



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



MURRAYFIELD IJS DANCE OPEN

To be held at
Murrayfield Ice Rink
Riversdale Crescent
Edinburgh

Solo Dance Series Events L1 to L10
Solo Short Dance Event Junior & Senior

**Beginner, Basic Novice, Advanced Novice, Junior
and Senior Couples Dance**

Tuesday 5th & Wednesday 6th May 2015

Closing Date Thursday 2nd April 2015

ALL EVENTS WILL BE IJS



Held under NISA Regulations and Permit



MURRAYFIELD ICE SKATING CLUB

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SOLO PATTERN DANCE EVENTS

PLEASE NOTE THERE ARE NO AGE LIMITS ON DANCE EVENTS AT MURRAYFIELD OPENS

<u>EVENT</u>	<u>CATEGORY</u>	<u>MINIMUM TEST REQUIREMENTS</u>	<u>MAXIMUM TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>
SPD1 S. Kerr Trophy Beginners Solo PD (Ladies and Men)	<u>BEGINNER</u>	Must hold a minimum of <ul style="list-style-type: none"> Skate UK Star 	Must NOT hold <ul style="list-style-type: none"> Level 1 Pattern Dance 	Canasta Tango (2 seq)
SPD2 Level 1 Solo PD Trophy (Ladies and Men)	<u>Level 1</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 1 FM and Level 1 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 2 Pattern Dance 	Rhythm Blues (2 seq) Dutch Waltz (2 seq)
SPD3 CAN-AM Sports Pre-Juvenile Solo PD Trophy (Ladies and Men)	<u>PRE-JUVENILE (Level 2)</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 2 FM and Level 2 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 3 Pattern Dance 	Fiesta Tango (2 seq)
SPD4 Level 3 Solo PD Trophy (Ladies and Men)	<u>Level 3</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 3 FM and Level 3 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 4 Pattern Dance 	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)
SPD5 SMT Juvenile Ladies Solo PD Trophy SPD6 Juvenile Men Solo PD Trophy	<u>JUVENILE</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 4 FM and Level 4 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 5 Pattern Dance 	22 Step (2 seq)
SPD7 Primary Ladies Solo PD Trophy SPD8 Primary Men Solo PD Trophy	<u>PRIMARY</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 5 FM and Level 5 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 6 Pattern Dance 	Foxtrot (2 seq)
SPD9 Lynwood Ladies Solo PD Trophy SPD10 Futurita Partnership Men Solo PD Trophy	<u>BASIC NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 6 FM and Level 6 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 7 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2014	American Waltz (2 seq)
SPD11 Grimshaw Ladies Solo PD Trophy SPD12 Advanced Novice Men Solo PD Trophy	<u>ADVANCED NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 7 FM and Level 7 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 8 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2014	Starlight Waltz (2 seq)
SPD13 Park Junior Ladies Solo PD Trophy SPD14 Junior Men Solo PD Trophy	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 8 FM and Level 8 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 9 Pattern Dance No maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1 st of July 2014	Silver Samba (2 seq)
SPD15 J&M Electric Senior Ladies Solo PD Trophy SPD16 Senior MEN Solo PD Trophy	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 9 FM and Level 9 Pattern Dance 		Paso Doble (3 seq)

The Pattern Dance Events will be judged **WITH** Key Points.
ISU music will be used for all pattern dances and will be provided by Murrayfield Ice Skating Club.

There are NO age restrictions on solo dance events at Murrayfield Opens. However, skaters wishing to enter the British Solo Dance Championships are advised to consult the NISA announcement on the NISA website to confirm the age requirements for the 2015 Championships.



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SOLO SHORT DANCE EVENTS

PLEASE NOTE THERE ARE NO AGE LIMITS ON DANCE EVENTS AT MURRAYFIELD OPENS

EVENT NUMBER	CATEGORY	Test Requirements	Short Dance
SSD17 Triple S Ladies Solo Short Dance Trophy SSD18 JUN MEN Solo Short Dance	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 8 FM and• Level 8 Pattern Dance	2 minutes 50 +/- 10 secs
SSD19 St James Ladies Solo Short Dance Trophy (SEN) SSD20 Roslin MEN Solo Short Dance Trophy (SEN)	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 9 FM and• Level 9 Pattern Dance	2 minutes 50 +/- 10 secs

Please see page 4 of this announcement (below) for detailed programme requirements for Short Dance events.

The Short Dance Events will be judged **WITH** Key Points.

