



National Ice Skating Association of UK Ltd

NISA BRITISH SOLO ICE DANCE OPEN COMPETITIONS AND CHAMPIONSHIPS REQUIREMENTS CRITERIA 2008 (Ref 24)

TEST REQUIREMENTS AS AT THE CLOSING DATE OF EACH EVENT. THE AGE CRITERIA SHOWN BELOW APPLIES TO THE CHAMPIONSHIPS ONLY AND SKATERS MUST NOT HAVE REACHED THE AGE STATED BEFORE 1ST JULY 2008.

The Relative 6.0 scoring method will be used for all Solo Dance events in 2008

Competition Level	Minimum Test Requirement NOTE: (No Maximum Test Requirement)	<u>OPEN COMPETITION REQUIREMENTS</u> May consist of any CD, OD and / or FD shown below. See appendix for full Required Elements.		<u>CHAMPIONSHIP REQUIREMENTS</u> Will consist of One Compulsory Dance Drawn from 2 listed below. Plus an OD and a Free Dance Age limits apply only to Championships		
		COMPULSORY DANCES (See General Note 1/3)	ORIGINAL DANCE	COMPULSORY DANCE (See General Note 1/3)	FREE DANCE	AGE LIMITS
<u>NOVICE</u>	Level 2 Comp .Dance & Variation & F.M. Tests	Dutch Waltz 2 Sequences and / or Fiesta Tango 2 Sequences	1½ minutes +/- 5 secs Hoe Down Any Tempo range	Dutch Waltz 2 Sequences OR Fiesta Tango 2 Sequences	1min 30secs + / - 5secs	12
<u>PRIMARY</u>	Level 3 Comp Dance & O.D. & FM Tests	Swing Dance 1 Sequence and / or Foxtrot 2 sequences	1½ minutes +/-5 secs Samba Rhythm Tempo range 50 -60 measures/min (100 -120 beats/minute at 2 /4 time of 2 beats per measure)	Swing Dance 1 Sequence OR FoxTrot 2 Sequences	1min 30secs + / - 5secs	14



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<u>JUNIOR</u>	Level 5 Comp. Dance & O.D. & F.M. Tests	European Waltz (See below) and / or Rocker Foxtrot 3 Sequences	2 minutes +/- 5 secs Rock & Roll Rhythm tempo range 40– 50 measures/min(160 -200 beats/minute 4 / 4 time)	European Waltz (See below) OR Rocker Foxtrot 3 Sequences	2mins + / - 5secs	16
<u>INTER MEDIATE</u>	Level 7 Comp. Dance & O.D. & Level 5 F.M. Tests	Blues 3 Sequences and / or American Waltz (See below)	2 mins +/- 5 seconds Cha Cha Rhythm Tempo range 29 to 34 measures 116 –136 beats/minute.	Blues 3 Sequences OR American Waltz (See below)	2mins + / - 5secs	18
<u>SENIOR</u>	Level 9 Part One Comp. Dance & Level 9 O.D. & Level 5 F.M. Tests	Kilian 4 Sequences and / or Viennese Waltz 2 Sequences	2 mins 30secs +/-10 secs Tango. One, two or three types of Tango may be used. If two are used one may be repeated. Variation of tempo is allowed. SEE ISU 1391 Pg 6 FOR GENERAL RULES	Kilian 4 Sequences OR Viennese Waltz 2 Sequences	3mins + / - 10secs	24

NB In the European Waltz and American Waltz one circuit will be skated on rinks 60m x 30m & above (ie Two lobes) and one & a half circuits on rinks below 60m x 30m(ie One lobe)



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NEW OPEN COMPETITION EVENT:

The new separate Juvenile solo category below is a competition only event which could be held in association with an Open or in conjunction with some other event or could be a stand alone event. It is expected skaters will enter this event before advancing to the main Solo series.

