



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN 2019



MURRAYFIELD IJS DANCE OPEN

To be held at
Murrayfield Ice Rink
Riversdale Crescent
Edinburgh

Solo Dance Series Events Beginner to L10
Solo Rhythm Dance Event Junior & Senior

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

Tuesday 7th & Wednesday 8th May 2019

Closing Date Monday 8th April 2019

ALL EVENTS WILL BE IJS



Held under NISA Regulations and Permit



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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>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 	Novice Foxtrot (2 seq) Rhythm Blues (3 seq)
SPD2 Chesser Solo PD Trophy (Ladies and Men)	<u>Juvenile</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 1 FM and • Level 1 Pattern Dance and • Level 1 Free Dance MAXIMUM Level 2 Pattern Dance (No limit on FM and FD)	Dutch Waltz (2 seq) Canasta Tango (3 seq)
SPD4 Hutchison Solo PD Trophy (Ladies and Men)	<u>Basic Novice</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 3 FM and • Level 3 Pattern Dance and • Level 3 Free Dance 	Swing Dance (2 seq) Fiesta Tango (3 seq)
SPD7 Roslin Solo PD Trophy (Ladies and Men)	<u>Intermediate Novice</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 5 FM and • Level 5 Pattern Dance and • Level 5 Free Dance 	14 Step (4 seq) Tango (2 seq)
SPD11 Grimshaw Solo PD Trophy (Ladies and Men)	<u>Advanced Novice</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 7 FM and • Level 7 Pattern Dance and • Level 7 Free Dance 	Argentine Tango (2 seq) Blues (3 seq)
SPD13 Park Junior Solo PD Trophy (Ladies and Men)	<u>Junior</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance and • Level 8 Free Dance 	Rhythm Dance Argentine Tango 2 mins 50 secs +/- 10 secs
SPD15 J&M Electric Solo PD Trophy (Ladies and Men)	<u>Senior</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance and • Level 9 Free Dance 	Rhythm Dance Argentine Tango 2 mins 50 secs +/- 10 secs

There are **NO age restrictions** on any level. 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 2019 Championships.

Skaters may choose to enter any or all of the pattern dance, rhythm dance and free dance sections of this event for which they hold the entry requirements.



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Music

ISU music will be used for pattern dances at Beginner and Juvenile and will be provided by Murrayfield Ice Skating Club. In Basic Novice, Intermediate Novice and Advanced Novice categories skaters may choose their own music which fits the rhythm pattern and tempo set for the dance within the prescribed tolerances.

Swing Dance: Music - Foxtrot 4/4; Tempo – 25 measures of 4 beats per minute (100 beats per minute) **98-104 bpm can be used.** Set Pattern; 2 Sequences to be skated.

Tango Fiesta: Music – Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute; Set Pattern; 3 Sequences to be skated.

Fourteenstep: Music - March 4/8 or 2/4; Tempo – 56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute; Set Pattern; 4 Sequences to be skated.

Tango: Music – Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute; Set Pattern; 2 Sequences to be skated

Argentine Tango: Music – Tango 4/4; Tempo 24 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute; Set Pattern; 2 Sequences to be skated

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

Key Points

There will be no Key Points for the categories of Beginner, Juvenile and Basic Novice

1 Key Point will be used at Intermediate Novice

2 Key Points will be used at Advance Novice

4 Key Points will be used at Junior & Senior from 1 full sequence. The pattern will not be split in to 2 sections, the four key points will be achieved from a full pattern of the dance and the SOV from the two sections will be added together to achieve the base mark for one sequence. Although the dance will be judged as one full sequence the option to start the pattern from step #19 will still apply.



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SOLO RHYTHM DANCE EVENTS

EVENT NUMBER	CATEGORY	Test Requirements	Rhythm Dance
SSD17 Triple S Solo Rhythm Dance Trophy	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance and • Level 8 Free Dance 	2 minutes 50 +/- 10 secs
SSD19 St James Solo Rhythm Dance Trophy	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance and • Level 9 Free Dance 	2 minutes 50 +/- 10 secs

The Rhythm Dance Events will be judged **WITH** Key Points. See previous page for details.
Skaters should provide their OWN music as per the regulations below and ISU Communications.

TECHNICAL REQUIREMENTS FOR SOLO RHYTHM DANCE 2018/2019

Junior and Senior:

Element features up to level 4 will be considered for level

Tango or Tango plus one additional rhythm of any type.

The Pattern Dance Element (Argentine Tango) shall be skated to Tango rhythm and must be in the style of the chosen rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute.

The Tempo of the music throughout the Pattern Dance Elements must be constant

- 1) Two (2) Sections of Argentine Tango (96 beats per minute +/- 2 beats per minute) to be skated one after the other

Section 1 steps #1-18 Section 2 steps #19-31

Option 1

Section 1 followed by Section 2 with step #1 skated on judge's left side

Option 2

Section 2 followed by Section 1 with step #19 skated on judge's right side

- 2) One (1) Pose or Combination Pose
- 3) One (1) set of sequential twizzles – up to 1 step maximum between twizzles
- 4) One (1) Step Sequence (Style B) chosen from the following Types of Pattern:
 - Midline – skated along the full length of the ice surface on the Long Axis
 - Diagonal – skated as fully corner to corner as possible
 - Circular – utilizing the full width of the ice surface on the Short Axis



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The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is not clearly recognizable, there will be a required reduction for incorrect Pattern by the Judges

Specifications to Style B, Rhythm Dance 2018/2019:

- One (1) Stop permitted, up to 5 seconds
- One (1) Retrogression up to two measures is permitted and may start from the permitted Stop.
- Loops NOT permitted

The Dance Spin is not a Required Element in a Junior and Senior Rhythm Dance. Nevertheless, a Dance Spin or spinning movement skated around a stationary axis on one foot (or two feet) with any number of rotations is permitted. A skater may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will consider these movements as ONE of the permitted stops. [SEP]

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

Skaters may choose to enter any or all of the pattern dance, Rhythm dance and free dance sections of this event for which they hold the entry requirements.



