



CONFÉDÉRATION EUROPÉENNE DE ROLLER-SKATING
C.E.R.S. (Affiliée à la F.I.R.S.)
CERS ARTISTIC – EUROPEAN ARTISTIC SKATING COMMITTEE
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European Artistic Skating Committee

EUROPEAN ACTIVITY 2018

SOLO & COUPLES DANCE

YOUTH – CADET – ESPOIR - MINIS

Version – 04.08.2017

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COUPLES DANCE 2018

Rule 305

Special Rules for YOUTH Couples Dance

Compulsory Dances: Keats Foxtrot (4 sequences)
Imperial Tango (4 sequences)

Free Dance: 3 mins. +/- 10 sec. - See Rule 309

– Set elements that MUST BE included in Free Dance programme are:

- One Dance Hold Step Sequence: Serpentine – See rule 309
- One Dance NO Hold Step Sequence: Long Axis – See rule 309
- One Stationary Lift – See rule 309
- One Combined Lift – See rule 309

Rule 306

Special Rules for CADET Couples Dance

Compulsory Dances: Swing Foxtrot (4 sequences)
Siesta Tango (4 sequences)

Free Dance: 3 mins. +/- 10 sec. - See Rule 309

– Set elements that MUST BE included in Free Dance programme are:

- One Dance Hold Step Sequence: Circle Counter Clockwise – See rule 309
- One Dance NO Hold Step Sequence: Diagonal – See rule 309
- One Stationary Lift – See rule 309
- One Rotational Lift – See rule 309

Rule 307

Special Rules for ESPOIR Couples Dance

Compulsory Dances: Olympic Foxtrot (4 sequences)
Werner Tango (4 sequences)

Free Dance 2.30 mins +/- 10 sec. – See rule 309

– Set elements that MUST BE included in Free Dance programme are:

- One Dance Hold Step Sequence: Diagonal – See rule 309
- One Dance NO Hold Step Sequence: Long Axis – See rule 309
- One Stationary Lift – See rule 309

Rule 308

Special Rules for MINIS Couples Dance

Compulsory Dances: Skaters March (4 sequences)
Kinder Waltz (4 sequences)

Rule 309

Regulations for Couples Youth, Cadet, Espoir Free Dance

All steps, turns and changes of edge and position are permitted.

All skating movements must correspond to the rhythm, music and character of the dance.

Intricate footwork must be included and must display both originality and difficulty.

Feats of strength and skill inserted to demonstrate physical prowess are not permitted.

In the composition of the free dance, excessive repetition of any movements should be avoided (to keep variety).

Skating movements, such as turns, arabesques, pivots, jumps, lifts, partner separations, etc., are permitted in a free dance program respecting the rules. A deduction of marks will be made if a free dance program exceeds the rules.

Short, jerky movements are acceptable only when they serve to emphasize the character of the music.

Elements of Free Dance – definitions and limitations:

Dance Hold Step Sequence – DhStSq

The baseline shall be selected annually by CERS Artistic Technical Committee and can be performed either:

- Circle clockwise
- Circle counterclockwise.
- Serpentine.
- 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.
- The couple must perform a minimum of two (2) different recognized dance positions*
- The release of contact is permitted only for quick changes of hold/position.
- No stops are allowed during the execution of this element.
- In the circular step sequence, Circle clockwise or counterclockwise, the skaters must

begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.

- In Serpentine step sequence, the skaters must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

***Recognized dance positions:** all positions described on the FIRS Artistic Technical Committee rules book, except hand in hand (see recognized positions cited in style dance).

Dance NO Hold Step Sequence – NhStSq

The baseline shall be selected annually by CERS Artistic Technical Committee 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. 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 but it will not be counted as a STOP.
- The steps must cover at least 80% of the length of the skating surface
- The distance between the skaters during the step sequence must be no greater than four (4) meters. The partner farthest from the baseline may go a maximum of 4 meters from the baseline and there may be no more than 4 meters between the partners.
- The maximum allowed distance of the skaters 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.

Lifts – Stationary (StLi), Rotational (RoLi) and Combined (CoLi)

The definition of Dance Lift is when the lifted partner is in the air for at least two (2) seconds (less than two (2) seconds IS NOT considered a lift).

- **Stationary position:** a lift where the sustaining partner must maintain the stationary position during the entire lift, being able to perform a maximum of 1/2 revolution entering and 1/2 revolution exiting the lift, and the position of the lifted partner is maintained stationary for at least three (3) seconds.
- **Rotational:** a lift with unlimited rotations, and with a minimum of 1 1/2 revolutions.
- **Combination:** stationary position and rotational: a lift composed of a free succession, executed during the same lift, of a stationary position and a rotational lift combined with each other.

General Rules

- The lifts will be evaluated based on the ability of one/both skater(s), the creativity and fluidity of the lift, and the technical difficulty of the entrance and exit.
- The maximum duration of each lift is ten (10) seconds for Stationary-Rotational, and twelve (12) for Combination lift.
- The sustaining partner's hands may go above their own head as long as the hips of

- the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do not go above their own head.
 - The sustaining partner may hold the lifted partner's skate and the lifted partner may be supported/sit/lie down on the skate of the sustaining partner.
 - The required lifts must be executed while skating.

LIMITATIONS on Free Dance Espoir, Cadet & Youth:

DANCE LIFTS: in addition to the required lifts, in **Cadet, Youth & Espoir** one (1) more free lift (**Choreographic Lift**) is allowed for a maximum duration of ten (10) seconds, **free number of rotations. In Espoir category it is forbidden to perform Combo Lift (only Stationary or Rotational).**

DANCE SPINS: a maximum of one (1) dance spin, done in hold, with a minimum of two (2) revolutions, (less than two (2) revolutions is not considered a spin). Lifted spins are not permitted.

