

## **Modification to CEPA Book 2002 for year 2003**

Made and approved from CEPA Committee in Roodkerk NL 13-14/12/2002

### **Page 38**

Add in Appendix: *N°.7 In-Line Free Skating*

### **Page 39**

*Senior Compulsory Dances: Paso Doble (2 sequence)  
Westminster Waltz (2 sequence)*

*Senior OSPD: Tango – CIPA Regulation (appendix 5)  
(1,50 min. Minimum – 2,40 min maximum)*

*Juniors – 18 years (1985 inc.)*

*Short Programme: 2.15 mins. (appendix 2). Single spin groups A or B*

### **Page 40**

*Junior Compulsory Dances: Blues (2 sequence)  
Harris Tango (2 sequence)*

*Junior OSPD: Tango – CIPA Regulation (appendix 5)  
(1,50 min. Minimum – 2,40 min maximum)*

*Youth – 16 years (1987 inc.)*

*Short Programme: 2.15 mins. (appendix 2). Single spin groups A or B or C*

*Pairs Short Programme, element N°7:  
7. Diagonal steps sequence (appendix 4)*

*Youth Compulsory Dances: Kilian (4 sequence)  
European Waltz (4 sequence)  
Imperial Tango (4 sequence)*

### **Page 41**

*Cadets – 14 years (1989 inc.)*

*Short Programme: 2.15 mins. (appendix 2). Single spin groups A or B or C*

*Pairs Short Programme, element N°7:  
7. Diagonal steps sequence (appendix 4)*

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

### **Page 43**

Cup of Europe

Add at the end to point 2 (Per Nation):

*3 Ladies      In-Line, see appendix 7*  
*3 Men         In-Line, see appendix 7*

### **Page 43**

*Minis – age up to 10 years (1993)*

Point 4 – a) Minis :

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*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 above listed.*

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*Espoirs – age up to 12 years (1991)*

### **Page 44**

*Cadets – age up to 14 years (1989)*

*Youth – age up to 16 (1987)*

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

b) Pairs:

#### **CATEGORY for 2002**

- <i>MINIS</i>	<i>1993 / 1994</i>
- <i>ESPOIR</i>	<i>1991 / 1992</i>
- <i>PROMOTIONAL CADET</i>	<i>1989 / 1990</i>
- <i>PROMOTIONAL YOUTH</i>	<i>1987 / 1988</i>
- <i>PROMOTIONAL JUNIOR</i>	<i>1985 / 1986</i>
- <i>PROMOTIONAL SENIOR</i>	<i>1984 &amp; before</i>

Minis, Short Programme, new time:

*2,15 min. +/- 5 sec.*

### **Page 45**

Espoir, Short Programme, delete the old and add the new:

**SHORT PROGRAM**      *2.15 min. +/- 5 sec.*

- 1) Individual Jump     *Max Jump of one rotations.*
- 2) Individual Spin     *Upright spin*
- 3) Lift     *Any lift with the ladies waist below man's head.*
- 4) Throw Jump     *Max Jump of one rotations.*
- 5) Contact Spin     *Upright opposite can be BO/BI/FO*
- 6) Spiral     *Angel (Camel) Spiral*
- 7) Footwork     *A sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.*

Promotional Cadet, Short Programme, delete the old and add the new:

- SHORT PROGRAM**     2.15 min. +/- 5 sec.
- 1) Individual Jump     *Max Jump of one a half rotations*
  - 2) Individual Spin     *Upright or Sit*
  - 3) Lift     *Any lift with the ladies waist below man's head*
  - 4) Throw Jump     *Max Jump of one a half rotations*
  - 5) Contact Spin     *Face to face upright spin BI or BO in waltz position*
  - 6) Spiral     *Angel (Camel) Spiral*
  - 7) Footwork     *A seq. of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.*

#### **Page 46**

Promotional Youth, Short Programme, delete the old and add the new:

- SHORT PROGRAM**     2.15 min. +/- 5 sec.
- 1) Individual Jump     *Max Jump of one a half rotations.*
  - 2) Individual Spin     *Upright or Sit spin*
  - 3) Lift     *Any lift with the ladies waist below man's head.*
  - 4) Throw Jump     *Max Jump of one a half rotations*
  - 5) Contact Spin     *Tscherksen – sit spin opposite can be BO/BI/FO*
  - 6) Spiral     *Angel (Camel) Spiral*
  - 7) Footwork     *A sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.*

**LONG PROGRAM**     3.30 min +/- 10 sec.

#### **Page 47**

Promotional Junior, Short Programme, delete the old and add the new:

- SHORT PROGRAM**     2.15 min. +/- 5 sec.
- 1) Individual Jump     *Max jump of two rotation*
  - 2) Individual Spin     *Upright/Sit or Camel spin*
  - 3) Lift     *Airplane*
  - 4) Throw Jump     *Max Jump of two rotation.*
  - 5) Contact Spin     *Hazel spin*
  - 6) Spiral     *any kind (Camel or Death)*
  - 7) Footwork     *A sequence of footwork to cover at least  $\frac{3}{4}$  of the diagonal of the skating surface.*

**LONG PROGRAM**     4.00 min +/- 10 sec.

Promotional Senior, Short Programme, delete the old and add the new:

**SHORT PROGRAM**     2.15 min. +/- 5 sec.

- 1) Individual Jump     *Max Jump with two rotations.*

2) Individual Spin	Upright/sit or Camel spin
3) Lift	Press Lift
4) Throw Jump	Max Jump with two rotations
5) Contact Spin	Camel BO in kilian position
6) Spiral	any kind (Camel or Death)
7) Footwork	A sequence of footwork to cover at least $\frac{3}{4}$ of the diagonal of the skating surface.
<b><u>LONG PROGRAM</u></b>	4.30 min +/- 10 sec.

## **Page 48**

c) Solo Dance

**Minis:** age up to 10 years (1993)

Perform 2 compulsory dances: *Olympic Foxtrot and Glide Waltz.*

**Espoirs:** age up to 12 years (1991)

Perform 2 compulsory dances: *Skaters March and Canasta Tango.*

**Cadets:** age up to 14 years (1989)

Perform 2 compulsory dances: *14 Step and Swing Foxtrot.*

OSP: *Jive (Appendix 5)*

**Youth:** age up to 16 years (1987)

Perform 2 compulsory dances: *Kilian and Association Waltz.*

OSP: *Tango (Appendix 5)*

**Junior:** age up to 18 years (1985)

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

Free dance: *2.30 minutes +/- 10 seconds*

**Senior:** age older than 18 years

Perform 2 compulsory dances: *Quickstep and Westminster Waltz.*

Free dance: *3 minutes +/- 10 seconds*

## **Page 49**

Delete the old and add this new:

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

## **Page 51**

Delete the old and add this new:

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

## **Page 54**

Accreditation to Europeans Championships and Cup of Europe:

Delete 3 trainers and add the new:

4 Trainer max; each discipline one (1) with a maximum of four (4)

Add at the end of the page:

For ALL Competitions: late payments of the above financial regulations will carry a penalty of two (2) % for each 30 days.

**PLEASE NOTE:**

2003 financial regulations remain unchanged. For 2004 there will be increased in line with inflation.

**Page 59**

Delete the old data of the account of Cepa and add this new:

*Mrs M.Brooks*

*Account N° 5500048 – ABI 6150 – CAB 69441*

*Swift BIC – CRFE IT 3F*

*Cassa di Risparmio di Fermo AG.15*

*Via Della Resistenza 95*

*63020 Piane di Falerone AP*

*Italy*

**Page 66**

After the list of Pairs, delete the old part and add this:

*Dance*

*Session Training & Training Competition*

*Participants*

*Drawing order*

*Programme / warm up groups*

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<i>1-3</i>	<i>reverse order</i>	<i>1 group</i>	
<i>4</i>	<i>2 + 2</i>	<i>1 Gr.</i>	<i>4</i>
<i>5</i>	<i>3 + 2</i>	<i>1 Gr.</i>	<i>5</i>
<i>6</i>	<i>3 + 3</i>	<i>2 Gr.</i>	<i>3+3</i>
<i>7</i>	<i>4 + 3</i>	<i>2 Gr.</i>	<i>4+3</i>
<i>8</i>	<i>4 + 4</i>	<i>2 Gr.</i>	<i>4+4</i>
<i>9</i>	<i>3 + 3 + 3</i>	<i>2 Gr.</i>	<i>5+4</i>
<i>10</i>	<i>4 + 3 + 3</i>	<i>2 Gr.</i>	<i>5+5</i>
<i>11</i>	<i>4 + 4 + 3</i>	<i>3 Gr.</i>	<i>4+4+3</i>
<i>12</i>	<i>4 + 4 + 4</i>	<i>3 Gr.</i>	<i>4+4+4</i>
<i>13</i>	<i>4 + 3 + 3 + 3</i>	<i>3 Gr.</i>	<i>5+4+4</i>
<i>14</i>	<i>4 + 4 + 3 + 3</i>	<i>3 Gr.</i>	<i>5+5+4</i>
<i>15</i>	<i>4 + 4 + 4 + 3</i>	<i>3 Gr.</i>	<i>5+5+5</i>
<i>16</i>	<i>4 + 4 + 4 + 4</i>	<i>4 Gr.</i>	<i>4+4+4+4</i>

**Page 67**

Appendix 2, Element 6, changed with:

6. Step sequence – *In Diagonal, see appendix 4.*

**Page 68**

Appendix 3, “Pairs Skating Short Programme Set Elements Seniors”, element 7, changed with:

7. One Step Sequence – *In Diagonal, see appendix 4.*

“Pairs Skating Short Programme Set Elements Juniors”, element 7, changed with:  
7. One Step Sequence – In Diagonal, see appendix 4.

