

Competitions to be held at
John Nike Leisuresport Complex, John Nike Way,
Amen Corner. Bracknell RG12 8TN

Bracknell Open Competitions 2013 IJS Solo Dance Series & RJS Solo Dance Event

TUESDAY 23rd

and

WEDNESDAY 24th APRIL



Closing date Friday 22nd March 2013
Held under NISA regulations and permit

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

Bracknell Open Competitions General Rules

Beginner and Pre-juvenile will be judged under the RJS (6.0) and Juvenile to Senior will be judged under the IJS

- The competitions are confined to eligible skaters as defined by the National Ice Skating Association of UK Ltd and will be held under NISA regulations and permit (Applied for). Please check NISA website for any amendments to Generic Criteria and Congress Decisions.
- Entries will only be accepted if the specified coach is NISA Licensed and has attended a Field Moves seminar and IJS seminar if relevant. These details MUST be supplied with the original entry form.
- Entries to all competitions will be treated on a first received basis with a limit to entries in each section determined by time available. A reserve list will be held for over-subscribed classes and all reserves will be notified of their position prior to the competition being held.
- Bracknell Ice Skating Club (BISC) reserves the right to refuse entries without reason assigned, or to cancel, combine or split events as required. The organising committee reserves the right to cancel any event with less than 3 entrants.
- These competitions may be subject to doping control under NISA rules and by the ISU.
- Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the skater's name and event(s) on the back of the cheque. Entries accompanied by a cheque for which payment is refused will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover bank charges. Entries will not be collected from the post office due to insufficient postage.
- All applications must be in writing and no email or late entries will be accepted. Entry fees will not be refunded for withdrawals after the closing date.
- **Post to Laura Hetebrij, 12 Strand Way, Lower Earley, Reading RG6 4BU to arrive by 5pm on Friday 22nd March 2013. Do not send by recorded delivery as forms will not be collected from delivery office.**
- **Acknowledgement of entry will be by email only.** Please do not enclose a SAE as no timetables will be sent by post.
- The timetable will be verified after the closing date following consultation with the Referee. The time and date of the draw will be posted on the Bracknell Ice Skating Club website as soon as possible after the closing date.
- Music for programmes will be accepted on CD only, recorded with a single track. Music that has been edited may contain multiple tracks – this is likely to cause the programme to stop part way through. All music must be clearly marked with competitor's name. It is advisable that you have a spare disc with you.
- Winners of competitions (or parent/guardian) will be required to sign for trophies which are held at the winner's risk. They must be returned to BISC in the condition they were received on request.
- By entering the competition competitors agree to be photographed by the official photographer. In accordance with the policy of the rink management, a permit will be required for all forms of photography which will be available at the rink on the day of the competition. Anyone engaged in photography without a permit may be asked to leave the premises.
- Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.
- For further enquiries please contact Laura Hetebrij 01183480542 between 6:00pm and 9:30pm, or by email bracknellopen@gmail.com

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

BRACKNELL SOLO DANCE RULES

1. Bracknell Solo Dance Series events (juvenile to senior) will be judged under the IJS system judging with the Pattern dances being judged with Key Points, Beginner and Pre-Juvenile segments will be judged under the RJS (6.0)
2. * There will be no age or test restrictions on Bracknell Solo Dance events – skaters may enter whichever category is appropriate to their intended entry for the Solo Dance championships, even if they have not yet reached the minimum test level for entry into the Championships *eg. a level 4 skater might enter the Advanced Novice category with the intention of obtaining their level 5 before the entry date for the British Solo Championships*. Age and standard restrictions will apply at the Championships, as per previous years and will be published in a separate document.
3. Entrants will be limited to one pattern dance and one free dance which should preferably be at the same level.
4. 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.
5. There will be a separate competition for Ladies and Men at each level.
6. Pattern Dance music will be ISU and provided by the organising committee. Music for the entire Junior & Senior Short Dance (including music for specified Pattern Dance) is provided by the skater and may be vocal.
7. 2 lobes should be skated for appropriate dances on rinks of 56 by 26 metres and larger (Bracknell Ice Rink is 60 by 30 metres).

RJS - BRACKNELL SOLO DANCE EVENT – Beginner and Pre-Juvenile

£30 per segment

£ 50 where both Pattern dance & Free dance entered

CATEGORY	Recommended Test Level*	Pattern Dance	Free Dance
Beginner	Level 1 FM	Rhythm Blues(2 seq)	1½ minutes +/-5 secs
Pre-Juvenile	Level 1 FM and either Level 1 Pattern Dance Or Level 1 Free Dance	Dutch Waltz (2 seq)	1½ minutes +/-5 secs

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

Free Dance Technical Requirements for Beginner and Pre -Juvenile Events

1. 1 midline step sequence skated as close to the midline long axis as possible.
2. 1 pose
3. 1 dance spins (min of 3 revolutions per spin). Combination spins are not permitted.
4. 1 twizzle- minimum of 1 rotation. Additional twizzles are permitted but only the 1st attempted twizzle (outwith the step sequence) will count towards the technical score. Others will be considered within the choreography mark.

