination.
- Can perform Individual Spins, single or in combination, Upright, Sit & BO Camel (no others Camel, broken ankle, heel and inverted).
- Can perform Camel Spirals and one (1) Death Spiral (free choice).

- 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.
- Each Fall (one skater) penalty 0.2 from the “B” mark
- Each Fall (both skaters) penalty 0.3 from the “B” mark

PROMOTIONAL YOUTH - 17 years (1995 inc.)

NO Short Programme

LONG PROGRAMME 3.30 min +/- 10 sec.

Can insert ONLY:

- Max two (2) Lifts (Single or in Combinations) selected from No-Overhead Lifts like: Axel, Flip Reversed Split position, Around the back lift, etc. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements are not allowed at the exit.
- Can perform Throw Jumps with maximum two (2) rotations.
- Must perform a Step Sequence Diagonal, Circle or Serpentine.
- Must perform one sequence of Spirals (Arabesque) with three (3) different positions, the positions of the partners can also be different with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds.
- Can perform Individual Spins, single or in combination, free choice (no broken ankle).
- Can perform Contact Spins, free choice, also in combination. Forbidden Impossible Spins (all type) and Spin around over the head camel with the ladies in inverted position.
- Can perform Camel Spirals and one (1) Death Spiral (free choice).
- Can perform Individual Jumps of max two (2) rotations (no double Axel or Triples), single or in combination.

- 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.
- Each Fall (one skater) penalty 0.2 from the “B” mark
- Each Fall (both skaters) penalty 0.3 from the “B” mark

PROMOTIONAL JUNIOR - 19 years (1993 inc.)

NO Short Programme

LONG PROGRAMME 4.00 min +/- 10 sec.

Can insert ONLY:

- Max two (2) Lifts (Single or in Combinations), are not allowed Reverse Cartwheel (all type) and all Lifts where the Ladies during the take-off make a Spin with the head down, like Spin Pancake and similar Lifts. Each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations. Choreographic movements are allowed at the exit.

- Can perform Throw Jumps with maximum two (2) rotations.
- Must insert a Step Sequence Diagonal, Circle or Serpentine.
- Must perform one sequence of Spirals (Arabesque) with three (3) different positions, the positions of the partners can also be different with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds.
- Must perform a Single Jump or a Throw Jump prepared from footwork or choreographic movements. In both case, the last step must be the starting foot of the Single Jump or Throw Jump.
- Must perform one (1) Death Spiral.
- Must perform a Contact Spins, free choice, also in combination.
- Can perform Single elements “Jumps & Spins”, also in combination. Forbidden Double Axel and Triples.

- 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.
- Each Fall (one skater) penalty 0.2 from the “B” mark
- Each Fall (both skaters) penalty 0.3 from the “B” mark

PROMOTIONAL SENIOR

NO Short Programme

LONG PROGRAM 4.30 min +/- 10 sec.

Can insert ONLY:

- Max two (2) Lifts (Single or in Combinations), each combination lift must not exceed eight (8) rotations of the Man, however Single Position lift must not exceed four (4) rotations..
- Must perform a Single Jump or a Throw Jump prepared from footwork or choreographic movements. In both case, the last step must be the starting foot of the Single Jump or Throw Jump.
- Must perform one (1) Death Spiral.
- Must perform one sequence of Spirals (Arabesque) with three (3) different positions, the positions of the partners can also be different with minimum one (1) change of edge and direction, the partners must always hold each other. Partners could use cross pulls between the second and the third position. Minimum one (1) of the three required position must be maintained from both at least for six (6) seconds.
- Must perform a Step Sequence Diagonal, Circle or Serpentine.
- Can perform a Contact Spins, also in combination.
- Can perform Throw Jumps.
- Can perform Single elements “Jumps & Spins”, also in combination. Forbidden Double Axel and Triples.

- 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.
- Each Fall (one skater) penalty 0.2 from the “B” mark
- Each Fall (both skaters) penalty 0.3 from the “B” mark

General Rules about Pairs Competitions

Warm-Up Competitions

Short & Long Programme: 2 minutes plus length of programmes.

- Age of skaters PAIRS SKATING. The category will be determined by the age of the man.

- **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.

- **Notes for all Pairs categories.** 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)

- In the long Programme, for each set element not included/attempted will carry a penalty of 0,5 from the “A” mark.

- **Step sequences for short programme 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.

- **ATTENTION:** In the category Youth, Cadet, Espoir and Minis, a broken ankle spin is not allowed.

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

Rules concerning the allocation of Pairs in groups

Session Training & Training Competition

- *Pairs*

Session Training & Training Competition

Participants	Drawing order	Programme / warm up groups
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1-3	reverse order	1 group
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

- Couple Dance Categories :

SENIOR

Compulsory Dances: Viennese Waltz (2 sequences)
Tango Delanco (2 sequences)

OD: Rhythm Combination – See rules Pages 105/106/107
(2.30 minutes +/- 10 sec.)

Rules and regulations for Original Dance (OD)

General – DS. 8.26

8.26.01

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.

8.26.02

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

8.26.03

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.

8.26.04

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

8.26.05

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

8.26.06

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

8.26.07

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

8.26.08

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.

8.26.09

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)

8.26.10

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"

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

Music

8.26.12

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 8.04.03 – Rhythms

	Year skated
Rhythm Combination	2012
Foxtrot, Quickstep, Charleston.	
Spanish Medley	2013
Paso Doble, Flamenco, Tango, Spanish Waltz	
Memories of Grand Ball	2014
Waltz, Polka, March, Galop	
Latin Combination	2015
Mambo, Cha Cha, Samba, Rhumba	
Swing Combination	2016
Swing, Jive, Boogie Woogie, Jitterbug, Rock & Roll, Blues	

Timing

SR 3.10

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.

DS 8.26.14 The OD can be started at any place on the floor.

Execution of the Original Dance (OD)

8.26.15

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 DS 8.26.25. 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.

