



ALISC SOLO DANCE SERIES COMPETITIONS 6th and 7th June 2022

Aberdeen Linx Ice Skating Club welcome entries for the above competitions, the details of which and link to the relevant entry form can be found below.

CLOSING DATE FOR ENTRIES: Friday 22nd April 2022 at 6:00pm

Aberdeen Linx Ice Arena, Links Road, Aberdeen, AB24 5NR

Aberdeen Solo Dance Series 2021/2022

Category	Pattern Dance* / Rhythm Dance	Free Dance
Beginner	Novice Foxtrot (2 seq) Rhythm Blues (3 seq)	1 min 30 sec +/- 5 secs
Juvenile	Dutch Waltz (2 seq) Tango Canasta (3 seq)	1 min 30 sec +/- 5 secs
Basic Novice	Foxtrot (4 seq) Rhythm Blues (3 seq)	1 min 30 sec +/- 5 secs
Intermediate Novice	Starlight Waltz (2 seq) Foxtrot (4 seq)	2 min +/- 10 secs
Advanced Novice	Starlight Waltz (2 seq) Blues (3 seq)	2 mins 30 secs +/- 10 secs
Junior	Rhythm Dance Blues 2 min 50 sec +/- 10 secs	3 min +/- 10 secs
Senior	Rhythm Dance Midnight Blues 2 min 50 sec +/- 10 secs	3 min 30 sec +/- 10 sec

***One (1) Pattern Dance will be drawn from each category for each Solo Dance Series event. Applicants will be notified of the results of the draw by email approximately 6 weeks prior to the event. The information will also be added to our Facebook page.**

For Solo Dance Series Competitions, there are no mandatory age restrictions or test requirements in any category.

Women and Men will be combined for all levels, there will not be separate events for each category.

For Free Dances of 1 minute 30 seconds +/- 5 sec, a change of Tempo and Expression is optional.

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

RULES & REGULATIONS

ABERDEEN SOLO DANCE SERIES COMPETITION

6th / 7th June 2022

COMPETITION REGULATIONS

Competition held under BIS Regulations and Permit

**CLOSING DATE FOR ENTRIES:
Friday 22nd April 2022 at 6:00pm**

Entry forms are submitted electronically. A fully completed form must be submitted for each skater. The entry form is available by clicking the following link: [Solo Dance Entry Form 2022](#)

Programme Components:

These must be completed and submitted as part of the entry form. Entry forms are submitted electronically by clicking the following link. [Solo Dance Entry Form 2022](#)

Results:

The determination and publication of the results will be done according to ISU Special Regulations & Technical Rules for Single & Pair Skating and Ice Dance 2016, Rules 352 and 353.

British Ice Skating membership number MUST be provided or entries will not be accepted. Payment must be received in FULL by 6:00pm on Friday 22nd April 2022. Entries where payments have not been received by this time will be withdrawn from the competition.

1. The Competition will be held on the **6th / 7th June 2022** at the Linx Ice Arena, Aberdeen.
2. Closing date for entries is **Friday 22nd April 2022 at 6:00pm**; no late entries will be accepted.
3. All events will be judged using the IJS system.
4. The Draw for order of skating will be an electronic random draw competition and details posted on our Facebook page Aberdeen Linx Ice Skating Club.
5. **All technical requirements are as per British Ice Skating generic programme requirements 2021/2022.**
6. Competitions with only one competitor may require to skate to standard to receive the trophy and this will be at the discretion of the Referee. Skaters in this situation will be informed and given opportunity to withdraw at closing date.
7. The competitions will be held under permit (applied for) from British Ice Skating and it is a requirement of this competition that all competitors are a member of BIS. Skaters who have not paid their BIS membership at the time of the draw will not be entered into the draw and therefore will be unable to participate in the competition.
8. All competitors must be eligible skaters as defined by the BIS rules. All competitors must quote their BIS membership number.
9. A photocopy of the Skate U.K. passport must be supplied with entry for all Beginner competitions who have not achieved BIS Level 1 field moves/skating skills.
10. Entries to all competitions will be treated on a first received basis with a limit to entries in each section determined by the time available.
Oversubscribed categories will be capped, and all applicants will be informed shortly after the closing date whether they have been offered a place or not. Reserve lists will operate until the time of the draw for entries to oversubscribed sections in order of date received by the closing date.
11. All skaters are required to fill in the programme content sheet included within the entry form. This should be filled in using the shorthand, with the timings of each element filled in, signed and dated. This section of the form cannot be left blank and if it is not completed the skater will not be eligible to compete.
12. The organisers of the competition:
 - a) Retain the right to refuse entry without reason assigned
 - b) Retain the right of decision on all matters, their decision being final.
14. Music for programmes will only be accepted on CD, which must be clearly marked with competitor's name, competition entered and length of programme. There should be only one piece of music on the disc. A back-up of the music is recommended which should be held by the coach at rink side.

