

NISA SOLO DANCE SERIES 2013/2014

Category	Recommended Entry Requirements*	Pattern Dance Short Dance	Free Dance
<u>Juvenile</u>	Min Level 2 Field Moves plus Level 2 Compulsory dance and Level 2 Free dance	Dutch Waltz Canasta Tango	1 min 30 sec +/- 5 sec. Criteria below
<u>Basic Novice</u>	Min Level 4 Field Moves plus Level 4 Compulsory dance and Level 4 Free dance	American Waltz Foxtrot 14 Step	1 min 30 sec +/- 5 sec. Criteria below
<u>Advanced Novice</u>	Min Level 5 Field Moves plus Level 5 Compulsory dance and Level 5 Free dance	Blues European Waltz Killian	1 min 30 sec +/- 5 sec. Criteria below
<u>Junior</u>	Min Level 7 Field Moves plus Level 7 Compulsory dance and Level 7 Free dance	Short Dance Quickstep Or Pattern Dance Quickstep	2 min 30 sec +/- 10 sec Criteria below
<u>Senior</u>	Min Level 9 Field Moves plus Level 9 Compulsory dance and Level 9 Free dance	Short Dance Quickstep Or Pattern Dance Quickstep	3 min +/- 10 sec

*Clubs holding Solo Series are free to change these entry levels if desired.

Pattern Dances: All Pattern Dance Music will be ISU.

Junior & Senior Short Dance:

Rules and Rhythms as per ISU. Replacing the required elements with,

- 1) Two (2) Sequences of Quickstep, 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.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be include as choreographic element.

Free Dance Elements

Juvenile: 1 combined Pose , 1 straight line step sequence, 1 dance spin (combined spin not permitted) 1 set of sequential twizzles (one clockwise, 1 anti-clockwise maximum 3 steps between)

Basic Novice: 1 combined Pose , 1 straight line step sequence, 1 dance spin (combined spin not permitted) 1 set of sequential twizzles (one clockwise, 1 anti-clockwise maximum 3 steps between).

Advanced Novice: 1 combined Pose , 1 circular step sequence, 1 dance spin (combined spin not permitted) 1 set of sequential twizzles (one clockwise, 1 anti-clockwise maximum 3 steps between)

Junior : 1 combined Pose, 1 combined Dance Spin, 1 set of sequential twizzles (one clockwise, 1 anti clockwise maximum 3 steps between) Step sequence as per ISU Junior Free Dance for season.

Senior: 1 combined Pose, 2 x Dance Spin (of different basic positions) 1 set of sequential twizzles (one clockwise, 1 anti-clockwise maximum 3 steps between) Step sequences as per ISU Senior Free dance for season.

NB: Attitudes are Poses so this season skaters have the choice of using any combination of Pose or Attitude in their programmes including Attitudes with a change of edge.

Entry Criteria For British Solo Championships 2013/2014:

The top ranking 20 skaters in each category based on TTS scores, who also have the test levels below, will receive automatic entry to the British Championships. Skaters next in line on the ranking lists will be invited to fill any unallocated warm up slots.

Juvenile before 1 st July 2013	Level 2CD, 2FD, 2FM	Age: Must not have reached the age of Ladies 11, Men 13
Basic-Novice before 1 st July 2013	Level 4CD, 4FD, 4FM	Age: Must not have reached the age of Ladies 13, Men 15
Advanced Novice before 1 st July 2013	Level 5CD, 5FD, 5FM	Age: Must not have reached the age of Ladies 15, Men 17
Junior before 1 st July 2013	Level 7CD, 7FD, 7FM	Age: Must not have reached the age of Ladies 19, Men 21
Senior before 1 st July 2013	Level 9CD, 9FD, 9FM	Age: Must not have reached the age of Ladies 29, Men 29

Competitors in the British Solo Championships will be required to have skated in at least two qualifying Solo Series Competitions.