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SOLO FREE DANCE EVENTS

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<u>EVENT</u>	<u>CATEGORY</u>	<u>MINIMUM TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
SFD19 J Kerr Beginner Solo Free Dance	<u>Beginner</u>	Must hold a minimum of <ul style="list-style-type: none"> • Skate UK Star 	1 min 30 sec +/- 5 secs
SFDA1 Hermiston Solo Free Dance Trophy	<u>Juvenile</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 1 FM and • Level 1 Pattern Dance and • Level 1 Free Dance MAXIMUM Level 2 Pattern Dance (No limit on FM and FD)	1 min 30 sec +/- 5 secs
SFDB1 Heriot Solo Free Dance Trophy	<u>Basic Novice</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 3 FM and • Level 3 Pattern Dance and • Level 3 Free Dance 	1 min 30 sec +/- 5 secs
SFDC1 Ladywell Solo Free Dance	<u>Intermediate Novice</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 5 FM and • Level 5 Pattern Dance and • Level 5 Free Dance 	2 min +/- 10 secs
SFD27 PJ Green Advanced Novice Solo Free Dance Trophy	<u>Advanced Novice</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 7 FM and • Level 7 Pattern Dance and • Level 7 Free Dance 	2 min 30 sec +/- 10 secs
SFD29 Bumpers Junior Solo Free Dance Trophy	<u>Junior</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance and • Level 8 Free Dance 	3 mins +/- 10 secs
FD31 CAN-AM Sports Senior Solo Free Dance Trophy	<u>Senior</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance and • Level 9 Free Dance 	3 mins 30 sec +/- 10 secs

NB: On Free Dances of 1 minute 30 second +/- 5 sec. a change of Tempo and Expression **is not required**
On Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression **is optional**

Note – Attitudes are Poses therefore where Poses are specified Attitudes are also included.

Skaters may choose to enter any or all of the pattern dance, Rhythm dance and free dance sections of this event for which they hold the entry requirements.



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SOLO FREE DANCE TECHNICAL REQUIREMENTS

BEGINNER & JUVENILE Element features up to level 1 will be considered

1. 1 pose
2. 1 dance spin. Combination spins are not permitted
3. 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

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the component for composition.

4. 1 choreographic element chosen from the following:
 - a) Choreographic Character Step Sequence
 - b) Choreographic Spinning Movement
 - c) Choreographic Sliding Movement

BASIC NOVICE Element features up to level 1 will be considered

1. 1 single pose
2. 1 dance spin or dance Combination spin
3. 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

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the component for composition

4. 1 Choreographic Character Step Sequence
5. 1 additional choreographic element chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement

INTERMEDIATE NOVICE Element features up to level 2 will be considered

1. 1 single pose
2. 1 dance spin or dance Combination spin
3. 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - a. Minimum 1x clockwise and 1x anti-clockwise. Minimum 1 rotation in each twizzle

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the component for composition

4. 1 Choreographic Character Step Sequence
5. 1 additional choreographic element chosen from the following:
 - c) Choreographic Spinning Movement
 - d) Choreographic Sliding Movement

ADVANCED NOVICE Element features up to level 3 will be considered

1. 1 single poses.
2. 1 straight line step sequence skated barrier to barrier or 1 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 dance spin or dance Combination Spin
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

Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the component for composition

5. 2 Choreographic elements chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement
 - c) Choreographic Character Step Sequence



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JUNIOR Element features up to level 4 will be considered

1. 1 combination Pose **or** 2 (two) 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 Straight line step sequence (Mid Line or Diagonal) skated barrier to barrier or 1 Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style B
3. 1 One Foot Step Sequence
4. 1 dance spin or dance Combination Spin
5. 1 set of sequential twizzles with no more than 3 steps between the twizzles.

1. Minimum 1x clockwise and 1x anti-clockwise. Minimum 1 rotation in each twizzle

Additional sets of twizzels are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the component for composition

6. 2 Choreographic elements chosen from the following:
 - a) Choreographic Spinning Movement
 - b) Choreographic Sliding Movement
 - c) Choreographic Character Step Sequence

SENIOR Element features up to level 4 will be considered

1. 1 Combination Pose and 1 Single Pose **or** 3 Single Poses. No Pose of the same type may be repeated. If performed, the Combination Pose and the Single Pose(s) must be separated by more than 3 steps between them.
 2. 1 Straight line step sequence (Mid Line or Diagonal) skated barrier to barrier or 1 curved (circular or serpentine) step sequence utilising the full width of the ice surface. Style B
 3. 1 One Foot Step Sequence
 4. 1 dance spin or dance Combination Spin
 5. 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
- Additional sets of twizzels are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the component for composition
6. 1 Choreographic Character Step Sequence
 7. 1 Choreographic Spinning Movement
 8. 1 Choreographic Sliding Movement

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2018** (downloadable from the ISU website 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



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POSE DEFINITIONS

The basic categories of pose are listed below

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

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

- **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) i.e. Biellmann
- **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/DRAW** – 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 7 seconds

Combination Pose:

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 of two Attitudes on different edges connected by a change of edge or difficult turn is permitted as a combination pose.



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CHOREOGRAPHIC MOVEMENTS

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 : 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
- May also rotate.
- 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 cannot finish as a stop on 2 knees or sitting/lying on the ice, otherwise it will be identified as a Fall/Illegal Element and shall be called accordingly.

Choreographic Character Step Sequence: The following requirements apply:

- Performed anywhere in the program
- Must be placed around the Short Axis and proceed from barrier to barrier.

