

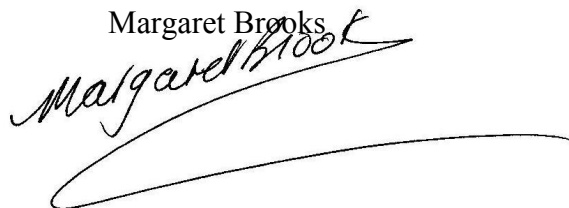
# Modifications to CEPA Book for year 2015

Made and approved from CEPA Committee – Luso / Portugal 30/10/2014

Please note that in Europe the Combined Championships remains unaltered and also the In-Line competition will stay in Cup of Europe.

CEPA President

Margaret Brooks



---

## Rule 100

### - Individual Categories :

<b>SENIOR</b>	- <b>1995</b> and before
<b>JUNIOR</b>	- 19 years ( <b>1996</b> inc.)
<b>YOUTH</b>	- 17 years ( <b>1998</b> inc.)
<b>CADET</b>	- 15 years ( <b>2000</b> inc.)
<b>ESPOIR</b>	- 13 years ( <b>2002</b> inc.)
<b>MINIS</b>	- 11 years ( <b>2004</b> inc.)

... omissis .....

---

## Rule 130

### Short Programme

#### Cadet – Youth – Junior – Senior

..... omissis .....

To clarify:

No.1, No.2 and No.4 above – Skaters can divide the jumps over the three (3) mandatory items, according to their personal choice.

No.3 and No.6 above – Skaters can choose to skate the single spin third or last and the combination spin third or last.

..... omissis .....

General:

..... omissis .....

- Each additional element attempted will carry a penalty of 0.5 from the “B” mark with no credit given to the “A” mark.

- If a skater falls during a jump combination and stands up and continues, it will be considered as an extra element. If there is a “step out” between the jumps, the combination will not have any value but there will not be a penalization of an extra element. If three (3) jumps are presented correctly in combination before the fall or before the step out, the combination will be considered as executed.

..... omissis .....

---

## Rule 132

### **Well balanced Free Skating Long Programme Minis, Espoir, Cadet, Youth, Junior & Senior**

..... omissis .....

- Spins MUST be evenly distributed throughout the programme, this means that **between two (2) OF the spin elements** in the long programme there should be at least two other different elements (at least one steps sequence AND one jump element). A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well-balanced.

..... Omissis .....

---

## Rule 133

### **Special Rules for SENIOR, JUNIOR & YOUTH Long Programme**

..... omissis .....

**In Long programme of Youth Category, a broken ankle spin is not allowed!!**  
***In the YOUTH Long 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.***

---

## Rule 135

### Special Rules for ESPOIR Long Programme

..... omissis .....

*In the programme there MUST be at least a Toe Loop element and a Lutz element (See Rule 147), 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 & for each wrong execution of Lutz edge: the jump will get the value of a Flip.*

..... omissis .....

---

## Rule 136

### Special Rules for MINIS Long Programme

..... omissis .....

*In the programme there MUST be at least a Toe Loop element, single and/or double, and a Lutz element (See Rule 147), single, both 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 & for each wrong execution of Lutz edge: the jump will get the value of a Flip.*

..... omissis .....

---

## Rule 140

### In-Line Categories

..... omissis .....

#### Set Elements for the Short Programme:

1. Single Axel or Double Axel.

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. Individual Spin – selected from the class "A" list (entry and exit optional).

5. Spin Combination – two (2) or three (3) positions with or without change of foot. **A sit spin must be included in the combination.** At least three (3) revolutions in each position. Entry and exit optional.

..... omissis .....

No.1, No.2 and No.4 above – Skaters can divide the jumps over the three (3) mandatory items, according to their personal choice.

..... Omissis .....

## Well balanced In-Line Free skating Long Programme

..... omissis .....

- Spins MUST be evenly distributed throughout the programme, this means that **between two (2) OF the spin elements** in the long programme there should be at least two other different elements (at least one steps sequence AND one jump element). A deduction of -0.5 will be deducted in the B mark by the Referee for a program that is not well-balanced.

