

CIPA Dance Commission - 2016 Couples event						
Dance Couples		Elements	Min	Max	Description	
Style Dance	Set Elements		Duration	2'30"	2'50"	Minimum 2 and Maximum 3 Rhythms from option "Musical Themes" by CIPA
		PdSq	Pattern Dance Sequence	1	1	A Compulsory Dance selected by CIPA, performed as prescribed in the Rules Book (rhythm, beats per minute, steps and holds, set pattern)
		NhSq	"No hold" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 4 meters from baseline, and skaters no farther apart than 4 meters from each other. During, it is mandatory to perform two different types of turns by each skater. No Stops permitted.
		DhSq	"Dance Hold" Step Sequence	1	-	Upon a Circular/Straight Line baseline (Circular or Serpentine/ Diagonal) with skaters always in recognized "dance holds". During, it is mandatory to perform two different types of turns by each skater and a minimum of two different recognized "Dance positions". No Stops permitted.
	Permitted Elements	DLf	Dance Lift	1	1	Duration no longer than 10 seconds. From these typologies: Stationary, Rotational, Combination.
		HSp	Dance Spin	-	1	In hold, Minimum 2 Revolutions (no "lifted spins" are allowed)
		Jp	Dance Jumps	-	2	Maximum 2 for each skater, Maximum 1 Revolution
		JpA	Dance Assisted Jumps	-	2	Maximum 1 Revolution for who jumps and 1/2 revolution for who support
Free Dance	Set Elements		Duration	3'20"	3'40"	Free choice
		NhSq	"No hold" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 4 meters from baseline, and skaters no farther apart than 4 meters from each other. During, it is mandatory to perform minimum of two different types of turns. No Stops permitted.
		DhSq	"Dance Hold" Step Sequence	1	-	Upon a Circular/Straight Line baseline (Circular or Serpentine/ Diagonal) with skaters always in recognized "dance holds". During, it is mandatory to perform two different types of turns by each skater and a minimum of two different recognized "Dance positions". No Stops permitted.
		DLf	Dance Lift	3	5	Duration no longer than 8 seconds. Minimum one of each of these typologies: Stationary, Rotational, Combination.
	Permitted Elements	HSp	Dance Spin	-	1	In hold, Minimum 2 Revolutions (no "lifted spins" are allowed)
		Jp	Dance Jumps	-	2	Maximum 2 for each skater, Maximum 1 Revolution
		JpA	Dance Assisted Jumps	-	2	Maximum 1 Revolution for who jumps and 1/2 revolution for who support
		Stp	Stop	-	2	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and ending).

CIPA Dance Commission - 2016 Solo event						
Solodance		Elements	Min	Max	Description	
Style Dance	Set Elements	Duration	2'10"	2'30"	Minimum 2 and Maximum 3 Rhythms from option "Musical Themes" by CIPA	
		PdSq Pattern Dance Sequence	1	1	A Compulsory Dance selected by CIPA, performed as prescribed in the Rules Book (rhythm, beats per minute, steps and holds, set pattern)	
		StrSq "Straight line" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 4 meters from baseline. During, it is mandatory to perform minimum of two different types of turns. No Stops permitted.	
		CcSq "Circular" Step Sequence	1	-	Upon a Circular baseline (Circular or Serpentine). During, it is mandatory to perform minimum of two different types of turns. No Stops permitted.	
	Permitted Elements	Sp Dance Spin	-	1	Minimum 2 revolutions (no heel, broken ankle or inverted camels allowed)	
		Jp Dance Jumps	-	2	Maximum 1 Revolution (1/2 revolution free)	
		Stp Stop	-	2	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each (excluding beginning and ending).	
		StpTd Touch down	-	2	Maximum of 5 seconds each (including all Stops and at the beginning and end of the program).	
Free Dance	Set Elements	Duration	2'20"	2'40"	Free choice	
		StrSq "Straight line" Step Sequence	1	-	Starting from a Stopped position, upon a Straight Line baseline (Diagonal or Long axis) with lobes no farther than 4 meters from baseline. During, it is mandatory to perform minimum of two different types of turns. No Stops permitted.	
		CcSq "Circular" Step Sequence	1	-	Upon a Circular baseline (Circular or Serpentine). During, it is mandatory to perform minimum of two different types of turns. No Stops permitted.	
		Sp Dance Spin	1	2	Minimum 2 revolutions (no heel, broken or inverted camels allowed) in which skater must achieve a vertical position on edge before exit.	
		RtSq Rotational Turns Sequence	1	-	A continuous rotational motion comprising a minimum of 2 revolutions sequence of successive three turns, on each foot, in a clockwise and/or counter clockwise, for Maximum 8 seconds	
	Permitted Elements	Jp Dance Jumps	-	2	Maximum 1 Revolution (1/2 revolution free)	
		Stp Stop (St)	-	2	Remaining stationary movements from 3 seconds to a Maximum of 8 seconds each (excluding beginning and ending).	
		StpTd Touch down	-	2	Maximum of 5 seconds each (including all Stops and at the beginning and end of the program).	