



PACIFIC CUP REQUIREMENTS

World Skate Oceania is proud to present the Pacific Cup, to run alongside the World Skate Oceania Championships. This competition will include Figures for Tots, Mini, Espoir, Cadet, Youth, Junior, Senior and Masters as well as Solo Dance, Couples Dance and Free Skating events for Tots, Mini, Espoir & Masters.

Age Categories:

Tots to Senior

World Skate age rules apply to these categories.

Masters

Free Skating - Athletes turning at least 21 years of age in the year of competition.

Figures and Dance – those turning at least 30 years of age in the year of competition.

For couples, this age applies to both partners.

Masters skaters who are under the age of 50 years, and who have competed in any discipline at a Junior or Senior World Championship, must nominate in the Advanced Masters category if available in the discipline. Otherwise they may compete in the Masters category. Dispensation to compete in Masters category when an advanced masters category is available may be given, on application to the Oceania Artistic Technical Committee, for reasons which compromise an athlete's ability to perform at advanced masters level.

Advanced Masters

Athletes who are turning at least 30 years of age in the year of competition. For couples, this age applies to both partners.

FIGURES

Figure requirements for World Skate categories Tots to Senior are as per the World Skate Figure Manual. There will be 2 categories of Masters Figures.



MASTERS FIGURES		Athletes who are turning at least 30 years of age in the year of competition. 3 circuits per Figure	
Group 1		Group 2	
1a	RFO – LFO Eight	1c/d	FOI – FOI Half Change Eight
2c/d	FIO – FIO Half Change Eight	2a	RFI – LFI Eight
5a/b	FOI – FIO Change Eight	5a/b	FOI – FIO Change Eight

ADVANCED MASTERS FIGURES		Athletes who are turning at least 30 years of age in the year of competition. 3 circuits per Figure	
Group 1		Group 2	
3a/b	BO – BO Eight	5a/b	FOI – FIO Change Eight
5a/b	FOI – FIO Change Eight	7a/b	FO – FO Three
9a/b	FI - BO Three	9a/b	FI – BO Three

MASTERS SOLO DANCE

- These are stand-alone events. Compulsories are not combined with Style Dance or Free Dance.
- Skaters may choose to compete in either Masters Solo Style Dance or Masters Solo Free Dance, but not both.
- There is no Advanced Masters Solo Style Dance or Advanced Masters Solo Free Dance. Skaters who compete in Advanced Masters compulsory dance are eligible to compete in either Masters Solo Style Dance or Masters Solo Free Dance.
- There is no Advanced Masters Couples Style Dance or Advanced Masters Couples Free Dance. Skaters who compete in Advanced Masters compulsory dance are eligible to compete in either Masters Couples Style Dance or Masters Couples Free Dance.
- Compulsory dances are as per the World Skate Dance and Solo Dance Book unless otherwise included in this document.

MASTERS SOLO COMPULSORY DANCE			
Athletes who are turning at least 30 years of age in the year of competition. This is a stand-alone event. It is not combined with Style Dance or Free Dance. Mapped to Espoir			
DANCES:	Olympic Foxtrot	Tempo: 104 Foxtrot	4 sequences
	Canasta Tango	Tempo: 100 Tango	4 sequences

ADVANCED MASTERS SOLO COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Style Dance or Free Dance.
Mapped to Espoir

DANCES:	Southland Swing*	Tempo: 92 Blues	4 sequences
	The Cha Cha*	Tempo: 100 Cha Cha	4 sequences

*See attached dance pattern

MASTERS SOLO STYLE DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2:15 (+/- 10 sec) – Mapped to Youth Intermediate Style

Theme: Standard Ballroom Medley- Smooth
Waltz, Tango, Foxtrot, Quickstep

REQUIREMENTS

Pattern Dance	Dance Steps Sequence
Olympic Foxtrot 104 Foxtrot 2 Sequences	Max Level 2 Max 30 seconds

MASTERS SOLO FREE DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2 minutes 30 seconds (+/- 10 seconds) – Mapped to Espoir Basic

REQUIREMENTS

Footwork Sequence	Dance Steps Sequence	Travelling	Choreo Step
Max Level 2 Max 30 seconds	Max Level 2 Max 30 seconds	Max Level 2 Max 10 seconds	Yes

MASTERS COUPLES DANCE:

MASTERS COUPLES COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Style Dance or Free Dance.
Mapped to Espoir