..... omissis .....

---

### Rule 147

#### Special Rules for MINIS & ESPOIR Categories about Lutz Judging

Lutz will be considered when the edge and the inclination are backward outside until the take-off. Take-off is the moment of the touch on the floor of the toe-stop.  
Penalty of 0.2 in the A mark will be given for each wrong execution and the jump will get the value of a Flip.

---

### Rule 200

#### Pairs Categories

..... Omissis .....

**SENIOR or PROMOTIONAL SENIOR** - **1995** and before  
**JUNIOR or PROMOTIONAL JUNIOR** - 19 years (**1996** inc.)  
**YOUTH or PROMOTIONAL YOUTH** - 17 years (**1998** inc.)  
**CADET or PROMOTIONAL CADET** - 15 years (**2000** inc.)  
**ESPOIR** - 13 years (**2002** inc.)  
**MINIS** - 11 years (**2004** inc.)

..... Omissis .....

## Rule 203

### Special Rules for SENIOR Long Programme

..... Omissis .....

The rules listed below **MUST BE FOLLOWED** in a Senior Pairs Skating long program:

- The couple can perform no more than three (3) lifts in a program. At least two (2) of the lifts **MUST** be a one position lift **NOT EXCEEDING** four (4) rotations. The combination lift **MUST NOT EXCEED** twelve (12) rotations.
- The couple **MUST INCLUDE** two death spirals one on an inside edge and one on an outside edge.
- The couple **MUST INCLUDE** one spiral (arabesque) sequence with three (3) different positions with at least one change of edge and one change of direction. Partners can insert cross pulls between each position. The change of direction may be performed by one of the partners or both and one of the two must be always in spiral position.
- The couple **MUST INCLUDE** one step sequence either Diagonal, Circular or Serpentine.

..... Omissis .....

---

## Rule 210

### Special Rules for CADET Short Programme

..... Omissis .....

1. **Death Spiral** – BO – at least one revolution.
2. **Contact Spin** – Hazel Spin.
3. **One Position Lifts** – Flip Lift Reversed Split Position. Minimum three (3), Maximum four (4) rotations of the man. Adagio type movements at the end of the lift are not allowed.
4. **One shadow Jump** – Double Salchow OR Double Toe Loop jump.
5. **One shadow Spin** – Sit Spin BI prepared with the threes sequence. Min.three(3) revolutions.
6. **One Step Sequence** – See appendix 1.
7. **One throw Jump** – Axel Paulsen

..... Omissis .....

---

## Rule 300

### Couples Dance & Solo Dance Categories

<b>SENIOR</b>	- <b>1995</b> and before
<b>JUNIOR</b>	- 19 years ( <b>1996</b> inc.)
<b>YOUTH</b>	- 17 years ( <b>1998</b> inc.)
<b>CADET</b>	- 15 years ( <b>2000</b> inc.)
<b>ESPOIR</b>	- 13 years ( <b>2002</b> inc.)
<b>MINIS</b>	- 11 years ( <b>2004</b> inc.)

..... Omissis .....

## Rule 301

### Special Rules for SENIOR Couples Dance

Compulsory Dances: **Quickstep** (4 sequences)  
**Iceland Tango** (2 sequences)

OD: **Latin Combination** – See rule 302  
(2.30 minutes +/- 10 sec.)

..... omissis .....

## Rule 302

### Rules and regulations for Original Dance (OD)

..... omissis .....

### **ORIGINAL DANCE FOR 2015** **“LATIN COMBINATION”**

#### **Choice of Rhythms :**

**Mambo, Cha Cha Cha , Samba, Rhumba**

**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 – 2 ½ minutes +/- 10 seconds**

## **Mambo**

**Origin** - This dance emerged in the 1930s from Cuban rhythms. It is a relative of the Cha Cha Cha, and the Cuban Rhumba. The tempo is faster than the Rhumba and there is a different musical emphasis with less hip motion.