8.26.16

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

8.26.17

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

8.26.18

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 DS 8.26.24.

8.26.19

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

8.26.20

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

8.26.21/22

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 0.3 from the B mark will be made for any violation of the above.

Set Elements that MUST be included in the OD 8.26.24

DS 8.26.24 **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 8.26.25 **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 8.26.26 One diagonal step sequence together in any dance hold.

THIS ELEMENT MUST BE INCLUDED.

DS 8.26.27 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.

DS 8.26.28 A deduction of 0.5 from the A mark will be made for any omission of the above elements.

Costume Requirements

Refer to page 116/117.

Original Dance Technical Merit and Artistic Impression

DS 8.26.30 Scores are assigned for the Original Dance as outlined in DS 8.08

DS 8.26.31

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 8.34 to 8.36.

ORIGINAL DANCE FOR 2012 “RHYTHM COMBINATION”

Choice of Rhythms:

Foxtrot, Quickstep, Charleston

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.

Foxtrot

Origin – the exact origin is unclear although it was often said it took its name from its inventor, Harry Fox. Was first seen in 1914 in the USA.

It has been said that Handy's Memphis Blues was the inspiration for the Foxtrot – the Memphis Blues played slowly during breaks from fast paced dances, this being called the “Bunny Hug”. The name was changed from this to the “Foxtrot” and it was later standardized by Arthur Murray, in whose version it began to imitate the position of the Tango

Over time Foxtrot split into slow and quick versions, referred to as “Foxtrot” and “Quickstep”

Tempo 2/2 or 4/4 time

Music - was originally danced to ragtime, but today the dance is usually accompanied by the same big band music to which swing is danced.

General Interpretation – romantic, casual but controlled rhythmic motion, changes of speed, simple, graceful lines, with soft knees giving a “floating” action.

Body Movement - movements tend to sway with the hold not broken but varied – there may be considerable back arch, synchronized head movements and little upper body motion.

Quickstep

Origin - This evolved in the 1920's from a combination of the Foxtrot, Charleston, Peabody and One-Step. It is English in origin, and was standardised in 1927. While it evolved from the Foxtrot, the Quickstep is now quite separate. Unlike modern Foxtrot, the man often closes his feet and syncopated steps are regular occurrences. Three characteristic dance figures of the Quickstep are the chasses, where the feet are brought together, the quarter turns, and the lock step. Many advanced patterns today are cued with split beats, such as “quick-and-quick-and-quick, quick, slow” with there being further steps on the ‘ands’.

Tempo – 4/4 time at about 50 bars per minute

Music – there are many Quicksteps suitable for the OD, the classic Quickstep song was said to be Louis Prima's “Sing, Sing, Sing” Music can be lyrical or with a driving beat.

General Interpretation – The Quickstep is elegant like the Foxtrot, and should be smooth and glamorous. The dancers should appear to be very light on their feet, but very energetic. The knee, essentially soft, builds speed and energy, joyful and carefree. Remember it is a travelling dance – using chasse, quick hopping steps, interspersed with smooth gliding steps. Steps tend to be small and neat, spinning turns, crossed steps, running steps....

The body has a swaying action with the lady's back arched and man erect with little upper body motion.

Charleston

Origin - Developed in African-American communities in the USA in 1920 and named after the city of Charleston, South Carolina. Originated in the Broadway Show “Running Wild” and became one of the most popular hits of the decade. Firstly done with a simple twisting of the feet to a lazy rhythm, but when it went to Harlem a new version was added and it became a fast kicking of the feet backward and forward, and many changes of movement have been performed over the years. Today it is an important dance in Lindy Hop culture, danced in many permutations; solo, as a couple or in groups.

Tempo – 2/4 time 55-66 measures/minute or 110-132 beats/minute. Can also be 2/2 jerky, staccato syncopated rhythm.

Music – Many pieces of Charleston music are available, and the music depends on the “style” chosen for this dance.

General Interpretation – lively, exuberant, with considerable vitality.

Very specialised steps tend to be on the spot, flexing and stretching the knees and twisting of the feet with the shifting of weight. Arms tend to contra swing in a crouching position. You can find Contemporary Charleston, Tap Charleston, Solo, Partner or Group Charleston, but we are talking of Partner Charleston, which involves a number of position, where closed position is opened out so that both partners may face forward without breaking apart. There are numerous variation on the footwork and on the holds, including “hand-to-hand” Charleston.

If couples understand the “Origin” of a rhythm it gives an understanding of the dance and should help in the construction and choice of music for a particular Rhythm.

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

Free Dance: 3.30 mins.CIPA regulations
(See in General Rules about Couple & Solo Dance Competitions Free Dance Set Elements)

JUNIOR - 19 years (1993 inc.)

Compulsory Dances: Blues (2 sequences)
Harris Tango (2 sequences)

OD: Rhythm Combination – Same Rules of Senior OD
(2.30 minutes +/- 10 sec.)

Free Dance: 3.30 mins.CIPA regulations
(See in General Rules about Couple & Solo Dance Competitions Free Dance Set Elements)

YOUTH - 17 years (1995 inc.)

Compulsory Dances: 14 Step (4 sequences)
Keats Foxtrot (4 sequences)

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

CADET - 15 years (1997 inc.)

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

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

ESPOIR - 13 years (1999 inc.)

Compulsory Dances: Olympic Foxtrot (4 sequence)
Rhythm Blues (4 sequence)

Free Dance 2.30 mins – Maximum 3 Lifts

MINIS - 13 years (2001 inc.)

Compulsory Dances: Skaters March (4 sequence)
City Blues (4 sequence)

- Solo Dance Categories :

General notes about Solo dance:

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

- Skaters can compete in both Solo and Dance Couples Events.

All technical conditions of Solo Dance are the same as the C.E.P.A./C.I.P.A. - Rules for Couples Dance except for the following notes.

- Important: All Steps will be Ladies Steps on Compulsory Dances.

