



SOLO DANCE

2016

FIRS ARTISTIC COMMITTEE

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 program).

Value of each part of the competition:

- Compulsory Dance: 25% (1 score expected)
- 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 (2) different music selections for the same rhythm; however this may only be done for one (1) of the selected rhythms. The choice of three (3) different rhythms may NOT include the use of two different music selections for the same rhythm.
- One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.

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
The BPM of the piece of music selected for the Pattern Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / -2 BPM.
 - **For example: in compulsory dances with a required tempo of 100 BPM, the number of beats may be, for the duration of the pattern dance sequence, from a minimum of 98 to a maximum of 102 BPM.**
- **There can be an introduction before the beginning of the pattern dance sequence, and also after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it MUST remain constant for the entirety of the pattern dance sequence.**
 - **For example: A piece of waltz music has an introduction with a tempo of 148 BPM; but during the skating of the Starlight Waltz the tempo must be within the range of 166 to 170 BPM (168 BPM +/- 2), remaining constant throughout the sequence; and after the pattern dance sequence is completed the tempo changes to 128 BPM.**

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:

1. the rhythms used
2. the number of BPM of the Compulsory Dance Sequence(s)

In the event that these rules are not observed, CIPA shall give a deduction of 1.0 in the A mark.

- 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. NOTE: if a skater stops before this element for duration of less than 3 seconds, it will satisfy the requirement of starting from a stopped position.
- Each skater 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 greater than four (4) 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 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 entire program for a minimum of three (3) seconds to a maximum of eight (8) seconds each (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 (INCLUDING THE BEGINNING AND END).

Stationary positions shall not be considered as elements of technical value, but as artistic value.

Beginning and end of the program: 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
- Diagonally

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. NOTE: if a skater stops before this element for 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.
- 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 greater than four (4) 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.

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), in which 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).

All spins are permitted except:

- Heel camel.
- Broken ankle camel.
- inverted camel.

4. ONE (1) ROTATIONAL TURN SEQUENCE

- A continuous rotational motion comprising of a minimum of a two (2) revolution sequence of successive three turns, on each foot, in a clockwise and/or counterclockwise direction, for a maximum duration of eight (8) seconds.
- Clearness of the entering edge (forward, backward, outside, inside).
- Maximum of three (3) steps/turns to change foot.
- Focus on linear and rotational speed of the element.

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). 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 three (3) seconds to a maximum of eight (8) seconds each (excluding the beginning and the end).

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

Beginning and end of the program: the skaters may not exceed eight (8) seconds of being stopped.