



# **MURRAYFIELD IJS DANCE OPEN**

To be held at  
Murrayfield Ice Rink  
Riversdale Crescent  
Edinburgh

**Solo Dance Series Events (IJS)**  
**Solo Short Dance Event (IJS)**  
**Beginner and Pre-Juvenile Solo Dance (IJS)**

**Beginner, Pre-Juvenile, Juvenile, Basic Novice,  
Advanced Novice, Junior and Senior Couples  
Dance (IJS)**

**Thursday 2<sup>nd</sup> & Friday 3rd May 2013**

**Closing Date Monday 8<sup>th</sup> April 2013**



**Held under NISA Regulations and Permit**



## SOLO DANCE EVENTS

### PATTERN DANCE

<u>EVENT</u>	<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>
SPD1 B LADIES PD SPD2 B MEN PD	<b><u>BEGINNER</u></b>	Must hold a minimum of Level 1 FM	Dutch Waltz (2 seq)
SPD3 <b>SMT PD Trophy</b> for PJ LADIES SPD4 PJ MEN PD	<b><u>PRE-JUVENILE</u></b>	Must hold a minimum of Level 1 FM and either Level 1 Pattern Dance OR Level 1 Free Dance	Fiesta Tango (3 seq) WITH Key Points
SPD5 J LADIES PD SPD6 J MEN PD	<b><u>JUVENILE</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>	Rhythm Blues (2 seq) WITH Key Points
SPD7 <b>Lynwood</b> for BN LADIES PD SPD8 BN MEN PD	<b><u>BASIC NOVICE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 4 FM and</li> <li>• Level 4 Pattern Dance and</li> <li>• Level 4 Free dance</li> </ul>	14 step (3 seq) WITH Key Points
SPD9 <b>Grimshaw</b> for AN LADIES PD SPD10 AN MEN PD	<b><u>ADVANCED NOVICE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 5 FM and</li> <li>• Level 5 Pattern Dance and</li> <li>• Level 5 Free Dance</li> </ul>	Rocker Foxtrot (4 seq) WITH Key Points
SPD11 <b>Park</b> for JUN LADIES PD SPD12 J MEN PD	<b><u>JUNIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 7 FM and</li> <li>• Level 7 Pattern Dance and</li> <li>• Level 7 Free Dance</li> </ul>	Blues (3 seq) WITH Key Points
SPD13 <b>J&amp;M electric</b> for SEN LADIES PD SPD14 S MEN PD	<b><u>SENIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 9 FM and</li> <li>• Level 9 Pattern Dance and</li> <li>• Level 9 Free Dance</li> </ul>	Yankee Polka (2 seq) WITH Key Points

The Pattern Dance and Short Dance Events will be judged with key points.

ISU music will be used for all pattern dances and will be provided by Murrayfield Ice Skating Club



## SOLO SHORT DANCE EVENTS

EVENT NUMBER	CATEGORY	Test Requirements	Short Dance
SSD15 <b>Triple S</b> for JUN LADIES SD SSD16 JUN MEN SD	<b><u>JUNIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"><li>• Level 7 FM and</li><li>• Level 7 Pattern Dance and</li><li>• Level 7 Free dance</li></ul>	2 minutes 50 +/- 10 secs
SSD17 <b>St James</b> for SEN LADIES SD SSD18 SEN MEN SD	<b><u>SENIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"><li>• Level 9 FM and</li><li>• Level 9 Pattern Dance and</li><li>• Level 9 Free Dance</li></ul>	2 minutes 50 +/- 10 secs

Please see pages 4 and 5 of this announcement for detailed programme requirements for Short Dance events.



## **TECHNICAL REQUIREMENTS FOR SOLO SHORT DANCE**

### **JUNIOR SHORT DANCE 2012/2013**

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1670, 1677, 1721 and 1738.

#### **Required Elements**

##### **Pattern Dance Part**

Two sequences of Blues, skated one after the other or separately. Step # 1 of each pattern dance sequence must be skated on a different side of the ice surface.