DANCES:	Olympic Foxtrot	Tempo: 104 Foxtrot	4 sequences
	Canasta Tango	Tempo: 100 Tango	4 sequences

ADVANCED MASTERS SOLO COMPULSORY DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Style Dance or Free Dance.
Mapped to Espoir

DANCES:	Southland Swing*	Tempo: 92 Blues	4 sequences
	The Cha Cha*	Tempo: 100 Cha Cha	4 sequences

*See attached dance pattern

MASTERS COUPLES STYLE DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2:30 (+/- 10 sec) – Mapped to Youth Intermediate Style

Theme: Standard Ballroom Medley- Smooth
Waltz, Tango, Foxtrot, Quickstep

REQUIREMENTS

Pattern Dance	Hold Footwork Sequence
Olympic Foxtrot 104 Foxtrot 2 Sequences	Max Level 1 Max 40 seconds

- Footwork is choice of 4 of 7 listed steps - outside three turn, inside three turn, cross in front, open mohawk, travel, forward to backward closed mohawk and forward to backward choctaw.
- 4 of the 7 listed turns must be confirmed and each type can only be counted twice.
- Features are not required for Level 1.
- Any number of features can be presented.

MASTERS COUPLES FREE DANCE

Athletes who are turning at least 30 years of age in the year of competition.
This is a stand-alone event. It is not combined with Compulsories or Style Dance.

2 minutes 30 seconds (+/- 10 seconds) – Mapped to Espoir Basic

REQUIREMENTS

Hold Footwork Sequence	No Hold Footwork Sequence	Traveling	Choreo Lift or Pose
Max Level 2 Max 40 seconds	Max Level 2 Max 30 seconds	Max Level 2 Max 10 seconds	Yes

FREE SKATING

Mapped to Long program Minis.

MASTERS FREE SKATING

Athletes aged 21 years and over in the year of competition Long Program Only
2 minutes 45 +/- 10 seconds

Jump elements

- A maximum of 12 jumps of 1 rotation including Waltz Jump. Axel, Double Toe Loop and Double Salchow are allowed.
- Maximum 2 jump combinations are allowed.
- The number of jumps within the combination cannot be more than 5.
- It is mandatory to perform an Axel type jump that can be presented also in combination.
- Axel and doubles cannot be presented more than twice. If presented twice, 1 must be in combination.
- The same 1 rotation jump cannot be presented more than 3 times.
- In the program, there MUST be at least 1 Toe Loop element (single or double).

Spin elements

- Two spin elements must be performed. One of them MUST be a combination spin (maximum 4 positions).
- Broken ankle, heel, and inverted are NOT allowed.
- The 2 spins must be different.



Footwork Sequence

- One footwork sequence maximum Level 1, maximum 30 seconds.

The 7 steps and turns that will be counted toward the level are:

- Inside Three Turn,
- Outside Three Turn,
- Cross In Front
- Open Mohawk
- Traveling
- Forward to backward Closed Mohawk
- Choctaw (forward to backward)
- There is no limit to the number of features attempted, however no features are required to be confirmed to achieve Level 1.
- To achieve a Level 1, 4 turns or steps, chosen by the skater from the 7 listed above, must be confirmed and each type can only be counted twice.

CHA CHA - Couples

Music: Cha Cha 4/4

Holds: Waltz, Partial Tango, Kilian, Tandem, Promenade & Foxtrot

Tempo: 100 BPM

Pattern: Set

This dance begins in Waltz position.

Step 1a RFO (1 beat) and **Step 1b Ch RFI** (1 beat) for the man is a stroke and a chasse in the direction of the long axis. **Step 1 LBO** (2 beats) for the woman is a stroke on the outside edge. During **Step 1b**, the couple transition into Partial Tango position in preparation for the next step.

Step 2 RFO Sw (2+2 beats) for the man is a stroke on the outside edge and **Step 2 Mk RFO Sw** (2+2 beats) for the woman is a mohawk with feet close together. On the 3rd beat, the free leg swings forward for both skaters. Kilian position is assumed after the execution of the woman's mohawk turn.

Step 3 DpCh LFI (2 beats) is a dropped chasse on the inside edge and in the direction of the long side barrier.

Step 4 RFI (1 beat) and **Step 5 LFI** (1 beat) are inside edges that are executed on a baseline that runs diagonal and in the direction of the long side barrier. During these steps, the foot of the free leg should be kept close to the skating foot. Tandem position is assumed where the man's hands are placed on the woman's hips. At the same time, the woman's hands are gently placed over the man's hands.