Skaters should provide their OWN music as per the regulations below and ISU Communications.



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TECHNICAL REQUIREMENTS FOR SOLO SHORT DANCE

JUNIOR SOLO SHORT DANCE 2014/2015

Samba or Samba plus one of two of the following latin American Rhythms:

Rhumba, Cha Cha, mambo, Merengue, Salsa

In accordance with ISU Technical Rules Ice Dance 2014, Rule 609 and all pertinent ISU Communications with special attention to ISU Communication 1857.

Music for the Short Dance is provided by the skater and may be vocal.

Duration: 2 minutes and 50 seconds +/- 10 seconds.

The Pattern Dance Elements must be skated on the Samba Rhythm in the style of the Samba. The Tempo of the music throughout the Pattern Dance Element must be constant & in accordance with the required Tempo of the Pattern Dance Silver Samba, ie. 54 measures of 2 beats or 108 beats per minute. plus or minus 2 beats per minute.

Required Elements

- 1) Two (2) Sequences of Silver Samba, skated one after the other or separately. Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be included as a choreographic element.

SENIOR SOLO SHORT DANCE 2014/2015

Spanish Dance Rhythms

In accordance with ISU Technical Rules Ice Dance 2014, Rule 609 and all pertinent ISU Communications with special attention to ISU Communication 1857.

Music for the Short Dance is provided by the skater and may be vocal.

Duration: 2 minutes and 50 seconds +/- 10 seconds.

The Pattern Dance Element & the Partial Step Sequence must be skated on the same piece of music. The Tempo throughout the Pattern Dance Element & the Partial Step Sequence must be constant & in accordance with the required Tempo of the Pattern Dance Paso Doble, ie. 56 measures of 2 beats or 112 beats per minute.

Spanish Dance Rhythms are described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website, revised version excluding Spanish Tango).

Required Elements

- 1) One (1) Pattern Dance Element: sequence of Paso Doble with Step #1 skated on the Judges' left side plus One (1) Partial Step Sequence with a pattern of one full circuit of the ice.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline or Diagonal step sequence
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be included as a choreographic element.



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SOLO FREE DANCE EVENTS

PLEASE NOTE THERE ARE NO AGE LIMITS ON DANCE EVENTS AT MURRAYFIELD OPENS

<u>EVENT</u>	<u>CATEGORY</u>	<u>MINIMUM TEST REQUIREMENTS</u>	<u>MAXIMUM TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
SFD19 J Kerr Beginner Ladies Solo Free Dance SFD20 Beginner Men Solo Free Dance	BEGINNER	Must hold a minimum of <ul style="list-style-type: none"> • Skate UK Star 	Must NOT hold <ul style="list-style-type: none"> • Level 1 Pattern Dance 	1 ½ mins +/- 5 secs
SFDA1 Level 1 Ladies Solo Free Dance Trophy SFDA2 Level 1 Men Solo Free Dance Trophy	Level 1	Must hold a minimum of <ul style="list-style-type: none"> • Level 1 FM and • Level 1 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 2 Pattern Dance 	1 ½ mins +/- 5 secs
SFD21 Banks Ladies Solo Free Dance SFD22 Mens Juvenile Solo Free Dance	PRE-JUVENILE (Level 2)	Must hold a minimum of <ul style="list-style-type: none"> • Level 2 FM and • Level 2 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 3 Pattern Dance 	1 ½ mins +/- 5 secs
SFDB1 Level 3 Ladies Solo Free Dance Trophy SFDB2 Level 3 Men Solo Free Dance Trophy	Level 3	Must hold a minimum of <ul style="list-style-type: none"> • Level 3 FM and • Level 3 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 4 Pattern Dance 	1 ½ mins +/- 5 secs
SFD23 Beverly Juvenile Ladies Solo Free Dance SFD24 Harris Juvenile Men Solo Free Dance	JUVENILE	Must hold a minimum of <ul style="list-style-type: none"> • Level 4 FM and • Level 4 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 5 Pattern Dance 	1 ½ mins +/- 5 secs
SFDC1 Primary Ladies solo Free Dance SFDC2 Primary Men Solo Free Dance	PRIMARY	Must hold a minimum of <ul style="list-style-type: none"> • Level 5 FM and • Level 5 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 6 Pattern Dance 	1 ½ mins +/- 5 secs
SFD25 Kinellan Basic Novice Ladies Solo Free Dance SFD26 Stevenson Basic Novice Men Solo Free Dance	BASIC NOVICE	Must hold a minimum of <ul style="list-style-type: none"> • Level 6 FM and • Level 6 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 7 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2014	2 mins +/- 10 secs
SFD27 PJ Green Advanced Novice Ladies Solo Free Dance Trophy SFD28 Carrickvale Advanced Novice Men Solo FD	ADVANCED NOVICE	Must hold a minimum of <ul style="list-style-type: none"> • Level 7 FM and • Level 7 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 8 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2014	2½ mins +/- 10 secs
SFD29 Bumpers Junior Ladies Solo Free Dance Trophy SFD30 Bankhead Junior Men Solo Free Dance Trophy	JUNIOR	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 9 Pattern Dance No maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1 st of July 2014	3 mins +/- 10 secs
FD31 CAN-AM Sports Senior Ladies Solo Free Dance Trophy SFD32 Senior Men Solo Free Dance	SENIOR	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance 		3 minutes +/- 10 secs



