



**BRITISH SOLO**  
**ICE DANCE CHAMPIONSHIPS**  
**2015/2016**

**22<sup>nd</sup> to 26<sup>th</sup> June 2016**

**at**  
**IceSheffield**

**CLOSING DATE: Friday 27<sup>th</sup> May 2016 AT 5 PM**

## **BRITISH SOLO ICE DANCE CHAMPIONSHIPS 2015/2016**

To be eligible to enter the 2015/2016 Solo Ice Dance Championships, all skaters must meet the following criteria:

- Be a British Citizen or Resident in UK continuously for a minimum of 1 year prior to closing date
- Eligible or Retained Eligible skater who has completed all appropriate paperwork
- Hold required standard for event (see below)
- Meet age requirements for standard (see below)
- Have competed in a minimum of 2 events designated as part of the 2015/16 Solo Dance Series. Withdrawal before an event will result in this event being discounted in terms of qualification for the Championship. Skaters can choose to enter either PD/ SD and/ or FD in the 2 events. However failure to do both a PD/SD segment and a FD segment will affect the skaters ranking in the Solo Dance Series.
- Skaters can enter only 1 Championship event.
- The Championships 2016 will be judged using the IJS judging system with Key Points at all levels.
- As per previous years any vacant warm up slots may , at the descretion of NISA, be filled by inviting by the skater next in line on the ranking list for each category, fulfilling both the age and minimum test requirements. The ranking lists will based on the best scores ( PD/SD and FD) achieved in the Solo Series Competitions.

### **SOLO DANCE SERIES EVENTS in 2015/2016**

As per the provisional announcements, the Series events for the 2015/2016 season are as follows:

Bradford	29 <sup>th</sup> February – 2 <sup>nd</sup> March 2016
Lee Valley	7 <sup>th</sup> - 8 <sup>th</sup> March 2016
Bracknell	19 <sup>th</sup> – 20 <sup>th</sup> April 2016
Murrayfield	29 <sup>th</sup> April – 4 <sup>th</sup> May 2016
Slough	9 <sup>th</sup> – 10 <sup>th</sup> May 2016
Streatham	TBA.



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**MINIMUM STANDARD AND AGE REQUIREMENTS**

The following standard and age requirements are applicable **ONLY** to the British Solo Ice Dance Championships. They do not apply and may differ from the requirements for entry into events which form the Solo Dance Series 2015/16. Skaters should check the Solo Dance Series announcements for clarification of the requirement for these events.

<u>LEVEL</u>	<u>STANDARD</u> To be achieved by closing date for Championships	<u>AGE</u>
JUVENILE	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 4 FM and</li> <li>• Level 4 Pattern Dance and</li> <li>• Level 4 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 12 before 1 <sup>st</sup> July 2015  <u>Men</u> – Must not have reached the age of 13 before 1 <sup>st</sup> July 2015
PRIMARY	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 5 FM and</li> <li>• Level 5 Pattern Dance and</li> <li>• Level 5 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 13 before 1 <sup>st</sup> July 2015  <u>Men</u> – Must not have reached the age of 14 before 1 <sup>st</sup> July 2015
BASIC NOVICE	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 6 FM and</li> <li>• Level 6 Pattern Dance and</li> <li>• Level 6 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 14 before 1 <sup>st</sup> July 2015  <u>Men</u> – Must not have reached the age of 15 before 1 <sup>st</sup> July 2015
ADVANCED NOVICE	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 7 FM and</li> <li>• Level 7 Pattern Dance and</li> <li>• Level 7 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 15 before 1 <sup>st</sup> July 2015  <u>Men</u> – Must not have reached the age of 17 before 1 <sup>st</sup> July 2015
JUNIOR	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 8 FM and</li> <li>• Level 8 Pattern Dance and</li> <li>• Level 8 Free Dance</li> </ul>	<u>Ladies</u> – Must not have reached the age of 19 before 1 <sup>st</sup> July 2015  <u>Men</u> – Must not have reached the age of 21 before 1 <sup>st</sup> July 2015
SENIOR	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 9 FM and</li> <li>• Level 9 Pattern Dance and</li> <li>• Level 9 Free Dance</li> </ul>	<u>Ladies and Men</u> Must not have reached the age of 29 before 1 <sup>st</sup> July 2015

## TECHNICAL CRITERIA FOR THE BRITISH SOLO DANCE CHAMPIONSHIPS

Category	Pattern Dance / Short Dance	Free Dance
<u>Juvenile</u>	European Waltz (2 seq.) 22 Step (2 seq.)	1 min 30 sec +/- 5 sec.  Criteria below
<u>Primary</u>	14 Step (4 seq.) Foxtrot (4 seq.)	1min 30 sec +/- 10 sec.  Criteria below
<u>Basic Novice</u>	2 dances drawn from: Foxtrot (4 seq.) Blues (3 seq.) American Waltz (2 seq.)	2 min +/- 10 sec.  Criteria below
<u>Advanced Novice</u>	2 dances drawn from: Tango ( 2 seq.) Starlight Waltz (2 seq.) Rocker Foxtrot (4 seq.)	2.30 min +/- 10 sec.  Criteria below
<u>Junior</u>	Short Dance Starlight Waltz	3.0 min +/- 10 sec  Criteria below
<u>Senior</u>	Short Dance Starlight Waltz	3 min +/- 10 sec  Criteria below

Skaters must skate all segments when competing in the British Solo Dance Championships. There will be a separate Championship for Men and Ladies at each level.

