



British Ice Skating – National Solo Dance Criteria 2023/24
UPDATED 19TH JANUARY 2024

Category	Pattern Dance / Rhythm Dance	Free Dance
Young Stars Beginner	Novice Foxtrot (2 seq) Rhythm Blues (3 seq)	1 min 30 sec +/- 10 secs
Young Stars Juvenile	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)	1 min 30 sec +/- 10 secs
Basic Novice	Per ISU Solo Dance Requirements	Per ISU Solo Dance Requirements
Intermediate Novice		
Advanced Novice		
Junior		
Senior		

IMPORTANT INFORMATION

Skaters may only compete in one Championship in each season. Therefore, a skater who enters the British Adult Championships (i.e. Adult Nationals) is not eligible to skate in the British Solo Ice Dance Championships, or vice versa. For the sake of clarity, however, there is no restriction on skaters participating in Open Competitions in both Adult and Solo Dance categories.

Where reference is made to ‘ISU Solo Dance Requirements’, this refers to the latest ISU communications published on the ISU website containing the ISU Solo Dance criteria and technical rules, as amended from time-to-time. It is the responsibility of the skater/coach to ensure they are up to date with the latest ISU communications and any updates to those communications.

The Ice Dance TAC would like to draw particular attention to the Senior age requirement for the British Solo Ice Dance Championships 2024, which has been increased to 16 in line with ISU Rule 108, para 3(a)(ii).

Please note that the Ice Dance TAC propose to further increase the age requirement to 17 in the 2024/2025 season to reflect ISU Rule 108, para 3(a)(iii).

NOTE: Beginner - Advanced Novice Pattern Dance Requirements:
At Solo Dance Series Qualifier Events, one (1) Pattern Dance will be skated. The Pattern Dance will be drawn at the same time as the starting order and announced by the organising committee.
At the British Solo Ice Dance Championships 2024, two (2) Pattern Dances will be skated.

1.1 GENERAL INFORMATION

Entry Criteria - Solo Dance Series Qualifier Events

- There are no mandatory age or test restrictions in any category, all skaters may compete at any level they wish to compete at.
- Women and Men will be combined for all levels.

Entry Criteria - British Solo Ice Dance Championships 2024

- All skaters must meet the age and test requirements as set out below.
- All skaters must have competed in at least one of the solo dance series qualifier events in the same category they plan to compete in at the British Solo Ice Dance Championships.
- Following the end of the solo dance series qualifier events, the top 24 skaters from each category in the national standings will qualify for the British Solo Ice Dance Championships.
- The national standings will be calculated based upon each skater's best overall score obtained at any of the solo dance series qualifier events in the 2023/24 season and skaters will be ranked accordingly.
- If two or more skaters have the same result, the Total Elements Score will break the tie in the Rhythm Dance and Pattern Dance(s). The Program Components Score will break the tie in the Free Dance. If these results are also equal, the Skaters concerned will be considered as tied.
- Women and Men will be combined for all levels.

Category	Test Requirements	Age requirements from 01/07/2023
Young Stars Beginner	Minimum: Skate UK Star Maximum: Level 1 FM/Skills	Has not reached the age of ten (10)
Young Stars Juvenile	Minimum: Level 1 PD +FD + FM or Level 1 Skills Maximum: Level 3 FD + FM or Level 2 Skills	Has not reached the age of eleven (11)
Basic Novice	Minimum: Level 3 PD + FD + FM or Skills	Has not reached the age of thirteen (13)
Intermediate Novice	Minimum: Level 5 PD + FD + FM or Level 4 Skills	Has not reached the age of fifteen (15)
Advanced Novice	Minimum: Level 7 PD + FD + FM or Level 5 Skills	Has reached the age of ten (10) and has not reached the age of seventeen (17)
Junior	Minimum: Level 8 PD + FD + FM or Level 6 Skills	Has reached the age of thirteen (13) and not yet reached the age of nineteen (19)
Senior	Minimum: Level 9 PD + FD + FM or Level 7 Skills	<u>Has reached the age of sixteen (16)</u>

2.1 PATTERN DANCE INFORMATION

All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct them to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.

Skaters shall provide their own music for all Pattern Dances. Beginner and Juvenile Pattern Dance Music is ISU Ice Dance Music and will be played in order of skate tunes 1-5. For Basic Novice and above, please refer to the ISU Solo Dance Requirements.