	<u>Minimum Test Requirements</u> (No maximum)	<u>Compulsory Dances</u>	<u>Variation Dance</u>	<u>Free Dance</u>
NEW CATEGORY <u>JUVENILE</u>	Level 1 Comp Dance & Variation & FM Tests	Novice Foxtrot 1 circuit and / or Canasta Tango 2 Sequences NB See note below	A Variation Dance to a Rhythm Blues 8-12 bars 2 sequences as per the 2007 NISA Ice Dance Manual	1min 30secs + / - 5secs. To include either a Mid-Line OR Diagonal step sequence Using the full length of the rink Plus One spin (min 3 revs on one foot) Plus One Twizzle, minimum One rotation Plus good timing, expression and simple step movements

NOTICE TO EVENT ORGANISERS: Clubs may decide to offer this category as separate events or combine two or even three sections. For example they may want to offer a competition with one or two of the listed Compulsory Dances plus events for Variation Dance and / or events for Free Dance. Alternatively they may wish to follow previous solo series practice and combine one dance with a Variation while offering a Free Dance event as a separate competition.

Experience shows Free Programmes tend to be developed as the season progresses.

Whatever Organisers decide the Ice Dance Technical Committee reserve the right, should the need arise, to nominate which Compulsory Dance is to be skated in an Open in order to ensure skaters have an even spread of opportunity throughout the season. Similarly the Committee will liaise with Organisers on the make up of any combined events.



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GENERAL NOTE: 1

1. Skaters will only be allowed to compete in one Championship category.
2. Warm ups in the Opens and Championships will be 3 mins and groups will usually number a maximum of 8 at the Referee's discretion.
3. The number of dance sequences shown above will be used for Opens and for the Championships.
4. Factors:-For Opens: Two Compulsory Dances 0.2 each: Original Dance 0.6: Free Dance 1.0
For Championships: One Compulsory Dance 0.4: Original Dance 0.6: Free Dance 1.0
Original Dance --Presentation Mark determines ties (No 544 Para 3b).Free Dance -- Presentation Mark determines ties (No 544 Para 3b)

SOLO OPENS & CHAMPIONSHIPS 2009: Entry requirements for 2009 are subject to annual review

APPENDIX 1

ORIGINAL DANCE ALL STANDARDS REQUIRED ELEMENTS.

1. ALL SECTIONS:

TWIZZLES: ONE set of twizzles: (Additional sets of twizzles are permitted but only the **FIRST** performed **SET** of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of Twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & **ONE** anti clockwise with rotations as listed ie.

NOVICE & PRIMARY: minimum **TWO** (2) continuous rotations-

JUNIOR , INTERMEDIATE & SENIOR: minimum **THREE** (3) continuous rotations-

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than **ONE** (1) step between the two twizzles. (See Appendix 3).

2. **STEPS: ONE** Mid -Line step sequence skated along the full length, barrier to barrier, on the centre (long) axis of the rink must be included

3. **SPINS: ONE** spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

4. Except during the step sequence, the pattern of the dance must proceed in a generally constant direction, either clockwise or anti clockwise and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 metres of the end barriers). Loops in either direction are permitted provided they do not cross the centre line. A modest infringement of the centre regulation will be allowed only on rinks which are less than standard (60m x 30m) size.

NB:1/ SENIORS: For the Tango ladies may wear trousers.(this is an exception to ISU Rule 512 of 2004)



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N.B:2/ ALL O.D. SECTIONS: The ORIGINAL DANCE should have an emphasis on footwork and include interpretive steps. Jumps of no more than a half revolution can be included. However during the required step sequence jumps, spins, stops or pirouettes are not allowed.

N.B: 3/ Touching the ice with hand(s) is NOT PERMITTED.

Toe steps, kneeling or sliding on two knees and/or performing a full split position on the ice IS PERMITTED IF NOT USED EXCESSIVELY

APPENDIX 2 FREE DANCE REQUIRED ELEMENTS.

1. ALL SECTIONS:

TWIZZLES: ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & ONE anti clockwise with rotations as listed ie.