The composition of the Short Dance in the season 2012/13 is as follows: Blues, or Blues plus one of Swing or Hip Hop

The Pattern Dance Elements must be skated on the Blues Rhythm, in any style of the Blues, with the following range of tempo: 22 measures of 4 beats or 88 beats per minute plus or minus 2 beats per minute. The tempo of music throughout the Pattern Dance Elements must be constant. The Pattern Dance Elements may be skated one after the other OR separately. Step # 1 of each sequence must be skated on a different side of the ice surface

The Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995, pages 13 to 20.

Rule 608 paragraph 1 applies with the following alteration to the first sentence of subparagraph d): Timing – the Pattern Dance Elements must be skated in strict time to the music with the start of Step # 1 of each sequence of Blues on beat 1 of a four measure musical phrase.

##### **Creative Dance Part**

The following three required elements must be included:

1. 1 Pose/Combination Pose (Note: Attitudes are considered difficult Poses)
2. 1 Midline or Circular step sequence
3. 1 set of sequential twizzles

The Dance Spin is not a required element. Nevertheless, a spinning movement skated by the skater 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 not consider these movements as one of the permitted stops.

**Skaters are advised to read carefully ISU communications 1670, 1677, 1721 and 1738, for further rules, restrictions and detailed technical clarifications**

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

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



## **SENIOR SHORT DANCE 2012/2013**

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1670, 1677, 1721 and 1738.

### **Required Elements**

#### **Pattern Dance Part**

Two sections of the Yankee Polka,

- Section 1: Steps # 1-25
- Section 2: Steps # 26-52

skated one after the other with section 1 followed by section 2 and Step # 1 skated on the judges side.

The Short Dance may be skated to one to three of Polka, March or Waltz

The Yankee Polka must be skated on the Polka rhythm (any style of polka) at the constant tempo of 60 measures of 2 beats per minute (or 120 beats per minute) +/- 2 beats per minute

#### **Creative Dance Part**

The following three required elements must be included:

1. 1 Pose/Combination Pose (NB Attitudes are Poses)
2. 1 Midline or Circular step sequence
3. 1 set of sequential twizzles

The Dance Spin is not a required element. Nevertheless, a spinning movement skated by the skater 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 not consider these movements as one of the permitted stops.

**Skaters are advised to read carefully ISU communications 1670, 1677, 1721 and 1738, for further rules, restrictions and detailed technical clarifications**

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

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



## SOLO FREE DANCE EVENTS

<u>EVENT</u>	<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
SFD19 B LADIES FD SFD20 B MEN FD	<b><u>BEGINNER</u></b>	Must hold a minimum of Level 1 FM	1 ½ minutes +/- 5 secs
SFD21 <b>SMT FD Trophy</b> for PJ LADIES SFD22 PJ MEN FD	<b><u>PRE-JUVENILE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 1 FM and EITHER</li> <li>• Level 2 Pattern Dance</li> <li>OR</li> <li>• Level 2 Free Dance</li> </ul>	1 ½ minutes +/- 5 secs
SFD23 J LADIES FD SFD24 J MEN FD	<b><u>JUVENILE</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>	1 ½ minutes +/- 5 secs
SFD25 <b>Lynwood</b> for BN LADIES FD SFD26 BN MEN FD	<b><u>BASIC NOVICE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 4 FM and</li> <li>• Level 4 Pattern Dance and</li> <li>• Level 4 Free dance</li> </ul>	1½ minutes +/- 5 secs
SFD26 <b>Grimshaw</b> for AN LADIES FD SFD27 AN MEN FD	<b><u>ADVANCED NOVICE</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 5 FM and</li> <li>• Level 5 Pattern Dance and</li> <li>• Level 5 Free Dance</li> </ul>	1½ minutes +/- 5 secs
SFD28 <b>Park</b> for JUN LADIES FD SFD29 J MEN FD	<b><u>JUNIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 7 FM and</li> <li>• Level 7 Pattern Dance and</li> <li>• Level 7 Free Dance</li> </ul>	2 minutes +/- 5 secs
SFD30 <b>J&amp;M electric</b> for SEN LADIES FD SFD31 S MEN FD	<b><u>SENIOR</u></b>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 9 FM and</li> <li>• Level 9 Pattern Dance and</li> <li>• Level 9 Free Dance</li> </ul>	3 minutes +/- 10 secs



## **SOLO FREE DANCE TECHNICAL REQUIREMENTS**

### **BEGINNER AND PRE-JUVENILE**

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.