Each skater's music for the official practice will be played for both Pattern Dances (Each skater skates the first Pattern Dance to their own music and then each skater skates the second dance to their own music)

Warm-up **2** minutes, max 6 skaters. The first 30 seconds are without music, followed by **1** minutes and 30 seconds of the 6th tune of the ISU Ice Dance music has to be played.

After the completion of the last step of the Pattern Dance, the skater must reach their final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction according to Rule 353, paragraph 1. n) shall apply. 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 plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

CATEGORY	PATTERN DANCE	# OF SEQUENCES	MUSIC	PATTERN	COMPONENTS/FACTORS	WARM UP MUSIC
Young Stars Beginner	Novice Foxtrot	2 sequences	ISU Music	Set Pattern	Timing Presentation	the 6 th (last) tune of the Foxtrot ISU Ice Dance music
	Rhythm Blues	3 sequences	ISU Music	Set Pattern	Skating Skills Factor: 0.7	the 6 th (last) tune of the Blues ISU Ice Dance music
Young Stars Juvenile	Golden Skaters Waltz	2 sequences	ISU Music	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Westminster Waltz ISU Ice Dance music
	Riverside Rhumba	2 sequences	ISU Music	Set Pattern		the 6 th (last) tune of the Riverside Rhumba ISU Ice Dance music
Basic Novice	Fourteenstep	4 sequences	Rhythm: March 2/4 and 4/4; Tempo 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Fourteen Step ISU Ice Dance music
	Tango Canasta	3 sequences	Rhythm: Tango 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute			the 6 th (last) tune of the Tango ISU Ice Dance music
Intermediate Novice	Foxtrot	4 sequences	Rhythm: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beat per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Foxtrot ISU Ice Dance music
	European Waltz	2 sequences	Rhythm: Waltz 3/4; Tempo 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute			the 6 th (last) tune of the European Waltz ISU Ice Dance music
Advanced Novice	Rocker Foxtrot	4 sequences	Rhythm: Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.93	the 6 th (last) tune of the Rocker Foxtrot ISU Ice Dance music
	Starlight Waltz	2 sequences/4 sections Section One: Steps 1-17 Section Two: Steps 18-32	Rhythm: Waltz 3/4; Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute			the 6 th (last) tune of the Starlight Waltz ISU Ice Dance music

2.2 PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2023/24)

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	NO. OF STEPS PER SECTION or SEQUENCE	No. of Steps				
						10%	25%	50%	75%	90%
Young Stars Beginner	Novice Foxtrot	100 bpm	21.0	2 Sequences	18	2	5	9	14	16
	Rhythm Blues	88 bpm	22.0	3 Sequences	16	2	4	8	12	14
Young Stars Juvenile	Golden Skaters Waltz	162 bpm	20.0	2 Sequences	16	2	4	8	12	14
	Riverside Rhumba	104 bpm	27.7	2 Sequences	24	2	6	12	18	21
Basic Novice	Per ISU Solo Dance Requirements									
Intermediate Novice										
Advanced Novice										

2.3 KEY POINTS AND KEY POINT FEATURES FOR PATTERN DANCES SEASON 2023/24

YOUNG STARS BEGINNER AND JUVENILE

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements.

2.4 REQUIREMENTS FOR JUNIOR & SENIOR – RHYTHM DANCE AND FREE DANCE

Per ISU Solo Dance Requirements.

3.1 FREE DANCE REQUIRED ELEMENTS – YOUNG STARS BEGINNER & JUVENILE

Category	Young Stars Beginner	Young Stars Juvenile
Element Features up to Level 1 will be considered for Level		
Dance Edge Element	-	-
Dance Spins - DSp	One (1) Dance Spin – Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater	
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> • At least two Twizzles • Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) 	
Choreographic Elements - ChSt - ChSp - ChTw - ChSl - ChHy	One (1) Choreographic Element, chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Hydroblading Movement	Two (2) different Choreographic Elements, chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Hydroblading Movement