15. Entry Fees: -
£50 per Pattern Dance/Rhythm Dance
£60 per Free Dance
£100 if entering both PD/RD and FD

Payment by bank transfer to:

Aberdeen Linx Ice Skating Club, Santander **Sort Code: 09-01-29 Account No: 04021652** please ensure reference is "BIS membership number and Skater's Name" (Character limit permitting – BIS membership number and Skater's initials required at a minimum)

16. **Withdrawals: Entry fees will only be refunded in full for oversubscribed entries. Withdrawals prior to closing will incur a £15 admin fee. Any withdrawals after the closing date will not automatically be entitled to a refund but may be considered if accompanied by an Official doctor's note, this will be at the Organisers' total discretion.**
17. All entries will receive an automatic receipt once the online form has been submitted. Organisers will aim to have competitor lists available as soon after the closing date as possible.
18. Photographs – Personal photography/video recording is **not** permitted at this event. There will be an Official Photographer attending the event, and photos will be available to purchase at the event and afterwards.
To comply with the BIS Child Protection Policy, all competitors must consent to being photographed and videoed and agree to be included in the official photographs/ videos of the event. By entering the event there is automatic acceptance that the skater may be photographed/videoed and that any images may be used by BIS and ALISC.
19. These competitions may be subject to doping control under BIS rules and by the ISU.
20. Presentations will take place, off ice, at suitable points throughout the day.
Winners of an event are responsible for the safekeeping and return of the trophy and a declaration form signed accordingly. All trophies must be returned at the request of ALISC. Failure to return the trophies will result in the competitor being required to send payment for a replacement trophy. Alternatively, winners will be able to get their photos with the competition trophy during the presentation and can have the option of leaving the trophy with Aberdeen Linx Ice Skating Club. All winners will also be presented with a smaller trophy or medal to be taken away with them.
21. Practice Ice – Sport Aberdeen, who operate the rink, will provide limited practice ice spaces for this event; details will be posted on our Facebook page nearer the time of the event.
22. Property loss - ALISC cannot accept any responsibility for any damage or loss of personal property.
23. By entering the competition, you agree to abide by all the rules and regulations laid out in this document.
24. The timetable of events will be published as soon as possible after the closing date and it will NOT BE POSSIBLE to confirm exactly which events will take place on which day prior to this, as ALISC will work with officials to ensure as many skaters as possible can enter the event and this may influence the days.
25. **Entry Forms should be completed by clicking [Solo Dance Entry Form 2022](#)**

In the event of the competition having to be cancelled due circumstances beyond our control a £10 deposit will be kept per category segment to help cover overheads.

General Enquiries to aliscamps@gmail.com

BIS Solo Dance Series Criteria 2021/2022

BEGINNER

Pattern Dances - All Pattern Dance Music will be ISU. All dances will be without Key Points and evaluated up to level 1

Novice Foxtrot (2 seq)

Rhythm Blues (3 seq)

Characteristics of Levels for Beginner Pattern Dances

Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

The Program Components for Pattern Dances are judged in:

- Skating Skills
- Performance
- Timing

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5

Free Dance – 1 min 30 secs +/- 5 secs

Element features up to level 1 will be considered for level

- 1) 1 (one) Single Pose.
- 2) 1 (one) Dance Spin (combination spin not permitted)
- 3) 1 set of Synchronised Twizzles (FD Variation)
- 4) 1 (one) Choreographic element chosen from the following:
 - a) Choreographic Character Step Sequence
 - b) Choreographic Spinning Movement
 - c) Choreographic Sliding Movement

