

DANCE COUPLE 2016

The competition will be divided into two days, no longer in three, and the STYLE DANCE will be introduced as substitution for the second compulsory dance and the OD. The competition will be divided as follows:

First Day

- **One COMPULSORY DANCE** drawn by CIPA.
- **One STYLE DANCE** drawn by CIPA.

Second Day

- **FREE DANCE** (free programme).

Value of each part of the competition:

- Compulsory Dance: 25% (1 score).
- Style Dance: 35% (2 scores).
- Free Dance: 40% (2 scores).

DAY 1		DAY 2
PART 1	PART 2	PART 3
Compulsory Dance	Style Dance	Free dance
25% of the competition	35% of the competition	40% of the competition

STYLE DANCE - COUPLES DANCE

- The duration of the style dance will be: 2:40 minutes +/- 0:10.
- The selection of rhythms used is a minimum of two (2) and a maximum of three (3) different rhythms. The choice of two (2) rhythms may include the use of two different music selections for the same rhythm.

STYLE DANCE REQUIRED ELEMENTS

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

1. ONE (1) PATTERN DANCE SEQUENCE (COMPULSORY DANCE)

This element consist on one (1) sequence of a complete compulsory dance selected by CIPA that covers the entire surface of the skating floor, or two (2) sequences of a complete compulsory dance with a pattern that covers half of the skating floor.

General rules

- Must adhere to the diagram/pattern provided by CIPA.
- Must be performed to music that has the same metronome beats and the same rhythm required for the compulsory dance selected by CIPA, duly certified to CIPA.
- Must begin with step one (1) of the dance pattern placed to the left of the judges (or as required annually by request of CIPA) and finish with the first step of the dance (step 1) required by the rules.
- Must maintain the same steps/recognized positions*/holds of the dance, respect the required timing of each step with the possibility of including choreographic movements of the lower/upper body to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/ steps/holds.

* **A recognized position** is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other. The recognized positions and holds required by the rules may include choreographic movements of the upper body (with the other arm free from hold) to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

2. ONE (1) NO HOLD STEP SEQUENCE

The baseline will be selected each year by CIPA and may be performed either:

- Along the long axis.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position.
- A minimum of two (2) different turns** must be executed by each skater.
- The steps must cover at least 80% of the length of the skating surface.
- The distance between the skaters during the step sequence must be no longer than two (2) arm lengths.
- The maximum allowed distance of the skaters from the baseline must be no more than three (3) meters for the entire sequence.

- No stops are allowed during the execution of this element.

****Turn:** a turn is defined as all of the following technical difficulties which include a change of direction of travel: three turns, double three or twizzles, brackets, loops, rockers, counters, mohawks, inverted mohawks, etc.

3. ONE (1) DANCE HOLD STEP SEQUENCE

The baseline will be selected each year by CIPA and may be performed either:

- Circle clockwise.
- Circle counterclockwise.
- Serpentine.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- The couple must perform a minimum of two (2) different recognized dance positions*.
- The release of contact is permitted only for quick changes of hold/position.
- A minimum of two (2) different turns** must be executed by each skater.
- No stops are allowed during the execution of this element.

* **Recognized dance positions:** all positions described on the CIPA rules book, except hand in hand (see recognized positions cited in required element 1).

4. ONE (1) DANCE LIFT

The typology of the lift will be selected annually by CIPA, with a maximum duration of ten (10) seconds, and may be performed either:

- Stationary position – a lift where the sustaining partner performs a maximum of $\frac{1}{2}$ revolution entering and $\frac{1}{2}$ revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds.
- Rotational – a lift with unlimited rotations, and with a minimum of $1 \frac{1}{2}$ revolutions.
- Combination – stationary and rotational: a lift composed of a free succession, executed during the same lift, of a stationary and a rotational lift combined with each other.

General rules

- The lift will be evaluated based on the ability of one/both skater(s), the creativity and fluidity of the lift, and the technical difficulties of the entrance and exit.

- The lift may have a maximum of ten (10) seconds.
- The sustaining partner's hands may go above their own head as long as the hips of the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do NOT go above their own head.
- The sustaining partner may hold the lifted partner's skate and the lifted partner may be supported/sit/lie down on the skate of the sustaining partner.

LIMITATIONS

DANCE LIFTS: none, additional lifts are not permitted apart from the required one.

DANCE SPIN: a maximum of one (1) dance spin, done in hold with a minimum of two (2) revolutions, less than two (2) revolutions is not considered a spin. Lifted spins are not permitted.

STOP: a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds.

A maximum of two (2) stops executed during the programme for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of five (5) meters (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire programme for a maximum of five (5) seconds each. Stationary positions shall not be considered as elements of technical value.

Beginning and end of the programme: the skaters may not exceed eight (8) seconds of being stopped nor may they exceed a maximum allowed distance of five (5) meters between them.

DANCE JUMPS (JUMP/ASSISTED JUMPS):

- A maximum of two (2) jumps, each skater, of one (1) revolution each (no more than one revolution in the air).
- A maximum of two (2) assisted jumps***, a maximum of one (1) revolution for the partner who jumps and half (½) revolution for the supporting partner.

*** **Assisted Jump:** a continuous movement of ascent and descent performed by one partner, without suspension in the air of the partner performing the assisted jump. The supporting partner must offer passive assistance (without actively sustaining the partner in the air).

