

NISA SOLO DANCE SERIES 2016/2017

Category	Recommended Entry Requirements Solo Series*	Pattern Dance Short Dance	Free Dance
<u>Beginner</u>	Skate UK Star	Novice Foxtrot (2.seq) Canasta Tango (2 Seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 1</u>	Min Level 1 Field Moves plus Level 1 Compulsory Dance	Rhythm Blues (2 seq) Dutch Waltz (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 2</u>	Min Level 2 Field Moves plus Level 2 Compulsory Dance	BritishWaltz (2 seq) FiestaTango (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 3</u>	Min Level 3 Field Moves plus Level 3 Compulsory Dance	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 4 (Juvenile)</u>	Min Level 4 Field Moves plus Level 4 Compulsory Dance	European Waltz (2 seq) 22 Step (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 5 (Primary)</u>	Min Level 5 Field Moves plus Level 5 Compulsory Dance	14 Step (4 seq.) FoxTrot (4 seq)	1min 30 sec +/- 5 sec. Criteria below
<u>Level 6 (Basic Novice)</u>	Min Level 6 Field Moves plus Level 6 Compulsory Dance	2 Pattern Dances from, Blues (3 seq.) Foxtrot (4 seq) American Waltz (2 seq)	2 min +/- 10 sec. Criteria below
<u>Level 7 (Advanced Novice)</u>	Min Level 7 Field Moves plus Level 7 Compulsory Dance	2 Pattern Dances from, Tango (2 seq) Starlight Waltz (2 seq) Rocker Foxtrot (4 seq)	2.30 min +/- 10 sec. Criteria below
<u>Level 8 (Junior)</u>	Min Level 8 Field Moves plus Level 8 Compulsory Dance	Short Dance Blues	3.0 min +/- 10 sec Criteria below
<u>Level 9 (Senior)</u>	Min Level 9 Field Moves plus Level 9 Compulsory Dance	Short Dance Midnight Blues Steps # 5-14	3 min +/- 10 sec

NB: For Solo Dance Series Competitions there are no mandatory age restrictions in any category.

Pattern Dances: All Pattern Dance Music will be ISU. Except for:

- a) Basic Novice Pattern Dance: # 2 Foxtrot where the skater may opt to chose their own music.
- b) Advanced Novice Pattern Dance: # 4 European Waltz and # 12 Kilian where the skater may opt to chose their own music.

Key Points. There will be no Key Points for the categories of Basic Novice and below.

2 Key Points will be used at Advance Novice

3 Key Points will be used at Junior & Senior.

Junior Short Dance: Blues plus any number of the following Rhythms: **Swing, Hip Hop.**

Rules and Rhythm as per ISU communications 1998 / 2003 and any pertinent up dates. (www.isu.org)

The Pattern Dance Elements must be skated on the Blues Rhythm. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance Blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.

The Step Sequence must be skated on one of the other rhythms e.g. Swing or Hip Hop

Replacing the required elements with,

- 1) Pattern Dance Element: Two sequences of Blues either skated one after another or separately. Step #1 must be skated on different sides of the ice surface.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B*
- 4) One (1) set of sequential twizzles

A Dance Spin is not a Required Element. Nevertheless a Dance Spin or spinning movement may be skated outside the step sequence on one foot or two with any number of revolutions as part of the chosen choreography. These movements will be ignored by the Technical Panel and the Judging Panel will not consider these movements as one of the permitted stops.

Senior Short Dance: Blues, plus any number of the following Rhythms: **Swing, Hip Hop.**

Rules and Rhythms as per ISU Communications 1998 /2003 and any pertinent updates (www.isu.org)

The Pattern Dance Element must be skated on the Blues Rhythm, in the style of the Midnight Blues. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance Blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.

The Step Sequence must be skated on one of the other rhythms e.g. Swing or Hip Hop

Replacing the required elements with,

- 1) One (1) Pattern Dance Element comprising (steps # 5-14) of the Midnight Blues with Step # 5 skated on the opposite side to the Judges, skated to the pattern of the Midnight Blues.

2) One (1) Partial Step Sequence :-

Pattern: approximately one half circuit of the ice surface starting immediately after original prescribed Step #14 of the Midnight Blues and finishing at approximately the same point as the original prescribed Step #5 of the Midnight Blues;

- duration: any exact number of musical measures;

The Partial Step Sequence must be skated to the same Tune and Tempo as the PDE Midnight Blues. The Level of the Step Sequence shall be given using the Characteristics of Levels Style A

3) One Midline, Diagonal or Circular Step Sequence skated **to a different rhythm than the Blues**. The Level of the Step Sequence shall be given using the Characteristics of Levels Style **Style B***

4) One (1) Pose/Combination Pose (NB Attitudes are Poses)

4) One (1) set of sequential twizzles

A Dance Spin is not a Required Element. Nevertheless a Dance Spin or spinning movement may be skated outside the step sequence on one foot or two with any number of revolutions as part of the chosen choreography. These movements will be ignored by the Technical Panel and the Judging Panel will not consider these movements as one of the permitted stops

NB. Junior & Senior Short Dance. A Dance Spin performed in the Partial Step Sequence for Senior and \ or in the Step Sequence for Junior and Senior shall be considered by the Judges as a Stop, which will be considered as a Not Permitted Element.

For both the Junior and Senior Short Dances, the Blues, Hip Hop, and Swing Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995 and subsequent updates.

Vocal Music is permitted.

Duration of the Short Dance : 2 minutes 50 sec +/- 10 secs.