The Program Components are judged in:

- Skating Skills
- Performance
- Interpretation

The factor of the Program Components is 1.0

JUVENILE

Pattern Dances - All Pattern Dance Music will be ISU. All dances will be without Key Points and evaluated up to level 1

Dutch Waltz (2 seq)

Tango Canasta (3 seq)

Characteristics of Levels for Juvenile Pattern Dances

Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

The Program Components for Pattern Dances are judged in:

- Skating Skills
- Performance
- Timing

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5

Free Dance - 1 min 30 secs +/- 5 secs

Element features up to level 1 will be considered for level

- 1) 1 (one) Single Pose.
- 2) 1 (one) Dance Spin (combination spin not permitted)
- 3) 1 set of Synchronised Twizzles (FD Variation)
- 4) 1 (one) Choreographic element chosen from the following:
 - d) Choreographic Character Step Sequence
 - e) Choreographic Spinning Movement
 - f) Choreographic Sliding Movement

The Program Components are judged in:

- Skating Skills
- Performance
- Interpretation

The factor of the Program Components is 1.0

BASIC NOVICE

Pattern Dances

Foxtrot: Music - Foxtrot 4/4; Tempo - 25 measures of 4 beats per minute or 100 beats per minute plus or minus 2 beats per minute; Optional Pattern; 4 Sequences to be skated.

Rhythm Blues: Music - Blues 4/4; Tempo – 22 measures of 4 beats per minute per minute or 88 beats per minute plus or minus 2 beats per minute; Set Pattern; 3 Sequences to be skated.

Skaters can choose their own music for all dances. The music must fit the rhythm pattern and tempo set for the dance within the prescribed tolerances.

All dances will be without Key Points and evaluated up to level 1

Characteristics of Levels for Basic Novice Pattern Dances

Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

The Program Components for Pattern Dances are judged in:

- Skating Skills
- Performance
- Timing

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5

Free Dance - 1 min 30 secs +/- 5 secs

Element features up to level 1 will be considered for level

- 1) 1 (one) Single Pose.
- 2) 1 (one) Dance Spin. Spin or Combination Spin permitted
- 3) 1 (one) set of Synchronised Twizzles (FD Variation)
- 4) 1 (one) Choreographic Character Step Sequence
- 5) 1 (one) additional Choreographic element chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement

The Program Components are judged in:

- Skating Skills
- Performance
- Interpretation

The factor of the Program Components is 1.0

INTERMEDIATE NOVICE

Pattern Dances

Foxtrot: Music – Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute; Set Pattern; 4 Sequences to be skated.

Starlight Waltz: Music – Waltz 3/4; Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute; Set Pattern; 2 Sequences to be skated.

Skaters can choose their own music for all dances. The music must fit the rhythm pattern and tempo set for the dance within the prescribed tolerances.

There will be 1 key point described and up to Level 2 will be evaluated.

The Judges evaluate the Pattern Dance with the GOE.

Basic Level	Level 1	Level 2
50% of Pattern Dance is completed	75% of Pattern Dance is completed	1 Key Point is correctly executed

Key Points and Key Point Features

Starlight Waltz

Section 1 - Woman Steps #1-17	Key Point 1 Woman Step 9 (RBOI)	Section 2 - Woman Steps #18-32	Key Point 1 Woman Steps 21-22 (LFI, OpMo, RBI)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Change of edge 		<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. OpMo: correct placement of the free foot
Section 1 – Man Steps #1-17	Key Point 1 Man Step 9 (LFOI)	Section 2 - Man Steps #18-32	Key Point 1 Man Steps 27-28 (CR-RFO, CR-LFO3)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Change of edge 		<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Cross Roll*

Foxtrot

Each Sequence – Woman	Key Point 1 Woman Steps 11 - 14 (LFO CIMo, RBO, LFI, RFI)
	1. Correct edges 2. Correct turn 3. CIMo: correct placement of the free foot
Each Sequence – MAN	Key Point 1 Man Steps 11a - 14 (RBO, LBI-Pr, RBO, LFI, RFI)
Key Point Features	1. Correct edges 2. Correct turn

* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

**For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last 1/2 a beat of the step is permitted to prepare the push/transition to the next step The **Program Components for Pattern Dances** are judged in:

- Skating Skills
- Performance
- Timing

The factor of the Components is 0.7.