3.2 FREE DANCE REQUIRED ELEMENTS – BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements.

3.3 FREE DANCE – SPECIFICATIONS/RESTRICTIONS 2023/24 – YOUNG STARS BEGINNER & JUVENILE

	Specifications and Restrictions	Violations
Duration	1:30 minutes +/- 10 seconds	Program time: Referee deduction: -0.5 up to every 5 seconds lacking or in excess
Components Factors	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills <p>Factor: 1.0</p>	
Music	<p>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:</p> <p>i) The music must have an audible rhythmic beat and melody, or an audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or at the end of the program, and up to 10 seconds during the program.</p> <p>ii) The music may have at least one change of tempo/rhythm and expression. This change may be gradual or immediate.</p> <p>iii) All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect.</p>	Music Requirements: Referee + Judges deduction: -1.0 per program
Stops	<p>- After the clock has started with the first movement, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</p> <p>- During the program, unlimited stops of up to five (5) seconds are permitted.</p>	Choreography restrictions: Applies to violations outside of elements Referee + Judges deduction: -0.5 per program
Touching the Ice with Hands	Not permitted (except Choreographic Sliding Movement).	
Costume and Prop	<p>- Clothing must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.</p> <p>- Men must wear full length trousers.</p> <p>- Women may wear trousers of any length.</p> <p>- Accessories and props are not permitted.</p>	Costume and prop: Referee + Judges deduction: -0.5 per program

3.4 FREE DANCE – SPECIFICATIONS/RESTRICTIONS 2023/24 – BASIC NOVICE AND ABOVE

Per ISU Solo Dance requirements.

4.1 DEDUCTION CHART – YOUNG STARS BEGINNER AND JUVENILE – Who is Responsible

Description	Penalty	Who is responsible
Program time violation – Free Dance – as per Specifications/Restrictions in section 3.3.	-0.5 for every 5 sec. lacking or in excess	Referee***
Program time violation – Pattern Dance – as per section 2.1.	- 0.5 up to every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose	Referee***
Illegal Elements / Movements / Poses: The following movements and/or poses are illegal in Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in a BIS Communication): a) Jumps of more than half (1/2) a revolution b) Two or more consecutive ½ revolution jumps c) Split Jumps with a toe assisted take off. d) Lying on the ice (except during ChSI) e) Flying entries for Dance Spins f) Illusions	-1.0 per violation	Technical Panel Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Basic Level if the requirements for at least Basic Level are fulfilled and ignored if the minimum requirement for Basic Level are not fulfilled.
Costume / prop violations – as per Specifications/Restrictions above in section 3.3.	-0.5 per program	Referee*** + Judges*
Part of the costume / decoration fall on the ice – as per Rule 501, para 2	-0.5 per program	Referee***
Fall - Kneeling or sliding on two knees or sitting on the ice is not allowed and it will be considered by the Technical Panel as a Fall (Rules 709 and 710, paras 1.k)) unless otherwise specified in a BIS Communication. - A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1).	-0.5	Technical Panel**
Late start – as per Rule 350, para 2 – for start between 1 and 30 seconds late	-0.5	Referee***
Music requirements Free Dance: as per the Specifications/Restrictions in section 3.3. Pattern Dance: as per section 2.1.	-1.0 per program	Referee*** + Judges*
Tempo specifications Pattern Dance: as per section 2.1.	-1.0 per program	Referee***

Description	Penalty	Who is responsible
<p>Interruption in performing the program in excess of 10 seconds</p> <ul style="list-style-type: none"> - more than 10 sec. and up to 20 sec. - more than 20 sec. and up to 30 sec. - more than 30 sec. and up to 40 sec. <p>An interruption is defined as the time elapsed between the moment a skater stops performing the program until the moment they resume performing the program (Rule 503, para 2)</p>	<p>-0.5 -1.00 -1.50</p>	<p>Referee***</p> <p>If the adverse condition can be remedied without delay the skater does not need to report to the Referee and the music continues to play. If the skater resumes skating within 40 seconds, the Referee will apply a deduction as per Rule 353 1n (note: need to adjust to 1/2 original deduction).</p>
<p>Interruption in the program with allowance of up to three (3) minutes to resume from the point of interruption – as per Rule 515, para 3.b)</p>	<p>-2.5</p>	<p>Referee***</p> <p>If the skater does not resume skating within forty seconds, the Referee shall instruct the music to be stopped and allow the skater 3 additional minutes. If the skater resumes skating within this additional period, the Referee shall apply a deduction 5.0 points as per Rules 353 Para 1n (note: need to adjust to 1/2 original deduction). This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes.</p>
<p>Extra Element (ExEl)</p> <p>If an Extra Element is performed in addition to the allowed number of elements from an element group in Free Dance to such element ExEl will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEl and receive a deduction, E.g. ChSt1ExEl</p>	<p>-0.5 per element</p> <p>Element receives no value</p>	<p>Technical Panel identifies the element in accordance with calling specifications.</p> <p>The Technical Controller advises the Data Operator to add to the respective element ExEl and input the respective deduction.</p>
<p>Element not according to the well-balanced program requirements (*)</p> <p>In case there is an incorrect element performed as not according to the requirements.</p>	<p>Element gets NO value but will NOT receive a deduction.</p>	<p>The computer verification identifies elements not according to requirements and applies the asterisk (*).</p> <p>The Technical Controller verifies and authorizes the call.</p>
<p>Violation of choreographic restrictions</p> <p>Free Dance: as per Specifications/Restrictions in section 3.3 (stops and touching the ice with hand(s)).</p>	<p>-0.5 per program</p>	<p>Referee*** + Judges*</p>

