

## SOLO DANCE 2016

The competition will be divided into two days, and the STYLE DANCE will be introduced as substitution for the second compulsory dance. The competition will be divided as follows:

### First Day

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

### Second Day

- **One 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 SOLO DANCE

- The duration of the style dance will be 2:20 minutes +/- 10 seconds.
- 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 each year 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 the skating surface.

### **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 of the dance, respecting 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 steps.

## **2. ONE (1) STRAIGHT 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.
- Each must execute a minimum of two (2) different turns\*.
- The steps must cover at least 80% of the length of the skating surface.
- The maximum allowed distance of the skater from the base line 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) CIRCULAR STEP SEQUENCE**

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

- Circular clockwise.
- Circular counterclockwise.
- Serpentine.

## **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.
- Each skater must execute a minimum of two (2) different turns\*.
- No stops are allowed during the execution of this element.

## **LIMITATIONS**

**DANCE SPIN:** a maximum of one (1) spin, with a minimum of two (2) revolutions (less than two (2) revolutions is not considered a spin).

**DANCE JUMPS:** a maximum of two (2) jumps, of one (1) revolution (no more than one revolution in the air). All the jumps shall not be considered as elements of technical value.

**STOP:** a stop is considered when the skater is stopped for more than three (3) seconds up to a 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 (excluding the beginning and the end).

Stationary positions as 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.

## **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 FOR SOLO DANCE

- Duration: 2:30 +/- 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) STRAIGHT STEP SEQUENCE**

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

- Along the long axis.
- Diagonal.

#### **General rules**

- During the execution of this element, skater 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 three (3) seconds, it will satisfy the requirement of starting from a stopped position.
- A minimum of two (2) different turns\* must be executed.
- The steps must cover at least 80% of the length of the skating surface.
- The maximum allowed distance of the skater 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) CIRCULAR STEP SEQUENCE**

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

- Circular clockwise.
- Circular counterclockwise.
- Serpentine.

#### **General rules**

- During the execution of this element, skater 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.
- A minimum of two (2) different turns\* must be executed.
- No stops are allowed during the execution of this element.

### **3. ONE (1) DANCE SPIN**

One (1) spin, with a minimum of two (2) revolutions (less than two (2) revolutions will not be considered a spin).

All spins are permitted except:

- Heel camel.
- Broken ankle spin.
- Inverted spin.

NOTE: before exiting the spin, the skater must achieve a vertical position on an edge, then and only then can they make any variations to the exit (for example: on the toe stop).

### **4. ONE (1) ROTATIONAL TURN SEQUENCE**

- A sequence of double threes executed in a continuous rotational movement, for a maximum duration of eight (8) seconds.
- Minimum of four (4) consecutive three turns in one direction must be executed.
- Skater may choose to do these turns in both a clockwise and counterclockwise direction, in succession, for a total maximum duration of eight (8) seconds.

### **LIMITATIONS**

**DANCE SPIN:** a maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions (less than two revolutions is not considered a spin).

**DANCE JUMPS:** a maximum of two (2) jumps, of one (1) revolution (no more than one revolution in the air; less than one revolution is not considered a jump). All the jumps shall not be considered as elements of technical value.

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

A maximum of two (2) stops executed during the program for a minimum of 3 seconds to a maximum of eight (8) seconds each (excluding the beginning and the end).

Stationary positions as 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 programme:** the skater may not exceed eight (8) seconds of being stopped.