### **JUVENILE**

1. 1 combination pose (see separate sheet for details of pose/attitude)
2. 1 straight line step sequence, skated barrier to barrier
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.

### **BASIC NOVICE**

1. 1 combination pose (see separate sheet for details of pose / attitude)
2. 1 straight line step sequence skated barrier to barrier
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.

### **ADVANCED NOVICE**

1. 1 combination pose (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 Pose (see separate sheet for details of pose / attitude)
2. 1 straight line step sequence utilizing the full ice surface
3. 1 curved (circular or serpentine) step sequence utilising the full ice surface
4. 1 dance spin combination
  - Must have a minimum of 3 revolutions on each foot
5. 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 Combination Pose (see separate sheet for details of pose / attitude)
2. 1 straight line step sequence utilising the full ice surface
3. 1 curved (circular or serpentine) step sequence utilising the full ice surface
4. 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
5. 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.

**NB:** Attitudes are Poses, so skaters have the choice of using any combination of Pose or Attitude in their programmes including Attitudes with a change of edge.

**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 2012** (downloadable from the ISU website) and ISU Communications 1721,1738, 1621, 1632, 1677 and 1686 where further details and clarifications can be found.

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

**There are no age restrictions on any of these events.**

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



## **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.



## DANCE COUPLES EVENTS

### PATTERN DANCE

<u>EVENT</u>	Category	Test Requirements	Pattern Dance
CPD1 <b>Novice Trophy</b> for BEG COUPLES PD	<b><u>BEGINNER COUPLES</u></b>	Must hold a minimum of Level 1 FM	Rhythm Blues (2 Seq)
CPD2 <b>Hillwood</b> for JUV COUPLES PD	<b><u>JUVENILE COUPLES</u></b>	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)
CPD3 <b>Park</b> for PN COUPLES PD	<b><u>BASIC NOVICE COUPLES</u></b>	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)
CPD4 <b>Beechwood</b> for AN COUPLES PD	<b><u>ADVANCED NOVICE COUPLES</u></b>	Must hold a minimum of Level 8 Field Moves and Level 6 Pattern Dance and either Level 6 Original Dance or Level 6 Free Dance	Tango (2 Seq)

**The Pattern Dances will be judged with key points.**



## DANCE COUPLES EVENTS

### SHORT DANCE

CD5 Ad-Screen for JUN COUPLES SD	<b><u>JUNIOR COUPLES</u></b>	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
CD6 McIntosh for SEN COUPLES SD	<b><u>SENIOR COUPLES</u></b>	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

**The Short Dances will be judged with keypoints**



## **TECHNICAL REQUIREMENTS FOR COUPLES SHORT DANCE**

### **JUNIOR (COUPLES) SHORT DANCE 2012/2013**

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1670, 1677, 1721 and 1738.

#### **Required Elements**

##### **Pattern Dance Part**

Two sequences of Blues, skated one after the other or separately. Step # 1 of each pattern dance sequence must be skated on a different side of the ice surface.

The composition of the Short Dance in the season 2012/13 is as follows: Blues, or Blues plus one of Swing or Hip Hop

The Pattern Dance Elements must be skated on the Blues Rhythm, in any style of the Blues, with the following range of tempo: 22 measures of 4 beats or 88 beats per minute plus or minus 2 beats per minute. The tempo of music throughout the Pattern Dance Elements must be constant. The Pattern Dance Elements may be skated one after the other OR separately. Step # 1 of each sequence must be skated on a different side of the ice surface

The Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995, pages 13 to 20.

Rule 608 paragraph 1 applies with the following alteration to the first sentence of subparagraph d): Timing – the Pattern Dance Elements must be skated in strict time to the music with the start of Step # 1 of each sequence of Blues on beat 1 of a four measure musical phrase.