SENIOR

Compulsory Dances: Quickstep (4 sequences)
Starlight Waltz (2 sequences)

Free Dance: 2.30 mins. See rules Pages 113/114.

General notes on Technical Merit Free Dance 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, arabesques, 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 of one revolution are permitted, with the total number of jumps not exceeding three (3), including the set jump.
A jump means a recognised jump of one rotation, and this does not include half-rotation jumps, or two-footed jumps, three jumps etc, which can be included in the technical element part of a programme and judged as technical
- 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.

JUNIOR - 19 years (1993 inc.)

Compulsory Dances: 14 Step Plus (2 sequences)
Imperial Tango (4 sequences)

Free Dance: 2.30 mins. Follow the same Rules of Senior Solo Dance.

YOUTH - 17 years (1995 inc.)

Compulsory Dances: Kilian (4 sequences)
Association Waltz (2 sequences)

Free Dance: 2.30 mins. Following these rules:

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, arabesques, 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 of one revolution are permitted, with the total number of jumps not exceeding two (2), including the set jump.
A jump means a recognised jump of one rotation, and this does not include half-rotation jumps, or two-footed jumps, three jumps etc, which can be included in the technical element part of a programme and judged as technical
- 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.

CADET - 15 years (1997 inc.)

Compulsory Dances: Tudor Waltz (4 sequences)
Kent Tango (4 sequences)

Free Dance: 2.00 mins. Follow the same Rules of Youth Solo Dance.

ESPOIR - 13 years (1999 inc.)

Compulsory Dances: Country Polka (4 sequence)
Swing Foxtrot (4 sequence)

Free Dance 2.00 mins – Following these rules:

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.
A jump means a recognised jump of one rotation, and this does not include half-rotation jumps, or two-footed jumps, three jumps etc, which can be included in the technical element part of a programme and judged as technical
- 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.

MINIS - 13 years (2001 inc.)

Compulsory Dances:	Glide Waltz	(4 sequence)
	Carlos Tango	(4 sequence)

General Rules about Couple and Solo Dance Competitions

Warm-Up Competitions

1. Compulsory Dances: each group has 15 seconds warm-up without music and then one piece of music is played for the warm-up.
(Couples & Solo Dance)

2. OD & Free Dance: 2 minutes plus length of programmes.

- Age of skaters DANCE COUPLES. The category will be determined by the age of the oldest partner.

- Draw skating order for Solo Dance categories:

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

Espoir, Cadet, 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 skater 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 the follow chapter "Rules concerning the allocation of Couple and Solo Dance in groups" and re-drawing for skating position within each group.

- Rules re OD as per CIPA ref. DS 8.04 and DS 8.26 will be respected.

- Rules re Free Dance as per CIPA ref. DS 8.05/06/07 and DS 8.27 to 8.32 will be respected.

- 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 and free dance the entrance must be no longer than fifteen (15) seconds. The exit of the compulsory dances, original dance 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/Free dance.

- DS 8.29 – Free Dance limitation (Couple) – ALL CATEGORIES

8.29.05 – 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.

- DS 8.30 – Free Dance Set elements (Couple) – JUNIOR & SENIOR

8.30.01 – 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 Espoir Free Dance (Couple) no set elements.

- DS 8.37 – 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.

- **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.

- **Specification Dance Rules:** The reasonable crossing of the long axis in any compulsory dance is possible for keeping the speed but the coverage of the corner/s must be maintained at all times according to the set patterns laid down in the CEPA/CIPA regulations.

- **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. 0.1 of deduction, given by the Referee, per each beat more.

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

Rules concerning the allocation of Couple & Solo Dance in groups

- *For Solo Dance (Compulsory and Free)*

Session Training & Training Competition

Participants	Drawing order	“Programme” / warm up groups C/Y/J/S	“Programme”/ warm up groups Minis & Espoir
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
Etc. Etc.			

- *For Couple Dance (Compulsory, OD & Free)*

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
Etc. Etc.		

General Rules about Competitions of Single, In-Line, Pairs, Couple & Solo Dance

Composition of groups Competition

The larger group will start first

Groups will be announced before the commencement of training.

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

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

- **Music for the all Events:** music for all events must be on a CD. There must be clearly marked with the skaters name, category, event and country. Each programme must be on a separate CD.

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

- Note about “Restart”:

In case of objective interruption (FIRS rules SR 3.06) the restart is allowed. If the interruption is:

- during the first (1) minute of the programme, the restart is to be from the beginning,
- after the first minute the restart will be allowed from the point of the interruption.

- **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.

- Costume Rules for Single, In-Line, Pairs, Dance and Solo Dance:

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.

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 tight (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 (half skirt or more).

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 with the “appearance” of nudity is not permitted.

The painting (or obvious strong make-up of any colour) on any part of the body, is considered a "show" and is not allowed in Figure, Free, Pairs, Dance and Solo Dance Skating

Props of any nature are not permitted.

It is also forbidden to use anything attached to a costume as a prop, i.e. flowers, capes, lights, hats, etc. or anything used during a performance which may be attached in some way to the costume.

This means the costume remains the same throughout a performance with no additions during the performance, i.e. no use of props of any kind from beginning to end.
We are an "Artistic Sport" and it is not "Show".

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 in the future, e.g. European Youth, you cannot go back to Cadet. Cadets cannot go back to Espoir.

- Each Federation takes full responsibility for its skaters aged under twelve.

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

- The marks for all CEPA Championships & Competitions must be announced in English or French.

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

Coaches Information – During the Championships, in the Ready Area only the skater of the event and their Coach are allowed.

- Please would all Coaches remember that shouting or instructing skaters at the side of the rink during any competition is not allowed.

If this happens, the Coach involved will be removed from the rink and the skater may be penalised.

No person is allowed to sit in the judges area during any official practices.

