



# **MURRAYFIELD ISC DANCE OPEN**

To be held at  
Murrayfield Ice Rink  
Riversdale Crescent  
Edinburgh

**Solo Dance Series Events (IJS)**  
**Solo Short Dance Event (IJS)**  
**Pre-Juvenile and Juvenile Solo Dance (RJS)**  
**Advanced Novice, Junior and Senior Couples  
Dance (IJS)**

**Sunday 6<sup>th</sup> & Monday 7<sup>th</sup> May 2012**

**Closing Date Thursday 12<sup>th</sup> April 2012**



**Held under NISA Regulations and Permit**



## SOLO DANCE

### SOLO DANCE – Juvenile and Pre-Juvenile

EVENT NUMBER	CATEGORY	Test Requirements	Pattern Dance	Free Dance
SD1 PJ LADIES PD SD2 PJ LADIES FD  SD3 PJ MEN PD SD4 PJ MEN FD	Pre- Juvenile	Must hold a minimum of Level 1 FM	Rhythm Blues( 2 seq)	1½ minutes +/-5 secs
SD5 <b>SMT PD Trophy</b> for JV LADIES SD6 JV LADIES FD  SD7 JV MEN PD SD8 JV MEN FD	Juvenile	Must hold a minimum of Level 1 FM and either Level 1 Pattern Dance OR Level 1 Free Dance	Fiesta Tango (3 seq)	1½ minutes +/-5 secs

### Free Dance Technical Requirements for Pre-Juvenile and Juvenile Events

1. 1 midline step sequence skated as close to the midline long axis as possible.
2. 1 pose ( see page 7 for details)
3. 1 dance spin ( min of 3 revolutions per spin). Combination spins are not permitted.
4. 1 twizzle - minimum of 1 rotation. Additional twizzles are permitted but only the 1<sup>st</sup> attempted twizzle (outwith the step sequence) will count towards the technical score. Others will be considered within the choreography mark.

### Rules for Pre-Juvenile and Juvenile Free Dance

1. Vocal music is permitted in this competition.
2. Music for Free Dance 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.
3. The music may but need not have a change of tempo and/or expression.
4. 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. The music must be suitable for the competitor's skating skills and technical ability
5. Spins, stops and pirouettes are not allowed during the step sequences.
6. Toe steps, kneeling, sliding on two knees and performing a full split position on the ice is permitted only if not used excessively. Attention should be paid to the IJS definition of a fall at all levels.
7. Costume rules will apply, following ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, rule 612 and subsequent communications .
8. Free Dances that do not adhere to these guidelines will be severely penalized.

**Please note that these events will be judged RJS. Skaters must attempt all listed elements. As this event will be judged under RJS, should there be no attempt whatsoever at any required element, a deduction of 0.1 from the technical mark will be made by the judging panel for each element lacking in the programme.**

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2010** (downloadable from the ISU website) and ISU Communications 1621, 1632, 1677 and 1686 where further details and clarifications can be found.



## **NISA SOLO DANCE SERIES 2011/2012**

<b><u>EVENT</u></b>	<b><u>CATEGORY</u></b>	<b><u>TEST REQUIREMENTS</u></b>	<b><u>PATTERN DANCE</u></b>	<b><u>FREE DANCE</u></b>
SD9 <b>Lynwood</b> for PN LADIES PD SD10 PN LADIES FD  SD11 PN MEN PD SD12 PN MEN FD	<b><u>PRE-NOVICE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 2 FM and</li> <li>• Level 2 Pattern Dance and</li> <li>• Level 2 Free dance</li> </ul>	Foxtrot (4 seq)	1½ minutes +/-5 secs
SD13 <b>Grimshaw</b> for NOV LADIES PD SD14 N LADIES FD  SD15 N MEN PD SD16 N MEN FD	<b><u>NOVICE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 4 FM and</li> <li>• Level 3 Pattern Dance and</li> <li>• Level 4 Free Dance</li> </ul>	Starlight Waltz (2 seq)	1½ minutes +/-5 secs
SD17 <b>Park</b> for JUN LADIES PD SD18 <b>Banks</b> for JUN LADIES FD  SD19 J MEN PD SD20 J MEN FD	<b><u>JUNIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 6 FM and</li> <li>• Level 5 Pattern Dance and</li> <li>• Level 6 Free dance</li> </ul>	Cha Cha Congelado (2 seq)	2 minutes +/-5 secs
SD21 <b>J&amp;M electric</b> for SEN LADIES PD SD 22 <b>Beechgrove</b> for SEN LADIES FD  SD23 S MEN PD SD24 S MEN FD	<b><u>SENIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 8 FM</li> <li>• Level 9 part 1 Pattern Dance and</li> <li>• Level 9 Free Dance</li> </ul>	Rhumba (4 seq)	3 minutes +/-10 secs