Please Note: The Choreographic Character Step Sequence is "confirmed" when the technical panel can identify that it is performed along the Short Axis AND is within the permitted ice surface space AND moves from one side of the Long Axis to the other side of the Long Axis, even if it does not go from barrier to barrier



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DANCE COUPLES EVENTS

COUPLES 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"> Skate UK Star 	No maximum requirements / age	Canasta Tango (3 seq) Rhythm Blues (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 / age	Willow Waltz (2 seq) Tango Fiesta (3 seq.)
CPD4 Beechwood PD 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 	No maximum requirements / age	Argentine Tango (2 seq) Blues (3 seq)

Beginner and Basic Novice Pattern Dances will be skated WITHOUT Key Points.

Advanced Novice Pattern Dance will be skated WITH 2 key points

Music requirements as per ISU Communication 2172

Couples Pattern Dance

Couples shall provide their own music. The chosen music may be a tune from ISU Ice Dance Music. In this case, only tunes 1 to 5 can be chosen

COUPLES RHYTHM DANCE

CD5 Ad-Screen SD Trophy for Couples	<u>JUNIOR COUPLES</u>	Must hold a minimum of Level 9 Field Moves and Level 9 Rhythm Dance OR Level 9 Free Dance	No maximum requirements / age	Rhythm Dance 2 minutes 50 secs +/- 10 secs
CD6 McIntosh SD Trophy for Couples	<u>SENIOR COUPLES</u>	Must hold a minimum of Level 10 Field Moves and Level 10 Rhythm Dance OR Level 10 Free Dance	No maximum requirements / age	Rhythm dance 2 minutes 50 secs +/- 10 secs

In accordance with ISU Special Regulations & Technical Rules Ice Dance 2018, Rule 609. Rhythms, required elements and guidelines are those listed in ISU Communication 2148 and subsequent updates.

Junior and Senior: Tango or Tango plus one additional rhythm. The Tempo of the music throughout the Pattern Dance Elements must be constant

Senior:

The Pattern Dance Element (Tango Romantica) shall be skated to Tango rhythm and must be in the style of the chosen rhythm, with the range of tempo: 28 measures of four beats per minute (112 beats per minute) plus or minus 2 beats per minute.

Junior:

The Pattern Dance Element (Argentine Tango) shall be skated to Tango rhythm and must be in the style of the chosen rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute.



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COUPLES 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/age	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 and Level 4 Free Dance 	No maximum standard/age	2 mins +/- 10 secs
CFD10 Balgreen 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 Free Dance 	No maximum standard/age	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 Free Dance 	No maximum standard/age	3½ mins +/- 10 secs
CFD12 Albany 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 Free Dance 	No maximum standard/age	4 mins +/- 10 secs

TECHNICAL REQUIREMENTS FOR FREE DANCE

BEGINNER COUPLES FREE DANCE

- 1 step sequence of any type, in dance hold.
- 1 Rhythm Dance Lift not to exceed 7 secs **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 pose position must be held for a minimum duration of 3 seconds and must not exceed 7 seconds.
- 1 set of synchronised twizzles (1 clockwise, 1 anti-clockwise, min 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 50% of the SOV of a lift.**

BASIC NOVICE COUPLES FREE DANCE

ADVANCED NOVICE COUPLES FREE DANCE

In accordance with ISU Special Regulations & Technical Rules 2018 (Rule 610), ISU Communication 2148 and any subsequent ISU Communications or updates.

JUNIOR COUPLES FREE DANCE

SENIOR COUPLES FREE DANCE

In accordance with ISU Special Regulations & Technical Rules 2018 (Rule 610), ISU Communication 2148 and any subsequent ISU Communications or updates.



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PATTERN DANCE ELEMENTS

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Key Point and Key Point Features: A Key Point is correctly executed when all its related Key Point Features are met and all its Edges/Steps are held for the required number of beats.

Key Points and Key Point Features are technical requirements valid for one season.

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step. (unless otherwise prescribed)

Levels of Difficulty

Characteristics of Levels for Basic Novice Pattern Dance:

For Pattern Dances, there will be no key points described and up to Level 1 will be evaluated.

The Judges evaluate the Pattern Dance with the GOE.

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



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Characteristics of Levels for Intermediate Novice Pattern Dance:

For Pattern Dances, 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

Fourteenstep

Each Sequence – LADY	Key Point 1 Lady Steps 1-4 (RBO, LBI-Pr, RBO, LBO-SwR)
Key Point Features	1. Correct Edges 2. Progressive: not performed as a Chassé
Each Sequence – MAN	Key Point 1 Man Steps 1-4 (LFO, RFI-Pr, LFO, RFO-SwR)
Key Point Features	1. Correct Edges 2. Progressive: not performed as a Chassé

Tango

Each Sequence – LADY	Key Point 1 Lady Step 22 (RFI3)
Key Point Features	1. Correct edges 2. Correct turn
Each Sequence – MAN	Key Point 1 Man Step 7 (XF-RFO-Rk)
Key Point Features	1. Correct edges 2. Rk (#7): Correct turn

Note: A change of edge within the last 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



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Characteristics of Levels for Advanced Novice Pattern Dances

For Pattern Dances, there will be 2 key points described, and Key Points 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

Argentine Tango

Each Sequence – LADY	Key Point 1 Lady Steps 13-15 (CR-RFO3, LBO, RFO)	Key Point 2 Lady Steps 27-31 (CR-LBO, CR-RBO, CRLBO, CR-RBO, CR-LBO-SwR/RFI (between counts 4&1))
Key Point Features	1. Correct Edges 2. Correct Turn	1. Correct Edges
Each Sequence – MAN	Key Point 1 Man Steps 13-15 (CR-LBO, RFO3, LBO)	Key Point 2 Man Steps 27-31 (CR-RFO, CR-LFO, CR-RFO, CR-LFO, CR-RFO-SwR)
Key Point features	1. Correct Edges 2. Correct Turn	1. Correct Edges

Blues

Each Sequence – LADY	Key Point 1 Lady Steps 5-7 (RBO, LFO, CR-RFO-SwR)	Key Point 2 Lady Steps 12-13 (LFI-CICho, RBO)
Key Point Features	1) Correct edges 2) Correct CR-RFO 3) Correct SwR – correct swing movement of free leg	1) Correct Edges 2) CICho (# 12): correct turn 3) CICho (£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
Key Point features	1. Correct edges 2. Correct CR-RFO 3. Correct SwR – correct swing movement of free leg	1. Correct Edges 2. CICho (# 12): correct turn 3. CICho (£12): correct placement of the free foot

Note: A change of edge within the last beat of the step is permitted to prepare the push/transition to the next step.



