## Modification to Cepa Book 2012 for year 2013

Made and approved from Cepa Committee - Parades / Portugal 28/10/2012

## Page 80

Substitute in the middle the chapter "limitation on jumps and spins in a free skating long programme" with this:

## Well balanced 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.
- The Spins MUST be evenly distributed throughout the programme, this means, that between two (2) spins there MUST be at least two (2) other different elements (at least one sequence of steps AND one Jump/or Combination of Jump). A deduction of 0.5 will be applied from the " $B$ " mark by the Referee for a programme that is not well balanced.


## JUNIOR - 19 years (1994 inc.)

## Page 81

## Page 82

Cadet - In the long Programme part, add at the end:
In the programme there MUST be at least a Toe Loop element, single \&/or double \&/or Triple, executed as a single jump or in a combination. Deduction of 0,2 from the " $A$ " mark will be given by the Referee for an Open Toe Loop.

Substitute the chapter "Espoir" with this:

## ESPOIR - $\mathbf{1 3}$ years ( 2000 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!)
A total of twelve (12) jumps will be allowed, from which two (2) combinations can be executed (from 2 to 5 Jumps).
In the programme there MUST be at least a Toe Loop element, single and/or double,
executed as a single jump or in a combination. Deduction of 0,2 from the " $A$ " mark will be
given by the Referee for an Open Toe Loop.
Spins:
Can perform only maximum three (3) Spins:
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) of the skater's
choice, to include:

- three (3) consecutive brackets,

AND

- one "loop step" (double three with wrapped free leg). A good execution of the wrapped free leg will receive a BONUS of 0,2 in the " $A$ " mark by the Referee.

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. Extreme CONTROLLED flexibility (the position of the free leg more than $150^{\circ}$ from the floor held for at least two (2) seconds), at least in one position, will be awarded with a BONUS of 0,2 in the " $A$ " Mark, by the Referee. 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.
- The Spins MUST be evenly distributed throughout the programme, this means, that between two (2) spins there MUST be at least two (2) other different elements (at least one sequence of steps AND one Jump/or Combination of Jump). A deduction of 0.5 will be applied from the " $B$ " mark by the Referee for a programme that is not well balanced.

○
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.

## Page 83

Substitute the chapter "Minis" with this:

## MINIS - 11 years (2002 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.
A total of ten (10) jumps will be allowed, from which two (2) combinations can be executed (from 2 to 5 Jumps)
In the programme there MUST be at least a Toe Loop element, single and/or double,
executed as a single jump or in a combination. Deduction of 0,2 from the " $A$ " mark will be given by the Referee for an Open Toe Loop.
Spins:
Can perform only maximum three (3) Spins:
Upright spins
Sit spins
Camel (not broken ankle, not heel, not inverted)
Combination spins are free from the spins listed above
Footwork:
there must be one step sequence (circle or line/diagonal or serpentine) of the skater's
choice, to include:

- three (3) consecutive brackets,

AND

- one "loop step" (double three with wrapped free leg). A good execution of the wrapped free leg will receive a BONUS of 0,2 in the " $A$ " mark by the Referee.

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. Extreme CONTROLLED flexibility (the position of the free leg more than $150^{\circ}$ from the floor held for at least two (2) seconds), at least in one position,
will be awarded with a BONUS of 0,2 in the "A" Mark, by the Referee. 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.
- The Spins MUST be evenly distributed throughout the programme, this means, that between two (2) spins there MUST be at least two (2) other different elements (at least one sequence of steps AND one Jump/or Combination of Jump). A deduction of 0.5 will be applied from the " $B$ " mark by the Referee for a programme that is not well balanced.

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.

## Page 84-85

## In-Line:

Substitute at the end the chapter "Restrictions on elements in the Long Programme" with this:

## Well balanced 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.
- The Spins MUST be evenly distributed throughout the programme, this means, that between two (2) spins there MUST be at least two (2) other different elements (at least
one sequence of steps AND one Jump/or Combination of Jump). A deduction of 0.5 will be applied from the " $B$ " mark by the Referee for a programme that is not well balanced.

At the end substitute the chapter "Promotional In-Line" with this:
Promotional In-Line. The competition will be for skaters up to 14 years (1999 inc.), Men \& Ladies together, with only a Long Programme of 2.30 min- 3.00 max duration ( $+/-10 \mathrm{sec}$ ).
Long Programme rules are the same of the Senior In-Line Category.