### **SOLO SHORT DANCE**

<b><u>EVENT NUMBER</u></b>	<b><u>CATEGORY</u></b>	<b><u>Test Requirements</u></b>	<b><u>Short Dance</u></b>
SD25 <b>Triple S</b> for JUN LADIES SD  SD26 J MEN SD	<b><u>JUNIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 6 FM and</li> <li>• Level 5 Pattern Dance and</li> <li>• Level 5 Free dance</li> </ul>	2 minutes 50 +/- 10 secs
SD27 <b>St James</b> for SEN LADIES SD  SD28 S MEN SD	<b><u>SENIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 8 FM and</li> <li>• Level 8 Pattern Dance and</li> <li>• Level 8 Free Dance</li> </ul>	2 minutes 50 +/- 10 secs

Please see pages 15 and 16 of this announcement for detailed programme requirements for Short Dance events.



## **FREE DANCE**

### **TECHNICAL REQUIREMENTS**

#### **PRE-NOVICE**

1. 1 combination pose (see separate sheet for details of pose / attitude)
2. 1 midline step sequence skated as close to the midline long axis as possible
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
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

#### **NOVICE**

1. 1 combination pose including one attitude (see separate sheet for details of pose / attitude)
2. 1 circular step sequence covering the full width of the ice
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
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

#### **JUNIOR**

1. 1 combination attitude (see separate sheet for details of pose / attitude)
2. 1 circular or serpentine step sequence utilizing the full ice surface
3. 1 dance spin combination
  - Must have a minimum of 3 revolutions on each foot
4. 1 set of sequential twizzles with no more than 1 step between the twizzles.
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 rotation in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark



## **SENIOR**

1. 1 attitude with change of edge (see separate sheet for details of pose / attitude)
2. 2 step sequences of a different pattern and covering full ice surface
3. 2 dance spins
  - Must have a minimum of 3 revs or 3 revs on each foot if a spin combination is performed
  - If 2 basic position spins are skated (camel sit upright) then the spins must show different basic positions
4. 1 set of sequential twizzles with no more than 1 step between the twizzles
  - Minimum 1x clockwise and 1x anti-clockwise
  - Minimum 1 revolution in each twizzle
  - Additional sets of twizzles are permitted, but only the 1<sup>st</sup> attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

**Please note that the Murrayfield Series events will be judged using the IJS. Skaters must attempt all listed elements.**

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2010** (downloadable from the ISU website) and ISU Communications 1621, 1632, 1677 and 1686 where further details and clarifications can be found.

**Skaters may choose to enter either 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.**

Should numbers overall be excessive it may be necessary to give priority to skaters who are entering the Solo Dance Series and using this event as one of their required events for qualification.



## **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) 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.
- 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. Costume must not be sleeveless

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



## **DEFINITION OF POSE & ATTITUDE**

**POSE** A position or stance held for a minimum of 3 seconds (except attitude with change of edge).

Types of pose are as follows:

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg raised higher than the level of the hip **and** either
  - In front, behind or at the side and
  - Bent or extended and
  - Free or held (by knee or blade)ie Biellmann
- **SPIRAL** – Type of attitude where the free leg is raised behind, above horizontal level, without assistance from a hand or an arm while in the same position throughout its duration.
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **LUNGE/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.

**COMBINATION POSE** - A position or stance composing of 2 different types of poses combined and each held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of poses.