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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



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Characteristics of Level for Junior and Senior Rhythm Dance

For Pattern Dances, there will be 4 key points described from 1 full sequence, and Key Points up to **Level 4** will be evaluated.

4 Key Points from 1 full sequence of Argentine Tango. The pattern will not be split in to 2 sections, the four key points will be achieved from a full pattern of the dance and the SOV from the two sections will be added together to achieve the base mark for one sequence. Although the dance will be judged as one full sequence the option to start the pattern from step #19 will still apply.

The Judges evaluate the Pattern Dance with the GOE

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

Key Points and Key Point Features Argentine Tango

1AT – LADY	Key Point 1 Lady Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Key Point 2 Lady Steps 13-15 (CR-RFO3, LBO, RFO)	Key Point 3 Lady Steps 23-24 (LFO Sw-Tw1(between counts 4&1), RFO)	Key Point 4 Lady Steps 27-31 (CR-LBO, CR-RBO, CR-LBO, CR-RBO, CR-LBO-SwR/RFI (between counts 4&1))
Key Point Features	1. Correct edges 2. Correct Change of edges	1. Correct edges 2. Correct turn	1. Correct edges 2. Correct turn (#23) *	1. Correct edges
1AT – MAN	Key Point 1 Man Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFI-Ctr)	Key Point 2 Man Steps 13-15 (CR-LBO, RFO3, LBO)	Key Point 3 Man Steps 23-24 (LFO Sw-OpCho, RBI (between counts 4&1), LBO)	Key Point 4 Man Steps 27-31 (CR-RFO, CRLFO, CR-RFO, CR-LFO, CR-RFO-Swr)
Key Point Features	1. Correct edges 2. Correct change of edge 3. Correct turn (#10)	1. Correct Edges 2. Correct turn	1. Correct edges 2. Correct turn (#23)	1. Correct edges

The first step of the dance begins on beat one of a musical phrase

*Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Lady’s body turns one full continuous rotation, the skating foot does NOT technically execute a full turn, followed by a step forward

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step. (Example: Lady Steps 14-15 (LBO, RFO).



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Tango Romantica

Pattern Dance Element (1TR) Steps # 1-27	Key Point 1 Lady Steps 8-10 (RBO, CR-LBOI/LBI-Tw1 (between counts 2 & 3), RBI)	Key Point 2 Man Steps 8-10 (LFO, CR-RFOI, LFI)	Key Point 3 Lady Steps 16-24 (LFO, XF-RFI, XB-LFO, XF-RFO, XF-LFI, XB-RFO, XF-LFO-Rk, XF-RBI, XF-LBI3)	Key Point 4 Man Steps 16-25b (LFO, XF-RFI, XB-LFO, XF-RFO, XF-LFI, XB-RFO, XF-LFO-Rk, XF-RBI, XF-LBI3, RFI-OpMo, LBI)
Key Point Features	1. Correct Edges 2. Correct Turn (Tw1) 3. Correct hold (#9 except Tw)	1. Correct Edges 2. Correct change of edge 3. Correct hold (#9 except Tw)*	1. Correct Edges (except Rk) 2. Correct Turn (except Rk)	1. Correct Edges (except Rk) 2. Correct Turns (except Rk)
Pattern Dance Element (2TR) Steps # 28-49	Key Point 1 Lady Steps 29-31 (Wd-XF-RFO-LFO/RFO3, LBO, RFO) Man Steps 29-31 (Wd-LBO-RBI/LBO, RFO3, LBO)	Key Point 2 Lady Steps 35a-37b (LFO-Rk, RBI-Sw, LFO3, RBO3, LFI-CICho, RBO)	Key Point 3 Man Steps 35a-37b (LFO, RFO-Sw-CICho, LBI, RBIO)	Key Point 4 Lady Steps 44-45 (LFI-CICho, RBO/RBO-Tw1) Man Steps 44-45a (LFI, RFI)
Key Point Features	1. Correct Edges 2. Correct Turns	1. Correct Edges 2. Correct Turns (#35a, 36, 37a) 3. Correct hold (#35a, #35b)**	1. Correct Edges 2. Correct Turn (#35c) 3. Correct hold (#35b)**	1. Correct Edges 2. Correct Turns

The first step of the dance begins on the fourth beat of the measure and the Helicopter starts on beat one of a musical phrase.

*During Step 8, the lady places her right hand on the man's right shoulder and places her left hand behind her back to clasp the man's right hand. The lady maintains this hold until the twizzle.

** While performing the rocker, the lady places her left hand on the man's right shoulder and her right hand and his left hand join on her right hip. His right hand is extended.

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step. (Example: Lady Steps 30 – 31 (LBO, RFO).

Note: Step #2 for man is Wd-XF-RFO-LFO/LFI (feet together)

Note: Steps and additional descriptions of the Steps are defined/described in Rule 704 and ISU Handbook Ice Dance 2003.