## Page 86

Substitute in chapter "Warm-Up Competitions" the part about "Compulsory figures" with this:

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.
- there will be a break of 5 min . between the second and third figure training warm-up and also third and fourth figure training warm-up (where necessary).
- When numbers of the contestants is eight (8) or less the competitions for Ladies and Men will be together but the classification will be separate.

End of page, point 3. of Toe Loop, become:

## 3. The BAD execution of the element (OPEN TOE LOOP):

A toe loop performed with a turn of the toe stop of more than one-quarter of a rotation whilst the employed foot is on the floor and the body position is turned more than one-quarter and the left arm/shoulder is open.
This is a bad execution and will therefore only get in the Short Programme the minimum value of 0.6 .

## Page 87

Substitute the page with this:
Important:
In the Short Programme judges will give the ELEMENT "TOE ASSISTED JUMP" executed like above "3. third execution", ONLY THE minimum value $(0,6)$ in the $A$-mark and the Referee
will penalize the bad execution of the element by -0,5 points in the A mark.
This DOES NOT REFER TO THE COMBINATION JUMP.

Important:
2011 All Spins performed with additional hitching (entrance, change of positions or change of foot) of the employed foot ("pumping") will be considered a poor quality spin.
Therefore in any programme Spins performed in this way will be penalized 0.3 points in the " $A$ " mark by the Referee for EACH executed Spin.

## Page 92

JUNIOR - 19 years (1994 inc.)

Page 94
YOUTH - 17 years ( 1996 inc.)

## Page 95

## CADET - 15 years ( 1998 inc.)

## Page 95

## ESPOIR <br> - 13 years (2000 inc.)

## Page 97

## MINIS <br> - 11 years ( 2002 inc.)

## PROMOTIONAL CADET - 15 years ( 1998 inc.)

## Page 98

## PROMOTIONAL YOUTH - 17 years (1996 inc.)

## PROMOTIONAL JUNIOR <br> - 19 years (1994 inc.)

## Page 102

## SENIOR

| Compulsory Dances: | Starlight Waltz <br> Argentine Tango | (2 sequences) <br> (2 sequences) |
| :--- | :--- | ---: |
| OD: | Spanish Medley - See rules Pages <br> $(2.30$ minutes $+/-10$ sec. $)$ |  |

## Page 103

DS 8.04.03 - Rhythms

| Rhythm Combination | Year skated |
| :--- | :--- |
| Foxtrot, Quickstep, Charleston. <br> Spanish Medley <br> Paso Doble, Flamenco, Tango, Spanish Waltz <br> Memories of Grand Ball | 2017 |
| Waltz, Polka, March, Galop <br> Latin Combination <br> Mambo, Cha Cha, Samba, Rhumba <br> Swing Combination <br> Swing, Jive, Boogie Woogie, Jitterbug, Rock \& Roll, Blues | 2013 |

## Page 105-106

## ORIGINAL DANCE FOR 2013 "SPANISH MEDLEY"

## Choice of Rythmns :

Flamenco. Tango. Paso Doble. Spanish Waltz.

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 - $21 / 2$ minutes $+/-10$ seconds.

## Flamenco

Tempo - not set can be very fast, sometimes increases in tempo but also may be pauses and slow movements.

Music - varied and complex. Some 12 beat phrases divided into 4 sets of 3 with accents on 4,6,8,10,12.
Instruments - guitar, banderilla (Spanish Mandolin), castanets.
General Interpretation - appearing confident, but not overemphasized. Actually danced as solos - but can be very "man/woman" as dance as perform for one another - courtship, flirtation and dance around each other.

## Tango

Tempo - varies from slow to medium.
Music - Either 1,2,3,4/and one (Argentine music)
Or $1,2,3$, and 4 (Habanera music)
General Interpretation - stay very close in Tango or Reverse Tango hold - some with fast changes of direction - very "man/woman" - though may pretend attack/repel or ignore/pursue play "cat and mouse"

## Paso Doble

Tempo - varies
Music - $2 / 4$ time

General Interpretation - dance is also very "man/woman" with interplay of sexes and very close - she is strong, but he is stronger.

## Spanish Waltz

Tempo - 90-180 beats/min, slow or fast depending on type selected
Music - $6 / 8$ time
Instruments - Waltz music with strings or guitars and with Spanish flourishes such as sound of castanets etc. If vocal music is used it may have Spanish words.
General - Waltz positions and varied holds. A romantic "man/woman" relationship. Conforming the use of "Spanish" look but from Waltz - elegant, smooth, rhythmic, lilting with rotational movements and swaying.