NOVICE & PRIMARY minimum TWO (2) continuous rotations

JUNIOR, INTERMEDIATE & SENIOR: minimum THREE (3) continuous rotations

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than THREE (3) steps between the two twizzles. (See Appendix 3).

2. NOVICE AND PRIMARY

STEPS: ONE Diagonal step sequence skated fully corner to corner of the rink must be included.

SPINS; ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

3 . JUNIOR, INTERMEDIATE AND SENIOR*

STEPS: 1. ONE Serpentine step sequence commencing in either direction at the centre (long) axis at one end of the rink and progressing in THREE bold curves OR

in TWO bold curves (S-Shaped) and ending at the centre (long) axis of the opposite end of the rink; pattern using the full width of the rink must be included

(Reference ISU Communication No.1449 Page 6)



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2* SENIORS ONLY: A second step sequence must be included and skaters must choose to skate either a Midline or Diagonal step sequence, fully end to end.

SPINS: TWO spins only must be included. Minimum 3 revolutions on one foot before any change of foot.

Each spin must be from a different category a/ Upright b/ Sit or c/ Camel as per ISU 1449 Page 14

NB. ALL FREE DANCE SECTIONS:

1. Jumps, spins, stops and pirouettes are not allowed during the Free Dance step sequence.
2. Whilst there are no restrictions on the number of half revolution jumps, skaters may also include one jump of no more than one revolution.

APPENDIX 3 TWIZZLES. ORIGINAL DANCE and FREE DANCE

1. See ISU Special Regulations Ice Dancing 2002 Rule N0 504, 14 (a) page 11
2. The set of twizzles should be clearly defined as a Required Element in both the Original Dance and Free Dance.
3. The inclusion of an excessive number of twizzles will affect the balance of a programme and could lead to deductions.

APPENDIX 4 ORIGINAL and FREE DANCE MUSIC

1. Music containing vocals is permitted and Musical introductions for O.D. may be without a beat or melody for 10secs maximum .
2. It is important that skaters have a spare copy of music readily available at all events
3. Original Dance music should have a rhythmic beat appropriate to the required rhythm and the skater must skate to it and not to the melody alone.
4. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.
5. If more than one piece of music is used for the Original and / or the Free Dance care should be taken to ensure the duration of each piece is approx balanced.



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6. All music must be clean & of good quality , be the only recording on the disc, show clearly the skaters name, programme type and exact total running time (not skating time).
7. Duration of programmes: Time reckoned from the moment the skater begins to move or skate until they arrive at a complete stop at the end of the programme (extended sliding finishes after music has ended can result in deductions if the skater is still moving after time allowed)

GENERAL NOTE: 2

1. **FEATURES:** We encourage skaters to include such extra features as Spreads, Toe Steps, Ina Bauers, Shoot the Duck, Drags and a variety of turns on one foot in their programmes to demonstrate their flexibility and skating skills which are such an important part of any performance.

2. **CLOTHING:** See ISU Rule 512 Special Regulations Ice Dancing 2004 (See Appendix 1 NB 1 above)

3. **NOTICE TO COACHES:** Coaches are reminded that only N.I.S.A. Licensed Coaches may enter pupils in NISA permitted events.

4. NOTICE TO EVENT ORGANISERS:

Clubs may decide to offer the Solo series competitions separately or combine two or even three sections.

For example they may want to offer a competition with one or two compulsory dances plus events for Original Dance and / or events for Free Dance. Alternatively they may wish to follow previous practice and combine one dance with an OD while offering any Free Dance events as separate competitions.

Experience shows Free Programmes tend to be developed as the season progresses.

Whatever Organisers decide the Ice Dance Technical Committee reserve the right, should the need arise, to nominate which Compulsory Dance is to be skated in an Open in order to ensure skaters have an even spread of opportunity throughout the season. Similarly the Committee will liaise with Organisers on the make up of any combined events.5. The dance to be skated in the Championships will be drawn by the Technical Committee by the closing date of entry.