## **RULES FOR FREE DANCE**

1. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone, but not melody alone.
2. Spins, stops and pirouettes are not allowed during the step sequences.
3. Toe steps, kneeling, sliding on two knees and performing a full split position on the ice is permitted only if not used excessively. Attention should be paid to the IJS definition of a fall at all levels.
4. Costume rules will apply, following ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, rule 612 and subsequent communications . (Please see above for guidance)

## **GENERAL RULES FOR SOLO DANCE SERIES**

1. Solo Dance Series events will be judged under either the RJS, (6.0) judging system **or** the IJS system at the discretion of the Club involved. Murrayfield Series event will be judged under **the IJS system**.
2. It is the intention of the NISA Board that the Solo Dance Championship event in June 2012 will be judged using **the IJS system**.
3. Skaters may enter as many segments of a Solo Series event as they wish, i.e. CD only or CD and FD etc.
4. There will be no age restrictions on Series events – skaters may enter any or all categories for which they are qualified by standard. Age restrictions will apply at the Championships, as per previous years and will be published in a separate document.
5. All rules will follow the ISU rules for Dance couples, including costume, timing, call to start, re-start etc. For clarification of any of these rules, please see ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, including but not restricted to rules 350, 353, 610, 612.





## DANCE OPEN COUPLES DANCE EVENTS

<u>EVENT</u>	Category	Test Requirements	Pattern Dance	Free Dance
D1 <b>Novice Trophy</b> for BEG COUPLES PD  D2 BEG COUPLES FD	Beginner Couples	Must hold a minimum of Level 1 FM	Rhythm Blues (2 Seq)	2 minutes +/- 5 secs
D3 <b>Hillwood</b> for JUV COUPLES PD  D4 JV COUPLES FD	Juvenile Couples	Must hold a minimum of Level 3 Field Moves and Level 3 Pattern Dance and either Level 3 Original Dance or Level 3 Free Dance	Fiesta Tango (3 Seq)	2Minutes +/- 5 Secs
D5 <b>Park</b> for PN COUPLES PD  D6 PN COUPLES FD	Pre-Novice Couples	Must hold a minimum of Level 5 Field moves and Level 5 Pattern Dance and either Level 5 Original Dance or Level 5 Free Dance	Foxtrot (4 Seq)	2 minutes +/- 5 secs
D7 <b>Beechwood</b> for AN COUPLES PD  D8 <b>Coats Insurance</b> for AN COUPLES FD	Advanced Novice Couples	Must hold a minimum of Level 8 Field Moves and Level 8 Pattern Dance and either Level 8 Original Dance or Level 8 Free Dance	Tango (2 Seq)	3 minutes +/- 10 secs
D9 <b>Ad-Screen</b> for JUN COUPLES PD  D10 <b>Balgreen</b> for JUN COUPLES FD	Junior Couples	Must hold a minimum of Level 9 Field Moves and Level 9 Pattern Dance and either Level 9 Original Dance or Level 9 Free Dance	Short Dance See below for requirements	3½ minutes +/- 10 secs
D11 <b>McIntosh</b> for SEN COUPLES PD  D12 <b>Jamieson</b> for SEN COUPLES FD	Senior Couples	Must hold a minimum of Level 10 Field Moves and Level 10 Pattern Dance And either Level 10 Original Dance or Level 10 Free Dance	Short dance See below for requirements	4 minutes +/- 10 secs

## ISU Senior Short Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rule 609), ISU Communications 1610, 1621, 1632, 1670, 1677 and any subsequent ISU Communications

- Duration: 2 min 50 secs +/- 10 secs

### Required Elements

#### PATTERN DANCE PART

**Two (2) sequences of the Rhumba**, either skated one after the other or not skated one after the other.

The Pattern Dance Elements will be skated to between one and three of the following Latin American rhythms: Cha Cha, Rhumba, Samba, Mambo, Merengue. The tempo will be 43 to 45 measures of 4 beats per minute (172-180 beats per minute.) The tempo of the music must be constant throughout the pattern dance elements.

#### CREATIVE DANCE PART

**The following three (3) required elements must be included:**

**1. One (1) Short Lift**

In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, may be performed (optionally) after the required dance lift is permitted..

**2. One (1) Circular Not Touching Step Sequence (NOT Incorporating the Sequential Twizzles)**

In accordance with Rule 603, paragraph 4, this element must be performed in either a clockwise OR an anti clockwise direction, utilising the full ice surface on the short axis of the rink. Performing this element in a clockwise direction is not a violation of Rule 609, paragraph 1 d)..