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SOLO FREE DANCE TECHNICAL REQUIREMENTS

BEGINNER, PRE-JUVENILE and JUVENILE

1. 1 pose
2. 1 straight line step sequence
3. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 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

PRIMARY

5. 1 combination pose
6. 1 straight line step sequence
7. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
8. 1 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

BASIC NOVICE

1. 2 separate poses
2. 1 straight line or curved step sequence
3. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 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

ADVANCED NOVICE

1. 1 combination pose
2. 1 single pose
3. 1 straight line or curved step sequence
4. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 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



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JUNIOR

- 1 combination Pose
- 2 x single poses
- 1 step sequence utilizing the full ice surface as per ISU Junior Free Dance
- 1 dance spin only
 - Must have a minimum of 3 revolutions on each foot
- 1 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

SENIOR

- 1 Combination Pose
- 2 x Single poses
- 1 straight line step sequence utilising the full ice surface as per ISU Senior Free Dance
- 1 curved (circular or serpentine) step sequence utilising the full ice surface as per ISU Senior Free Dance
- 1 dance spin only
 - Must have a minimum of 3 revs
- 1 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

NB: Attitudes are Poses, so skaters have the choice of using any Pose or Attitude or combination thereof (where permitted in the criteria) in their programmes including Attitudes with a change of edge.

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) and all pertinent ISU Communications where further details and clarifications can be found.

Skaters may choose to enter any or all of the pattern dance, short dance and free dance sections of this event. It is also possible to enter events at different levels as long as skaters meet the entry requirements for the event. Which events skaters choose to enter is entirely at the discretion of the skater and Coach.

There are no age restrictions on any of these events.

If overall entries exceed the time available for the open, any skater who has entered 2 different levels of competition (in the same segment) may be asked to identify their preference.



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Pose Definitions:

Attitudes are Poses.

Single Pose: Of a maximum duration 6 seconds with the Pose position held for a minimum of 3 seconds

Combination Pose: 2 Poses joined by a maximum of 1 step with a total duration not exceeding 12 seconds and with each pose being held in position for a minimum of 3 seconds.

2 x Single Poses must be separated by more than 3 steps to be called as separate Single Poses.

Please see the Solo Dance Calling Specifications 2014/2015.

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards or backwards or on a curve with the supporting leg extended or slightly bent, the free leg 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) and
 - Stationary or movingi.e. 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/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.



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General Requirements for the Free Dance

Free Dance is the skating of a creative dance program blending dance steps and movements expressing the character/rhythm(s) of the dance music chosen. The Free Dance must contain combinations of new or known dance steps and movements including Required Elements composed into a well-balanced, whole unit displaying excellent skating technique and the personal creativity of the skater in concept, arrangement, and expression. The program including Required Elements must be skated in time and phase with the music. The skater should skate primarily in time to the rhythmic beat, and not to the melody alone. The choreography should clearly reflect the dance character, accents and nuances of the chosen dance music, demonstrating distinct changes of mood and pace with variations in speed and tempo. The program must utilize the whole ice surface.

Music

Vocal music is permitted in this competition. However the following rule denotes beat and melody to be applied.

The music for Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or 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 end of the program and up to 10 seconds during the program.
- ii) On Free Dances of 2 mins and more, the music must have at least one change of tempo and/or expression. This change may be gradual or immediate, but in either case it must be obvious. This is NOT required in Free Dances of 1 ½ mins.
- iii) All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different moods or a building effect.
- iv) The music must be suitable for the competitor's skating skills and technical ability.

Free Dances that do not adhere to these guidelines will be severely penalized.