For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.75

Free Dance – 2 mins +/- 10 secs

Element features up to level 2 will be considered for level

- 1) 1 (one) Single Pose.
- 2) 1 (one) Dance Spin. Spin or Combination spin permitted
- 3) 1 (one) set of Synchronised Twizzles (FD Variation)
- 4) 1 (one) Choreographic Character Step Sequence
- 5) 1 (one) Additional choreographic element chosen from the following:
 - a) Choreographic Spinning movement
 - b) Choreographic Sliding Movement

The Program Components are judged in:

- Skating Skills
- Performance
- Interpretation

The factor of the Program Components is 1.0

ADVANCED NOVICE

Pattern Dance

Starlight Waltz: Music – Waltz 3/4; Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute; Set Pattern; 2 Sequences to be skated.

Blues: Music – Blues 4/4; Tempo 22 measures of 4 beats per minute per minute or 88 beats per minute plus or minus 2 beats per minute; Set Pattern; 3 Sequences to be skated.

Skaters can choose their own music for all dances. The music must fit the rhythm pattern and tempo set for the dance within the prescribed tolerances.

There will be 2 key points described and up to Level 3 will be evaluated.

The Judges evaluate the Pattern Dance with the GOE

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	1 Key Point is correctly executed	2 Key Points are correctly executed

Key Points and Key Point features

Starlight Waltz

Section 1 – Woman Steps #1-17	Key Point 1 Woman Steps 1-3 (RBO, LBI-Ch, RBO)	Key Point 2 Woman Steps 9-10 (RBOI, LBO-SwR)	Section 2 – Woman Steps #18-32	Key Point 1 Woman Steps 21 – 22 (LFI, OpMo, RBI)	Key Point 2 Woman Steps 30-31 (LFO, CR-RFO-SwR)
Key Point Features	1. Correct Edges	1. Correct Edges 2. Correct Change of edge		1. Correct Edges 2. Correct Turn 3. Correct Placement of the free foot	1. Correct Edges 2. Correct Cross Roll*
Section 1 - Man Steps #1-17	Key Point 1 Man Steps 1-3 (LFO, RFI-Ch, LFO)	Key Point 2 Man Steps 9 – 10 (LFOI, RFO-SwR)	Section 2 – Man Steps #18-32	Key Point 1 Man Steps 18-20 (LFI, RFI, LFO-SwR)	Key Point 2 Man Steps 27 – 28 (CR-RFO*, CR-LFO3)
Key Point Features	1. Correct Edges	1. Correct Edges 2. Correct Change of edge		1. Correct Edges	1. Correct Edges 2. Correct turn 3. Correct Cross Roll*

Blues

Each Sequence – Woman	Key Point 1 Woman Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 2 Woman Steps 12-13 (LFI ClCho, RBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges** 2. Correct Cross Roll* 	<ol style="list-style-type: none"> 1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot
Each Sequence – MAN	Key Point 1 Man Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 2 Man Steps 12-13 (LFI ClCho, RBO)
Key Point features	<ol style="list-style-type: none"> 1. Correct Edges** 2. Correct Cross Roll* 	<ol style="list-style-type: none"> 1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot

* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

**For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last 1/2 a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1BL & 2BL-Key Point 1 Step #7)

All Components of Pattern Dances are judged:

- Skating Skills
- Performance
- Interpretation
- Timing
 - The factor of the Components is 0.7.
 - For events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 1.0

Free Dance – 2 mins 30 secs +/- 10 secs

Element features up to level 3 will be considered for level

- 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. Spin or Combination Spin permitted
- 4) 1 (one) set of Synchronised Twizzles (FD Variation)
- 5) 2 (two) Choreographic elements chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement
 - c) Choreographic Character Sequence

The Program Components are judged in:

- Skating Skills
- Transition
- Performance
- Interpretation

The factor of the Program Components is 1.0

JUNIOR

Rhythm Dance

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

Junior and Senior: Street Dance Rhythms: At least two different Rhythms from the following **examples** hip hop, disco, swing, krump, popping, funk, etc., jazz, reggae (reggaeton) and blues

Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Junior: The Pattern Dance Element, Blues – may be skated to any of the announced Rhythms

• The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the chosen Rhythm.

