



Bracknell Adult Open IJS Skating Competition 2016

You must be a member of NISA

MONDAY 18 April 2016

Closing date THURSDAY 10 March 2016

**COUPLES PATTERN, GOLD SHORT DANCE AND
FREE DANCE
SOLO PATTERN AND FREE DANCE**

**John Nike Leisuresport Complex,
John Nike Way Bracknell Berkshire**

**All classes are designed to be compatible with NISA BAC/ISU
guidelines for adult skating**

All Competitors must be 21 years of age before 1 July 2015

COUPLES DANCE

Couples may enter only 1 category (ie Pre-Bronze, Bronze, Silver or Gold) within each segment of the competition. (PD/SD or FD). For example, a couple may choose to enter Bronze pattern dance and Pre Bronze free dance etc. based on their ability, but may not enter both silver and gold pattern dance. Competitors must be 21 of age before 1 July 2015.

PATTERN DANCE

All pattern dances will be judged without Key points.

In accordance with ISU Rules 707, 708, Rule 353, paragraph 1.n) and ISU Communication No.1857 and No.1860, official ISU Pattern Dance music will be used, except that couples shall provide their own music for the following Pattern Dances: Foxtrot (Bronze), Blues (Silver), Viennese Waltz (Gold).

The music must be chosen in accordance with the rhythm of the Pattern Dance. The chosen music may be a tune from ISU Ice Dance music. In this case only tunes 1 to 5 can be chosen and the music must be recorded on the skaters' own disc. A violation of tempo specifications will result in a 1.0 point deduction by the Referee. Vocal music is allowed.

For the application of Rule 708 paragraph 1.d) with music provided by the couple, it is specified that the start of the first step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that the Referee may announce the approximate location at which the Pattern Dances must be started. All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

Tempo specification for the Pattern Dance music chosen by couples:

- **(Bronze)**: Foxtrot - 25 measures of 4 beats per minute or 100 beats per minute, +/- 2 beats per minute
- **(Silver)**: Blues - 22 measures of 4 beats per minute or 88 beats per minute, +/- 2 beats per minute
- **(Gold)**: Viennese Waltz - 52 measures of 3 beats per minute or 156 beats per minute, +/- 3 beats per minute

The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003).

The couple shall furnish competition music in accordance with Rule 343, paragraph 1.

The second Pattern Dance in each category will use ISU Ice Dance music that will be provided by the organizers.

References: ISU Handbook Ice Dance 2003

Categories: Gold, Silver, Bronze and Pre-Bronze

CPD1(G) GOLD

- # 7 Viennese Waltz (3 sequences)
- # 18 Cha Cha Congelado (2 sequences)

CPD2(S) SILVER

# 3 Rocker Foxtrot	(4 sequences)
# 23 Blues	(3 sequences)

CPD3(B) BRONZE

# 2 Foxtrot	(3 sequences)
# 4 European Waltz	(2 sequences)

CPD4(PB) PRE-BRONZE

Golden Skaters Waltz	(2 sequences)
Canasta Tango	(2 sequences)

Factors for Pattern Dances will be as follows:

Skating Skills	0.70
Performance	0.70
Interpretation	0.70
Timing	0.70

CSD5(G) Adult Short Dance Gold

General: In ISU Communication No. 1932, Ice Dance Requirements for Technical Rules Season 2015/2016. Key points will be used. All Key Points & Key Points Features for Pattern Elements are described.

The composition of the Short Dance in the season 2015/16 is as follows: **Waltz plus any number of the following rhythms: Foxtrot, March or Polka.** The requirements for the Junior Short Dance described in ISU Communication 1932 are adjusted for the Adult Competition.

Required Short Dance Elements:

Pattern Dance Element: One (1) sequence of the Starlight Waltz divided into two (2) sections skated one after the other, Section 1 followed by Section 2, with Step # 1 skated on the Judges' left side. The Pattern Dance Elements must be skated on the Waltz Rhythm, in any Waltz style. The tempo of music throughout the Pattern Dance Elements must be constant and in accordance with the required Tempo of the Pattern Dance Element Starlight Waltz i.e., 58 measures of three beats or 174 beats per minute, plus or minus 3 beats per minute.

One (1) Short Lift is required. In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lift, is permitted.

One (1) Not Touching Midline Step Sequence OR Not Touching Circular Step Sequence OR Not Touching Diagonal Step Sequence. Note for Not Touching Circular Step Sequence:-In accordance with Rule 703, paragraph 4, this element can be performed in either the clockwise or anticlockwise direction, utilizing the full width of the ice surface on the short axis of the rink.