Costume

LADIES Must wear a full skirt. It must go around the entire waist. However there may be slits in the skirt on one or both sides up to the waist.

MEN Must wear full length trousers - No tights allowed.

Costumes must not give the effect of excessive nudity – majority of upper body must be covered

The Costume should not hide the bodyline of either skater.

- "Appropriateness for athletic competitions": costumes of either partner must not have so much material or decorations that the bodyline of the skater cannot be seen.

Accessories and Props

Accessories and props are not permitted - "Accessories and props": this includes part of the costume used as a support in a Dance Lift.

Costume decorations must be non-detachable



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DANCE COUPLES EVENTS

PATTERN DANCE

<u>EVENT</u>	Category	Minimum Test Requirements	Maximum Test Requirements	Pattern Dance
CPD1 Bob Ure PD Trophy for Couples	<u>BEGINNER COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 2 FM and• Level 2 Pattern Dance	No maximum requirements	Canasta Tango (3 Seq) Dutch Waltz (3 seq)
CPD3 Park PD Trophy for Couples	<u>BASIC NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 4 Field moves and• Level 4 Pattern Dance	No maximum requirements	Foxtrot (4 seq) American Waltz (2 seq.)
CPD4 Beechwood PD Trophy for Couples	<u>ADVANCED NOVICE COUPLES</u>	Must hold a minimum of Level 6 Field Moves and Level 6 Pattern Dance	No maximum requirements	Rocker Foxtrot (4 seq) Starlight Waltz (2 seq)

The Pattern Dances will be judged WITH Key Points.



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DANCE COUPLES EVENTS

SHORT DANCE

CD5 Ad-Screen SD Trophy for Couples	<u>JUNIOR COUPLES</u>	Must hold a minimum of Level 8 Field Moves and Level 8 Pattern Dance	Short Dance See below for requirements
CD6 McIntosh SD Trophy for Couples	<u>SENIOR COUPLES</u>	Must hold a minimum of Level 9 Field Moves and Level 9 Pattern Dance	Short dance See below for requirements

The Short Dances will be judged WITH Key Points.



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TECHNICAL REQUIREMENTS FOR COUPLES SHORT DANCE

JUNIOR SHORT DANCE 2014/2015

Samba or Samba plus one of two of the following latin American Rhythms:

Rhumba, Cha Cha, mambo, Merengue, Salsa

In accordance with ISU Technical Rules Ice Dance 2014, Rule 609 and all pertinent ISU Communications with special attention to ISU Communication 1857.

Music for the Short Dance is provided by the skater and may be vocal.
Duration: 2 minutes and 50 seconds +/- 10 seconds.

The Pattern Dance Elements must be skated on the Samba Rhythm in the style of the Samba. The Tempo of the music throughout the Pattern Dance Element must be constant & in accordance with the required Tempo of the Pattern Dance Silver Samba, ie. 54 measures of 2 beats or 108 beats per minute. plus or minus 2 beats per minute.

Required Elements

- 1) Two (2) Sequences of Silver Samba, skated one after the other or separately. Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.
- 2) One (1) Short Lift
- 3) One (1) Midline, Diagonal or Circular step sequence
- 4) One (1) set of sequential twizzles

A Dance Spin is not a Required Element but may be included as a choreographic element.

SENIOR SHORT DANCE 2014/2015

Spanish Dance Rhythms

In accordance with ISU Technical Rules Ice Dance 2014, Rule 609 and all pertinent ISU Communications with special attention to ISU Communication 1857.

Music for the Short Dance is provided by the skater and may be vocal.
Duration: 2 minutes and 50 seconds +/- 10 seconds.

The Pattern Dance Element & the Partial Step Sequence must be skated on the same piece of music. The Tempo throughout the Pattern Dance Element & the Partial Step Sequence must be constant & in accordance with the required Tempo of the Pattern Dance Paso Doble, ie. 56 measures of 2 beats or 112 beats per minute. Spanish Dance Rhythms are described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website, revised version excluding Spanish Tango).

Required Elements

- 1) One (1) Pattern Dance Element: sequence of Paso Doble with Step #1 skated on the Judges' left side plus One (1) Partial Step Sequence with a pattern of one full circuit of the ice.
- 2) One (1) Short Lift
- 3) One (1) Midline or Diagonal step sequence
- 4) One (1) set of sequential twizzles

A Dance Spin is not a Required Element but may be included as a choreographic element.