• **Pattern Dance Element:** Blues, range 86-90 beats per minute

• **Two (2) Sequences of Blues either skated one after the other or separately. Step #1 of each sequence must be skated on a different side of the ice surface. Sequence one of the Blues (1BL) to be skated on the side of the Judges.**

Element features up to level 4 will be considered for level

- 1) 1 (One) Single Pose. Up to 7 seconds.
- 2) 1 (One) Step Sequence (**Style B**)

Specifications to Style B, Rhythm Dance 2021/22:

- Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element
- Chosen pattern may **ONLY** be Midline or Diagonal
- Retrogression – NOT permitted
- Loops NOT permitted
- Stops – up to one (1) permitted for up to 5 seconds
- Touching the ice with controlled movements is allowed (see page 18)

- 3) 1 (One) Set of Sequential Twizzles

- At least two Twizzles must be performed.
- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).

Characteristics of Level for Junior Pattern Dance (Rhythm Dance)

There will be 3 key points described and up to **Level 4** will be evaluated.

The Judges evaluate the Pattern Dance with the GOE

Basic Level	Level 1	Level 2	Level 3	Level 4
50% of pattern dance element completed	75% of pattern dance element completed	1 key point is correctly executed	2 key points are correctly executed	3 key points are correctly executed

Key Points and Key Point Features Blues

Each Sequence - Woman	Key Point 1 Woman Steps 1-2 (CR-LBO, XF-RBI)	Key Point 2 Woman Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 3 Woman Steps 12 & 13 (LFI ClCho, RBO)
	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Cross Roll 	<ol style="list-style-type: none"> 1. Correct Edges** 2. Correct Cross Roll* 	<ol style="list-style-type: none"> 1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot
Each Sequence - Man	Key Point 1 Man Steps 1-2 (CR-RFO, LFI-Pr)	Key Point 2 Man Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 3 Man Steps 12 & 13 (LFI ClCho, RBO)
	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Cross Roll 	<ol style="list-style-type: none"> 1. Correct Edges** 2. Correct Cross Roll* 	<ol style="list-style-type: none"> 1. Correct Edges 2. ClCho (# 12): correct Turn 3. ClCho (# 12): correct placement of the free foot

Free Dance – 3 mins +/- 10 secs

Element features up to level 4 will be considered for level

- 1) 1 (one) Combination Pose or 2 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 (Midline or Diagonal) skated barrier to barrier **OR** 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style B
- 3) 1 (one) One Foot Step Sequence
- 4) 1 (one) Dance Spin. Spin or Combination spin permitted
- 5) 1 (one) set of Synchronised Twizzles (FD Variation)
- 6) 2 (two) Choreographic elements chosen from the following
 - a. Choreographic Spinning movement
 - b. Choreographic Sliding movement
 - c. Choreographic Character Step Sequence

SENIOR

Rhythm Dance

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

Senior: The Pattern Dance Element, Midnight Blues (steps 5-14) – may be skated to any of the announced Rhythms

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the chosen Rhythm.
- **Pattern Dance Element:** Midnight Blues, range 86-96 beats per minute
- One (1) Section of Midnight Blues comprised of Steps #5-14: The original prescribed Step #5 is the first Step of the Pattern Dance Element, and the original prescribed Step #14 is the last Step of the Pattern Dance Element. These Steps must be placed in the rink with Step #5 on the opposite side from the Judges and with the Steps following the specified pattern for the Midnight Blues.

Choreographic Character Step Sequence (ChSt) must be skated to the same rhythm for the selected Pattern Dance Element (Midnight Blues). The chosen tune may be the same as for Midnight Blues or different but must have the same tempo, The Tempo of the music throughout the Midnight Blues and ChSt must be constant and in accordance with the required Tempo. Must be performed immediately following Step #14 of the Midnight Blues.