Free Dance Elements

NB: For Free Dances of 1 minute 30 second +/- 5 sec. A change of Tempo and Expression **is not required.**

For Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression **is required**

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

Beginner & Levels 1, 2, 3 :

1. 1 (one) Pose ,
2. 1 (one) Straight Line Step Sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin (combined spin not permitted)
4. 1 set of Sequential Twizzles with not 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.

Juvenile

1. 1 (one) Single Pose
2. 1 (one) Straight Line Step Sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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.

Primary

1. 1 (one) Single Pose.
2. 1 (one) Straight Line Step Sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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 (one) Single Pose.
2. 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) Curved Step Sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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 (one) Combination Pose **or** 2 (two) Single Poses. No Pose of the same type may be repeated. If performed the Single Poses must be separated by more than 3 steps between them.
2. 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) Curved Step Sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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

JUNIOR

1. 1 (one) Combination Pose **or** 2 Single Poses. No Pose of the same type may be repeated. If performed the Single Pose(s) must be separated by more than 3 steps between them.
2. 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface.
4. 1 (one) Dance Spin only
5. 1 (one) 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.

In programs requiring two Step Sequences the Level of the first performed Step Sequence shall be given using the Characteristics of Levels Style A **and the second Step Sequence evaluated using the Characteristics of Levels Style B.**

SENIOR

1. 1 (one) Combination Pose and 1 (one) Single Pose **or** 3 Single Poses. No Pose of the same type may be repeated. If performed The Combination Pose and the Single Pose(s) must be separated by more than 3 steps between them
2. 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 (one) Curved (Circular or Serpentine) step sequence utilizing the full width of the ice surface.
4. 1 (one) Dance Spins only.
5. 1 (one) set of Sequential Twizzles with no more than 3 steps 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.

In programs requiring two Step Sequences the Level of the first performed Step Sequence shall be given using the Characteristics of Levels Style A **and the second Step Sequence evaluated using the Characteristics of Levels Style B.**

Skaters **in all events** should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2016** (downloadable from the ISU website www.isu.org) and all pertinent ISU Communications where further details and clarifications can be found.

Skaters are also advised to consult the Solo Dance Key Points and Technical Calling Requirements which are available via the NISA website www.iceskating.org.uk

CATEGORIES OF POSE

The basic categories of poses are listed below.

Difficult\ original\ imaginative variations are encouraged and accepted e.g. a hydroblade is considered a difficult variation of a Tea Pot / Shoot the Duck, a Beilmann is a difficult variation of an Attitude.

To be of a different Type a Pose must be skated on a different edge to the earlier Pose.

- 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) ie Biellmann
- 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.

Single Pose

A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is 7 seconds.

Combination Pose -

A position or stance composing of 2 different types of Single Pose combined and each attained and held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of pose. The maximum duration of a combination pose is 12 seconds.

Entry Criteria for the Solo Dance Series Competitions.

Beginner	NISA UK Passport	But not Level 1 CD
Level 1	Level 1 CD and Level 1 FM	But not Level 2 CD
Level 2	Level 2 CD and Level 2 FM	But not Level 3 CD
Level 3	Level 3 CD and Level 3 FM	But not Level 4 CD
Juvenile	Level 4 CD and Level 4 FM	But not Level 5 CD
Primary	Level 5 CD and Level 5 FM	But not Level 6 CD
Basic Novice	Level 6 CD and Level 6 FM	But not Level 7 CD
Advanced Novice	Level 7 CD and Level 7 FM	But not Level 8 CD
Junior	Level 8 CD and Level 8 FM	But not Level 9 CD
Senior	Level 9 CD and Level 9 FM	

To co-ordinate the Solo Dance Series and ISU couples criteria,

In the Basic Novice category there is no maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1st of July 2016.

In the Advanced Novice category there is no maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1st of July 2016.

In the Junior category there is no maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1st of July 2016

Entry Criteria For British Solo Championships 2016/2017:

The top ranking 24 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	Level 4CD, 4FD, 4FM	Age: Not reached the age of Ladies 12, Men 13 before 1 st July 2016
Primary	Level 5CD, 5FD, 5FM	Age: Not reached the age of Ladies 13, Men 14 before 1 st July 2016
Basic-Novice	Level 6CD, 6FD, 6FM	Age: Not not reached the age of Ladies 14, Men 15 before 1 st July 2016
Advanced Novice	Level 7CD, 7FD, 7FM	Age: Not reached the age of Ladies 15, Men 17 before 1 st July 2016
Junior	Level 8CD, 8FD, 8FM	Age: Not reached the age of Ladies 19, Men 21 before 1 st July 2016
Senior	Level 9CD, 9FD, 9FM	Age: Not reached the age of Ladies 29, Men 29 before 1 st July 2016

For automatic qualification to the British Solo Championships competitors will be required to have skated in at least two qualifying Solo Series Competitions at different events.

Qualification for British Solo Championships

The qualifying scores will be calculated according to the table below. All scores must be obtained at a Solo Dance Series Competition during the 2016-2017 season in the category the skater wishes to enter at the championships.

Category	PD / SD		FD		
Juvenile	best single PD score	+	best FD score	=	Qualifying score
Basic Novice	best single PD score	+	best FD score	=	Qualifying score
Advanced Novice	best single PD score	+	best FD score	=	Qualifying score
Junior	best Short Dance Score	+	best FD score	=	Qualifying score
Senior	best Short Dance Score	+	best FD score	=	Qualifying score

Based on the Qualifying scores, the top 24 skaters in each category will be invited to take part in the British Solo Dance Championships 2016/2017. Should any of these skaters not wish to take part (or there is vacancy in the warm up groups) the place(s) will be offered to the next highest skater(s) below the automatically qualifying group drawn from a ranking list based on the scores of the skaters who have taken part in the Solo Dance Series.