**Page 70**

Appendix 4, change all with:

**Step Sequences**  
**Restricted jumps: Short Programme Single/Pairs**

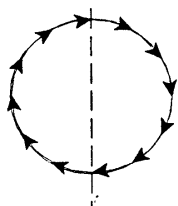
*Recognised jumps with a visible preparation-execution-landing are not allowed in the step sequence: please be aware of extra recognised jumps in the short programme.*

**General:**

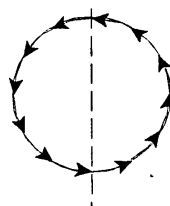
*All footwork step sequences must be executed according to the character of the music using advanced footwork. Each step of the footwork must be progressive. No retrogression is permitted. Short stops in accordance with the music are permitted. **Jumps taken off and landed with a visible preparation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

**1. Circle Patterns “A” or “B” for year 2001 and 2004**

*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.*



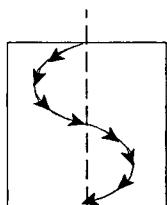
“A” Pattern



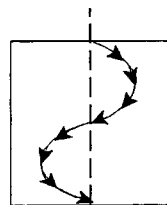
“B” Pattern

**2. Serpentine Footwork Step Sequence “A” or “B” for year 2002 and 2005.**

*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 using advanced footwork.*



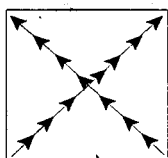
“A” Pattern



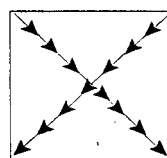
“B” Pattern

**3. Diagonal pattern “A” or “B” straight line footwork step sequence for year 2000 and 2003**

*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*

### **Page 63**

Appendix 5, Delete the page dedicate to OSP Polka and insert the page 71: OSP Tango.

### ***Rules for OSP – Tango***

*The OSP shall consist of two repetitive sequences, total time of which shall be no less than 1.50 (one minute fifty seconds), and no longer than 2.40 (two minutes forty seconds). The timing will begin with the first movement and end with the last movement – **this includes the closing steps of the OSP.***

*The rules and regulations for OSP must be strictly observed as printed in the CIPA Special Regulations and Sports Rules SR 3.37, with the following exceptions for Tango (3.37.09):*

**Range of tempo:** 108/132 beats per minute, 4/4 time.

**Stops:** *Brief stops to express the character of the music may be included, provided the flow of the dance is maintained through some type of body action. No more than two (2) stops per circuit of the rink. The duration of the stop no more than two (2) bars of music (8 beats).*

**General:** *It is to be noted that show posing during the “stop” mentioned above is allowed, provided the body movement is continuous.  
The Tango is a dramatic and exciting dance. Typical Latin flavours should be expressed through the use of characteristic steps, movements and position. The Dance should be performed with deep, flowing edges, emphasized by good lean and carriage.*

### **USE OF TOE STOPS**

*The toe stop can be used in of above movements, but the **maximum** number per sequence is eight (8). There is no minimum number.*

*The penalty for more than the maximum of eight (8) steps on the toe stop will be 0.1 for each one.*

***Please note:***

- a. The OSP can be started at any place on the floor.*
- b. A Certificate of authorisation (from a professional musician authenticating the music), must be handed to CEPA before the first training day.*
- c. Vocal music for OSP can be used.*

**Page 73 bis**

Add the new Appendix 7 – In Line Free Skating:

***In-Line Free Skating***

*The Competitions will be skated in Free Skating who are at least twelve (12) years or older as of January 1<sup>st</sup> of the year.*

**Technical Details:**

*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. Spins – selected from the following (entry and exit optional):*
    - Camel (any edge)*
    - Layover Camel (any edge)*
    - Sit Spin (any edge)*
  - 5. Spin Combination – two (2) or three (3) positions with or without change of foot. At least three (3) revolutions in each position. Entry and exit optional.*
  - 6. One footwork sequence in Diagonal – See appendix 4.*
- 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.*

*There are NO restrictions on elements in the Long Programme.*

*Alle other CIPA-CEPA Rules regarding Free Skating will apply.*

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