For season 2018/19 crossing the Long Axis while performing Steps #3,4,5 and Steps #10,11,12 in Tango Romantica is not considered as Pattern violation



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BASIC PRINCIPLES OF CALLING

1. The Technical Panel shall identify what is performed despite what is listed on the Program Content Sheet.
2. The Levels shall be determined according to the Basic and Additional Principles of Calling and Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level.
4. If a Fall or interruption occurs at the beginning of any Required Element (except Pattern Dances and Step Sequences), the Required Element shall be identified and it will be given No Value. It will occupy a box and it will count as one of the Required Element (e.g. (Li), (Sp) etc).
5. If a Fall or interruption occurs during a Required Element (except Pattern Dances and Step Sequences), the Required Element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met. The additional part shall not be identified.
6. If the element is interrupted and the skater tries to continue the same element as a 2nd attempt to fill the time, this is ignored by the Technical Panel and Judges/Referee. (Does not apply to Step Sequences and Pattern Dances)
7. If a program concludes with the skater performing an element, the element and its Level shall be identified until the movement stops completely.
8. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
9. If a Spin (FD) or a Pose (RD and FD) is performed in a Step Sequence, such element will receive the abbreviation **+ExEl**. It indicates that the element receives No Value, the deduction -1 is applied and it will occupy a separate box, and NOT count as a Required Element (i.e. Po+ExEl, +SpExEl)
10. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element)
11. The Technical Panel shall decide whether any feature to fulfill the Characteristics of Levels is given credit, unless this feature is expressly designated as not eligible for Level in the present Communication or in the Q&A for Technical Panels (for example, in a Dance Spin, the Technical Panel can give credit for Level to a variation of Basic Position Camel which is not included in the list of examples but cannot give credit to a simple camel by the lady).
12. The definition of “intricate” when referring to technical elements does not necessarily mean difficult. It can also be defined as creative, interesting and unique.
13. 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. Otherwise the element will be called No Level.



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ADDITIONAL PRINCIPLES OF CALLING

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
 - **“Yes”**: meaning, “all Key Point Features are met and all Edges/Steps are held for the required number of beats”, or
 - **“Timing”**: meaning, “all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats”, or
 - **“No”**: meaning, “one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats”. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
3. If a Fall or interruption occurs at the entrance to or during a Pattern Dance Element and the element is immediately resumed, the element shall be identified and given a level according to the requirements met before and after the Fall or interruption, or no level if the requirements for Basic Level are not met.

Junior and Senior

1. Level 4 shall be considered only when the Pattern Dance Element is not interrupted at all, either through Stumbles, Falls or any other reason
2. If the Pattern Dance Element is interrupted 4 beats or less – the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details per Skater chart as: “<” to indicate an interruption of 4 beats or less. Example: Yes, Yes, Yes, Yes – Level 4 becomes Level 3.
3. If the Pattern Dance Element is interrupted more than 4 beats but 75% of the steps are completed by the skater, 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: Yes, Yes, Yes, Yes – Level 4 becomes Level 2.
4. If a skater completes less than 75% of the Pattern Dance Element, the Technical Specialist calls the Key Points as performed (Yes, No, Timing, Yes), identifies with the Pattern Dance Element Name and **“NO Level”** adding **“Attention”**. It is reported on the Judges Details per Skater chart as: “!” to indicate that less than 75% of the Pattern Dance Element has been completed.



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Beginner, Juvenile, Basic Novice, Intermediate Novice and Advanced Novice Categories

1. Level 3 For Advanced Novice shall only be considered when the Pattern Dance is not interrupted at all, either through Stumbles, Falls or any other reason
2. If the Pattern Dance is interrupted less than 25% (through stumble, falls, etc), the key points are called as identified and the level will be reduced by 1, adding “downgraded <”. It is reported on the Judges Details per Skater chart as: “<” to indicate an interruption of less than 25%.
Example for Advanced Novice: Yes, Yes – Level 3 becomes Level 2. Example for Intermediate Novice: Yes – Level 2 becomes Level 1
3. If the Pattern Dance is interrupted more than 25% but 50% of the steps are completed by the skater, the key points are called as identified and the level will be reduced to “Basic Level” adding “**downgraded <<**”. It is reported on the Judges Details per Skater chart as: “<<” to indicate an interruption between 25% to 50%. Example: Yes, Yes, – Level 3 becomes Basic Level If a skater completes less than 50% of the steps, the Technical Specialist calls the Key Points as performed, identifies with the Pattern Dance Name and “**NO Level**” adding “**attention**”. It is reported on the Judges Details per Skater chart as: “!” to indicate that less than 50% of the Pattern Dance has been completed. Example: Yes, Yes, – Level 3 becomes No Level

DANCE SPINS

ADDITIONAL PRINCIPLES OF CALLING

1. The first performed Dance Spin shall be identified as the required Dance Spin, classified as a Spin or a Combination Spin and given a Level, or No Level if the requirements for Basic Level are not met. However, if a Choreographic Element is required with Choreographic Spinning Movement as an option, this element shall be identified as Choreographic Spinning Movement anywhere in the program where it is first performed. Any subsequent Dance Spin and/or Choreographic Spinning Movement performed after the Required Dance Spin and/or Choreographic Spinning Movement shall not be identified.
2. A change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an “interruption”.
3. If at the change of foot in the Combination Spin the spinning action has been started and the skater is still on two feet after half a rotation, the Level shall be reduced by one Level.
4. If during the dance spin a loss of control occurs resulting in the skater needing additional support (touch down by free leg/foot and or hand(s)) for up to half a rotation the level shall be reduced by 1 Level per occurrence. But if the mistake last for more than half a rotation, this shall be considered as an interruption and additional principles of calling shall apply.
5. In case a Spin is required and a Combination Spin is not permitted, the required Dance Spin performed as a Combination Spin shall be classified as an Extra Element with no value.



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6. If a Fall or interruption occurs at the entrance to or during a Dance Spin and is immediately followed by a spinning action (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met, and the additional part shall not be identified (Note: an interruption in rotations to perform features such as a change of direction or one foot turns on the spot before resuming the rotations shall not be considered as such an interruption).