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DANCE COUPLES EVENTS

FREE DANCE

<u>EVENT</u>	Category	Minimum Test Requirements	Maximum Test Requirements	Free Dance
CFD7 Leith Free Dance Trophy for Beginner Couples	<u>BEGINNER COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Skate UK Star	No maximum standard	1 1/2 mins +/- 5 secs
CFD9 Henry Tomes Free Dance Trophy for Couples	<u>BASIC NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 4 Field moves &• Level 4 Pattern Dance	No maximum standard	2 1/2 mins +/- 10 secs
CFD10 Coats Insurance Free Dance Trophy for Couples	<u>ADVANCED NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 6 Field Moves and• Level 6 Pattern Dance and• Level 6 Free Dance	No maximum standard	3 mins +/- 10 secs
CFD11 Thompson Free Dance Trophy for Junior Couples	<u>JUNIOR COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 9 Field Moves and• Level 9 Pattern Dance and• Level 9 Free Dance	No maximum standard	3½ mins +/- 10 secs
CFD12 Free Dance Trophy for Senior Couples	<u>SENIOR COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 10 Field Moves and• Level 10 Pattern Dance and• Level 10 Free Dance	No maximum standard	4 mins +/- 10 secs



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TECHNICAL REQUIREMENTS FOR FREE DANCE

BEGINNER COUPLES FREE DANCE

1. 1 step sequence of any type, in dance hold.
2. 1 dance lift or 1 pose, to be done by both partners at the same time. The pose may be the same or different for each partner and may be done in or out of hold. The lift or pose position must be held for a minimum duration of 3 seconds and must not exceed 6 seconds.
3. 1 set of synchronised twizzles (1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)

The Dance Spin is not included in the list of required elements for the Beginner Couples Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

For Beginner Couples Free Dance, in all required elements only features up to Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the technical panel. **Poses will have the same SOV as lifts.**

Programme components are judged with a factor of 1.00

BASIC NOVICE COUPLES FREE DANCE

As per ISU Special Regulations & Technical Rules 2014 (Rule 610 and 604), ISU Communications 1857, 1886 and any subsequent ISU Communications:

1. Not more than 1 short lift. **Lift not to exceed 6 seconds.**
2. 1 straight line step sequence (Midline or Diagonal) in hold or curved step sequence (Circular or Serpentine) in hold
The restrictions listed in ISU Communication 1857 and any subsequent updates of this communication apply.
3. 1 set of synchronized twizzles

The Dance Spin is not included in the list of required elements for the Basic Novice Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

For Basic Novice Couples Free Dance, in all required elements only features up to Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the technical panel. **Poses will have the same SOV as lifts.**

Programme components are judged with a factor of 1.00



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ADVANCED NOVICE FREE DANCE

As per ISU Special Regulations & Technical Rules 2014 (Rule 610 and 604), ISU Communications 1857, 1886 and any subsequent ISU Communications:

Required Elements

1. Not more than 2 different types of short lifts
2. 1 spin, but not more
Note: A Combination Spin is not permitted.
3. 1 straight line step sequence (Midline or Diagonal) in hold or curved step sequence (Circular or Serpentine) in hold
The restrictions listed in ISU Communication 1857 and any subsequent updates of this communication apply.
1. 1 set of synchronized twizzles

For all required elements at this level, features will be counted up to level 4.

All programme components are judged with the factor of 1.20

JUNIOR FREE DANCE

As per ISU Special Regulations & Technical Rules 2014 (Rules 610 and 604), ISU Communications 1857, 1886 and any subsequent ISU Communications

Required Elements

1. One (1) Combination Lift OR Two (2) Short Lifts
2. One (1) dance spin (spin or combination spin) but not more
3. One (1) straight line step sequence (midline or diagonal) in hold and
4. One (1) curved step sequence (circular or serpentine) in hold
5. One (1) set of synchronized twizzles
6. One (1) Choreographic Dance Lift or Choreographic Spinning Movement

SENIOR FREE DANCE

As per ISU Special Regulations & Technical Rules 2014 (Rules 610 and 604), ISU Communications 1857, 1886 and any subsequent ISU Communications

Required Elements

1. One (1) Combination Lift AND One (1) Short Lifts
The type of the short lift must be different from the type(s) of short lift forming the combination lift
2. One (1) dance spin (spin or combination spin) but not more
3. One (1) straight line step sequence (midline or diagonal) in hold and
4. One (1) curved step sequence (circular or serpentine) in hold
5. One (1) set of synchronized twizzles
6. One (1) Choreographic Dance Lift or Choreographic Spinning Movement