

Page 61/62 – Youth

Youth - 16 years (1992 inc.)

Dance

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

Page 62 – Cadet

Cadets - 14 years (1994 inc.)

Dance

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

Page 63 – Championships of Europe for all Categories

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.*

Page 64/65 – Cup of Europe

Point 4. Technical conditions, change in:

Minis: age up to 10 years (1998)

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

Espoirs: age up to 12 years (1996)

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

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Cadet: age up to 14 years (1994)

Youth: age up to 16 years (1992)

Page 65 – Promotional Pairs

CATEGORY for 2008

- MINIS	1998 / 1999
- ESPOIR	1996 / 1997
- PROMOTIONAL CADET	1994 / 1995
- PROMOTIONAL YOUTH	1992 / 1993
- PROMOTIONAL JUNIOR	1990 / 1991
- PROMOTIONAL SENIOR	1989 & before

Page 69 – Solo Dance

Point c) Solo Dance, change in:

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

In Solo Dance, Skaters who have competed or will compete as a couple in a European or World Championship in the current year (2008) cannot compete in the Cup of Europe.

Minis: age up to 10 years (1998)

Perform 2 compulsory dances: Country Polka and Rythmn Blues.

Espoirs: age up to 12 years (1996)

Perform 2 compulsory dances: Denver Shuffle and Tudor Waltz.

Cadets: age up to 14 years (1994)

Perform 2 compulsory dances: Kleiner Little Waltz and Siesta Tango.

OSP: Rhumba (Appendix 8)

Youth: age up to 16 years (1992)

Perform 2 compulsory dances: Keats Foxtrot and Imperial Tango.

OSP: Samba (Appendix 8)

Junior: age up to 18 years (1990)

Perform 2 compulsory dances: Rocker Foxtrot. and Flirtation Waltz.

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

Senior: age older than 18 years (1989 & before)

Perform 2 compulsory dances: Italian Foxtrot and Starlight Waltz.

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

All technical conditions of solo dance are the same as the C.E.P.A./C.I.P.A.-rules for couples dance + appendix 8-9

Solo Dance Rules. **Important: All Steps will be Ladies Steps.**

Page 70 – European Championships for Precision & Show Teams

Point Competitions, change in:

1. Quartet
2. Small Groups 6-12 skaters
3. Large groups 16 skaters or more
4. Cadet Quartet (official ages)
5. Cadet Groups (official ages) 8-16 skaters
6. Senior Precision Teams 16-24 skaters
7. Junior Precision Teams 16-24 skaters (ages official, no more than 18 yrs, 1990 included)

Page 73 – General Regulations

Add at the end this paragraph:

- 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.

Page 79 – Rules Concerning Judges

Point 2 “Judges functions after being successful in the examination”, add at the end of the point:

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

Page 84 – Regulation concerning Show & Precision Championships 2008

Point “g” (Rules for Show Skating) change in:

- g) *All theatre decorations are not allowed, only accessories (props) directly in harmony with the programme. Self standing props are not allowed.*

This means that all props are allowed while they are being used, held or touched by one or more skaters. It will not be allowed to lay a prop standing on the skating surface on its own. If the skater/s want to abandon the prop/s, they will leave them against the barrier or outside the barrier. There is no limitation for the use of clothes. It will be allowed that the coach helps the skaters to leave the prop/s outside of the barrier in case of necessity.

Add this new point “i” (rules for Show Skating):

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

Page 88 – Appendix 1

Point “2” change in:

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

Session Training & Training Competition

Participants	Drawing order	“Programme” / warm up groups C/Y/J/S	“Programme”/ warm up groups Minis & Espoir
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1-3	Reverse order	1 group 1-3	1 Gr. 1-3
4	2+2	1 Gr. 4	1 Gr. 4
5	3+2	1 Gr. 5	1 Gr. 5
6	3+3	1 Gr. 6	1 Gr. 6
7	4+3	2 Gr. 4+3	1 Gr. 7
8	4+4	2 Gr. 4+4	1 Gr. 8
9	5+4	2 Gr. 5+4	2 Gr. 5+4

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

Page 91 – Appendix 2 – Long programme

Add at the end this paragraph:

Falls (Long Programme – ALL CATEGORIES):

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

Page 98 – Appendix 5

Pairs Skating Long Programme Set Elements Junior & Senior

Add at the end these two points:

- Each Fall (one skater) penalty 0.3 from the "B" mark
- Each Fall (both skaters) penalty 0.4 from the "B" mark

Page 98 – Appendix 5

Pairs Skating Long Programme Set Elements Cadet & Youth

Add at the end these two points:

- Each Fall (one skater) penalty 0.3 from the "B" mark
- Each Fall (both skaters) penalty 0.4 from the "B" mark

Page 105 – Appendix 8

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Special Rules for Solo Dance OSP – Rhumba

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

Range of Tempo: 104-120 beats per minute

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

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

Special Rules for Solo Dance OSP – Samba

*The Samba is a flirtatious and lively dance. The body movement characteristic of the Samba is the bouncing action created by knee bends and the pendulum action of the body, forwards and backwards or from side to side.
Samba music has an uneven rhythm with the accent on the second beat of each bar.*

Range of Tempo: 100-120 beats per minute – 2/4 time

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

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

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Page 112 – CEPA COMPULSORY DANCES

Change all with this:

Appendix n°12

CEPA COMPULSORY DANCES

MINIS

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

ESPOIR

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

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

SOLO DANCE

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

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

Page 112 bis – CIPA DEDUCTIONS

Add this new appendix:

Appendix n°13

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 deductions by the Referee - B mark

COMPULSORY DANCE – COUPLES/SOLO

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

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 Referee – B mark
small	0.1-0.2	
medium	0.3-0.7	by the Referee – B mark
major	0.8-1.0	by the Referee – B mark
4. Each set element not performed	0.5	by the Referee – A mark
5. Violation of set elements	0.2	by the Judge - A mark

FREE DANCE – COUPLES

1. Entrance & exit longer than 15 secs.	0.1 for each extra sec.	deductions by the Referee
2. Timing fault	0.2 minimum	by the Judges – B mark
3. Falls		by the Referee – B mark
small	0.1-0.2	
medium	0.3-0.7	by the Referee – B mark
major	0.8-1.0	by the Referee – 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

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		by the Referee – B mark
small	0.1-0.2	

	medium	0.3-0.7	by the Referee – B mark
	major	0.8-1.0	by the Referee – 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.	Each element not attempted	0.5	by the Judge

SHORT PROGRAMME – B MARK

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

LONG PROGRAMME

1.	Each fall	0.3	by the Judge – B mark
2.	Each set element not attempted	0.5	by the Judge – A mark

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

LONG PROGRAMME

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

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.

End – Address of Cepa Committee

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