Step 6 RFI (2 beats) for the man and **Step 6a RFI** (1 beat) for the woman are angular strokes on inside edges that begin from behind the heel of the left foot. **Step 6b OpMk LBI** (1 beat) is an open mohawk with feet close together that brings the couple into Waltz position.

Steps 7, 8 and 9 are a sequence of runs:

- **LFO** (1 beat), **Run RFI** (1 beat) and **LFO** (2 beats) for the man,
- **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats) for the woman.

Step 10 OpS RFI (1 beat) for the man is an open stroke and **Step 10 Mk LFO** (1 beat) for the woman is a mohawk turn, skated in Promenade position.

Step 11 OpMk LBI (1 beat) for the man is an open mohawk with feet close together. **Step 11 Run RFI** (1 beat) for the woman is a run, skated in Waltz position.

Step 12 RBO (2 beats) for the man and **Step 12 LFO** (2 beats) for the woman are strokes outside edges.

Step 13 Mk LFO (1 beat) for the man is a mohawk turn and **Step 13 OpS RFI** (1 beat) for the woman is an open stroke, skated in Foxtrot position.

Step 14 Run RFI (1 beat) for the man is a run. **Step 14 OpMk LBI** (1 beat) for the woman is an open mohawk with feet close together, skated in Waltz position.

Steps 15 and 16 are runs:

- **LFO** (1 beat) and **Run RFI** (1 beat) for the man,
- **RBO** (1 beat) and **Run LBI** (1 beat) for the woman.

Step 17 LFO Sw (2+2 beats) for the man and **Step 17 RBO Sw** (2+2 beats) for the woman are strokes with a swing of the free leg on the 3rd beat, finishing in the direction of the long axis.

Key Points - Cha Cha Couples

1. **Step 3 DpCh LFI (2 beats) for both:**
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse that must begin with feet close together and parallel.
 - No deviation from the inside edge.
2. **Step 4 RFI (1 beat) and Step 5 LFI (1 beat) for both:**
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
 - Correct Tandem position of the couple without any separations.
3. **Step 11 OpMk RBI (1 beat) for the man:**
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together.
4. **Step 17 LFO Sw (2+2 beats) for the man and Step 17 RBO Sw (2+2 beats) for the woman:**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.
 - Correct Waltz position of the couple with correct tracking throughout the swing.