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Basic Positions in Dance Spins:

1. Upright Position:

If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

2. Sit Position:

If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions.

3. Camel Position:

If the waist line is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

Difficult Variations of Basic Positions (examples):

1. For Upright Position:

- “Biellmann” type – body upright with the heel of the boot pulled by the hand behind and above the level of the head;
- Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice;
- Split with both legs straight and the boot/skate of the free leg held up higher than the head;
- Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade);

Note: Examples b) and d) performed by the same partner shall be considered as the same Difficult Variation of Upright Position.

2. For Sit Position:

- Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice;
- Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice;
- Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg;
- Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg;
- Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice;
- Free leg directed forward, with not more than 90 degrees between thigh and shin of skating leg, and back of upper body almost parallel to the ice.

Note: Example e) performed right after any other Difficult Variation of Sit Position shall be considered as the same Difficult Variation of Sit Position.



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3. For Camel Position:

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point;
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length between head and blade);
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head;
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees);
- e) Simple Camel Position by the man with the free leg on horizontal line or higher.

Note:

- Simple camel spin by the lady shall not be considered as a Difficult Variation of Camel Position.
- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variations.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for total number of rotations when performed fully, continuously and on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.

Options of Dance Spins:

Spin Option 1: without a change of spinning direction;

Spin Option 2: with a change of spinning direction;

Combination Spin Option 1: with same spinning direction for both parts;

Combination Spin Option 2: with different spinning direction for each part.

Entry/Exit Feature:

- a. Unexpected entry/exit without any evident preparation;
- b. Continuous combination of intricate steps OR a continuous combination of intricate movements, OR a continuous combination of both intricate step(s) and intricate movement(s) immediately before or after the Dance Spin.

Note: The definition of “intricate” when referring to technical elements does not necessarily mean difficult. It can also be creative, interesting, unique.



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LEVELS OF DIFFICULTY

Characteristics of Levels:

- A Difficult Variation shall be considered for Level when held for at least 2 rotations in a Spin or 3 rotations in a Combination Spin.
- In a Combination Spin, Level 3 or 4 shall be considered only when each part of the Combination Spin includes at least one of the Different Difficult Variations given credit for Level.

Basic Level	Level 1	Level 2	Level 3	Level 4
<p>Option 1 Spin: at least 3 rotations</p> <p>Option 2 Spin: at least 2 rotations in one direction and at least 1 rotation in other direction</p> <p>Option 1 and 2 Combination Spin: at least 3 rotations in either part and more than 1 rotation in the other part</p>	<p>Option 1 1 Difficult Variation from any Basic Positions</p> <p>Option 2 Spin: at least 2 rotations in both directions</p> <p>Combination Spin: at least 3 rotations in both direction</p>	<p>Option 1 2 different Difficult variations from 2 different Basic positions</p> <p>Option 2 1 Difficult variation from any basic Position</p>	<p>Option 1 3 different Difficult Variations from 3 different Basic Positions</p> <p>Option 2 2 different Difficult Variations from 2 different Basic Positions</p>	<p>Option 1 3 different Difficult Variations from 3 different Basic Positions AND Entry feature or Exit feature</p> <p>Option 2 2 different Difficult Variations from 2 different Basic Positions AND Entry feature or Exit feature</p>



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POSE/ COMBINATION POSE

Applicable to all Types of Pose:

1. The first performed Poses(s) shall be identified as the required Pose(s) and given a Level, or No Level if the requirements for Level 1 are not met. Subsequent Poses shall be identified as a Pose and classified as an Extra Element with no value.
2. Any Pose or part of a Combination Pose of a repeated Type shall be classified as an Extra Element with no value.
3. To be considered a different Type, Poses of a similar Category must be skated on different edges.
4. Any Pose of a Type not according to the Required Elements for Rhythm Dance or the Well Balanced Free Dance Program shall be classified as an Extra Element with no value.
5. A **brief movement**, less than 3 seconds, in which a pose position is attained but is **not sustained** shall not be considered as a Pose.

If a Fall or interruption occurs at the entrance to or during a Pose, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met.

Applicable to Combination Poses:

1. A Combination Pose shall be identified with the first two fully established Types of Single Pose performed forming two approximately equal parts or it shall be identified as a Single Pose of the Type forming the larger part. The Level of each of the two Types of Pose shall be given separately.
2. If for any reason one of the parts of a Combination Pose cannot be identified, only the other part shall be identified, as a Single Pose, and given a Level according to the requirements met, or No Level if the requirements for Level 1 are not met, and classified as "+Combo". The subsequent elements shall be identified as if both parts of the Combination Pose had been performed and identified
3. If one of the Single Poses forming the Combination Pose includes an Illegal Movement/Pose, the deduction for Illegal Element/Movement will apply once and the Part of the Combination Pose including the Illegal Movement/Pose will receive Level 1 if the requirements for Level 1 are met (example of call: "sPo1 Illegal Element+ sPo4 Combo").



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4. If both Single Poses forming the Combination Pose include an Illegal Movement/Pose (same or different), the deduction for Illegal Element/Movement will apply twice and both parts of the Combination Pose will receive Level 1 if the requirements for Level 1 are met (example of call: “sPo1 Illegal Element+sPo1 Illegal Element Combo”).

5. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Entry Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the first part of the Combination Pose will receive Level 1 if the requirements for Level 1 are met. The second part of the Pose will receive a Level according to the requirements met,

In a Combination Pose, if a skater performs an Illegal Element/Movement as an Exit Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the second part of the Combination Pose will receive Level 1 if the requirements for Level 1 are met. The first part of the Pose will receive a Level according to the requirements met.