Element features up to level 4 will be considered for level

- 1) One (1) Section of Midnight Blues. 1MB: Section 1 steps #5-14.
- 2) One (1) Choreographic Character Step Sequence. Performed on the short axis from barrier to barrier.
- 3) 1 (One) Single Pose. Up to 7 seconds.
- 4) 1 (One) Step Sequence (Style B)

Specifications to Style B, Rhythm Dance 2021/2022:

- Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element
 - Chosen pattern may ONLY be **Midline or Diagonal**
 - Retrogression – NOT permitted
 - Loops NOT permitted
 - Stops – up to one (1) permitted for up to 5 seconds
 - Touching the ice with controlled movements is allowed – (see page 18)
- 5) 1 (One) Set of Sequential Twizzles
 - At least two Twizzles must be performed.

- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).

Characteristics of Level for Senior Pattern Dance (Rhythm Dance)

There will be 3 key points described and up to **Level 4** will be evaluated.

The pattern of the dance must start with step #1 on the judges left side.

The Judges evaluate the Pattern Dance with the GOE

Basic Level	Level 1	Level 2	Level 3	Level 4
50% of pattern dance element completed	75% of pattern dance element completed	1 key point is correctly executed	2 key points are correctly executed	3 key points are correctly executed

Key Points and Key Point Features Midnight Blues

Each Sequence – Woman	Key Point 1 Woman Step 7 (RBOI3)	Key Point 2 Woman Steps 11c (RBO3/RFIO/RFO-Rk)	Key Point 3 Woman Step 12 & 13 (XF-LBI-Tw1, RBO, LFO)
Key Point Features	1. Correct Edges 2. Correct change of Edge 3. Correct Turn	1. Correct Edges (except RFO-Rk) 2. Correct Change of edge 3. Correct turn (RBO3)	1. Correct Edges (except RBO) 2. Correct Turn
Each Sequence – Man	Key Point 1 Man Step 7 (LFOI3)	Key Point 2 Man Step 11 (RBO3/RFI-Br/RBOI/RBI-Rk)	Key Point 3 Man Step 14 (CR-RFO-Sw3)
Key Point Features	1. Correct Edges 2. Correct change of Edge 3. Correct Turn	1. Correct Edges (except RBI-Rk) 2. Correct Turns RBO3/RFI-Br 3. Correct change of Edge	1. Correct Edges 2. Correct Turn

Free Dance – 3 mins 30 secs +/- 10 secs

Element features up to level 4 will be considered for level

- 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 Single Poses or the Combination Pose and the Single Pose, must be separated by more than 3 steps between them.
- 2) 1 (one) Straight Line Step Sequence (Midline or Diagonal) skated barrier to barrier **OR** 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style B
- 3) 1 (one) One Foot Step Sequence
- 4) 1 (one) Dance Spin. Spin or combination spin permitted
- 5) 1 (one) set of Synchronised Twizzles (FD Variation)
- 6) 1 (one) Choreographic Character Step Sequence
- 7) 1 (one) Choreographic Spinning movement
- 8) 1 (one) Choreographic Sliding movement

MUSIC REQUIREMENTS FOR PATTERN DANCES

For season 2022, Intermediate, Basic and Advanced Novice Skaters shall provide their own music for all Pattern Dances. 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 ISU 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 (see ISU Handbook Ice Dancing 2003) plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

Notes:

- 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 Skater shall provide competition music in accordance with ISU Rule 343, paragraph 1 and 2.
- Violation of the above music requirements or tempo specifications shall be penalized as per ISU Rule 353, paragraph 1.n).
- All music chosen by the Skater must be in accordance to the style/character of the Pattern Dance.
- For the application of ISU Rule 708 paragraph 1.d) with music provided by the skater, 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).

Warm up music - the 6th (last) tune of any ISU Ice Pattern Dance music will be played during each warmup group for categories Beginner up to Advanced Novice.

CATEGORIES OF POSES

The basic categories of poses are listed below.

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

Note - To be of a different Type, the Pose must be from a different category i.e., Attitude, Crouch, etc.

- **ATTITUDE (sAPo)** – 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) i.e., Biellmann

CROUCHING POSE (sCPo) – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°

- **INA BAUER (sIPo)**– 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 or in a straight line.