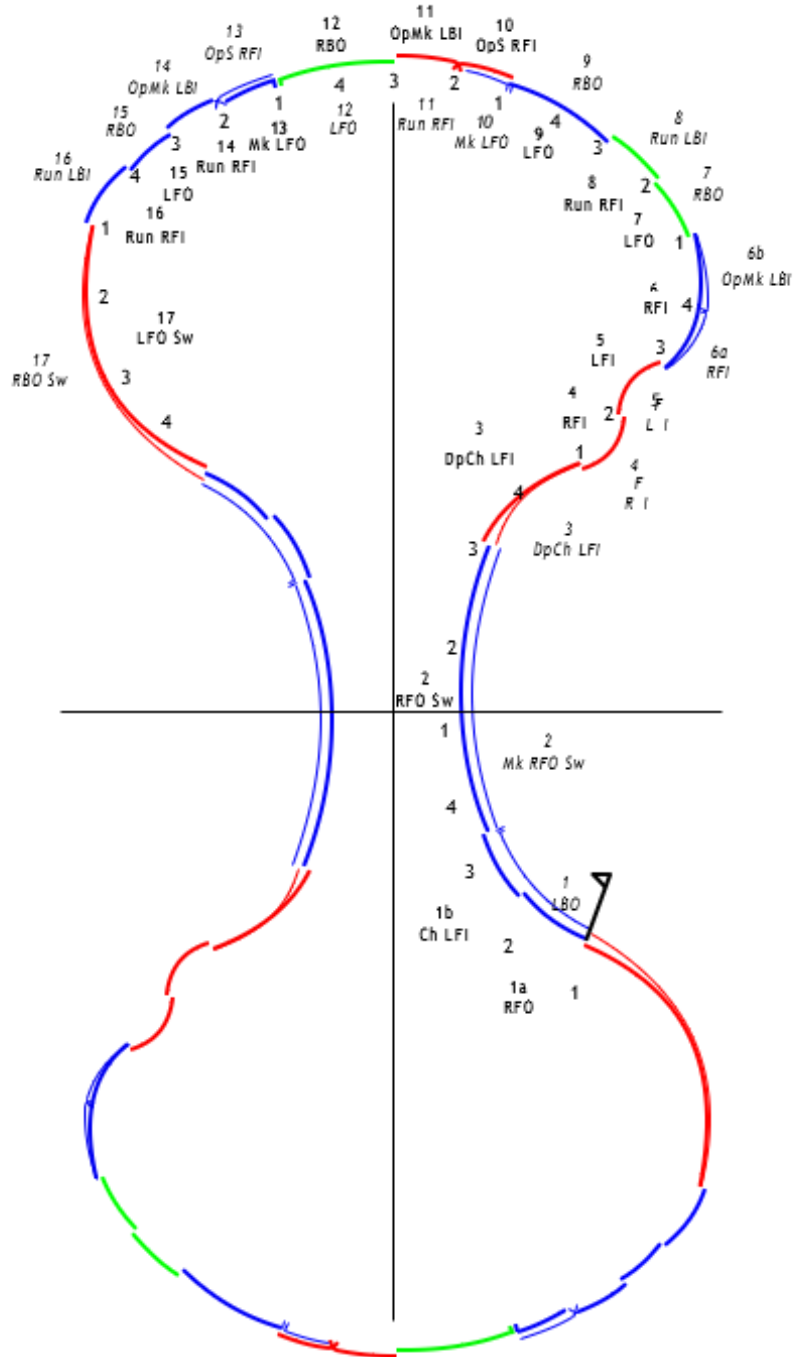
Cha Cha Couples - List of Steps

Hold	Step No.	Man's Step	Musical Beats			Women's Steps
Waltz	1a	RFO	1		2	LBO
Partial Tango	1b	Ch LFI	1			
Kilian	2	RFO Sw		2+2		Mk RFO Sw
	3	DpCh LFI		2		DpCh LFI
Tandem	4	RFI		1		RFI
	5	LFI		1		LFI
	6a	RFI	2		1	RFI
6b				1	OpMk LBI	
Waltz	7	LFO		1		RBO
	8	Run RFI		1		Run LBI
	9	LFO		2		RBO
Promenade	10	OpS RFI		1		Mk LFO
Waltz	11	OpMk LBI		1		Run RFI
	12	RBO		2		LFO
Foxtrot	13	Mk LFO		1		OpS RFI
Waltz	14	Run RFI		1		OpMk LBI
	15	LFO		1		RBO
	16	Run RFI		1		Run LBI
	17	LFO Sw		2+2		RBO Sw



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COLOUR KEY: Levels of Difficulty

- MAJOR: Most important
- MEDIUM: Very important
- MINOR: Important

Woman
Man



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CHA CHA - Solo

Music: Cha Cha 4/4

Tempo: 100 BPM

Pattern: Set

Step 1 LBO (2 beats) is a stroke on the outside edge and in the direction of the long axis.

Step 2 Mk RFO Sw (2+2 beats) is a mohawk turn with feet close together, followed by a swing of the free leg on the 3rd beat.

Step 3 DpCh LFI (2 beats) is a dropped chasse on the inside edge and in the direction of the long side barrier.

Step 4 RFI (1 beat) and **Step 5 LFI** (1 beat) are inside edges that are executed on a baseline that runs diagonal and in the direction of the long side barrier. During these steps, the foot of the free leg should be kept close to the skating foot.

Step 6 RFI (1 beat) is an angular stroke on the inside edge that begins from behind the heel of the left foot.

Step 7 OpMk LBI (1 beat) is an open mohawk with feet close together and on the inside edge.

Steps 8, 9 and 10 are a sequence of runs: **RBO** (1 beat), **Run LBI** (1 beat) and **RBO** (2 beats), followed by **Step 11 Mk LFO** (1 beat) and **Step 12 Run RFI** (1 beat).

Step 13 LFO (2 beats) is a stroke on the outside edge that begins on the long axis and travels in the direction of the long side barrier.

Step 14 OpS RFI (1 beat) is an open stroke on the inside edge and **Step 15 OpMk LBI** (1 beat) is an open mohawk with feet close together.

Steps 16 and 17 are runs: **RBO** (1 beat) and **Run LBI** (1 beat).

Step 18 RBO Sw (2+2 beats) is a stroke with a swing of the free leg behind the body on the 3rd beat, finishing in the direction of the long axis.