**Tempo** – 4/4 – (4 beats to a bar of music) - time not set – a great variety can be used.

**Music** – in Mambo you don't move on the first beat but by not moving it is still counted as a step, the primary accent being on the 2<sup>nd</sup> count. Some count the movement as quick-quick-slow, but it is probably better to think of the Mambo movement as Step, Rock, Close, Pause. Staccato style music.

The beat count is:-

1	2	3	4
hold	step	step	step

**Instruments** – Features timbales (a drum played with sticks on the rim of the drum), which gives a “tinny” sound, and other percussive instruments such as claves and cowbells.

**General Interpretation** – Origin Cuban with a mixture of Swing and Cuban music and should give the impression of having fun together, saucy, staccato style, to an upbeat tempo. Steps should be kept small, with a slight hold on the first beat. sexy dance, skated close together with constant eye contact with the couple projecting as one.

## **Cha-Cha-Cha**

**Origin** - The Cha Cha Cha is a dance rhythm that originated in Cuba with a type of “skipping step”, but has been “Americanised” to the version we know today.

**Tempo** – usually played in 4/4 time (may be played in 2/2 or “cut time”) time not set but is fairly fast.

**Music** – can be either Cuban music, Latin Pop, Latin Rock and is energetic with a steady beat. Usually the Cuban Cha-Cha-Cha is more sensual.

**Instruments** – varies depending on the tune chosen. Originally in Cuba, violins and flute were prominent, now great variety with brass and percussion featured (e.g. Bongo drums, maracas, cow bells, timbales etc.)

**General Interpretation** – Danced in a lively, playful, manner with actions of seduction and pursuit. The Lady is “hunted” and the Man “Huntes” There should be close connection with the Partner, a lot of forward and back or one side and back . Hip actions occur at the end of every step – for steps taking a single beat the first half of the beat constitutes the foot movement and the second half is taken up by the hip movement.

## **Samba**

**Origin** – Originated in Africa, and was taken by slaves to Brazil plantations. Later, at carnival time was introduced to the Cities as a Carnival and street Festival Dance. It is the National Dance of Brazil – A Samba dancer is known in Brazil as a “Sambista”.

**Tempo** – 2/4 time of 2 beats per measure – may be written in 2/2 or “cut time”

**Music** – varies from medium to fast – beat count :-

1	“and”	2	2	“and”	2
step	quick	step	step	quick	step

**Instruments** – Often accompanied by Latin instruments especially the cabaza (gourd with beads), conga drum.

**General Interpretation** - Flirtatious, animated, bouncy and exuberant dance performed together by a couple with rocking motions of the body, with variations of hold, travels across the floor a lot.

## **Rhumba**

**Origin** – It is an Americanised version of the Cuban Danzon and Spanish Bolero. It is an Afro-Cuban rhythm. The Rhumba rhythm is the spirit and soul of Latin music.

**Tempo** – 4/4 time with four beats to each measure. Two measures of music are required to complete one full basic step.

**Music** – usually slower than the other rhythms listed within this group.

**Instruments** - The basic Rhumba is brought out by the bass instruments. Features Latin percussion instruments such as maracas, conga drums and bongos.

**General Interpretation** - *Romantic, sultry, sensuous, smooth. Lady is the focus – and in particular the rhythmic body and hip action and the steamy tease in routines that can be close to X-rated. Unlike the Cha-Cha-Cha which effects a happy, carefree, party-time-like dance expression, the Rhumba effects a more serious and intense expression.*

Less travelling across the floor than Cha-Cha-Cha or Samba.

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.

**REMEMBER – WE ARE AN ARTISTIC SPORT AND THE OD SHOULD BE SKATED TO THE MUSIC WITH STEPS, EDGES, FLOW, RHYTHM AND TOGETHER, NO MATTER WHAT MUSIC IS SELECTED**

---

## **Rule 303**

### **Special Rules for JUNIOR Couples Dance**

Compulsory Dances: **Rocker Foxtrot (4 sequences)**  
**Harris Tango (2 sequences)**

OD: **Latin Combination** – Same Rules of Senior OD, see rule 302  
(2.30 minutes +/- 10 sec.)