IJS - BRACKNELL SOLO DANCE SERIES EVENT –Juvenile to Senior

Pattern dance only £30, Free dance only £45 £65 where Pattern dance & Free dance entered
 Short dance or Free dance only £45 £75 where Short dance & Free dance entered

CATEGORY	Recommended Test Level *	Pattern Dance	Free Dance
Juvenile	Level 2CD, 2FD, 2FM	Rhythm Blues (3 Seq)	1½ minutes +/-5 secs
Basic-Novice	Level 4CD, 4FD, 4FM	Foxtrot (4 seq)	1½ minutes +/-5 secs
Advance Novice	Level 5CD, 5FD, 5FM	Tango (3 seq)	1½ minutes +/-5 secs
CATEGORY	Recommended Test Level *	Short Dance	Free Dance
Junior	Level 7CD, 7FD, 7FM	Short Dance Blues 2 minutes 50 seconds +/-10 secs	2 minutes +/-5 secs
Senior	Level 9CD, 9FD, 9FM	Short Dance Yankee Polka 2 minutes 50 seconds +/-10 secs	3 minutes +/-10 secs

Junior Solo Short Dance Technical Requirements

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1721, 1738, 1670 and 1677.

Duration: maximum two (2) minutes and 50 seconds +/- 10 seconds

Required Elements – Pattern Dance Part

Two (2) sequences of Blues, skated one after the other or separately. Step #1 of each Pattern Dance sequence must be skated on a different side of the ice surface.

The composition of the Short Dance is as follows: -

Blues or Blues plus one of Swing or Hip Hop

The Pattern Dance elements must be skated on the Blues Rhythm, in any style of the Blues, with the following range of tempo: 22 measures of 4 beats or 88 beats per minute plus or minus 2 beats per minute.

The Tempo of music throughout the Pattern Dance elements must be constant. The Pattern Dance

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

Elements may be skated on after another **OR** separately. Step #1 of each sequence must be skated on a different side of the ice surface.

The Rhythms are described in the ISU Ice Dance Rhythms Booklet 1995, pages 13 to 20. Rule 608 paragraph 1 applies with the following alteration to the first sentence of subparagraph (d): Timing – the Pattern Dance Elements must be skated in strict time to the music with the start of step #1 of each sequence of Blues on beat 1 of a four measure musical phrase.

Required Elements – Creative Dance Part

The following three (3) required elements must be included: -

1. One (1) Pose/Combination Pose (NB Attitudes are Poses)
2. One (1) Midline or Circular step sequence
3. One (1) set of sequential Twizzles

The Dance Spin is not a required element. Nevertheless, a spinning movement by the skater on one foot (or two feet) with any number of rotations is permitted. A skater may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Skaters are advised to read carefully ISU Communications 1721, 1738, 1670 and 1677 for further Rules, Restrictions are detailed Technical Clarifications.

Senior Solo Short Dance Technical Requirements

Required Elements – Pattern Dance Part

Two (2) sections of Yankee Polka

Section 1: Steps #1 to #25

Section 2: Steps #26 to #52

Skated one after the other, with section 1 followed by section 2 and step #1 skated on the Judges side of the ice surface.

The Short Dance may be skated one to three of Polka, March or Waltz

The Yankee Polka must be skated on the Polka rhythm (any style of Polka) at the constant tempo of 60 measures of 2 beats per minute (or 120 beats per minute) +/- 2 beats per minute.

Required Elements – Creative Dance Part

The following three (3) required elements must be included: -

1. One (1) Pose/Combination Pose (NB Attitudes are Poses)
2. One (1) Midline or Circular Step Sequence
3. One (1) Set of Sequential Twizzles

The Dance Spin is NOT a required element. Nevertheless, a spinning movement skated on one foot or two feet with any number of rotations is permitted. A skater may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Skaters are advised to read carefully ISU Communications 1721, 1738, 1670 and 1677 for further Rules, Restrictions and detailed Technical Clarifications.

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

FREE DANCE **TECHNICAL REQUIREMENTS**

Please Note: Attitudes are Poses therefore where Poses are specified Attitudes are included.

Juvenile

1. 1 combination pose
2. 1 straight step sequence skated. (barrier to barrier)
3. 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Basic-Novice

1. 1 combination pose
2. 1 straight Line step sequence. (barrier to barrier)
3. 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Advance Novice

1. 1 combination pose.
2. 1 circular step sequence covering the full width of the ice
3. 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 1rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

Junior

1. 1 combination pose
2. 1 straight Line step sequence utilizing the full ice surface
3. 1 curved (circular or Serpentine) step sequence utilizing the full ice surface
4. 1 dance spin combination
 - Must have a minimum of 3 revolutions on each foot
5. 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

Senior

1. 1 combination pose
2. 1 straight Line step sequence utilizing the full ice surface
3. 1 curved (circular or Serpentine) step sequence utilizing the full ice surface
4. 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
5. 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2012** (downloadable from the ISU website) and ISU Communications 1721,1738, 1621, 1632, 1677 and 1686 where further details and clarifications can be found.

DEFINITION OF POSE

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 either
 - Raised higher than the level of the hip and
 - In front, behind or on the side and
 - Bent or extended and
- Free or held (by knee or blade) and 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.

BRACKNELL ISC SOLO DANCE OPEN COMPETITIONS 2013

- **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/DRAG** – 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.

NB: The levels and scale of values for Poses will be published separately.