ADDITIONAL DEFINITIONS, SPECIFICATIONS OF DEFINITIONS AND NOTES

Difficult Poses

- a) An Attitude with a full split: when the legs of the skater are extended in one line with the angle between thighs about 180 degrees;
- b) A “Biellmann”: body in any orientation (e.g. upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head;
- c) An Attitude comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade); d) An Ina Bauer
- e) Hydro blade. The core of the body must be clearly positioned away from the vertical axis. f) A Spread Eagle.
- g) A Spiral / Simple Camel Position with the free leg in a horizontal position or higher for Men only.

Notes:

- a chosen example of Difficult Pose on skated on the same edge shall be considered for Level only the first time it occurs;
- examples b) (full “Biellmann) and c) (full doughnut/ring) shall be considered as the same

Difficult Turn as a connecting step

A difficult turn as a connecting step between two Single Poses to form a Combined Pose is defined as either, a Rocker, a Counter or a Bracket. No extra steps, pushes or touch downs are allowed.

Change of edge between two Poses



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The change of edge connecting two Poses should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established within 2 seconds. When the two Poses are Attitudes, the free leg must be held higher than the hip.

Entry Feature

- a) unexpected entry without any evident preparation;
- b) continuous combination of intricate steps and/or movement(s) performed immediately before the Pose.

Arm Feature

Significant and continuous movement of the arms in time to the beat of the music in a manner that should enhance the music chosen and express its character. Where one arm is being used to support the free leg in position the free arm should be used continuously to the beat of the music in a manner that should enhance the music chosen and express its character. Simple use of the hands only is not sufficient.

LEVELS OF DIFFICULTY Characteristics of Levels:

Level 1	Level 2	Level 3	Level 4
A Pose position is established for at least 3 seconds	Pose Position attained and held for at least 3 secs on a definite clean edge edges.	The Pose position is difficult and attained for at least 3 seconds on a definite clean edge.	Ina Bauer on definite opposing edges held and attained for at least 3 seconds and performed in a straight line. Or A Difficult Pose position which is attained for at least 3 seconds on a definite clean edge And either, An entry feature OR An arm feature is performed



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Adjustments to level

1. If there is more than one connecting step between the two poses in a combination pose the level of difficulty is reduced by one level.
2. If the Pose is clearly established but is unstable the level of difficulty is reduced by one level.

TWIZZLES

ADDITIONAL PRINCIPLES OF CALLING

1. The first performed Set of Twizzles shall be identified as the required Set of Twizzles and given a Level, or No Level if the requirements for Basic Level are not met.
2. If a Fall or interruption occurs at the entrance to or during a Set of Twizzles and is immediately followed by other Twizzles (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met, and the additional part shall not be identified.
3. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after a Twizzle has commenced and the Twizzle continues after touchdown (without interruption), only the rotations before the touchdown shall be considered for Level.
4. If any part of first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
 - by one Level if one of the two Twizzles become Pirouettes or checked Three Turns
 - by two Levels if both Twizzles become Pirouettes or checked Three Turns
5. If there is a full stop before the first or the second Twizzle, the Level of the Set of Twizzles shall be reduced by one Level per stop
6. If there is more than the permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Additional Features (Groups of examples):

Group A (upper body and hands):

- elbow(s) at least at level with or higher than the level of the shoulders (hand(s) could be above the head, same level as the head, or lower than the head);
- significant continuous motion of arms;
- hands clasped behind back and extended away from the body;
- straight arms clasped in front and extended away from the body (between the waist and chest level and lower than the level of shoulders);
- core of body is shifted off vertical axis.



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Group B (skating leg and free leg):

- Coupée in front or behind with free foot in contact with the skating leg in an open hip position;
- holding the blade or boot of the free foot;
- free leg crossed behind above the knee;
- free leg held out (i.e. extended or bent with an angle of 90 degrees or more between thigh and shin, to the front, to the side or to the back or combination of those) at 45 degrees or more from vertical;
- sit position (at least 90 degrees between the thigh and shin of the skating leg);
- changing the level of the skating leg (knee) with a continuous motion.

Group C (pattern, entry, exit):

- skater performs a third Twizzle of at least 3 rotations, performed correctly, started with different entry edge than the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles or a maximum of three steps for Set of Synchronized Twizzles;
- entry to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump);
- Set of Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between Twizzles;
- Set of Twizzles performed directly from difficult/creative, intricate or unexpected entry.
- **Notes:**
 - A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established:
 - within the first half rotation of the Twizzle, and
 - held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
- There is no limit on turns or movements performed on one foot on the change of foot or the steps between Twizzles



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Basic Level	Level 1	Level 2	Level 3	Level 4
At least one rotation in each of the two Twizzles	At least 2 rotations in each of the two Twizzles AND At least 1 Additional Features	Different entry edge and different direction of rotation for the two Twizzles AND At least 2 rotations in each of the two Twizzles AND At least 2 different Additional Features	Different entry edge and different direction of rotation for the two Twizzles AND At least 3 rotations in each of the two Twizzles AND At least 3 different Additional Features from 2 different Groups OR At least 3 different Additional Features from 3 different Groups	Different entry edge and different direction of rotation of the two Twizzles AND At least 4 rotations in each of the two Twizzles AND At least 4 different Additional Features from 3 different Groups



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STEP SEQUENCES

ADDITIONAL PRINCIPLES OF CALLING

1. The first performed Step Sequence of a required Type shall be identified as the required Step Sequence of that Type and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Step Sequences of that Type and Step Sequences of a Type not according to the Required Elements for Rhythm Dance or the Well Balanced Free Dance Program shall not be identified.
2. If a Fall or interruption occurs at the entrance to or during a Step Sequence and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
3. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straight line, circle/s-shape, diagonal, etc. (This does not apply to the One Foot Step Sequence)
4. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs during the One Foot Step Sequence and the skater continues after touchdown (without interruption), only the steps before the touchdown shall be considered for Level for that skater.
5. If a Fall or interruption occurs at the entrance to or during the One Foot Step Sequence and is immediately followed by the rest of Turns (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met. The additional part after the Fall or Interruption shall not be identified.