..... Omissis .....

---

## **Rule 304**

### **Special Rules for YOUTH Couples Dance**

Compulsory Dances: **Association Waltz (2 sequences)**  
**Keats Foxtrot (4 sequences)**

..... Omissis .....



## Rule 305

### Special Rules for CADET Couples Dance

Compulsory Dances: Kleiner Waltz (4 sequences)  
Siesta Tango (4 sequences)

..... Omissis .....

---

## Rule 306

### Special Rules for ESPOIR Couples Dance

Compulsory Dances: Denver Shuffle (4 sequences)  
Canasta Tango (4 sequences)

..... omissis .....

---

## Rule 307

### Special Rules for MINIS Couples Dance

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

## Rule 311

### Special Rules for SENIOR Solo Dance

#### **SENIOR**

Compulsory Dances: Westminster Waltz (2 sequences)  
Delancha Tango (2 sequences)

..... Omissis .....

**General notes on Technical Merit Free Dance Senior categories:**

..... Omissis .....

*Set Elements that must be included in the solo free dance:*

- One spin with 3 revolutions (not more than 3 revs).
- One small RECOGNIZED jump of one rotation.
- One diagonal step sequence – extending as near as possible the diagonal of the skating Surface.
- One straight line step sequence commencing from a standing start – along the long axis of the rink extending as near as possible the full length of the skating surface.

..... Omissis .....

---

## Rule 312

### Special Rules for JUNIOR Solo Dance

Compulsory Dances:	14 Step Plus	(2 sequences)
	Blues	(2 sequences)

..... Omissis .....

---

## Rule 313

### Special Rules for YOUTH Solo Dance

Compulsory Dances:	Terenzi Waltz	(2 sequences)
	Keats Foxtrot	(4 sequences)

..... Omissis .....

---

## Rule 314

### Special Rules for CADET Solo Dance

Compulsory Dances:	Kleiner Waltz	(4 sequences)
	Kent Tango	(4 sequences)

..... omissis .....

## Rule 315

### Special Rules for ESPOIR Solo Dance

Compulsory Dances: Denver Shuffle (4 sequences)

Canasta Tango (4 sequences)

..... Omissis .....

*General notes on Technical Merit Free Dance for Espoir Category:*

..... Omissis .....

*Set Elements that must be included in the solo free dance:*

- One Diagonal step sequence – extending as near as possible the diagonal of the skating surface

- One Serpentine step sequence – Starting at any end of the floor and progress in at 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 footwork.

..... Omissis .....

---

## Rule 316

### Special Rules for MINIS Solo Dance

Compulsory Dances: Skaters March (4 sequences)

Carlos Tango (4 sequences)

---

## Rule 318

### Warm-Up Couples & Solo Dance Competitions

1. Compulsory Dances: each group has **15 seconds** warm-up without music and then **two (2) minutes of music** is played for the warm-up.  
(Couples & Solo Dance)

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.

..... omissis .....

## Rule 403

### Costume Rules for Single, In-Line, Pairs, Dance and Solo Dance

..... omissis .....

Penalties resulting from the violation of the costume rules will range between **two tenths (0,2)** 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.

---

## Rule 500

### Precision Teams Categories

..... omission .....

#### *Competitions*

1. Senior Precision Teams 16-24 skaters
2. Junior Precision Teams 16-24 skaters (ages official, no more than 19 years, **1996** included)

**IMPORTANT NOTE: the minimum age will be twelve (12) years, **2003** inc..**

---

## Rule 502

### Rules for Precision Skating & Deductions

#### *1. Rules for precision skating*

- A group contains normally a min. of 16 and a max of 24 skaters
- The performance of a formation team:

a) Vocal music is allowed

b) Well balanced programme of recognized elements for formation teams must include: as circles, wheels, lines, blocks and intersecting manoeuvre. The manoeuvres must be dominant from one element to the other.