STOPS: a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds.

A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (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). If both partners are on the floor at the same time, it shall be considered as once.

Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

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.

DANCE JUMPS:

- A maximum of two (2) jumps each skater, of one (1) revolution each (no more than one revolution in the air; less than one (1) revolution is not considered a dance jump).

SEPARATIONS:

- Are permitted at the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the Stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners.
- For only two (2) times during the program, while skating, for characteristic steps/technical difficulties for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between them.

SOLO DANCE

Rule 315

Special Rules for YOUTH Solo Dance

Compulsory Dances: Federation Foxtrot (4 sequences)
Kent Tango (4 sequences)
Free Dance: 2.30 mins. +/- 10 sec. - Following these rules:

General notes on Technical Merit Free Dance Youth category:

All Steps and turns are permitted. Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Intricate footwork must be included and must display both originality and difficulty.

Set Elements that must be included in the solo free dance:

- One spin with minimum 2 revolutions

- One straight step sequence: Long Axis step sequence

It is mandatory to start this element from a stopped position.

- 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.

- One circular step sequence: Serpentine step sequence

In Serpentine step sequence, the skater must begin the sequence on the long axis, must cross through the center of the floor and must end at the long axis at the other end of the floor. The footwork must use the entire width of the skating surface and may only cross the long axis one (1) time.

- One Travelling Sequence

A continuous rotational motion comprising of a minimum of a two (2) revolutions sequences 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 rotation speed of the element.

Certain free skating movement such as turns, arabesques, pivots, jumps and spins are permitted with the following limitation:

DANCE SPINS: a maximum of one (1) spin, in addition to the required 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; less than one (1) revolution is not considered a dance jump).

Jumps shall not be considered as elements of technical value.

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

A maximum of two (2) stops may be 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). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

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.

Rule 316

Special Rules for CADET Solo Dance

Compulsory Dances: Keats Foxtrot (4 sequences)
Siesta Tango (4 sequences)

Free Dance: 2.00 mins. +/- 10 sec. - Following these rules:

General notes on Technical Merit Free Dance Cadet category:

All Steps and turns are permitted. Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Intricate footwork must be included and must display both originality and difficulty.

Set Elements that must be included in the solo free dance:

- One spin with minimum 2 revolutions

- One Jump of one revolution

- One straight step sequence: Diagonal

It is mandatory to start this element from a stopped position.

- 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.

- One circular step sequence: Circular step sequence Clockwise

In the circular step sequence, the skater must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.

Certain free skating movement such as turns, arabesques, pivots, jumps and spins are permitted with the following limitation:

DANCE SPINS: a maximum of one (1) spin, in addition to the required 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; less than one (1) revolution is not considered a dance jump).

Jumps shall not be considered as elements of technical value.

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

A maximum of two (2) stops may be 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). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

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.

Rule 317

Special Rules for ESPOIR Solo Dance

Compulsory Dances: Swing Foxtrot (4 sequences)
Werner Tango (4 sequences)

Free Dance 2.00 mins. +/- 10 sec. – Following these rules:

General notes on Technical Merit Free Dance for Espoir Category:

The Free Dance should be a simple Free dance with all steps and turns permitted. Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Set Elements that must be included in the Espoir solo free dance:

- One spin with minimum 2 revolutions in a basic position (Upright or Sit or Camel)

- One Jump of one revolution

- One straight step sequence: Long Axis step sequence

It is mandatory to start this element from a stopped position.

- 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.

- One circular step sequence: Circular step sequence Counter Clockwise

In the circular step sequence, the skater must begin the sequence at one of the 4 axis points: long or short axis. The footwork must use the entire width of the skating floor and must begin and end on the same axis point. The circle must be in the center of the skating floor.

Certain free skating movement such as turns, arabesque, pivots, jumps and spins are permitted with the following limitation:

DANCE SPINS: a maximum of one (1) spin, in addition to the required spin, with a minimum of two (2) revolutions in a basic position (Upright or Sit or Camel); 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; less than one (1) revolution is not considered a jump).

Jumps shall not be considered as elements of technical value.

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

A maximum of two (2) stops may be 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). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

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.

Rule 318

Special Rules for MINIS Solo Dance

Compulsory Dances: Skaters March (4 sequences)
Kinder Waltz (4 sequences)

COUPLE DANCE - Free Dance Set Elements 2018
ESPOIR - CADET - YOUTH

Element	ESPOIR	CADET	YOUTH
DhStSq	Diagonal	Circle Counter Clockwise	Serpentine
NhStSq	Long Axis	Diagonal	Long Axis
StLi	1 Stationary	1 stationary	1 Stationary
RoLi		1 Rotational	
CoLi			1 Combined

SOLO DANCE - Free Dance Set Elements 2018
ESPOIR - CADET - YOUTH

Element	ESPOIR	CADET	YOUTH
CiStSq	Circle counter Clockwise	Circle Clockwise	Serpentine
SIStSq	Long Axis	Diagonal	Long Axis
TravSq			Min.4x3t each foot
Dance Spin	1	1	1
Dance Jump	1	1	

DhStSq = Dance Hold Step Sequence

NhStSq = No Hold Step Sequence

StLi = Stationary Lift

RoLi = Rotational Lift

CoLi = Combo Lift

CiStSq = Circular Step Sequence

SIStSq = Straight Line Step Sequence

TravSq = Travelling Sequence