##### **Creative Dance Part**

The following three required elements must be included:

- 1 1 x Short Dance Lift
2. 1 x not touching Midline or Circular step sequence
3. 1 x set of sequential twizzles

The Dance Spin is not a required element. Nevertheless, a spinning movement skated by the skater 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 not consider these movements as one of the permitted stops.

**Skaters are advised to read carefully ISU communications 1670, 1677, 1721 and 1738, for further rules, restrictions and detailed technical clarifications**

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

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



## **SENIOR (COUPLES) SHORT DANCE 2012/2013**

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1670, 1677, 1721 and 1738.

### **Required Elements**

#### **Pattern Dance Part**

Two sections of the Yankee Polka,

- Section 1: Steps # 1-25
- Section 2: Steps # 26-52

skated one after the other with section 1 followed by section 2 and Step # 1 skated on the judges side.

The Short Dance may be skated to one to three of Polka, March or Waltz

The Yankee Polka must be skated on the Polka rhythm (any style of polka) at the constant tempo of 60 measures of 2 beats per minute (or 120 beats per minute) +/- 2 beats per minute

#### **Creative Dance Part**

The following three required elements must be included:

1.1 x Short Dance Lift

2.1 x Not touching Midline or Circular step sequence

3.1 x set of sequential twizzles

The Dance Spin is not a required element. Nevertheless, a spinning movement skated by the skater 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 not consider these movements as one of the permitted stops.

**Skaters are advised to read carefully ISU communications 1670, 1677, 1721 and 1738, for further rules, restrictions and detailed technical clarifications**

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

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



## DANCE COUPLES EVENTS

### FREE DANCE

<u>EVENT</u>	Category	Test Requirements	Free Dance
CFD7 BEG COUPLES FD	<b><u>BEGINNER COUPLES</u></b>	Must hold a minimum of Level 1 FM	2 minutes +/- 5 secs
CFD8 JV COUPLES FD	<b><u>JUVENILE COUPLES</u></b>	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	2 minutes +/- 5 secs
CFD9 BN COUPLES FD	<b><u>BASIC NOVICE COUPLES</u></b>	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	2 minutes +/- 5 secs
CFD10 Coats Insurance for AN COUPLES FD	<b><u>ADVANCED NOVICE COUPLES</u></b>	Must hold a minimum of Level 8 Field Moves and Level 6 Pattern Dance and either Level 6 Original Dance or Level 6 Free Dance	3 minutes +/- 10 secs
CFD11 Balgreen for JUN COUPLES FD	<b><u>JUNIOR COUPLES</u></b>	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	3½ minutes +/- 10 secs
CFD12 Jamieson for SEN COUPLES FD	<b><u>SENIOR COUPLES</u></b>	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	4 minutes +/- 10 secs





## TECHNICAL REQUIREMENTS FOR FREE DANCE

### BEGINNER COUPLES

1. 1 mid-line step sequence. A second step sequence (any pattern) may be performed & will be marked in the transition mark.
2. A maximum of 1 dance spin in any position and any hold (min 3 revs)
3. 1 pose, to be done by both partners at the same time. The pose may be the same or different and may be done in or out of hold, minimum duration 3 seconds
4. 1 set of synchronised twizzles ( 1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)  
**Recognised dance lifts are not allowed**

### PRE - JUVENILE COUPLES

1. A maximum of 1 step sequence of any type in dance hold.
2. 1 set of synchronized twizzles. ( 1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)
3. A maximum of 1 dance spin, consisting of at least 3 rotations on 1 foot by both skaters.
4. A maximum of 1 dance lift, which may not to exceed 6 seconds, OR 1 pose, to be done by both partners at the same time. The pose may be the same or different and may be done in or out of hold, minimum duration 3 seconds

### JUVENILE COUPLES

5. A maximum of 1 step sequence of any type in dance hold.
6. 1 set of synchronized twizzles. ( Minimum 1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)
7. A maximum of 1 dance spin, consisting of at least 3 rotations on 1 foot by both skaters.
8. A maximum of 1 dance lift, which may not to exceed 6 seconds, OR 1 pose, to be done by both partners at the same time. The pose may be the same or different and may be done in or out of hold, minimum duration 3 seconds