**3. One (1) Set of Sequential Twizzles**

**The Dance Spin is NOT a required element.** Nevertheless, a spinning movement skated together in any hold around a 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.

## ISU Senior Free Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rules 610 and 604), ISU Communication 1610, 1621, 1632, 1670, 1677 and any subsequent ISU Communications

Duration: 4 min +/- 10 secs

### Required Elements

1. **Either 2 Short Lifts and 1 Long Lift or 4 Short lifts from at least 3 different types.**  
In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lifts, is permitted.
2. **One (1) Straight Line step sequences (In Hold)** – either Midline or Diagonal
3. **One (1) Curved step sequence (In Hold)** – either Circular or Serpentine
4. **1 Dance Spin (chosen from Spin or Combination Spin)**  
One additional Transitional Dance Spin (Spin or Combination Spin), but no more, performed (optionally) after the required dance spin is permitted .  
**Note:** if a Dance Spin and a Dance Lift are performed as a combination, they will be identified as two separate elements.
5. **1 set of Synchronized Twizzles**

**SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1670 & 1677 FOR FURTHER RULES, RESTRICTIONS AND DETAILED TECHNICAL CLARIFICATIONS**

## ISU Junior Short Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rule 609), ISU Communication 1610, 1621, 1632, 1670, 1677 and any subsequent ISU Communications

- Duration: 2 min 50 secs +/- 10 secs

### Required Elements

#### PATTERN DANCE PART

**Two (2) sequences of the Cha Cha Congelado**, skated one after the other.

The Pattern Dance rhythm will be either Cha Cha OR Cha Cha plus one of the following Latin American rhythms: Rhumba, Samba, Mambo, Merengue. The tempo will be 28 to 30 measures of four beats per minute (112-120 beats per minute). The tempo of the music must be constant throughout the pattern dance elements.

#### CREATIVE DANCE PART

The following three (3) required elements must be included:

1. **One (1) Short Lift but no more than two (2)**  
In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, may be performed (optionally) after the required dance lift is permitted
2. **One (1) Midline Not Touching Step Sequence**
3. **One (1) Set of Sequential Twizzles**

**The Dance Spin is NOT a required element.** Nevertheless, a spinning movement skated together in any hold around a 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.

## ISU Junior Free Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rules 610 and 604), ISU Communication 1610, 1621, 1632, 1670, 1677 and any subsequent ISU Communications

Duration: 3min 30 seconds (+/- 10 ses)

### Required Elements

1. **Either 1 Short Lift and 1 Long Lift or 3 different types of Short lifts.**

NOTE: 1 additional transitional dance lift ( of up to 6 seconds), but no more, performed (optionally) after the required dance lifts is permitted.

2. **One (1) Straight Line step sequences (In Hold)** – either Midline or Diagonal

3. **One (1) Curved step sequence (In Hold)** – either Circular or Serpentine

4. **1 Dance Spin (chosen from Spin or Combination Spin)**

One additional Transitional Dance Spin (Spin or Combination Spin), but no more, performed (optionally) after the required dance spin is permitted .

**Note:** if a Dance Spin and a Dance Lift are performed as a combination, they will be identified as two separate elements.

5. **1 set of Synchronized Twizzles**

**SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1670 & 1677 FOR FURTHER RULES, RESTRICTIONS AND DETAILED TECHNICAL CLARIFICATIONS**

## ISU Advanced Novice Compulsory Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rules 607 and 608), ISU Communication 1649 and any subsequent ISU Communications

- Rocker Foxtrot (4 sequences) and Starlight Waltz (2 sequences)
- Updated version of descriptions, Charts and Diagrams of all Compulsory Dances are included in the ISU Ice Dance Handbook

## ISU Advanced Novice Free Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rule 610 and 604), ISU Communication 1649 and any subsequent ISU Communications

- Duration: 3 mins +/- 10 secs
- Vocal music is **not** permitted

### Required Elements

1. **2 different types of short lifts** but not more, chosen from the list of types of lifts (and be in accordance with Rule 604 paragraph 16). **Lifts not to exceed 6 seconds:**
  - a) Straight Line Lift
  - b) Curve Lift
  - c) Rotational Lift

In addition, one (1) additional Lift (up to 6 seconds) without any requirement for the Level of Difficulty is permitted (provided it is not an Illegal Lift), but only the first two Lifts performed will be identified and considered in determining the Level of Difficulty. However if a fourth Lift is performed, it will be considered by the Technical Panel as an extra element. If a Stationary Lift is performed among the two Lifts with a Level of Difficulty, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).