Key Points - Cha Cha Solo

- Step 3 DpCh LFI** (2 beats):
 - Correct timing of the step.
 - Correct technical execution of the dropped chasse that must begin with feet close together and parallel.
 - No deviation from the inside edge.
- Step 4 RFI** (1 beat) and **Step 5 LFI** (1 beat):
 - Correct timing of these steps.
 - Correct technical execution of the inside edges with feet close together.
- Step 15 OpMk LBI** (1 beat):
 - Correct timing of the step.
 - Correct technical execution of the open mohawk with feet close together.
- Step 18 RBO Sw** (2+2 beats):
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge.

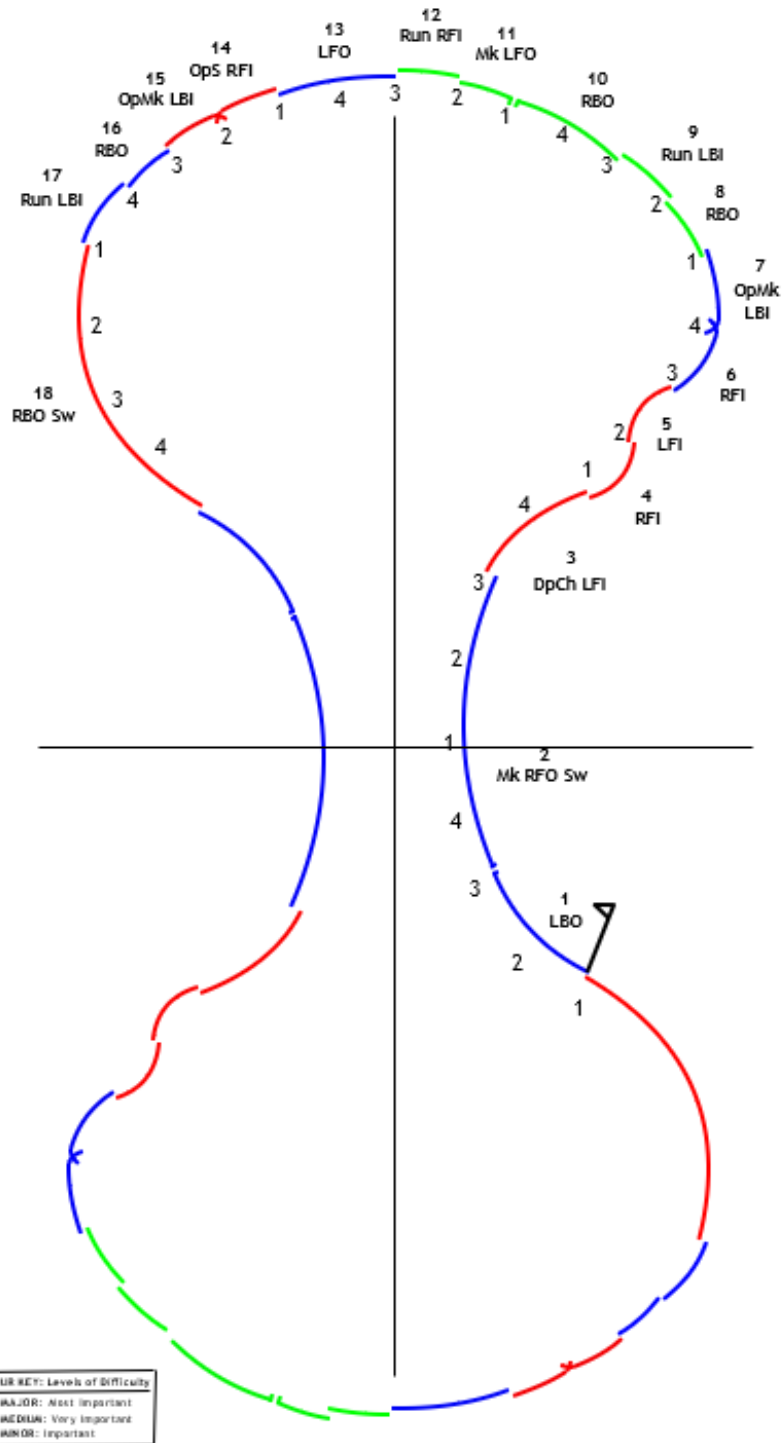
Cha Cha Solo - List of Steps

Step No.	Step	Musical Beats
1	LBO	2
2	Mk RFO Sw	2+2
3	DpCh LFI	2
4	RFI	1
5	LFI	1
6	RFI	1
7	OpMk LBI	1
8	RBO	1
9	Run LBI	1
10	RBO	2
11	Mk LFO	1
12	Run RFI	1
13	LFO	2
14	OpS RFI	1
15	OpMk LBI	1
16	RBO	1
17	Run LBI	1
18	RBO Sw	2+2