One (1) Set of Sequential Twizzles.

All Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance.

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted. A couple 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.

Waltz Rhythms as well as Foxtrot, March and Polka Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995.

Specifications: The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003. The concept and choreography must produce the feeling of a unified dance. The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance – there should not be the feeling that the rhythms are just put together without thought of how they fit together.

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges.

Music for the entire Short Dance (including music for specified Pattern Dance Elements) is provided by the couple.

VOCAL MUSIC MAY BE USED.

Duration; maximum 2 minutes 50 seconds but may be less.

Component Factor: 0.8

FREE DANCE

2 categories: General and Bronze

General Requirements for the Free Dance

ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications apply.

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalised.

The music for Free Dance may be vocal and 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 ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they 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 dance moods or a building effect.
- iv) The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Costumes

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.

The Costumes should not hide the bodyline of either skater.

Accessories and Props

Accessories and props not permitted. Costume decorations must be non-detachable. No part of the costume should be used as any support in a lift.

Factors in the Free Dance

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

Skating Skills	1.20
Transitions, Linking Footwork, Movements	1.20
Performance, Execution	1.20
Choreography, Composition	1.20
Interpretation, Timing	1.20

FREE DANCE PROGRAMME REQUIREMENTS

CFD6 General Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 6 seconds and one (1) Long Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 6 seconds each.
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c. A maximum of one (1) Circular Step Sequence in Hold, Style A.
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED.

Duration: The maximum time is 3 minutes and 10 seconds, but may be less.

CFD7 Bronze Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 6 sec.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B.
- c. A maximum of one (1) Dance Spin (Spin or Combination Spin).

VOCAL MUSIC MAY BE USED

Duration: The maximum time is 2 minutes, but may be less.

SOLO DANCE

PATTERN DANCE

4 Categories: Gold, Silver, Bronze and Pre-Bronze

Skaters may enter only 1 category (ie Pre-Bronze, Bronze, Silver or Gold) within each segment of the competition. They are however free to choose the level of each segment individually within the standards listed. For example, a competitor may choose to enter 1 category of pattern dance and a different category in free dance, based on ability.

In case of ties in the Pattern Dance the TTES will decide the outcome. All pattern dances will be judged with Key Points.

Two age categories for Pre-Bronze, Bronze and Silver, one age category for Gold.

Pre-Bronze, Bronze and Silver	Must be 21 but not 38 before 1 st July 2015
	Must be 38 before 1 st July 2015 (no upper age limit)
Gold	Must be 21 before 1 July 2015 (no upper age limit)

SPD1(G) GOLD

Must be 21 before 1 July 2015.

- # 9 Starlight Waltz (2 sequences)
- # 22 Argentine Tango (2 sequences)

SPD2(S) & SPD3(S) SILVER

SPD2(S)	Must be 21 but not 38 before 1 st July 2015
SPD3(S)	Must be 38 before 1 st July 2015 (no upper age limit)

- # 4 European Waltz (2 sequences)
- # 21 Tango (2 sequences)

SPD4(B) & SPD5(B) BRONZE

SPD4(B)	Must be 21 but not 38 before 1 st July 2015
SPD5(B)	Must be 38 before 1 st July 2015 (no upper age limit)

- # 2 Foxtrot (3 sequences)
- Golden Skaters Waltz (2 sequences)

SPD6(PB) & SPD7(PB) PRE BRONZE

SPD6(PB)	Must be 21 but not 38 before 1 st July 2015
SPD7(PB)	Must be 38 before 1 st July 2015 (no upper age limit)

- Golden Skaters Waltz (2 sequences)
- Canasta Tango (2 sequences)

SOLO FREE DANCE

Two age categories for Pre-Bronze, Bronze and Silver, one age category for Gold.

Pre-Bronze, Bronze and Silver	Must be 21 but not 38 before 1 st July 2015
	Must be 38 before 1 st July 2015 (no upper age limit)
Gold	Must be 21 before 1 July 2015 (no upper age limit)

General Requirements for the Free Dance

Please refer to Solo Dance Technical Calling requirements on the NISA website.

As per couples (see above) replacing the words "couple", "partner", "both partners" with "skater" or "the skater" or similar as appropriate and deleting clauses (f) & (g).

