

**Artistic Roller Skating  
Special Regulations & Sports Rules  
2002 Edition  
CIPA**

**SR 3.37 OSP Execution Special Rules**

- 3.37.01 Exceptions to the rules as outlined in SR 3.36 are allowed under the following circumstances.
- 3.37.02 On a skating surface less than 50 x 25 metres, it is permissible to cross the tracing slightly (not more than 2 metres) one time per sequence and it is permissible to cross the long axis slightly (not more than two metres) one time per sequence.
- 3.37.03 **Cha Cha**  
Range of Tempo: 120-132 beats per minute.  
Stops: Two stops per circuit are permitted. Toe stops are permitted during the stop. They can be used to come to a stop. Clarification of the use of Toe Stops: Toe stops can be used in any part of the dance TWICE per sequence (maximum time of 5 seconds)  
Separations: Separations or side-by-side skating to execute typical dance steps is permitted no more than twice per sequence. They should be executed no more than one arm-length per partner apart, with a maximum duration of five (5) seconds.  
General: Shadow hold and side-by-side hold form part of this dance. Exciting music encourages quick explosive foot and body movements, making much use of short syncopated steps in unison with partner.
- 3.37.04 **Charleston**  
Range of Tempo: Not restricted. 4/4 time.  
Toe Stops/Hops: Small hops and toe steps are permitted no more than twice per sequence, with a maximum duration of five (5) seconds. These should be executed no more than one arm length per partner apart.  
General: The Charleston is a lively and exuberant dance. It should give the feeling of fun and gaiety. In the performance of the dance, care should be taken that the dance keeps moving over the floor surface.  
Clarification of Toe Stops/Hops: You may use your toe stops for a maximum duration of 5 seconds once per sequence while stationary and once per sequence for a maximum duration of 5 seconds while moving across the skating surface.
- 3.37.05 Paso Doble  
Range of Tempo: 108-120 beats per minute. 2/4 time. (Not 3/4 time.)  
Separations: Separations to execute typical dance steps are permitted. These should be no further than one arm-length per partner apart, **and no longer than 5 seconds.**  
Pivots: Small pivots which indicate the rhythm of the dance by either partner are allowed. No more than twice per circuit. (Toe stops can be used for these pivots.) **It is possible to make a small loop with or without toe stops in reverse** direction, once per sequence (see diagram).  
Toe Stops: Can be used twice per sequence.  
General: This is a Spanish dance and the movements danced by the man should be symbolic of those made by the matador in the bull ring. The woman represents the cape and her movements should suggest the use of this during the bull fight.
- 3.37.06 **Polka**  
Range of Tempo: Not restricted. 2/4 time.  
Separations: One separation per circuit to execute typical dance steps is permitted, but the flow must be maintained throughout the separation. Duration of separation must not be more than a maximum of ten (10) beats of music (5 bars). Position during separation should be no more than one arm-length apart.  
Stops: One stop per circuit is permitted. Duration of the stop is a maximum of ten (10) beats of music.  
Toe Steps and Small Hops: The lifting of the skating foot a small distance off the floor is allowed to express the character of the dance. No more than twice per sequence.  
General: The Polka is a boisterous, rollicking dance. The basic

ballroom step consists of a preparatory hop followed by a chassé done first to the left and then to the right. Couples should perform the dance with exuberance and fun.

3.37.07 **Rhumba**

Range of Tempo: 104-120 beats per minute. During the execution of the Rhumba, small circles together will be allowed to show the character of the dance. No more than twice per circuit and the circles must not cross over the long or short axis of the dance.

Stops: One stop per circuit is permitted. Duration of stop is a maximum of ten (10) beats of music. Toe stops are permitted during the stop.

General: The most seductive of the Latin dances. Body sway with close contact. Separation is not necessary in this dance.

3.37.08 **Samba**

Range of Tempo: 100-120 beats per minute. 2/4 or 3/4 time.

Separations: One separation per circuit to execute typical dance steps is permitted, but the flow must be maintained throughout the separation. Duration of separation must not be more than a separation should be no more than one arm-length apart.

Stops: One stop per circuit is permitted. Duration of stop is a dance.

maximum of ten (10) beats of music. Toe stops are permitted during the stop. They can be used to come to a stop.

General: The Samba is performed by dancing close together, though occasionally, as above, couples may separate. The dance should be flirtatious, exuberant and lively. The body movement characteristic of the Samba is the bouncing action created by the knee bends and the pendulum action of the body, forward and backward or side to side.

Samba music has an uneven rhythm with the accent on the second beat of each bar of music.

3.37.09 **Tango**

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. Duration of stop no more than two (2) bars of music (8 beats). Toe stops may be used to come to a stop.

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 flavor 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 stop: The toe stop can be used in any of the 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 .1 for each one.

3.37.10 **Jive**

Range of Tempo: Not restricted, 4/4 time

Stops: Two complete stops per circuit are permitted. Duration of the stop is a maximum of 12 (twelve) beats of music.

Little Hops or Jumps: The lifting of the skating foot a small distance off the floor is allowed to express the character of the dance-no more than twice per sequence (and no more than five each time making a maximum total of 10 per sequence).

Use of Toe Stops: The toe stop can be used in any of the above movements, but the maximum number per sequence is 10 (ten).

There is no minimum number. The penalty for more than the maximum of 10 steps on the toe stop will be . 1 for each one.

Jive falls within the general term of "Swing" music and movements as seen in Boogie Woogie, Jitterbug, Rock'n'Roll and Twist can be used.

All steps, turns, rotations and positions are permitted provided that they are appropriate to the designated rhythm and the music chosen, and provided that the unison of the couple is maintained throughout. Deep edges and intricate footwork, displaying skills, difficulty and originality must be included and performed by both partners rather than posing and skating on two feet.

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