The following five elements **MUST** be included in the program. These elements may be repeated without penalty:

#### **1. CIRCLE MANOUVRE**

The circle manoeuvre must consist of only one (1) circle revolving in either a clockwise or counter clockwise direction, or may be a combination of both directions. A **MINIMUM** of two (2) revolutions is required.

#### **2. LINE MANOUVRE**

The line **MUST** be a **SINGLE LINE** along the short axis and move down the long axis for at least of length of the rink.

#### **3. BLOCK MANOUVRE**

The number of lines in the block **MUST NOT** exceed six (6) and **MUST NOT** be less than four (4). At least two (2) different axes **MUST** be used.

#### **4. WHEEL MANOUVRE**

This **MUST** consist of a three (3) or more spokes pinwheel revolving in either a clockwise or a

counter clockwise direction. A MINIMUM of two (2) revolutions is required.

#### **5. INTERSECTING MANOUVRE**

Any type of intersection is permitted (splicing or pass through). In the maneuver each skater must pass through any intersecting point only once.

- c) Difficult linking steps between elements must be visible.
- d) At least 3 different handholds must be shown.
- e) Max. use of surface.
- f) Stationary position during the performance is not allowed.
- g) The movements & steps must be matched with the music.
- h) Lifts & individual elements are not allowed.
- i) Spins with more than one revolution are not allowed.
- j) At least one change of tempo in the music must be done.
- k) Allowed jumps with max half revolution.
- l) Props and object are not allowed.

..... Omissis .....

---

## **Show Teams**

### **Rule 600**

#### **Show Teams Categories**

..... Omission .....

#### *Competitions*

- 1. Quartet
- 2. Small Groups 6-12 skaters
- 3. Large groups 16 skaters or more
- 4. Youth Quartet (official ages)
- 5. Youth Groups (official ages) 8-16 skaters

**IMPORTANT NOTE: In all categories, the minimum age will be twelve (12) years, 2003 inc..**

---

### **Rule 601**

#### **Technical Conditions**

<i>1. Length:</i> Quartet:	3 min +/- 10 sec.
Youth Quartet:	3 min. +/- 10 sec.
Youth Groups	4 min. +/- 10 sec.
Small Groups:	minimum 4.30, maximum 5 min +/- 10 sec.
Large Groups:	minimum 4.30, maximum 5 min +/- 10 sec.

..... Omissis .....

## Rule 701

### Cup of Europe

..... omissis .....

#### 2. Per Nation

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 Minis, Espoir, Cadet & Youth
3 Couples Dance	in Minis and Espoir
3 Ladies	In-Line
3 Men	In-Line
3 Skaters	In-Line Promotional (up to 14 years – 2000 inc.), see rule 140

..... Omissis .....

#### Accreditation to European Championships and Cup of Europe, given to:

- 1 Delegate,
- 1 Team Manager,
- 4 Trainer max; from one (1) to ten (10) skaters, two (2) trainers allowed, from eleven (11) and more four (4) trainers,
- 1 Pass for extra trainer each 10 skaters (e.g. 30-35 skaters, will be given 3 extra pass; 36-40 skaters 4 extra pass)
- 1 medical person (qualified),
- 2 bus drivers.

---

## Rule 702

### European Championships for Precision and Show Teams

#### Competitions

1. Quartet
2. Small Groups 6-12 skaters
3. Large groups 16 skaters or more
4. Youth 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, 1996 included)

**IMPORTANT NOTE: In all categories, the minimum age will be twelve (12) years, 2003 inc..**

..... omissis .....

## Financial Regulation from January 2015

..... omissis .....

### Rule 754

#### European Championships for Precision and Show Teams

##### *1. Organising Charge*

Quota set at 1.500 Euro.

Quota for 2016 and onwards will be 2500 Euro.

..... omissis .....

---

### Rules concerning Judges

#### Rule 900

#### Examinations & Use of the Judges

##### 1. Examinations

- a) Examinations must take place and be carried out in accordance with agreed procedure of CIPA.