- Precision Teams Categories :

Championships

1. Precision Teams. Groups may consist of women and/or men.

Competitions

1. Senior Precision Teams 16-24 skaters
2. Junior Precision Teams 16-24 skaters (ages official, no more than 19 yrs, 1993 included)

IMPORTANT NOTE: the minimum age will be twelve (12) years, 2000 inc..

Technical Conditions

1. Length: Senior Precision Teams: 5 min. +/- 10 sec.
Junior Precision Teams: 4 min. +/- 10 sec.

Time starts with the first movement of one of the skaters.

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 allowed to skate in the same championships in the Senior Precision Category. All participants must be approved by their Federation.

3. Rules for precision skating

- A group contains normally a min. of 16 and a max of 24 skaters
- The performance of a formation team:
 - m) Vocal music is allowed
 - n) Well balanced programme of recognized elements for formation teams must include: as circles, wheels, lines, blocks and intersecting manoeuvre. The manoeuvres must be dominant from one element to the other.
 - o) Difficult linking steps between elements must be visible.
 - p) At least 3 different handholds must be shown.
 - q) Max. use of surface.
 - r) Stationary position during the performance is not allowed.
 - s) The movements & steps must be matched with the music.
 - t) Lifts & individual elements are not allowed.
 - u) Spins with more than one revolution are not allowed.
 - v) At least one change of tempo in the music must be done.
 - w) Allowed jumps with max half revolution.
 - x) Props and object are not allowed.

4. 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 different handholds 0.4 in A 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: 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

5. 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 competitor 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 positions are equal the best B prevails. Results will conform with the “White” system.

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

For the correct evaluation of the Programme please refer to the CEPA Guideline “Precision Skating Manual – 2010 Edition”.

Training and warm up

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

Precision Teams	minimum 20 min. per entry
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All international Precision competitions as listed in the CEPA Regulation must be organised in accordance with the current CEPA Rules and Regulations.

Organisers shall refer to the CEPA Rules and Regulations, item 7 (Rules for international competitions) and item 3 (Financial regulation).

- Show Teams Categories :

Championships

Groups: Number of participants as per CEPA bulletin.
Groups may consist of women and/or men.

Competitions

1. Quartet
2. Small Groups 6-12 skaters
3. Large groups 16 skaters or more
4. Cadet Quartet (official ages)
5. Youth Groups (official ages) 8-16 skaters

IMPORTANT NOTE: In all categories, with the exception of Cadet Quartet, the minimum age will be twelve (12) years, 2000 inc..

Technical Conditions

1. <u>Length:</u> Quartet:	3 min +/- 10 sec.
Cadet Quartet:	3 min. +/- 10 sec.
Youth Groups	4 min. +/- 10 sec.
Small Groups:	minimum 4.30, maximum 5 min +/- 10 sec.
Large Groups:	minimum 4.30, maximum 5 min +/- 10 sec.

Time starts with the first movement of one of skaters.

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. All participants must be approved by their Federation.

3. Elements

a) 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.

b) 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

- g) Movements or steps performed while stationary position are allowed. However, programmes with constant movement and choreography will receive more credit than programmes with excessive stationary movements. The Referee will advise the Judges if this happens and a deduction from the "A" mark and from the "B" mark will be made by the Referee, depending on the length during the whole of the programme. Choreography must commence within 15 sec. after the music has started.
- h) 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.

- i) The main performance of a show group must be show, not precision.
- j) 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 give in their performance expression of a technical standard).
- e) Participants not on roller skates will not be allowed. At the start of the programme ALL Skaters MUST be on the floor. No Skater is allowed to leave the floor during the performance.
- k) There shall be no restrictions on the choice of music but skating must be in tune with the music chosen
- g) Fog machines and personal spotlights are not allowed.
- h) **THEATRICAL PROPS:**
No set decorations are permitted. No frames, panels, carpets, scenery, independent theatrical wings, flats or structures of any size, kind or materials, will be permitted, even if carried by the skaters themselves.
- i) **ACCESSORIES AND OBJECTS:**
Accessories which can be carried by an individual skater are permitted. It is also permitted to position objects or props quickly, along the side of the rink, but only just before the start of the performance. In order to avoid disorder and confusion, once they are picked up they must not be left, abandoned or thrown outside the rink.
It is important that the skaters should demonstrate their ability to use the accessories appropriate and skate well at the same time.
It is permitted for skaters to pass objects from one to another and to place them on the skating surface, but only so long as the skater maintains physical contact with the object(s).
Leaving any object or prop on the floor out of contact with any skater is allowed only once during the programme for a maximum of 10 seconds.
Referee's deduction: 0.5 from the "A" mark for each time a prop is not used correctly.
If an object falls on the floor no penalty will be incurred, but it will be considered as a negative point in the general impression of the programme.
- j) When sending the entries for all Show Competitions (Quartet, Cadet Quartet, Youth 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.

5. Costume rules for show competitions

There are no restrictions on costumes. Changes of costume during the programme are allowed, but with the same rules as for accessories: nothing to be left on the floor or thrown

outside of the rink. If parts of the costume should accidentally touch the floor, no penalty will be applied so long as the flow of the programme is not interrupted.

6. Entry & Exit on the Floor

For Large, Small Groups and Youth Groups a maximum of Forty (40) seconds are allowed for entry onto the rink and the positioning of objects or props (as per the above rules)

For Quartet and Cadet Quartet, a maximum of twenty (20) seconds are allowed for entry onto the rink and the positioning of objects or props (as per the above rules)

There will be a penalty of 0.3 from the “A” mark if the entry takes longer than the permitted time.

Only those skaters who are taking part in the performance are permitted to bring objects onto the rink, and then only when their group is called: (NOT for example, while the marks for the preceding group are being announced). The Organisers must ensure that this rule is strictly applied.

