

# BRACKNELL ICE SKATING CLUB ICE DANCE COMPETITION

## 14 JUNE, 2011 AT 5.00 PM

### COMPETITION RULES FOR 14.6.2011

- All entrants must be members of Bracknell Ice Skating Club.
- As time is limited it may be necessary to limit the number of entries in each class priority will be given to skaters who will be competing in the Solo Dance Championships.
- Entries will only be accepted when the entry form is accompanied by the fee.
- Entry Fee for Solos is £5.00 per Class and the Entry Fee for Couples is £10 per Class. Entry Forms may be found on the Club Website or in the Club Folder.
- Telephone or Email entries will not be accepted.
- The Draw for the Order to skate will take place on Saturday the 11<sup>th</sup> June, 2011 at 9.00 a.m.
- NISA Standard is as at the closing date. The minimum test standards are recommended only.
- Required Elements for the Free Dances are as per the Rules and Regulations for the Solo Dance Championships 2010/2011.
- Required Elements for the Couples Dances are as per the IJS Regulations for Couples for 2010/2011.

### **PATTERN DANCES**

<b><u>CATEGORY</u></b>	<b><u>SUGGESTED TESTS</u></b>	<b><u>PATTERN DANCE</u></b>	<b><u>CLASS NO</u></b>
<b><u>PRE-NOVICE PATTERN DANCE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 2 FM and level 2 Compulsory Dance and <i>either</i></li> <li>• Level 2 Variation Dance <i>or</i></li> <li>• Level 2 Free dance</li> </ul>	<ul style="list-style-type: none"> <li>• European Waltz (2 seq)</li> </ul>	CLASS 1
<b><u>NOVICE PATTERN DANCE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 3 FM and level 3 Compulsory Dance and <i>either</i></li> <li>• Level 3 Original Dance <i>or</i></li> <li>• Level 3 Free Dance</li> </ul>	<ul style="list-style-type: none"> <li>• American Waltz (2 seq)</li> </ul>	CLASS 2
<b><u>JUNIOR PATTERN DANCE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 5 FM and level 5 Compulsory Dance and <i>either</i></li> <li>• Level 5 Original Dance <i>or</i></li> <li>• Level 5 Free dance</li> </ul>	<ul style="list-style-type: none"> <li>• Viennese Waltz (3 seq)</li> </ul>	CLASS 3
<b><u>INTERMEDIATE PATTERN DANCE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 7 FM and level 7 Compulsory Dance and <i>either</i></li> <li>• Level 7 Original Dance <i>or</i></li> <li>• Level 7 Free Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Starlight Waltz (2 seq)</li> </ul>	CLASS 4
<b><u>SENIOR PATTERN DANCE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 8 FM</li> <li>• Level 9 part 1 Compulsory Dance and <i>either</i></li> <li>• Level 9 Original Dance <i>or</i></li> <li>• Level 9 Free Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Rhumba (4 seq)</li> </ul>	CLASS 5

# BRACKNELL ICE SKATING ICE DANCE COMPETITION

## TUESDAY 24 JUNE 2011 AT 5PM

### FREE DANCE CLASSES

CATEGORY	SUGGESTED TESTS	DANCE	CLASS NO
Pre-Novice Free Dance	L2 FM L2 CD & either L2 Variation or L2 FD	Free Dance 1½ mins +/- 5 secs	Class 6
Novice Free Dance	L3 FM L3 CD & either L3 OD or L3 FD	Free Dance 1½ mins +/- 5 secs	Class 7
Junior Free Dance	L5 FM L5 CD & either L5 OD or L5 FD	Free Dance 2 mins +/- 5 secs	Class 8
Intermediate Free Dance	L7 FM L7 CD & either L7 OD or L7 FD	Free Dance 2 mins +/- 5 secs	Class 9
Senior Free Dance	L8 FM & L9 Part 1 CD & either L9 OD or L9 FD	Free Dance 3 mins +/- 10 secs	Class 10

NB Free dances shall be in accordance with the NISA Solo Dance Series Rules 2010 to 2011 - see below (extracted).

