

CIPA Dance Commission - 2016 Couples event

Dance Couples		Elements	Min	Max	Discription	
Style Dance	Set Elements		2'30"	2'50"	Minimum 2 and Maximun 3 Rhythms from option "Musical Themes" by CIPA	
		PdSq	Pattern Dance Sequence	1	1	A Compulsory Dance selected by CIPA, performed as prescribed in the Rules Book (rhythm, beats per minute, steps and holds, set pattern)
		NhSq	"No hold" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 3 meters from baseline, and skaters no farther apart than two arms length. During, it is mandatory to perform minumum of two different types of turns, no Stops permitted.
		DhSq	"Dance Hold" Step Sequence	1	-	Upon a Circular/Straight Line baseline (Circular or Serpentine/ Diagonal) with skaters always in recognized "dance holds", quick separations are allowed to change position. During, it is mandatory to perform minimum of two different recognized "Dance positions" and two types of turns, no Stops permitted.
		DLf	Dance Lift	1	1	Duration no longer than 10 seconds. From these typologies: Stationary, Rotational, Combination.
	Permitted Elements	HSp	Dance Spin	-	1	In hold, Minimum 2 Revolutions (no "lifted spins" are allowed)
		Jp	Dance Jumps	-	2	Maximum 2 for each skater, Maximum 1 Revolution
		JpA	Dance Assisted Jumps	-	2	Maximum 1 Revolution for who jumps and 1/2 revolution for who assist
		Stp	Stop	-	3	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each (excluding at the beginning and end of the program).
		StpTd	Toutch down	-	2	Maximum of 5 seconds each (including all Stops and at the beginning and end of the program).
		//	Separation	-	1	While skating during the program, Maximum of 8 seconds and 5 meters distance (excluding all Stops and at beginning and end of the program)
	Free Dance	Set Elements		3'20"	3'40"	Free choice
NhSq			"No hold" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 3 meters from baseline, and skaters no farther apart than two arms length. During, it is mandatory to perform minumum of two different types of turns, no Stops permitted.
DhSq			"Dance Hold" Step Sequence	1	-	Upon a Circular/Straight Line baseline (Circular or Serpentine/ Diagonal) with skaters always in recognized "dance holds", quick separations are allowed to change position. During, it is mandatory to perform minimum of two different recognized "Dance positions" and two types of turns, no Stops permitted.
DLf			Dance Lift	3	5	Duration no longer than 8 seconds. Minumim one of each of these typologies: Stationary, Rotational, Combination.
Permitted Elements		HSp	Dance Spin	-	1	In hold, Minimum 2 Revolutions (no "lifted spins" are allowed)
		Jp	Dance Jumps	-	2	Maximum 2 for each skater, Maximum 1 Revolution
		JpA	Dance Assisted Jumps	-	2	Maximum 1 Revolution for who jumps and 1/2 revolution for who assist
		Stp	Stop	-	2	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each (excluding at the beginning and end of the program).
		StpTd	Toutch down	-	2	Maximum of 5 seconds each (including all Stops and at the beginning and end of the program).
		//	Separation	-	5	While skating during the program, Maximum of 8 seconds and 5 meters distance (excluding all Stops and at beginning and end of the program)

CIPA Dance Commission - 2016 Solo event

Solodance		Elements		Min	Max	Discription
Style Dance	Set Elements		Duration	2'10"	2'30"	Minimum 2 and Maximun 3 Rhythms from option "Musical Themes" by CIPA
		PdSq	Pattern Dance Sequence	1	1	A Compulsory Dance selected by CIPA, performed as prescribed in the Rules Book (rhythm, beats per minute, steps and holds, set pattern)
		StrSq	"Straight line" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 3 meters from baseline. During. it is mandatory to perform minumum of two different types of turns, no Stops permitted.
		CcSq	"Circular" Step Sequence	1	-	Upon a Circular baseline (Circular or Serpentine). During, it is mandatory to perform minumum of two different types of turns, no Stops permitted.
	Permitted Elements	Sp	Dance Spin	-	1	Minimum 2 revolutions (no heel, broken or inverted allowed)
		Jp	Dance Jumps	-	2	Maximum 1 Revolution (1/2 revolution free)
		Stp	Stop	-	2	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each (excluding at the beginning and end of the program).
		StpTd	Toutch down	-	2	Maximum of 5 seconds each (including all Stops and at the beginning and end of the program).
Free Dance	Set Elements		Duration	2'20"	2'40"	Free choice
		StrSq	"Straight line" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 3 meters from baseline. During. it is mandatory to perform minumum of two different types of turns, no Stops permitted.
		CcSq	"Circular" Step Sequence	1	-	Upon a Circular baseline (Circular or Serpentine). During, it is mandatory to perform minumum of two different types of turns, no Stops permitted.
		Sp	Dance Spin	1	2	Minimum 2 and Maximum 8" revolutions (no heel, broken or inverted allowed)
		RtSq	Rotational Turns Sequence	1	-	Maximum 8 seconds, minimum 4 consecutive Three turns
	Permitted Elements	Jp	Dance Jumps	-	2	Maximum 1 Revolution (1/2 revolution free)
		Stp	Stop (St)	-	2	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each (excluding at the beginning and end of the program).
		StpTd	Toutch down	-	2	Maximum of 5 seconds each (including all Stops and at the beginning and end of the program).