NB: REMEMBER, WHILE WAITING FOR MARKS AT THE END OF A PERFORMANCE, AND IN THE SHORTEST TIME POSSIBLE, THE GROUP MUST COLLECT ALL MATERIALS USED DURING THEIR SHOW AND ENSURE THE SMOOTH FLOW OF THE WHOLE COMPETITION IS NOT DELAYED IN ANY WAY. THE FLOOR MUST BE LEFT ABSOLUTELY CLEAN FOR THE NEXT PERFORMANCE – THE MAXIMUM TOTAL TIME FROM THE END OF A PERFORMANCE UNTIL THE NEXT ONE TEAM IS CALLED WILL BE 40 SECONDS. A penalty of 0.5 in the B Mark will be apply if the time to leave the rink is more than 40 sec.

7) A maximum time of fifteen (15) seconds of music is allowed before the first movement of a single skater of a group. The deduction for exceeding the time will be 0.2 from the “B” mark.

8) No Skater is allowed to leave the skating floor during the performance.

9). Show deductions (all deductions given by the Referee)

- | | |
|--|---|
| - 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: <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) | 0.4-0.6 in B mark |
| <u>minor</u> (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. | |
| - Duration shorter than required time (given by referee) | 0.2 in A & B mark for each 10 seconds under |
| - Costume deduction (given by the referee) | 0.5 – 1.0 in B mark |
| - Entry into the rink longer than the permitted time | 0.3 in the A mark |

The Referees deductions should be shown on the electronic scoreboard as the marks are being put up.

If no electronic scoreboard is available, the Referee will instruct the Announcer to state any penalties given before the marks are announced. A standard procedure of announcing any deductions will always be used by a Referee.

Drawing Order and warm up groups

In ALL SHOW categories the top five (5) countries from the preceding year will be drawn in the last five (5) starting numbers.

On the entry form the National Federations from these five (5) must state clearly which are their National Champions who would draw for these last five (5) places.

The remainder of the teams will draw in the usual way.

Marking

Judges shall score Show and Precision Skating using the point system outlined below after the performance of each group.

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** (Programme Contents & Presentation)

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

Special Consideration by the Judges for the above marking system:

The number of skaters on the rink in large groups is more difficult for technical ability, and the choreography of a large number, and it is important to bear this in mind as below, with the emphasis always on the Technical quality of a Group ;_

LARGE GROUPS:

A MARK	1. Idea (theme), choreography and group technique	60%
	2. Technical difficulties of the skating and related movements	40%
B MARK	1. General impression	40%
	2. The accomplishment of the theme (idea)	30%
	3. Expressiveness and interpretation	30%

SMALL , YOUTH GROUPS AND QUARTETS:

A MARK	1. Idea (theme), choreography and group technique	50%
	2. Technical difficulties of the skating and related movements	50%
B MARK	1. General Impression	40%
	2. The accomplishment of the theme (idea)	30%
	3. Expressiveness and interpretation	30%

For the correct evaluation of the Programme please refer to the CEPA Guideline “New Show Skating Judging Guidelines – 2009 Edition”.

Rink Illumination

The Organisers must ensure that the rink has a set standard of Illumination for all Groups
The illumination to be around the rink to give the effect of a Stage for the Shows. The remainder of the Hall to be with subdued lighting.
It is important that the rink itself is clear for the Judges to see all skaters at all time.

Training and warm up

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

Quartet, Cadet Quartet,	minimum 10 min. per entry
Youth Groups, Small & Large Groups	minimum 15 min. per entry

All international Show competitions as listed in the CEPA Regulation must be organised in accordance with the current CEPA Rules and Regulations.

Organisers shall refer to the CEPA Rules and Regulations, item 7 (Rules for international competitions) and item 3 (Financial regulation).

2 - General Regulations for Europeans Championships & Cup of Europe.

- Championships of Europe for all Categories

1. The organisation of European Championships Junior&Senior must take place between the third and fourth weeks of September with a minimum of one week between European Championships Cadet&Youth and Junior&Senior.
The organisation of European Championships Cadet&Youth must take place in the period of the last week of August and the first week of September.

2. *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.

3. *Following Championships titles awarded*

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

4. *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

- Cup of Europe

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

2. Per Nation

3 Ladies	in Minis, Espoir, Cadet & Youth
3 Men	in Minis, Espoir, Cadet & Youth
3 Pairs	in Minis, Espoir and Promotional categories
3 Solo Dance	in each category
3 Couples Dance	in Minis and Espoir
3 Ladies	In-Line, see appendix 10
3 Men	In-Line, see appendix 10
3 Skaters	In-Line Promotional (up to 14 years – 1998 inc.), see appendix 10

3. Special Rules:

In Cadet & Youth Free Skating, Skaters place 1-3 in their respective European Championships in the same year cannot compete in Cup of Europe.

4. Factors:

Individual & In-Line:	Short Programme	Factor 1
	Long Programme	Factor 3
Promotional Pairs	Long Programme	factor 1
Couple & Solo Dance:	Compulsory & Free Dance	Factor 1

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. 30-35 skaters, will be given 3 extra pass; 36-40 skaters 4 extra pass)
- 1 medical person (qualified),
- 2 bus drivers.

Prizes for Europeans and Cup of Europe

1. 1st, 2nd & 3rd receive an official CERS medal
2. 1st, of each discipline receive the CERS Cup
3. All participants will be given a Diploma.

- European Championships for Precision and Show Teams

Competitions

6. Quartet
7. Small Groups 6-12 skaters
8. Large groups 16 skaters or more
9. Cadet Quartet (official ages)
10. Youth Groups (official ages) 8-16 skaters
11. Senior Precision Teams 16-24 skaters
12. Junior Precision Teams 16-24 skaters (ages official, no more than 19 yrs, 1993 included)

IMPORTANT NOTE: In all categories, with the exception of Cadet Quartet, the minimum age will be twelve (12) years, 2000 inc..

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. No more than six (6) Junior Precision skaters will be allowed to participate in both Junior & Senior events.