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CHA CHA



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SOUTHLAND SWING - Couples & Solo

By Jack Boyer & Irene Boyer

Music: Blues 4/4 or Foxtrot 4/4

Holds: Kilian & Reverse Kilian

Tempo: 92 BPM

Pattern: Set

This dance begins in Kilian position.

Step 1 LFO (1 beat) is a stroke that is skated near the long side barrier. **Step 2 Run RFI** (1 beat) is a run that finishes parallel to it and **Step 3 LFO** (2 beats) is a stroke on a strong outside edge that curves away from the long side barrier and aims in the direction of the long axis.

Step 4 RFO Sw (2+2 beats) begins with a stroke on the outside edge that aims to the long axis. The free leg then swings forward on the 3rd beat where the lobe finishes towards the long side barrier. This lobe must be skated on a strong outside with adherence to baseline skating.

Step 5 LFO (1 beat) is a stroke to the long side barrier and **Step 6 XB RFI** (1 beat) is a cross behind where the free leg extends forward in a leading position. During the cross behind, the man moves the woman slightly ahead in preparation for the next step.

Step 7 OpMk LBI (2 beats) is an open mohawk with feet close together. The couple revolve counter clockwise simultaneously to finish in Kilian position after the mohawk turn.

Step 8 RBO (1 beat) is a stroke and **Step 9 XF LBI** (1 beat) is a cross in front with feet close together.

Step 10 Mk RFI (2 beats) is a mohawk with feet close together and on a clear inside edge. This step continues to aim in the direction of the short side barrier. Reverse Kilian position is assumed after the execution of the mohawk.

Step 11 LFO (2 beats) is a stroke on the outside edge that finishes on the long axis.

Step 12 OpS RFI (1 beat) is a parallel open stroke on the inside edge.

Step 13 HhMk LBI (1 beat) is a heel to heel mohawk that is executed with feet close together. Kilian position is assumed after the execution of the mohawk turn.

Step 14 RBO Mk (4 beats) is a stroke on the outside edge that gently curves along the long side barrier. Care should be taken to avoid deepening the edge to the extremity of pattern distortion for the proceeding sequence. At the end of the step, a mohawk to LFO (Step 1) is executed with feet close together. Kilian position is to be maintained however it is permissible for the man to be moved slightly behind the woman before and during the execution of the mohawk, however this must not be mistaken for Tandem position which is not allowed. A natural movement of the free leg is required to facilitate the nature of the lobe and the medley of the dance.