2. **1 Spin** but not more (in accordance with Rule 604 paragraph 14e) consisting of at least 3 rotations on one foot for both partners.  
**Note: A Combination spin is not permitted.** If a Combination Spin is performed instead of a Spin, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).
3. **1 step sequence in hold** of any type of Groups A or B (as defined in Rule 603, paragraph 3).
4. **1 set of synchronized twizzles** (as defined in rule 604, paragraph 14a and b: only the first set of synchronised twizzles skated will be identified and considered for the Level of Difficulty).

In all Required Elements, all features up to Level 4 will be counted.

All **Program Components** are judged with the following factors:

Skating Skills 1.10

Transitions/ Linking Footwork/Movements 0.90

Performance/Execution 0.90

Composition/Choreography 0.90

Interpretation/Timing 0.90

## SOLO SHORT DANCE

### **NISA Junior Solo Short Dance 2011/2012**

As per ISU Special Regulations & Technical Rules 2010 (Rule 609), ISU Communication 1610, 1621, 1632, 1670, 1677 and any subsequent ISU Communications

- Duration: 2 min 50 secs +/- 10 secs

#### **Required Elements**

##### **PATTERN DANCE PART**

**Two (2) sequences of the Cha Cha Congelado**, skated one after the other.

The Pattern Dance rhythm will be either Cha Cha OR Cha Cha plus one of the following Latin American rhythms: Rhumba, Samba, Mambo, Merengue.

The tempo will be 28 to 30 measures of four beats per minute (112-120 beats per minute). The tempo of the music must be constant throughout the pattern dance elements.

##### **CREATIVE DANCE PART**

**The following three (3) required elements must be included:**

**One (1) Pose/Combination Pose OR Attitude/Combination Attitude**

**One (1) Midline Not Touching Step Sequence**

**One (1) Set of Sequential Twizzles**

**The Dance Spin is NOT a required element.** Nevertheless, a spinning movement skated together in any hold around a 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.

## NISA Senior Solo Short Dance 2011/2012

As per ISU Special Regulations & Technical Rules 2010 (Rule 609), ISU Communications 1610, 1621, 1632, 1670, 1677 and any subsequent ISU Communications

- Duration: 2 min 50 secs +/- 10 secs

### **Required Elements**

#### **PATTERN DANCE PART**

**Two (2) sequences of the Rhumba**, either skated one after the other or not skated one after the other.

The Pattern Dance Elements will be skated to between one and three of the following Latin American rhythms: Cha Cha, Rhumba, Samba, Mambo, Merengue. The tempo will be 43 to 45 measures of 4 beats per minute (172-180 beats per minute.) The tempo of the music must be constant throughout the pattern dance elements.

#### **CREATIVE DANCE PART**

**The following three (3) required elements must be included:**

**One (1) Pose/Combination Pose OR Attitude/Combination Attitude**

**One (1) Circular Not Touching Step Sequence (NOT Incorporating the Sequential Twizzles)**

In accordance with Rule 603, paragraph 4, this element must be performed in either a clockwise OR an anti clockwise direction, utilising the full ice surface on the short axis of the rink.  
Performing this element in a clockwise direction is not a violation of Rule 609, paragraph 1 d)

**One (1) Set of Sequential Twizzles**

**The Dance Spin is NOT a required element.** Nevertheless, a spinning movement skated together in any hold around a 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.



## **JUNIOR AND SENIOR SHORT DANCE**

### **MUSIC**

Music for the entire Short Dance (including music for specified Pattern Dance) is provided by the skater and may be vocal.

**Duration:** maximum two (2) minutes and 50 seconds, but may be less.

### **COMPONENTS**

The multiplying factors for the Program Components are:

Skating Skills	0.80
Transitions/Linking Footwork/Movements	0.70
Performance/Execution	0.70
Composition/Choreography	0.80
Interpretation/Timing	1.00