Accreditation to European Championships of Precision and Show Teams:

- 1 delegate per Club,
- 1 trainer per Club (extra trainers of the Club can pay for a pass)
- 1 choreographer per Club (extra choreographers of the club can pay for a pass)
- 1 extra Person for helping in dress room - each 10 skaters of the club (e.g. 30-35 skaters, will be given 3 extra pass; 36-40 skaters 4 extra pass)
- 2 bus drivers,
- 1 representative of a Federation
- 1 medical person (qualified) – only one per Nation

Prizes

1. Quartet: 1st, 2nd & 3rd 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.

3 - Financial Regulation from January 2012

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 drinks, from the day of the Judges meeting until the next morning after the last competition for fourteen (14) judges maximum and lodging, breakfast and two (2) regular hot meals, including drinks, of two (2) official 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 **(two bedded rooms)**; 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 judge's federation or the judge. All Judges and Calculators are booked in the same hotel.
- 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 two (2) regular hot 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/Train Station to the Hotel of CEPA/Judges & Calculators will be the responsibility of the organisers.
- 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

- 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).
- Transport between the official accommodation premises and the rink must be provided to all teams, **minimum every two (2) hours**, for the complete duration of the championships, unless the hotel is in 0,5km walking distance from the rink. From the Federations who have booked

accommodation through to the official organizers, they **MUST** be given all information regarding their Hotel when the reservation is confirmed.

- All Judges must be booked in the same hotel.
The Hotel for CEPA, Judges and Calculators **must not be more** than 15 minutes from the rink.
- The organizer of any CEPA Event **MUST GUARANTEE** that the skating surface has been tested and confirm to CEPA it is suitable for the event being held.
- For ALL competitions (Trophies or Championships) the organisers disclaim any responsibility for accidents occurring during the official training sessions and competitions.
The organisers have to ensure the assistance of a doctor or medical service from the first day of training until the end of the competitions and provide an official communication concerning the location and the time to reach the nearest Hospital or Emergency Station.
- A room must be available for the Judges Meeting held before the event, with DVD Player (capable to read DVIX and MPEG files) and a TV or Projector.

European Championships – Youth & Cadets

6. 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, to have an additional judge whose qualification must cover dance. All Hotel and meals, including drinks, paid by the organisation.
- 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. 20 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 four (4) CEPA members to be met, travel, breakfast and two (2) regular hot meals per day, 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 transfer to/from the Airport/Train Station to the Hotel will be the responsibility of the organisers.
- b) expenses of Twelve (12) judges (priority will be given to not “limited” judges) to be met (lodgement in twin room / two bedded rooms) and breakfast and two (2) regular hot meals per

day, including drinks, provided by the organizer, from the day of the judges meeting until the next morning after the last competition. Travel will be in charge of each Federation. The transfer to/from the Airport/Train Station to the Hotel will be the responsibility of the organisers.

- c) international calculators, one from the organizing country and two invited by CEPA, will use the Gussmann programme. Breakfast and two (2) regular hot meals per day, including drinks, 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 of the foreign calculators will be paid by CEPA. The transfer to/from the Airport/Train Station to the Hotel will be the responsibility of the organisers.

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, per event (including reserve skaters).

8 Euro per skater given by CEPA to the organisation.

3. Living Allowance

The organizer shall be responsible for the lodging and Breakfast and two (2) regular hot meals per day, including drinks, for ten (10) foreign judges approved by CEPA and their own/s judge/s (selected by CEPA) from the day of the judges meeting until the next morning after the last competition, and also of the two calculators (one foreign and one from the organizing nation) from the evening preceding the start of the official training until the morning after the last day of the competition or gala. Travel of Judges will be in charge of each Federation, travel of the two Calculators will be charge of CEPA.

The actual expenses (travel, breakfast and two (2) regular hot meals per day, including drinks, 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 payments must be in Euro (CASH ONLY).

For 2012 expenses about use of the car will be paid to 0,28 euro per km, plus any highway expenses.

4 - European Championships & Cup of Europe Participation Bulletins

One hundred-twenty (120) days 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) Website of the Championship if there is one.
- c) Medical information on site.
- d) List of Hotels.
- e) 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 for each entry submitted if they do not cancel 20 days before. CEPA must be notified by fax or e-mail 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 approved by the delegate before the first official training.
- f) Likely training and competition timetable by CEPA
- g) 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.

4a - European Championships Show & Precision Participation Bulletins

One hundred and twenty (120) days 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) Website of the Championship if there is one
- c) Medical information on site.
- d) List of Hotels
- e) CEPA registration forms:
 - Confirmation & registration of participants by name (typed) to be sent to CEPA & Organizer by EACH Federation, **min. 40 days in advance**.
 - A Federation (Club) must pay for each individual entry named on the registration sheet, **INCLUDING RESERVES.**
 - A Federation (Club) MUST pay for each entry submitted if they do not cancel 20 days before. CEPA President must be notified by fax or e-mail of any subsequent modification.**
 - The list must be approved by the delegate at the payment.**
- f) Likely training and competition timetable by CEPA
- g) 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.

5 - Ceremony

Opening Ceremony – (One hour maximum, including show performance if wanted by the organizers)

- 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, European Anthem played.
- f) Welcome address by the event Organiser and by the President of the National Federation organising the event.
- g) Optional: Oaths (*) by a representative of the Skaters and of the Judges.
- h) Opening by the President of CERS or by his stand-in.

Closing Ceremony – (1/2 hour maximum)

- a) – d) as for opening ceremony
- h) Farewell speeches by the event Organiser and by the President of the Organising National Federation.
- i) Closing of the event by the President of CERS or by his stand-in.
- j) European Anthem played.

Any show performance, if wanted, must be done after the closing ceremony.

Presentation Medals – (after each category where possible)

- 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
- e) ONLY MEDAL WINNING COMPETITORS WITHOUT ANY KIND OF PROPS/FLAGS
WILL BE ALLOWED ON THE PODIUM.

Oath

Official's Oath

In the name of all judges and officials, we promise that we shall officiate in these Championships with complete impartiality, respecting and abiding the rules which govern them, in the true spirit of sportsmanship.