Examples of Spanish Waltz music are :-
Kill Bill, Volume 2 (Malagena Salerosa)
Bizet, Volodos Fantasy of Carmen
Casadei, Valzer Spagnolo
Girasoli, Valzer Spagnolo
You can find information on the above tracks on the Internet.
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.

## Page 107

## JUNIOR

- 19 years (1994 inc.)

| Compulsory Dances: | Flirtation Waltz <br> Harris Tango$\quad$ (2 sequences) |
| :---: | :---: |
| Hequences) |  |

OD: $\quad$ Spanish Medley - Same Rules of Senior OD ( 2.30 minutes $+/-10 \mathrm{sec}$.)

## YOUTH

- 17 years (1996 inc.)

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

CADET

Compulsory Dances: | Denver Shuffle | (4 sequences) |
| :--- | :--- |
| Siesta Tango | (4 sequences) |
|  | Page 108 |

## ESPOIR

- 13 years ( 2000 inc.)

| Compulsory Dances: Country Polka | $(4$ sequence) |
| :---: | :---: |
| Canasta Tango | $(4$ sequence $)$ |

## MINIS <br> - 13 years (2002 inc.)

Compulsory Dances: Skaters March (4 sequence)
Carlos Tango (4 sequence)

## Page 109

## SENIOR

Compulsory Dances: Viennese Waltz $\quad\left(\begin{array}{l}\text { 2 sequences) } \\ \text { Italian Foxtrot }\end{array}\right.$
$\qquad$

## Page 110

## JUNIOR

 - 19 years (1994 inc.)Compulsory Dances: | Blues |
| :--- |
| Rocker Foxtrot |

| (2 sequences) |
| :--- |
| (4 sequences) |

YO.....
YOUTH

| Compulsory Dances: Terenzi Waltz | $(2$ sequences) |
| :---: | :---: |
| Imperial Tango | (4 sequences) |

## Page 111

## CADET

 - 15 years ( 1998 inc.)Compulsory Dances: | Denver Shuffle |
| :--- |
| Kent Tango |

| (4 sequences) |
| :--- | :--- |
| (4 sequences) |

ESPO.....
ESPOIR
Compulsory Dances: Country Polka (4 sequence)
Canasta Tango (4 sequence)

## Page 112

## MINIS

- 13 years (2002 inc.)

Compulsory Dances: | Skaters March |
| :--- |
| Carlos Tango |$\quad(4$ sequence)

(4 sequence)

## Page 113

Substitute in chapter "Warm-Up Competitions" the part about "Compulsory Dances" with this:

1. Compulsory Dances: each group has 15 seconds warm-up without music and then one piece
(Couples \& Solo Dance) of music is played for the warm-up.
If there is a skater/couple drawn to skate in the first compulsory dance in the last group and in the second compulsory dance in the first group there will be a break of 5 min . between the first and second dance for a change of costume if the skater/s wish.

## Page 116-117

Substitute the chapter "Costume Rules...." with this:

- 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 COMPLETE skirt.

The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimetres below the collarbone; transparent material 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".
Minis/Espoir - any exaggerated make-up in these two categories will be penalized by 0,3 in " $B$ " mark upon discretion of the Referee except in Compulsory Dances where it will be deducted from the marks.

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.

## Page 117

Substitute the last sentence with this:
The Judges AREA is a forbidden/restricted area for everyone, this includes all practice sessions!!!!! Anyone ignoring this rule will be removed from the rink.

## Page 118

Substitute the chapter "Competitions" with this:

## Competitions

1. Senior Precision Teams 16-24 skaters
2. Junior Precision Teams 16-24 skaters (ages official, no more than 19 yrs, 1994 included) IMPORTANT NOTE: the minimum age will be twelve (12) years, 2001 inc..

## Page 121

Substitute the chapter "Competitions" with this:
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, 2001 inc.

