

2016 STYLE DANCE

COUPLES DANCE

Duration: 2:40 minutes +/- 10 seconds

4 REQUIRED ELEMENTS

1. Pattern Dance Sequence
2. No Hold Step Sequence
3. Dance Hold Step Sequence
4. Dance Lift

RHYTHMS

(May use 2 or 3 Rhythms)

2 Rhythms

- 1 Rhythm for Compulsory Dance Sequence
(Must have same metronome beats and same rhythm as the CIPA selected dance. No change of music permitted during this sequence).
- 1 Rhythm for remainder of Style Dance (may be repeated with a different music selection of same rhythm)

3 Rhythms

- 1 Rhythm for Compulsory Dance Sequence
(Must have same metronome beats and same rhythm as the CIPA selected dance. No change of music permitted during this sequence).
- 2 different Rhythms for remainder of Style Dance
- No Rhythms may be repeated

Pattern Dance Sequence

(Required Element)

- Must consist of one sequence of a complete compulsory dance (or 2 sequences of a dance with a pattern that covers half the skating surface).
- Must adhere to the diagram/pattern provided by CIPA.
- Must be performed to the music with same metronome beats and same rhythm at the compulsory dance.
- Must begin with step 1 of the dance, placed to the left of the judges and finish with the first step of the dance.
- Must maintain the same steps/recognized positions/holds of the dance, respecting the correct timing of each step.
- Choreographic movements permitted without changing the nature of the required steps.

No Hold Step Sequence

(Required Element)

- Along the **Long axis or Diagonal**.
- Must start from a “stopped” position.
- Each skater must execute at least 2 different turns.
- Must cover at least 80% of length of floor
- 4 meters maximum distance between skaters.
- 4 meters maximum distance from baseline.
- No Stops are allowed during the sequence.
- Should perform a high level of technical difficulty, executed with fluidity and variety, to the tempo of the rhythm of selected music.

Dance Hold Step Sequence

(Required Element)

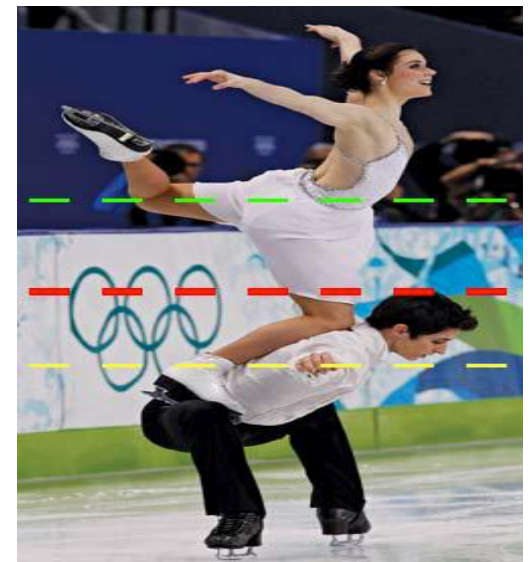
- Circular clockwise, circular counterclockwise or serpentine or diagonal (chosen by CIPA each year).
- Couple must perform minimum of 2 different recognized dance positions, each maintained for at least 2 steps.
- Release of contact is permitted ONLY for quick changes of hold/position.
- Each skater must execute a minimum of 2 different turns.
- No Stops are allowed during this sequence.
- Should perform a high level of technical difficulty, executed with fluidity and variety, to the tempo of the rhythm of selected music

DANCE LIFT

(Required Element)

Stationary-Rotational-Combination

- Maximum duration of 10 seconds.
- Sustaining partner's hands may go above their own head as long as the hips of lifted partner remain below sustaining partner's head.
- Lifted partner's hips may go above sustaining partner's head as long as sustaining partner's hands do NOT go above their own head.



- Sustaining partner may hold lifted partner's skate and lifted partner may be supported/sit/lie down on skate of sustaining partner.

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



Permitted Elements (not required)

- **Dance Spin**: maximum of one (1) dance spin, done in hold with minimum of 2 revolutions.
- **Stop**: (skaters stopped for more than 3 seconds to maximum of 8 seconds). Maximum of 2 stops allowed for maximum allowed distance of separation of 4 meters (excluding beginning and end).
- **Stationary positions**: maximum of 8" seconds at Beginning and End.
 - Stationary positions :*kneeling/lying down on floor* is permitted only 2 times during entire program (including Beginning and End): maximum of 5" seconds each during the program

•**Dance Jump/Assisted Jump*****:

- Maximum of 2 jumps for each skater, of one (1) revolution each (not more than one revolution in air).
- Maximum of 2 assisted jumps, a maximum of one (1) revolution for the partner who jumps and half (1/2) revolution for the supporting partner.

***Assisted jump: a continuous movement of ascent and descent performed by one partner, without suspension in air. Supporting partner must offer passive assistance only.

**ALL JUMPS AND ASSISTED JUMPS SHALL NOT BE
CONSIDERED AS ELEMENTS OF TECHNICAL VALUE.**

Separations: (not considered elements of technical value but as artistic value).

- Permitted at the *Beginning and End* of program for maximum time of 8 seconds.
- During *the stop* where the separation is for maximum of 8 seconds and maximum distance of 4 meters between partners.
- Only 1 time during the program, while skating, for *characteristic steps/technical difficulties*; for maximum of 8 seconds and maximum distance of 4 meters between partners (except where prohibited by rules).
- For *quick changes of position/hold* between partners (during all the program).

The Style Dance should be evaluated on the following:

1. **Proper execution of the Compulsory Dance** with respect to correct steps, edges, timing and pattern.
2. **Level of technical difficulty of the step sequences**, expressed with fluidity and variety, to the tempo and rhythm of the selected music.
3. **Overall technical and artistic value of the entire program. i.e.**
 - Linear speed
 - Strong edge quality
 - Cleanness of steps
 - Interpretation of selected rhythms