Skater's Oath

In the name of all competitors, I promise that we shall take part in these Championships, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship for the glory of the sport and the honour of our skaters.

6 - 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 with the permission of CIPA President.
- c) Examinations for Precision competition judges will take place when required. Successful candidates will receive a “B” commission.

2. New Regulations for European Artistic Judges

From 2012 CEPA will conduct European Judging commission for individual disciplines, e.g.:

- Dance,
- Figure & Free
- Pairs
- Show & Precision

Candidates for the examinations must be a minimum of twenty-one (21), but not more than fifty (50) years of age.

Judges that hold one of the above commissions, can be invited to Europeans International Competition. Any European Federation can apply to CEPA for these examinations and if successful receive from CEPA a “European Judging Card” for the discipline in which they qualify.

The fee for the exam, per discipline is 20 euro, the renewal fee is 15 euro per year, payable by 31 January.

3. Judges functions after being successful in the examination

- a) First year – International competitions such as German Cup, Cup of Italy and all “A” category 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

If a newly qualified Judge proves to be particularly competent, the CEPA committee may, at its own discretion, accelerate this process.

4. 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.
- e) In all Events run by CEPA a short report of each Judge should be made by the Referee/Assistant and kept on file by CEPA.
- f) Should there be a problem within the Report of a Judge’s activity, a warning letter shall be sent to the Judge concerned with a copy to his/her Federation.

5. CEPA Seminars for Judges

Only Judges are allowed at the Seminars.

In 2013 a special seminar will be organised by CEPA with the following regulation:

- One international judge **without limitation** from every Federation who speaks English, must attend a seminar organised by CEPA. The judge attending must be active in international championships.
- 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) 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.

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

7. 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.

8. All other regulation of CIPA OR 4.05.

9. International judges who are also trainers are not allowed to judge at an international event where their skaters are involved at this event.

10. 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

11. International Judges who reach the age of SEVENTY (70) **cannot** judge European Cadet & Youth, European Junior & Senior, European of Show & Precision skating and Cup of Europe.

12. In exceptional circumstances, should the Referee AND Assistant feel that marks to be awarded are incorrect by the panel, a meeting of Judges can be called immediately in the middle of a event, requesting an explanation, before any marks are displayed.

13. 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 sent to the President for the discussion in his committee. Then, if necessary, all documentation will be sent to CIPA for decision. In case of unacceptable judging the involved judge may lose, temporarily or definitely, their commission (like CIPA 4.05.14).

14. To set the average of the first competitor, with panels of 5 or more Judges, the highest and lowest mark will be taken away.

15. In European Junior & Senior Championships the Judges must be without Limitation.

7 - 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.

These are the existing A and B Categories:

A - Category) The following European and World Competition:

German Cup, Open Dance Hettange, Coppa Italia “Memorial D.Di Giuseppe”, Prestige and Filippini Trophy.

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

The following should be noted:

1. Application for approval to 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 Margaret Brooks
Account N° 10068 – ABI 5308 – CAB 69440
Swift IBAN IT 94 X 05308 69440 00000 0010068
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 (2) 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 costs 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 member/s or a representative of CEPA.

For international A events, the majority of 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). However the Judge/s must be active in their own country in the discipline they are judging.

The CEPA President for A & B events, must be advised at least one month before an event, of the Judges invited to their events.

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

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

7. COMPLAINTS

Any complains concerning or pertaining matters **MUST** be given to CEPA Office in writing, through the Official Delegate of their Federation, within 24 hours after the end of the competition to enable the CEPA Committee to consider any relevant matters.

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

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

Appendix No.1

Step Sequences Restricted jumps: Short Programme Single/Pairs

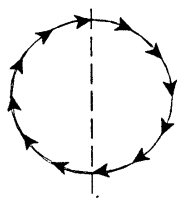
Recognised jumps with a visible preparation-execution-landing are not allowed in the step sequence: please be aware of extra recognised jumps in the short programme.

General:

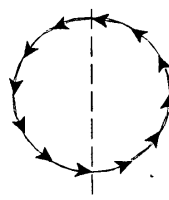
All footwork step sequences must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **Jumps taken off and landed with a visible preparation –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

1. Circle Patterns “A” or “B” for year 2013 and 2016

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.



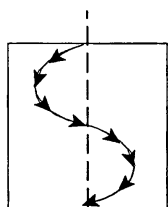
“A” Pattern



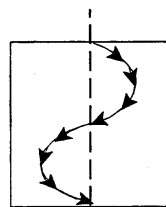
“B” Pattern

2. Serpentine Footwork Step Sequence “A” or “B” for year 2014 and 2017.

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 ends at the opposite end of the skating floor using advanced footwork.



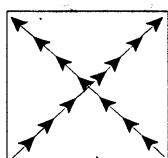
“A” Pattern



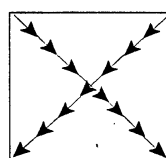
“B” Pattern

3. Diagonal pattern “A” or “B” straight line footwork step sequence for year 2012 and 2015

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.

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

	2012	2013
Minis	Skaters March City Blues	Skaters March Carlos Tango
Espoir	Olympic Foxtrot Rhythm Blues	Country Polka Canasta Tango
Free Dance	2.30 min	2.30 min
Cadet	Kleiner Waltz Siesta Tango	Denver Shuffle Siesta Tango
Free Dance	3.00 min	3.00 min
Youth	14 Step Keats Foxtrot	Association Waltz Imperial Tango
Free Dance	3.00 min	3.00 min
Junior	Blues Harris Tango	Flirtation Waltz -TBC Harris Tango - TBC
OD Free Dance	Rhythm Combination 3.30 min	Spanish Medley 3.30 min
Senior	Viennese Waltz Tango Delanco	Italian Foxtrot - TBC Argentine Tango - TBC
OD Free Dance	Rhythm Combination 3.30 min	Spanish Medley 3.30 min

Order of dances - 1st Quick dance, 2nd Waltz, 3rd Foxtrot/Blues, 4th Tango

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

	2012	2013
Minis	Glide Waltz Carlos Tango	Skaters March Carlos Tango
Espoir	Country Polka Swing Foxtrot 2.00 min	Country Polka Canasta Tango 2.00 min
Cadet	Tudor Waltz Kent Tango 2.00 min	Denver Shuffle Kent Tango 2.00 min
Youth	Kilian Association Waltz 2.30 min	Terenzi Waltz Imperial Tango 2.30 min
Junior	14 Step Plus Imperial Tango 2.30 min.	Flirtation Waltz - TBC Harris Tango - TBC 2.30 min.
Senior	Quickstep Starlight Waltz 2.30 min.	Italian Foxtrot - TBC Argentine Tango - TBC 2.30 min.