..... Omissis .....

---

#### Rule 902

#### Limitations for the use of the Judges

1. International judges who are also trainers are not allowed to judge at any international event where their skaters/relatives are involved at same event.

2. International judges are not allowed to judge skaters of their relatives:

A judge must withdraw from a panel if a conflict of interest should arise.

A “conflict of interest” occurs when a judge is assigned to an event in which one or more of the competitors are:

- A. A relative
- B. A student of a relative
- C. A former student
- D. A former competitive partner

A two (2) year period should elapse between skating with a partner, or teaching a pupil, who you are likely to judge.

..... Omissis .....

## Rule 904

### Seminars for Judges

In 2015 a special seminar will be organised. More information will be provided by the end of 2014.

*Appendix n°2*

## CEPA COMPULSORY DANCES

### COUPLES

..... omissis .....

	<b>2015</b>	<b>2016</b>
<b>Minis</b>	Skaters March	<b>TBC</b>
	Carlos Tango	<b>TBC</b>
<b>Espoir</b>	Denver Shuffle	<b>TBC</b>
	Canasta Tango	<b>TBC</b>
Free Dance	2.30 min	2.30 min
<b>Cadet</b>	Kleiner Waltz	<b>TBC</b>
	Siesta Tango	<b>TBC</b>
Free Dance	3.00 min	3.00 min
<b>Youth</b>	Association Waltz	<b>TBC</b>
	Keats Foxtrot	<b>TBC</b>
Free Dance	3.00 min	3.00 min
<b>Junior</b>	Rocker Foxtrot	<b>TBC</b>
	Harris Tango	
OD	Latin Combination	<b>TBC – Style Dance</b>
Free Dance	3.30 min	3.30 min
<b>Senior</b>	Quickstep	<b>TBC</b>
	Iceland Tango	
OD	Latin Combination	<b>TBC – Style Dance</b>
Free Dance	3.30 min	3.30 min

Order of dances - 1st Quick dance, 2nd Waltz, 3rd Foxtrot/Blues, 4th Tango



# SOLO DANCE

## MINIS

- 1- Olympic Foxtrot
- 2- Glide Waltz
- 3- Skaters March
- 4- City Blues
- 5- Carlos Tango

## ESPOIR

- 1- Country Polka
- 2- Canasta Tango
- 3- Swing Foxtrot
- 4- Rhythm Blues

## CADET

- 1- Tudor Waltz
- 2- Federation Foxtrot
- 3- Denver Shuffle
- 4- Kleiner Waltz
- 5- Siesta Tango
- 6- Kent Tango

## YOUTH

- 1- Kilian
- 2- European Waltz
- 3- Terenzi Waltz
- 4- Imperial Tango
- 5- Association Waltz
- 6- Rocker Foxtrot
- 7- Keats Foxtrot

## JUNIOR

- 1- 14 Step Plus
- 2- Imperial Tango
- 3- Blues
- 4- Flirtation Waltz
- 5- Harris Tango
- 6- Rocker Foxtrot

## SENIOR

- 1- Quickstep
- 2- Westminster Waltz
- 3- Viennese Waltz
- 4- Starlight Waltz
- 5- Paso Doble
- 6- Argentine Tango
- 7- Italian Foxtrot
- 8- Iceland Tango
- 9- Delancha Tango

	2015	2016
<b>Minis</b>	Skater March Carlos Tango	TBC TBC
<b>Espoir</b>	Denver Shuffle Canasta Tango	TBC TBC
Free Dance	2.00 min	2.00 min
<b>Cadet</b>	Kleiner Waltz Kent Tango	TBC TBC
Free Dance	2.00 min	2.00 min
<b>Youth</b>	Terenzi Waltz Keats Foxtrot	TBC TBC
Free Dance	2.30 min	2.30 min
<b>Junior</b>	14 Step plus Blues	TBC TBC – Style Dance
Free Dance	2.30 min.	2.30 min.
<b>Senior</b>	Westminster Waltz Delancha Tango	TBC TBC – Style Dance
Free Dance	2.30 min.	2.30 min.