* **Referee + Judges:** the deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and the Referee and no deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.

** **Technical Panel:** Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. However, if both Technical Specialists disagree with a correction requested by the Technical Controller, the initial decision of the Technical Specialists stands.

***As the values of these deductions are different from the standard ones provided by Rule 353, paragraph 1.n), the Referee may be required to give specific instructions to the system operator and must check the correct input in each instance.

5.1 EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER – YOUNG STARS BEGINNER AND JUVENILE

Symbol	Action	Explanation
<	reduce by 1 Level, interruption of 1 measure or less in PD.	If the Pattern Dance Element is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the level will be reduced by 1. It is reported on the Judges Details per Skater chart as “<” to indicate an interruption of one (1) measure or less.
<<	reduce by 2 Levels, interruption of more than 1 measure in PD.	If the Pattern Dance Element is interrupted more than one (1) measure (4 or 6 beats based on the PDE), the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details per Skater chart as: “<<” to indicate an interruption of more than 4 beats. Example:
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEl	= -0.5 point deduction for “Extra Element”	Extra Element (ExEl) If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element ExEl will be added and the element receives a deduction.
*	Element gets NO Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*)
F	= Fall in Element, -0.5 per fall	If there is a Fall(s) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button “Fall in Element” and a deduction of -1.0 will apply per each Fall
!	= Choreo Element is identified and does not fulfill all requirements.	If a Choreographic Element is identified and does not fulfil all the requirements, it receives the “!” symbol on the Judges screen and the Judges will apply the appropriate GOE per the GOE chart.

6.1 DEFINITIONS OF CHOREOGRAPHIC ELEMENTS – YOUNG STARS BEGINNER AND JUVENILE

Choreographic Spinning Movement: Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling.

The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee/boot (but not two knees).
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).

Choreographic Sliding Movement: Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body for at least 2 seconds.
- Controlled Sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- Performing basic lunge movement will NOT be considered as a Choreographic Sliding Movement.

Choreographic Twizzling Movement: A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of 2 parts and the following requirements apply:

- for both parts: on one foot or two feet or a combination of both and must travel
- for the first part: at least 2 continuous rotations must be performed
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program.
- Must begin with the skater coming within two meters (6 feet) of the barrier on either side of the rink.
- Must be placed around either the Short Axis or Long Axis and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.
- Touching the ice with any part(s) of the body with controlled movements are allowed in the Character Step Sequence for Advanced Novice, Junior and Senior **only**. (example on two knees. Using both hands, etc).
- Touching the barrier at the start **or** finish is also permitted.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted.
- Dance Spins and Edge Elements are not permitted.

Choreographic Hydroblading Movement: performed anywhere in the program, during which the skater performs hydroblading movements.

The following requirements apply:

- A low movement with the upper body almost parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice.
- If any other part of the body (other than the allowable boot/foot drag of the free leg) touches the ice it may be considered a Choreographic Sliding Movement.
- Movement must be established by the skater for at least 2 seconds.

Note: Beginner and Juvenile only

6.2 DEFINITIONS OF CHOREOGRAPHIC ELEMENTS – BASIC NOVICE AND ABOVE

Per ISU Solo Dance Requirements