

Competitions to be held at

John Nike Leisuresport Complex, John Nike Way,

Amen Corner, Bracknell RG12 8TN

Bracknell Dance Competitions 2016 IJS Solo Free Dance Event

TUESDAY 26th January 2016



Held under NISA regulations and permit



BRACKNELL IJS SOLO FREE DANCE SERIES & IJS PRE-JUVENILE SOLO FREE DANCE EVENT

<u>Category</u>	<u>Recommended Entry Requirements*</u>	<u>Free Dance</u>
<u>Level 1</u>	Min Level 1 Compulsory Dance, with Level 1 Field Moves (received or pending)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 2</u>	Min Level 2 Compulsory dance , with Level 2 Field Moves (received or pending)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 3</u>	Min Level 3 Compulsory Dance, with Level 3 Field Moves (received or pending)	1 min 30 sec +/- 5 sec. Criteria below
<u>Juvenile</u>	Min Level 4 Compulsory dance , with Level 4 Field Moves (received or pending)	1 min 30 sec +/- 5 sec. Criteria below
<u>Primary</u>	Min Level 5 Compulsory Dance, with Level 5 Field Moves (received or pending)	1min 30 sec +/- 10 sec. Criteria below
<u>Basic Novice</u>	Min Level 6 Compulsory dance , with Level 6 Field Moves (received or pending)	2 min +/- 10 sec. Criteria below
<u>Advanced Novice</u>	Min Level 7 Compulsory Dance, with Level 7 Field Moves (received or pending)	2.30 min +/- 10 sec. Criteria below
<u>Junior</u>	Min Level 8 Compulsory dance , with Level 8 Field Moves (received or pending)	3.0 min +/- 10 sec Criteria below
<u>Senior</u>	Min Level 9 Compulsory dance , with Level 9 Field Moves (received or pending)	3 min +/- 10 sec