### COUPLES ICE DANCE CLASSES

CATEGORY	SUGGESTED TESTS	DANCE	CLASS NO
Novice Couples Dance	L8 FM, L7 CD, L7 OD & L7 FD	Pattern Dance Starlight Waltz (2 seqs)	Class 11
Junior Couples Dance	L9 FM L9 CD, L9 OD & L9 FD	Short Dance 2 mins 50 secs +/- 10 secs Pattern Part of Dance Viennese Waltz (2 seqs)	Class 12
Novice Couples Free Dance	L8 FM, L7 CD, L7 OD & L7 FD	Free Dance 3 mins +/- 10 secs	Class 13
Junior Couples Free Dance	L9 FM L9 CD L9 OD & L9 FD	Free Dance 3 Mins 30 secs +/- 10 secs	Class 14

**NB** Technical Requirements for the Couples Classes are under the IJS Couples Events for 2010/2011 and can be found on the National Ice Skating Associations entry on the website dated the 4<sup>th</sup> May, 2011 in connection with their announcement for the Couples Event at Ice Sheffield in June.

<http://www.iceskating.org.uk/node/4764>

## **PRE-NOVICE**

1. Maximum of 1 combination pose (see separate sheet for details of pose / attitude)
2. Maximum of 1 midline step sequence skated as close to the midline long axis as possible
3. Maximum of 1 dance spin with a minimum of 3 revolutions
  - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

## **NOVICE**

1. Maximum of 1 combination pose including one attitude (see separate sheet for details of pose / attitude)
2. Maximum of 1 circular step sequence covering the full width of the ice
3. Maximum of 1 dance spin with a minimum of 3 revolutions
  - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

## **JUNIOR**

1. Maximum of 1 combination attitude (see separate sheet for details of pose / attitude)
2. Maximum of 1 circular or serpentine step sequence utilizing the full ice surface
3. Maximum of 1 dance spin combination
  - Must have a minimum of 3 revolutions on each foot
4. 1 set of sequential twizzles with no more than 1 step between the twizzles.
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

## **INTERMEDIATE**

1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude)
2. Maximum of 1 step sequence, circular or serpentine, utilizing the full ice surface
3. Maximum of 1 dance spin combination
  - Must have a minimum of 3 revolutions on each foot
4. 1 set of sequential twizzles with no more than 1 step between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 revolution in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

## **SENIOR**

1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude)
2. Maximum of 2 step sequences of a different pattern and covering full ice surface
3. Maximum of 2 dance spins
  - Must have a minimum of 3 revs or 3 revs on each foot if a spin combination is performed
  - If 2 basic position spins are skated (camel sit upright) then the spins must show different basic positions
4. 1 set of sequential twizzles with no more than 1 step between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 revolution in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

**Please note that all programme requirements for and Free Dance are MAXIMUM requirements and skaters are free to choose to skate as few or as many elements as they prefer according to their ability. There is no deduction for skating less than the maximum number of elements but if an element is skated it must match the requirements. For example, where a combination spin is required there is no option to do a basic position spin.**

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2010** (downloadable from the ISU website) and ISU Communications 1621 and 1632 where further details and clarifications can be found.

## **General Requirements for the Free Dance**

Free Dance is the skating of a creative dance program blending dance steps and movements expressing the character/rhythm(s) of the dance music chosen. The Free Dance must contain combinations of new or known dance steps and movements including Required Elements composed into a well balanced, whole unit displaying excellent skating technique and the personal creativity of the skater in concept, arrangement, and expression. The program including Required Elements must be skated in time and phase with the music. The skater should skate primarily in time to the rhythmic beat, and not to the melody alone. The choreography should clearly reflect the dance character, accents and nuances of the chosen dance music, demonstrating distinct changes of mood and pace with variations in speed and tempo. The program must utilize the whole ice surface.

## **Music**

Vocal music is permitted in this competition. However the following rule denotes beat and melody to be applied.

The music for Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program.
- ii) The music must have at least one change of tempo and/or expression. This change may be gradual or immediate, but in either case it must be obvious.
- iii) All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different moods or a building effect.
- iv) The music must be suitable for the competitor's skating skills and technical ability.

Free Dances that do not adhere to these guidelines will be severely penalized.

## Costume

**LADIES** Must wear a full skirt. Must not give the effect of excessive nudity – majority of upper body must be covered

**MEN** Must wear full length trousers - No tights allowed. Costume must not be sleeveless

The Costume should not hide the bodyline of either skater.