Order of dances - 1st Quick dance, 2nd Waltz, 3rd Foxtrot/Blues, 4th Tango

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

Appendix n°3

CEPA – CIPA 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
3.	Duration shorter than required	0.2	deductions by the Referee - B mark in A & B mark for each 10 seconds under – deductions by the Referee

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
5.	Each Compulsory Dance sequence not skated,	1.0	by the Referee
6.	On surface under 25x50 for each cross of the long axis more than 2 (two) meters.	0.2	by the Referee CANCELLED

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		by the Judges – B mark
	small	0.1-0.2	
	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
6.	During the first and last 10 (ten) seconds of the OD stationary movements are allowed (but not obligatory) in character with the rhythm of the OD	0.2	by the Referee – A & B mark
7.	Pulling or pushing the partner by the boot or skate is not permitted	0.2	by the Referee – B 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
10.	Pulling or pushing the partner by the boot or skate is not permitted	0.2	by the referee – B 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	0.5	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
5.	“Pumping” in Combination Spins	0.5	by the Judge

SHORT PROGRAMME – B MARK

1.	Each fall	0.2	by the Referee
2.	Additional element	0.5	by the Judge
3.	Incorrect order of elements	0.5	by the Referee

LONG PROGRAMME

1.	Each fall	0.2	by theReferee – B mark
2.	Each set element not attempted	0.5	by the Judge – A mark
3.	Each Extra Element – No credit	0.5	by the Referee – B mark
4.	Each jump (type/rotation) performed more than three (3) times	0.3	by the Referee – A mark
5.	Each combination jumps performed more than once	0.3	by the Referee – A mark
6.	For programmes not containing a combination spin	0.5	by the Referee – A mark
7.	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 | 0.2 (one skater)
0.3 (both skaters) | by the Referee |
| 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 4, 8 or 12 rotations | 0.5 | by the Referee – B mark |
| 4. | Each fall | 0.2 (one skater)
0.3 (both skaters) | by the Referee – B mark |

PRECISION

- | | | | |
|----|--|---|---------------------------|
| 1. | Elements not attempted | 1.0 | by the Referee - 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 |
| 8. | Duration shorter than required time | 0.2 in A & B mark for each 10 seconds under | |
| 9. | Stationary Position/laying on the floor | 0.2 in the B mark | |

SHOW

All deductions given by the Referee

- | | | | |
|----|--|---|------------------------|
| 1. | More than 4 typical precision elements | 1.0 | A mark per element |
| 2. | Entry into the rink longer than the permitted time | 0.3 | A mark |
| 3. | When the performance is not a show but a precision | 1.0 | B mark |
| 4. | If elements, that are not allowed, are Included in the programme | 0.5 | A & B mark per element |
| 5. | Props not correctly used | 0.5 | A mark |
| 6. | Falls | | |
| o | <u>Major</u> (more than one skater for a prolonged time | 0.8-1.0 | B mark |
| o | <u>Medium</u> (either one skater for prolonged time or down and up for more than one skater) | 0.4-0.6 | B mark |
| o | <u>Minor</u> (down and right up for one skater) | 0.2 | B mark |
| 7. | Duration shorter than required time | 0.2 in A & B mark for each 10 seconds under | |
| 8. | Penalty for not cleaning the floor according to the rules | 0.5 | 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.

CEPA (Le Comité) 2012

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OFFICIAL PHOTOGRAPHER

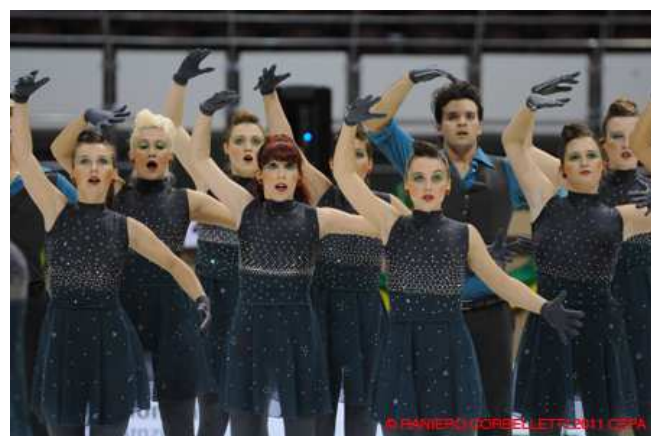
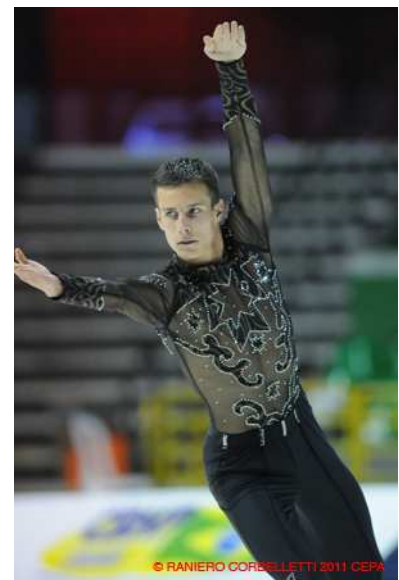
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