Order of dances - 1st Quick dance, 2nd Waltz, 3rd Foxtrot/Blues, 4th Tango

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

## Appendix n°3

### CEPA BONUS / DEDUCTIONS

..... Omissis .....

#### GENERAL

1.	Kneeling or laying on the floor,	0.3	deduction by the Referee - B mark
2.	Costume violation	0.2-1.0	according to the degree of violation deductions by the Referee - B mark
3.	Excessive make-up Minis/Espoir	0.3	deduction by the Referee - B mark
4.	Duration shorter than required	0.2	in A & B mark for each 10 seconds under – deductions by the Referee

..... Omissis .....

#### FREE SKATING

..... omissis .....

#### 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/Youth	0.2	by the Referee – A mark
10.	Lutz wrong edge Minis/Espoir (each)	0.2	by the Referee – A mark
11.	“Pumping” in Spins	0.3	by the Referee – A mark
12.	Properly wrapped “loop step”, Minis/Espoir receive a BONUS	+0.2	by the Referee – A mark
13.	Extreme CONTROLLED Flexibility in the Spiral Sq. Minis/Espoir	+0.2	by the Referee – A mark

..... omissis .....

#### PRECISION

1.	Elements not attempted	1.0	by the Referee - A mark
2.	Set element attempted but not performed correctly	0.5	by the Referee – A mark
3.	Jumps of more than half ½ revolution or spins with more than one revolution	0.4	by the Referee - A mark
4.	Lifts of any kind	0.4	by the Referee - A mark
5.	Break in the execution of manoeuvres	0.2-0.4	by the Judge - A mark
6.	Less than three (3) different handholds	0.4	by the Referee - A mark
7.	Falls –		
•	Major (more than one skater for a prolonged time	0.8-1.0	by the Referee - B mark
•	Medium (either one skater for prolonged time or down and up for more than one skater)	0.4-0.6	by the Referee – B mark
•	Minor (down and right up for one skater)	0.2	by the Referee - B mark
7.	Stationary Position/laying on the floor	0.2	by the Referee - B mark

## CEPA ( Le Comité ) 2015

### Présidente

**Margaret Brooks**  
"Villa Ruscelli"  
Contrada Ferrini 22  
**63837 Falerone (FM)**  
Italy  
Tel. (+39) 0734-710133  
Mobile: (+39) 335 5403669  
E-mail [margaret@cepa.eu.com](mailto:margaret@cepa.eu.com)

### Vice-Président

**Gonda Neefs-Verbruggen**  
Langeveld 180  
3220 Holsbeek  
Belgium  
Tel. (+32) 16449153  
Mobile (+32) 474983652  
E-mail [gonda.verbruggen@fys.kuleuven.be](mailto:gonda.verbruggen@fys.kuleuven.be)

### Membres

**Marco Faggioli**  
Via Piancastelli 6  
40026 Imola (BO)  
Italy  
Mobile: (+39) 348 5860500  
Fax (+39) 0542 640551  
E-mail [faggioli.marco@gmail.com](mailto:faggioli.marco@gmail.com)

**Maria Elisabete Claro**  
Rua Dr.Manuel Laranjeira 854  
4200-385 Porto  
Portugal  
Tel. (+351) 225090312  
E-Mail [maria.elisabete.claro@sapo.pt](mailto:maria.elisabete.claro@sapo.pt)

**Teri Sedej**  
Ljubeljska 17  
SI-1107 Ljubljana  
Slovenia  
Mobile: (+386) 41 628 233  
E-mail [terisedej@hotmail.com](mailto:terisedej@hotmail.com)

**Carsten Steins**  
Rheiner Landstr. 42  
49078 Osnabrück  
Germany  
Tel. (+49) 541 68 55 613  
Mobile: (+49) 170 29 200 83  
E-mail [c.steins@osnanet.de](mailto:c.steins@osnanet.de)

**CERS – CEPA Web Site: [www.cers.pt](http://www.cers.pt)**