Note – Foot position can be with both feet turned in OR both feet turned out.

- **TEA POT/SHOOT THE DUCK (sTPo)** – 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 (sSPo)** – 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.

Please note a lunge/drag movement is no longer accepted as a difficult pose position considered for level

SINGLE POSE – COMBINATION POSE

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

A position or stance composing of 2 different Types of Single Pose combined. Each Pose within the Combination Pose must be 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**. (Exception: a Combination Pose comprising two Attitudes on different edges connected by a change of edge or difficult turn is permitted as a Combination Pose)

SETS OF TWIZZLES

Rhythm Dance One (1) Set of Sequential Twizzles	Free Dance One (1) Set of Synchronized Twizzles (FD variation) Specifications for Season 2021/2022
<ul style="list-style-type: none"> • At least two Twizzles must be completed • Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) 	<ul style="list-style-type: none"> • At least two Twizzles must be completed • A minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)

Solo Choreographic Movements

Choreographic movements are elements which must fit the phrasing / rhythm pattern of the music and enhance the choreography of the program.

Choreographic Spinning Movement – Performed anywhere in the program, A continuous spinning (rotating) movement (other than a twizzle or a Dance Spin) on two feet or, alternate feet or, one foot and one knee / boot (but not two knees) with at least 3 full rotations which may be stationary or travelling.

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 Character Step Sequence - The following requirements apply:

- Performed anywhere in the program
- Must be placed around the Short Axis (within 10 meters on either side of the Short 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 each barrier.
- Touching the ice with hand(s) is allowed

ADDITIONAL CLARIFICATIONS FOR THE RHYTHM DANCE FOR SEASON 2021/22.

Junior and Senior Rhythm Dance

1. Junior and Senior Rhythm Dance - Step Sequence (Style B):

- Touching the ice with any part of the body to perform typical street dance movements during the Step Sequence Style B is allowed.
- A single movement or series of movements performed with a duration of not more than 5 secs per movement or series of movements may be included within any part of the Step Sequence including the permitted stop.
- Duration - up to a maximum of 5 seconds per each movement or movements (counted from the first moment the skater touches the ice with any part of the body)

2. Junior Rhythm Dance – Blues Pattern Dance

- Two sequences of the Pattern Dance Element Blues (1BL and 2BL) must be skated to the same Street dance style and same tune.
- The two sequences can be skated in any order (1BL followed by 2BL or 2BL followed by 1BL), skated separately or one after the other and must be performed on opposite sides of the rink.

3. Junior and Senior Rhythm Dance – Music Clarifications

- The chosen music must fit to the Street Dance “style” and a skater should show choreography and an interpretation of the appropriate Street Dance “style”. The "style" of dance should NOT reflect "traditional ballroom", including Latin dance rhythms.

The Judges will consider incorrect choreography and/or interpretation in the scores for Components: Composition and Interpretation/Timing. It may also affect GOEs if elements do not reflect the character of the chosen Street Dance “style.”

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 13 before the 1st of July 2021

In the Intermediate Novice category, there is no maximum test standard for skaters who have not reached the age of 15 before the 1st of July 2021

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 2021

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 2021

Beginner	Skate UK Star Max. Level 1 FM	Not reached the age of Ladies 9, Men 10 before 1 st July 2021
Juvenile	Min. Level 1 PD / FM / FD Max. Level 2 PD (Max. Level 3 FM/FD)	Not reached the age of Ladies 10, Men 11 before 1 st July 2021
Basic Novice	Min. Level 3 PD / FM / FD	Not reached the age of 13 Ladies/Men before 1 st July 2021
Intermediate Novice	Min. Level 5 PD / FM / FD	Not reached the age of 15 Ladies/Men before 1 st July 2021
Advanced Novice	Min. Level 7 PD / FM / FD	Has reached the age of 10 and has not reached the age of 15 for Ladies and 17 for Men before 1 st July 2021
Junior	Min. Level 8 PD / FM / FD	Not reached the age of 19 for Ladies and 21 for Men before 1 st July 2021
Senior	Min. Level 9 PD / FM / FD	Not reached the age of 29 for Ladies and Men before 1 st July 2021