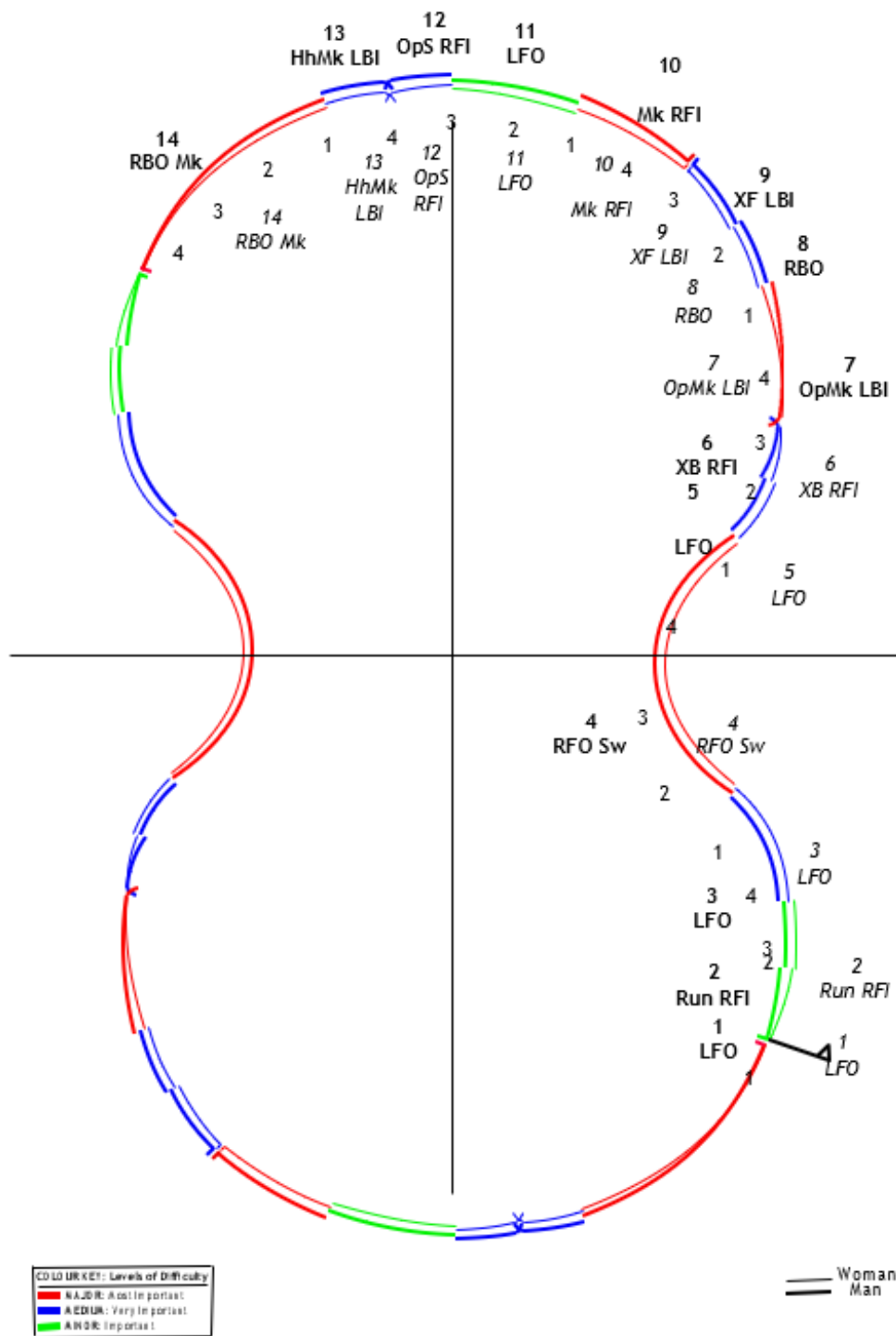
Key Points - Southland Swing Couples & Solo

1. **Step 4 RFO Sw (2+2 beats):**
 - Correct technical execution and timing of the swing on the 3rd beat.
 - No deviation from the outside edge which must be maintained for all 4 beats of the step.
 - For couples: Attention to the unity of the couple during the swing, without any separations between the skaters.
2. **Step 7 OpMk LBI (2 beats):**
 - Correct technical execution of the open mohawk with feet close together.
 - The mohawk must finish on a clear inside edge without any deviation.
 - For couples: Attention to the unity of the couple during the mohawk, without any separations between the skaters.
3. **Step 10 Mk RFI (2 beats):**
 - Correct technical execution of the mohawk with feet close together that finishes on the inside edge without any deviation.
 - For couples: Attention to the unity of the couple during the mohawk, without any separations between the skaters.
4. **Step 14 RBO Mk (4 beats) and Step 1 (Mk) LFO (1 beat)**
 - Correct technical execution of the stroke on the outside edge without deviating to an inside edge.
 - Correct technical execution of the mohawk with feet close together that finishes on the outside edge.
 - For couples: Attention to the unity of the couple during the mohawk, without any separations between the skaters.

Southland Swing - List of Steps

Hold	Step No.	Man's Step	Musical Beats	Women's Steps
Kilian	1	LFO	1	LFO
	2	Run RFI	1	Run RFI
	3	LFO	2	LFO
	4	RFO Sw	2+2	RFO Sw
	5	LFO	1	LFO
Kilian (see notes)	6	XB RFI	1	XB RFI
Kilian	7	OpMk LBI	2	OpMk LBI
	8	RBO	1	RBO
	9	XF LBI	1	XF LBI
Reverse Kilian	10	Mk RFI	2	Mk RFI
	11	LFO	2	LFO
	12	OpS RFI	1	OpS RFI
Kilian (see notes)	13	HhMk LBI	1	HhMk LBI
	14	RBO Mk	4	RBO Mk

SOUTHLAND SWING



SOUTHLAND SWING