## Page 126

Substitute the chapter "Championships of Europe for all Categories" with this:

## - 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 |  |  |
| 3 Solo Dance | Junior \& Senior <br> 3 Junior Ladies/ <br> 3 Senior Ladies/ | hampionships only to in <br> n Solo Dance <br> n Solo 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 | Junior \& Senior European Championships only to include: <br> Solo Dance <br>  <br>  <br>  <br> Junior Ladies/ Junior Men Solo Dance <br> Senior Ladies/ Senior Men Solo Dance |

4. Factor

| Individual / Combination | $=$ | figures | 2 |
| :--- | :--- | :--- | :--- |
|  |  | short | 1 |
|  |  | long | 3 |
| Pairs | short | 1 |  |
|  |  | long | 3 |
| Dance | compulsory | 1 |  |
| (Senior \& Junior) |  | OD | 1 |
|  |  | Free dance | 1 |
| Solo Dance |  | Compulsory | 1 |
| (Senior \& Junior) |  | Free Dance | 1 |
| Dance |  | compulsory | 1 |
| (Youth \& Cadet) |  | Free Dance | 1 |

## Page 127

Substitute the point 2 . Of the chapter "Cup of Europe" with this:

| 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 All Categories (From 2014 the J/S Solo Dance will be only in E.C.) |
| 3 Couples Dance | in Minis and Espoir |
| 3 Ladies | In-Line |
| 3 Men | In-Line |
| 3 Skaters | In-Line Promotional (up to 14 years - 1999 inc.), see page 84-85 |

## Page 128

Substitute the point "Competitions" of the chapter "European Championship for Precision and Show Team" with this:
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
6. Senior Precision Teams 16-24 skaters
7. Junior Precision Teams 16-24 skaters (ages official, no more than 19 yrs, 1994 included)

IMPORTANT NOTE: In all categories, with the exception of Cadet Quartet, the minimum age will be twelve (12) years, 2001 inc..

## Page 134

Add this new point 5. :
5. Female Judges shall wear a navy blue dress (with or without a navy blue jacket or blazer); or a navy blue suit (skirt or trousers) with white blouse.

## Page 138

Change the data of CEPA bank Account:
Confederation Europeenne de Roller Skating
Account N ${ }^{\circ} 1941$ - ABI 05308 - CAB 69440
IBAN IT 85 R 0530869440000000001941
SWIFT: BLOPIT22XXX
Banca Popolare di Ancona S.p.A.
Viale della Resistenza 168/y
63837 Falerone (FM)
Italy

## Page 138

Appendix 1 - Add at the end of the paragraph "2. Serpentine Footwork Step" this:
If the first curve is skated clockwise, the second curve must be skated with rotations anti-clockwise or viceversa

## Page 139

Substitute the list of the dances for Couple Dance with this list:


## Page 140

Substitute the list of the dances for Solo Dance with this list:


## Page 141-142-143

Substitute Appendix $\mathrm{n}^{\circ} 3$ with this :

## CEPA BONUS / 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
2. Costume violation 0.5-1.0
$\begin{array}{lll}\text { 3. } & \text { Excessive make-up Minis/Espoir } & 0.2 \\ \text { 4. } & \text { Duration shorter than required } & 0.2\end{array}$
deduction by the Referee - B mark according to the degree of violation deductions by the Referee - B mark deduction by the Referee - B mark in A \& B mark for each 10 seconds under -

## COMPULSORY DANCE - COUPLES/SOLO

1. Opening steps using more than 24 beats
2., Entrance \& exit longer than $15 \mathrm{secs} \quad 0.1$
2. Timing fault, 0.2
3. Falls small medium major
4. Each Compulsory Dance sequence not skated.

## ORIGINAL DANCE - COUPLES

1. Entrance \& exit longer than 15 secs.
2. Timing fault
3. Falls small medium major
4. Each set element not performed
5. Violation of set elements
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
7. Pulling or pushing the partner by the boot or skate is not permitted

## FREE DANCE - COUPLES

1. Entrance \& exit longer than 15 secs. 0
2. Timing fault
3. Falls small medium major
4. Each set element not performed
5. Lift violation
6. Carried Lifts
7. Arabesque, Pivot, Spin violation
8. Separations in excess of duration
9. Jumps or revolution in excess
10. Pulling or pushing the partner by the boot or skate is not permitted

## FREE DANCE - SOLO DANCE

1. Entrance \& exit longer than 15 secs.
2. Timing fault
3. Falls small
medium major
4. Each set element not performed
5. Excess jumps/Spins and/or revolutions
0.1
0.2 (minimum)
0.1-0.2
0.3-0.7
0.8-1.0
0.5
0.2
0.2
0.2
0.1
0.2 (minimum)
0.1-0.2
0.3-0.7
0.8-1.0
0.5
0.2
0.2
0.2
0.1
0.2

$$
0.2
$$

for each extra beat deductions by the Referee for each extra sec. deductions by the Referee minimum by the Judges
by the Judges
by the Judges
by the Judges
by the Referee
for each extra sec. deductions by the Referee by the Judges - B mark
by the Judges - B mark
by the Judges - B mark
by the Judges - B mark
by the Referee - A mark
by the Judge - A mark
by the Referee - A \& B mark
by the Referee - B mark
for each extra sec. deductions by the Referee
by the Judges - B mark
by the Judges - B mark
by the Judges - B mark
by the Judges - B mark
by the Referee - A mark
by the Judge - A mark
by the Judge - A mark
by the Judge - A mark
by the Referee - A mark
by the Judge - A mark
by the referee - B mark