ADDITIONAL DEFINITIONS, SPECIFICATIONS TO DEFINITIONS AND NOTES

Types of Difficult Turns: Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle (Twizzle with one rotation - “Single Twizzle” for Level 1 and 2 or Twizzle with two rotations - “Double Twizzle” for Levels 1 – 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704.

Types of One Foot Step Sequence Turns: Bracket, Rocker, Counter, Twizzle (Twizzle with one rotation - “Single Twizzle” for Level 1 and 2 or Twizzle with two rotations - “Double Twizzle” for Levels 1 – 4), skated on distinct and recognizable edges and in accordance with the description of Twizzle in Rule 704.

Note: An error in any part of a turn will result in the turn not being counted for the Level. This also applies to an error in any part of a Twizzle or “Double Twizzle”, the entire Twizzle is not counted towards the Level. As an example - If the skater includes a “Double Twizzle” as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not counted even as a “Single Twizzle”.



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Levels of Difficulty

Style of Step Sequences: The Level of Difficulty of the Step Sequences shall be determined as per the following Characteristics of Levels:

- Novice (Advanced) Free Dance (Straight Line or Curved Step Sequence in Hold): Style B
- Senior and Junior Rhythm Dance (One (1)): Style B
- Junior and Senior Free Dance: Style B

Characteristics of Level Style B

Basic Level	Level 1	Level 2	Level 3	Level 4
<p>Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason</p>	<p>Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason</p> <p>AND</p> <p>Footwork includes at least 1 Type of Difficult Turn (Only the first attempt of the Difficult Turn is considered for level)</p>	<p>Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason</p> <p>AND</p> <p>Footwork includes at least 3 different Types of Difficult Turns (Only the first attempt of the Difficult Turn is considered for level)</p>	<p>Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason</p> <p>AND</p> <p>Footwork includes at least 4 different Types of Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) (Only the first attempt of the Difficult Turn is considered for level)</p> <p>AND</p> <p>Turns are multidirectional</p>	<p>Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason</p> <p>AND</p> <p>Footwork includes at least 5 different Types of Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) (Only the first attempt of the Difficult Turn is considered for level)</p> <p>AND</p> <p>Turns are multidirectional</p> <p>AND</p> <p>All Steps/Turns are 100% clean</p>



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Characteristics of One Foot Step Sequence

Basic Level	Level 1	Level 2	Level 3	Level 4
At least 2 different Types of One Foot Step Sequence Turns are attempted	<p>1 Type of One Foot Step Sequence Turns</p> <p>Only the first attempt of the Difficult Turn is considered for Level.</p>	<p>2 different Types of One Foot Step Sequence Turns</p> <p>Only the first attempt of the Difficult Turn is considered for Level.</p>	<p>3 different Types of One Foot Step Sequence Turns (Twizzle must be done with at least two rotations -“Double Twizzle”)</p> <p>Only the first attempt of the Difficult Turn is considered for Level.</p>	<p>ALL 4 different Types of One Foot Step Sequence Turns (Twizzle must be done with at least two rotations -“Double Twizzle”)</p> <p>AND</p> <p>All Turns are 100% clean</p> <p>Only the first attempt of the Difficult Turn is considered for Level.</p>



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CHOREOGRAPHIC ELEMENTS

Definition of Choreographic Elements:

- ❖ **Choreographic Lift:** Dance Lift of minimum 3 seconds and up to ten (10) seconds, performed after all the other required Dance Lifts

- ❖ **Choreographic Spinning Movement:** spinning movement performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold. The following requirements apply:
 - on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three,
 - on a common axis which may be moving.

- ❖ **Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles, composed of 2 parts. - for both parts: on one foot or two feet or a combination of both,
 - for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
 - for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both.

- ❖ **Choreographic Sliding Movement:** performed anywhere in the program, during which both partners perform controlled sliding movements on the ice. The following requirements apply:
 - Continuous controlled sliding movement by both partners at the same time on any part of the body
 - May be in hold or not touching, may also rotate.
 - 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 cannot finish as a stop on 2 knees or sitting/lying on the ice, otherwise it will be identified as a Fall/Illegal Element and shall be called accordingly.

- ❖ **Choreographic Character Step Sequence**
The following requirements apply:
 - Performed anywhere in the program
 - Must be placed around the Short Axis and proceed from barrier to barrier.
 - May be in hold or not touching



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ADDITIONAL PRINCIPLES OF CALLING

1. If a Choreographic Element is required:
 - a) Choreographic Spinning Movement / Sliding Movement / Character Step Sequence can be performed anywhere in the program.
 - b) Subsequent Choreographic Spinning Movements and Choreographic Character Step Sequence shall not be identified. Subsequent Choreographic Sliding Movements which are identified as illegal and/or a fall shall be called accordingly.
2. A Choreographic Spinning Movement shall be identified at the entrance to the element and confirmed if three rotations are performed.
3. Choreographic Sliding Movement shall be identified at the entrance to the element and confirmed when the skater executes controlled sliding movements on the ice at the same time.
4. Choreographic Character Step Sequence shall be identified at the entrance to the element and confirmed when the skater performs steps around the Rhythm axis from barrier to barrier.
5. Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
6. Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. If the specified Choreographic Element is not included within the first performed required number of different Choreographic Elements, the last performed Choreographic Element identified within the required number of permitted Choreographic Elements shall receive * and No Value, the deduction -1 is applied. Subsequent Choreographic Elements (except ChSl) will not be identified:
 - i. If a Choreographic Sliding Movement is not performed within the required number of Choreographic elements it shall be identified as an "Additional Element" will receive the abbreviation* (e.g. ChSl*). It indicates that the element receives No Value, the deduction -1 is applied, it occupies a box.

NOTE: The Base Value is the same for all Choreographic Element



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