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 Costumes 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	1.20
Transitions, Linking Footwork, Movements	1.20
Performance, Execution	1.20
Choreography, Composition	1.20
Interpretation, Timing	1.20

FREE DANCE TECHNICAL REQUIREMENTS

4 categories: Gold, Silver, Bronze and Pre Bronze)

SFD8(G) GOLD

Must be 21 before 1 July 2015. (No upper age limit)

1. Maximum of 1 Combined Pose and 2 single poses. The single poses must be of different types and not the same poses used in the combined pose. (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. 1x set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1 x clockwise and 1 x 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 be marked. Others will be considered within the choreography mark

Duration: max. 3 minutes and 10 seconds, but may be less

SFD9(S) & SFD10(S) SILVER

SFD9(S)	Must be 21 but not 38 before 1 st July 2015
SFD10(S)	Must be 38 before 1 st July 2015 (no upper age limit)

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

Duration: max. 1 minute and 40 seconds, but may be less

SFD11(B) & SFD12(B) BRONZE

SFD11(B)	Must be 21 but not 38 before 1 st July 2015
SFD12(B)	Must be 38 before 1 st July 2015 (no upper age limit)

1. Maximum 1x combination pose (see separate sheet for details of pose / attitude)
2. Maximum 1x circular step sequence utilizing the full ice surface
3. Maximum 1x dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1x set 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 be marked. Others will be considered within the choreography mark

Duration: max. 1 minute and 40 seconds, but may be less

SFD13(PB) & SFD14(PB) PRE BRONZE

SFD13(PB)	Must be 21 but not 38 before 1 st July 2015
SFD14(PB)	Must be 38 before 1 st July 2015 (no upper age limit)

1. Maximum 2 x pose (see separate sheet for details of pose / attitude)
2. Maximum 1x midline step sequence.
3. Maximum 1x dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1x 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 be marked. Others will be considered within the choreography mark

Duration: max. 1 minute and 40 seconds, but may be less

DEFINITION OF POSE & ATTITUDE

POSE A position or stance held for a minimum of 3 seconds (except attitude with change of edge). The maximum duration of a single pose is 6 seconds.

Types of pose are as follows:

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards or backwards or on a curve with the supporting leg extended or slightly bent, the free leg 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
- Stationary or moving, i.e. 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. The maximum duration of a combined pose is 12 seconds.

BRACKNELL 2016 ADULT IJS OPENS, COUPLES AND SOLO DANCE, PATTERN AND FREE DANCE -GENERAL NOTES

CLOSING DATE THURSDAY 10 MARCH 2016

The competition will be held on Monday 18 April 2016 at Bracknell Ice Rink.

Technical Requirements

All technical requirements are as listed under each class.

Rules

The competitions will be held under NISA regulations and are open to eligible members as defined by NISA.

The Committee of Bracknell Ice Skating Club reserves the right to refuse entry without reason or to cancel a competition or combine classes due to insufficient entries.

Entries will not be accepted unless the technical requirements have been properly completed on the entry form.

Entries will be limited determined by the time available and a reserve list will operate up until the day before the draw.

Entry fees will not be refunded for withdrawals after the closing date.

The timetable and draw for skating order will be posted on the BISC website after the closing date.

Please note that all classes are designed to be compatible with NISA BAC/ISU guidelines for adult skating and that skaters may only enter one class from events 1CPD - 5CPD and CSD6 (Gold), CFD7 – CFD8, SPD1 – 7, SFD8 – 14.

Entry fees	Solo Dance	£40 per class
	Couples Dance	£50 per class

To register and enter for any of the events competitors should complete the online entry form. Programme content forms can also be submitted via a link at the same time as the registration and entry form. Please have all skater and coach details to hand as multiple classes can be entered and paid for together. Payment is by PayPal or Debit/Credit card only. Confirmation of registration and entry form details will be emailed to competitors along with receipt of payment. Entry fees will not be refunded for withdrawals after the closing date. Refunds will be via PayPal.

Please note that if the provisional timetable reaches capacity before the official closing date of Thursday 10 March 2016 no further entries will be accepted. All registrations will be recorded with date and time of receipt to ensure that the allocation of places is administered fairly. The reserve list will also be strictly on a date of application received basis. Any reserve list refunds will be by PayPal. Please email bracknellopen@gmail.com if you have any queries.

Music on compact disc only (with an additional copy) will be accepted. THESE SHOULD BE CLEARLY MARKED with name, address and competition and handed in at the club reception table on arrival. There should be just one track recorded.

Trophies must be signed for and held at the winner's risk. They must be returned in good condition to the Trophy Secretary, Bracknell Ice Skating Club by **(date to be confirmed)** or on request.

Flash photography will not be permitted during warm-ups or competitions, either on the ice or at the rink side.

Video photography is allowed with the prior permission of the skaters concerned.