Note: all jumps and assisted jumps shall not be considered as elements of technical value.

SEPARATIONS:

- Are permitted at the beginning and the end of the programme for a maximum time of eight (8) seconds and for a maximum distance of five (5) meters between the partners.
- During the stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of five (5) meters between the partners.
- For only one (1) time during the programme, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of five (5) meters between the partners (except where prohibited by the rules).
- For quick changes of position/hold between the partners.

MUSICAL THEMES

The compulsory dances to be inserted annually shall be decided by CIPA.

- **Swing Medley:** Foxtrot, Quickstep Swing, Charleston, Lindy Hop.
- **Latin Medley:** Mambo, Salsa, Merengue, Bachata, Samba, Rumba, Cha Cha, Bossa Nova, Batucada.
- **Spanish Medley:** Tango, Paso Doble, Flamenco, Spanish Waltz, Bolero, Gypsy Music, Fandango.
- **Classic Medley:** Waltz, March, Classic Polka, Galop.
- **Rock Medley:** Rock and Roll, Boogie Woogie, Blues, Jive, Old Jazz.
- **Folk Dance:** Ethnic Dance.
- **Modern Music Medley:** Disco Music, Pop, Dance, Hip Hop, Soul, Rap, Techno, House, Hard Rock.
- **Musical-Operettas Medley.**

FREE DANCE - COUPLES DANCE

- Duration: 3:30 +/- 10 seconds.

FREE DANCE REQUIRED ELEMENTS

The first required element performed of each type will be the one evaluated by the judges as the required one for the current year.

1. ONE (1) NO HOLD STEP SEQUENCE

The baseline shall be selected annually by CIPA and may be performed either:

- Along the long axis.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- It is mandatory to start this element from a stopped position. If a skater stops before this element for a duration of less than 3 seconds, it will satisfy the requirement of starting from a stopped position.
- A minimum of two (2) different turns** must be executed by each skater
- The steps must cover at least 80% of the length of the skating surface
- The distance between the skaters during the step sequence must be no greater than two (2) arm lengths
- The maximum allowed distance of the skaters from the baseline must be no more than three (3) meters for the entire sequence.
- No stops are allowed during the execution of this element.

2. ONE (1) DANCE HOLD STEP SEQUENCE

The baseline shall be selected annually by CIPA and can be performed either:

- Circle clockwise
- Circle counterclockwise.
- Serpentine.
- Diagonal.

General rules

- During the execution of this element, skaters should perform a high level of technical difficulty that demonstrates their ability and express it with fluidity and variety, to the tempo and rhythm of the selected music.
- The couple must perform a minimum of two (2) different recognized dance positions*.
- The release of contact is permitted only for quick changes of hold/position.
- A minimum of two (2) different turns** must be executed by each skater.
- No stops are allowed during the execution of this element.

* **Recognized dance positions:** all positions described on the CIPA rules book, except hand in hand (see recognized positions cited in style dance).

3. THREE (3) DANCE LIFTS

Three (3) required dance lifts, with a maximum duration of eight (8) seconds, one for each typology selected from:

- **Stationary position** – a lift where the sustaining partner performs a maximum of $\frac{1}{2}$ revolution entering and $\frac{1}{2}$ revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds.
- **Rotational** – a lift with unlimited rotations, and with a minimum of $1 \frac{1}{2}$ revolutions.
- **Combination** – stationary position and rotational: a lift composed of a free succession, executed during the same lift, of a stationary position and a rotational lift combined with each other.

General Rules

- The lifts will be evaluated based on the ability of one/both skater(s), the creativity and fluidity of the lift, and the technical difficulty of the entrance and exit.
- The maximum duration of each lift is eight (8) seconds
- The sustaining partner's hands may go above their own head as long as the hips of the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do not go above their own head.
- The sustaining partner may hold the lifted partner's skate and the lifted partner may be supported/sit/lie down on the skate of the sustaining partner.
- The required lifts must be executed while skating.

LIMITATIONS

DANCE LIFTS: in addition to the three (3) required lifts, two (2) free lifts, selected from the three (3) typologies mentioned for the required lifts, are permitted for a maximum duration of eight (8) seconds each.

DANCE SPINS: a maximum of one (1) dance spin, done in hold, with a minimum of two (2) revolutions, (less than two (2) revolutions is not considered a spin). Lifted spins are not permitted.

STOPS: a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds.

A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of five (5) meters (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each. Stationary positions shall not be considered as elements of technical value.

Beginning and end of the program: the skaters may not exceed eight (8) seconds of being stopped nor may they exceed a maximum allowed distance of five (5) meters between them.

DANCE JUMPS (JUMP/ASSISTED JUMPS):

- A maximum of two (2) jumps each skater, of one (1) revolution each (no more than one revolution in the air; less than one (1) revolution is not considered a jump).
- A maximum of two (2) assisted jumps***, a maximum of one (1) revolution for the partner jumping and half (1/2) revolution for the supporting partner.

Note: all jumps and assisted jumps shall not be considered as elements of technical value.

SEPARATIONS:

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds and for a maximum distance of five (5) meters between the partners.
- During the Stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of five (5) meters between the partners.
- For only one (1) time during the program, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of five (5) meters between them.
- For quick changes of position/hold between the partners.