### BASIC NOVICE FREE DANCE

As per ISU Special Regulations & Technical Rules 2012 (Rule 610 and 604), ISU Communications 1721, 1760 and any subsequent ISU Communications:

- Duration: 2 mins 30 seconds +/- 10 secs
- Vocal music is permitted

1. Not more than
  - 1 short lift but not more (as defined in rule 604, paragraph 16), chosen from the following types of lifts. **Lift not to exceed 6 seconds.**
    - a) Straight Line Lift
    - b) Curve Lift
    - c) Rotational Lift
  - 1 choreographic dance lift (see ISU Communication 1721 and subsequent updates of this ISU Communication).
2. 1 straight line step sequence (Midline or Diagonal) in hold or curved step sequence (Circular or Serpentine) in hold  
The restrictions listed in ISU Communication 1721 and subsequent updates of this ISU Communication apply.
3. 1 set of synchronized twizzles

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



## **ADVANCED NOVICE FREE DANCE**

As per ISU Special Regulations & Technical Rules 2012 (Rule 610 and 604), ISU Communications 1721, 1760 and any subsequent ISU Communications:

- Duration: 3 mins +/- 10 secs
- Vocal music is permitted

### **Required Elements**

1. Not more than
  - 2 different types of short lift, chosen from the following types of lifts:
    - a) Straight Line Lift
    - b) Curve Lift
    - c) Rotational Lift
  - 1 choreographic dance lift (see ISU Communication 1721 and subsequent updates of this ISU Communication).
2. 1 spin, but not more  
**Note:** A Combination Spin is not permitted.
3. 1 straight line step sequence (Midline or Diagonal) in hold or curved step sequence (Circular or Serpentine) in hold  
The restrictions listed in ISU Communication 1721 and subsequent updates of this ISU Communication apply.
4. 1 set of synchronized twizzles

## **JUNIOR FREE DANCE**

As per ISU Special Regulations & Technical Rules 2012 (Rules 610 and 604), ISU Communication 1621, 1632, 1677, 1686, 1721, 1738 and any subsequent ISU Communications

- Duration: 3min 30 seconds (+/- 10 secs)
- Vocal music permitted

### **Required Elements**

1. Not more than
  - 1 short lift and 1 long lift,  
**or**
  - 3 different types of short lifts,
  - 1 choreographic dance lift (see glossary of terms)
2. 1 dance spin (spin or combination spin) is required.  
In addition, 1 transitional dance spin, but no more, performed optionally after the required dance spin, is permitted.
3. 1 straight line step sequence (midline or diagonal) in hold
4. 1 curved step sequence (circular or serpentine) in hold
5. 1 set of synchronized twizzles

**Note:** if a dance spin and a dance lift are performed as a combination, they will be identified as two separate elements.

**SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1721 FOR FURTHER RULES, RESTRICTIONS AND DETAILED TECHNICAL CLARIFICATIONS**



## **SENIOR FREE DANCE**

As per ISU Special Regulations & Technical Rules 2012 (Rules 610 and 604), ISU Communication 1621, 1632, 1677, 1686, 1721, 1738 and any subsequent ISU Communications

- Duration: 3min 30 seconds (+/- 10 secs)
- Vocal music permitted

### **Required Elements**

1. Not more than
  - two (2) different Types of Short Lifts and one (1) Long Lift,  
or
  - four (4) Short Lifts chosen from at least three different Types
  - 1 choreographic dance lift (see glossary of terms)
2. 1 dance spin (spin or combination spin) is required.  
In addition, 1 transitional dance spin, but no more, performed optionally after the required dance spin, is permitted.
3. 1 straight line step sequence (midline or diagonal) in hold
4. 1 curved step sequence (circular or serpentine) in hold
5. 1 set of synchronized twizzles

**Note:** if a dance spin and a dance lift are performed as a combination, they will be identified as two separate elements.

**SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1721 FOR FURTHER RULES, RESTRICTIONS AND DETAILED TECHNICAL CLARIFICATIONS**