All pattern dance music will be ISU with the exception of the following

- a) Basic Novice Pattern Dance: # 2 Foxtrot and # 24 Blues where the skater may opt to chose their own music.
- b) Advanced Novice Pattern Dance: # 9 Starlight Waltz and # 21 Tango where the skater may opt to chose their own music.

The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. 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) plus or minus 2 beats per minute, except Starlight Waltz which is plus or minus 3 beats per minute.

## **Technical Requirements Junior and Senior Short Dances.**

**Junior Short Dance: Waltz**, plus any number of the following Rhythms: **Foxtrot, March, Polka**. Rules and Rhythms as per ISU communications 1932 / 1937 and any pertinent up dates. ([www.isu.org](http://www.isu.org))

The Pattern Dance Elements must be skated on the Waltz Rhythm, in any Waltz style. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance Starlight Waltz, i.e. 58 measures of three beats or 174 beats per minute, plus or minus 3 beats per minute.

Replacing the required elements with,

- 1) Pattern Dance Element: Two sections of Starlight Waltz. Section 1 (steps #1-17) and Section 2 (steps #18 - 32), skated one after the other with Step #1 skated on the judges' left side..
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence in Style A
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be included as choreographic element.

**Senior Short Dance: Waltz**, plus any number of the following Rhythms: **Foxtrot, March, Polka**

Rules and Rhythms as per ISU Communications 1932 /1937 and any pertinent updates ([www.isu.org](http://www.isu.org))

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

The Partial Step Sequence must be skated on one of the other Rhythms selected for the season, in the style of that Rhythm. The tempo of the music throughout the Partial Step Sequence is not specified but must be constant

Replacing the required elements with,

- 1) One (1) Pattern Dance Element: Two sections of the Starlight Waltz Section 1 (steps # 1-17) and Section 2 (steps # 18-32) with Step # 1 skated on the Judges' left side.
- 2) One (1) Partial Step Sequence :- pattern: one full circuit of the ice surface starting immediately after the mandatory stop (i.e. the Partial Step Sequence cannot start from the beginning of the program) and finishing at the same point in Style B\*.
- 3) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be included as choreographic element.

**For both the Junior and Senior Short Dances, the Waltz, Foxtrot, March and Polka Rhythms** are described in the ISU Ice Dance Music Rhythms Booklet 1995.

Vocal Music is permitted.

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

## **FREE DANCE**

### **TECHNICAL REQUIREMENTS**

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

#### **Juvenile**

1. 1 (one) Single Pose
2. 1 (one) Straight Line Step Sequence. (skated barrier to barrier) in 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 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

#### **Primary**

1. 1 (one) Combination Pose.
2. 1 (one) Straight Line Step Sequence skated. (barrier to barrier) in 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 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

#### **Basic-Novice**

1. 2 (two) separate Single Poses with more than 3 steps between them
2. 1 (one) Straight Line or Curved Step Sequence. (barrier to barrier) in 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 1<sup>st</sup> 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 and 1 (one) Single Pose. The Combination Pose and the Single Pose 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 in 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 1<sup>st</sup> 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 and 2 (two) Single Poses. The Combination Pose and the Single Poses must be separated by more than 3 steps between them.
2. 1 (one) Straight Line Step Sequence ( Mid Line or Diagonal) utilizing the full ice surface
3. 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full 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 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

The 1<sup>st</sup> performed step Sequence shall be in Style A and the 2<sup>nd</sup> performed step sequence shall be in Style B.

## **SENIOR**

1. 1 (one) combination pose and 2 (two) Single Poses. The Combination Pose and the Single Poses must be separated by more than 3 steps between them.
2. 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) utilizing the full ice surface
3. 1 (one) Curved (Circular or Serpentine) step sequence utilizing the full 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 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

The 1<sup>st</sup> performed step Sequence shall be in Style A and the 2<sup>nd</sup> performed step sequence shall be in Style B.

Skaters **in all events** should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2014** (downloadable from the ISU website [www.isu.org](http://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](http://www.iceskating.org.uk)

### **OFFICIAL PRACTICE**

There will be **no Official Practice sessions** at this event. Hence there will be no restriction on practice after the draw for this event. Skaters are free to practice wherever and whenever they choose for these events.



## DEFINITION OF POSE

**POSE** A position or stance held and attained for a minimum of 3 seconds.

Types of pose are as follows:

- **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
- **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/DRAK** – 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 6 seconds.

### **Combination Pose** -

A position or stance composing of 2 different types of poses 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.

To be called as two separate poses the poses must have more than 3 steps between them.

Please see the Technical Calling Requirements for Solo Dance for more information please visit [www.iceskating.org.uk](http://www.iceskating.org.uk)