## 0.1

0.2 (minimum)
0.1-0.2
0.3-0.7
0.8-1.0
0.5
0.2
for each extra sec. deductions by the Referee
by the Judges - B mark by the Judges - B mark by the Judges - B mark by the Judges - B mark by the Referee - A mark by the Judge - A mark

## FREE SKATING

## SHORT PROGRAMME - A MARK

| 1. | Jump Combination with more than 5 jumps | 0.5 | by the Referee |
| :--- | :--- | :--- | :--- |
| 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 Referee |
| 5. | "Pumping" in Spins | 0.3 | by the Referee |
| 6. Toe Loop (All kinds of Toe Loop) in the element |  |  |  | | "Toe Assisted Jump" as described in the 3 rd |  |  |
| :--- | :--- | :--- |
| execution - page 86 | 0.5 | by the Referee |

## SHORT PROGRAMME - B MARK

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

## LONG PROGRAMME

| 1. | Each fall | 0.2 | by the Referee - B mark |
| :--- | :--- | :--- | :--- |
| 2. | Each set element not attempted | 0.5 | by the Referee - 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 |
| 8. | Programme not well balanced | 0.5 | by the Referee - B mark |
| 9. | Open Toe Loop (All kinds of Toe Loop) Minis/Espoir/Cadet | 0.2 | by the Referee - A mark |
| 10. | "Pumping" in Spins | 0.3 | by the Referee - A mark |
| 11. | Properly wrapped "loop step", Minis/Espoir receive a BONUS | +0.2 | by the Referee - A mark |
| 12. | Extreme CONTROLED Flexibility in the Spiral Sq. Minis/Espoir | +0.2 | by the Referee - A mark |

## PAIRS SKATING

|  |  | SHORT PROGRAMME - A MARK |  |
| :--- | :--- | :---: | :--- |
| 1. | Each element not attempted | 0.5 | by the Referee |
| 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
2. Additional elements
0.2 (one skater)
0.3 (both skaters) by the Referee
0.5 by the Referee

## LONG PROGRAMME

1. Each set element not attempted
2. Each additional lift
3. Lift with more than 4,8 or 12 rotations
4. Each fall
0.5 by the Referee - A mark
0.5 by the Referee - B mark
0.5 by the Referee - B mark
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 $1 / 2$ 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. Less than three (3) different handholds
0.4 by the Referee - A mark
6. Falls -

- Major (more than one skater for a prolonged time 0.8-1.0 by the Judge - B mark
- Medium (either one skater for prolonged time or down and up for more than one skater) 0.4-0.6 by the Judge - B mark
- Minor (down and right up for one skater)
0.2 by the Judge - B mark

7. Stationary Position/laying on the floor
0.2 by the Judge - 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. | Exit of the rink longer than 40 sec. permitted | 0.5 | B mark |
| 4. | More than 15 sec. of music before first movement | 0.2 | B mark |
| 5. | When the performance is not a show but a precision | 1.0 | B mark |
| 6. |  |  |  |
| If elements, that are not allowed, are |  |  |  |
| 6. | Included in the programme |  |  |
| Props not correctly used | 0.5 | A \& B mark per element |  |
|  |  | 0,5 | A mark |

## 7. Falls

| $\circ$ | Major (more than one skater for a prolonged time | $0.8-1.0$ | B mark |
| :---: | :--- | :--- | :--- |
| $\circ$ | Medium (either one skater for prolonged time or down |  |  |
|  | and up for more than one skater) | $0.4-0.6$ | B mark |
| $\circ$ | Minor (down and right up for one skater) | 0.2 | B mark |
| enalty 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.

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## CEPA (Le Comité ) 2013

## Présidente

Vice-Président Gonda Neefs-Verbruggen
Langeveld 180
3220 Holsbeek
Belgium
Tel. (+32) 16449153


## CERS - CEPA Web Site: www.cers.pt