## Accessories and Props

Accessories and props not permitted

Costume decorations must be non-detachable

## Factors in the Free Dance

The multiplying factors for the Program components for the Free Dance are:

Skating Skills	1.25
Transitions, Linking Footwork, Movements	1.75
Performance, Execution	1.00
Choreography, Composition	1.00
Interpretation, Timing	1.00

## DEFINITION OF POSE & ATTITUDE

**POSE** A position or stance held for a minimum of 3 seconds (except attitude with change of edge).

Types of pose are as follows:

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg raised higher than the level of the hip **and** either
  - In front, behind or at the side and
  - Bent or extended and
  - Free or held (by knee or blade)ie Biellmann
- **SPIRAL** – Type of attitude where the free leg is raised behind, above horizontal level, without assistance from a hand or an arm while in the same position throughout its duration.
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **LUNGE/DRAW** – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- **TEA POT/SHOOT THE DUCK** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- **SPREAD EAGLE** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

**COMBINATION POSE** - A position or stance composing of 2 different types of poses combined and each held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of poses.

## **RULES FOR FREE DANCE**

1. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone, but not melody alone.
2. Spins, stops and pirouettes are not allowed during the step sequences.
3. Toe steps, kneeling, sliding on two knees and performing a full split position on the ice is permitted only if not used excessively. Attention should be paid to the IJS definition of a fall at all levels.
4. Costume rules will apply, following ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, rule 612 and subsequent communications .

## **GENERAL RULES FOR SOLO DANCE SERIES**

1. Solo Dance Series events will be judged under either the RJS, (6.0) judging system or the IJS system depending on the Club involved.
2. It is the intention of the NISA Board that the Solo Dance Championship event in June 2011 will be judged using the IJS system. The criteria for the final will however remain unchanged.
3. As per the singles events, criteria listed in this announcement allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2010) and indeed as per the IJS criteria and clarifications.
4. Skaters may enter as many segments of a Solo Series event as they wish, i.e. CD only or CD and FD etc.
5. There will be no age restrictions on Series events – skaters may enter any or all categories for which they are qualified by standard. Age restrictions will apply at the Championships, as per previous years and will be published in a separate document.
6. All rules will follow the ISU rules for Dance couples, including costume, timing, call to start, re-start etc. For clarification of any of these rules, please see ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, including but not restricted to rules 350, 353, 610, 612.
7. These regulations and rules for entry to the Solo dance Series form part of a 2 stage process to implement generic criteria across all disciplines. It forms an interim stage, moving towards IJS and standardized criteria, rules and regulations.



BRITISH SOLO ICE DANCE CHAMPIONSHIPS 2010/2011

**27 – 30 JUNE 2011**

**STANDARD AND AGE REQUIREMENTS**

The following standard and age requirements are applicable ONLY to the Solo Ice Dance Championships. They do not apply and may differ from the requirements for entry into events which form the Solo Dance Series 2010/11. Skaters should check the Solo Dance Series announcement for clarification of these requirements.

<u>LEVEL</u>	<u>STANDARD</u> To be achieved by closing date for Championships	<u>AGE</u>
PRE-NOVICE	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 2 FM and</li> <li>• Level 2 Compulsory Dance and</li> <li>• Level 2 Variation Dance and</li> <li>• Level 2 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 13 before 1 July 2010  <u>Men</u> – Must not have reached the age of 15 before 1 July 2010
NOVICE	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 3 FM and</li> <li>• Level 3 Compulsory Dance and</li> <li>• Level 3 Original Dance and</li> <li>• Level 3 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 15 before 1 July 2010  <u>Men</u> – Must not have reached the age of 17 before 1 July 2010
JUNIOR	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 5 FM and</li> <li>• Level 5 Compulsory Dance and</li> <li>• Level 5 Original Dance and</li> <li>• Level 5 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 17 before 1 July 2010  <u>Men</u> – Must not have reached the age of 19 before 1 July 2010
INTERMEDIATE	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 7 FM and</li> <li>• Level 7 Compulsory Dance and</li> <li>• Level 7 Original Dance and</li> <li>• Level 7 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 19 before 1 July 2010  <u>Men</u> – Must not have reached the age of 21 before 1 July 2010
SENIOR	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 9 FM and</li> <li>• Level 9 Part 1 Compulsory Dance and</li> <li>• Level 9 Original Dance and</li> <li>• Level 9 Free Dance</li> </ul>	<u>Ladies and Men</u> Must not have reached the age of 29 before 1 July 2010

The Championships will consist of 2 x Compulsory Dances drawn in advance of the Championships from those skated in the Solo Dance Series, plus a Free Dance. The criteria will mirror those for the Solo Dance Series. Skaters must skate all segments if competing in the Championships. There will be a separate Championship for Men and Ladies at each level.