



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN 2018



MURRAYFIELD IJS DANCE OPEN

To be held at
Murrayfield Ice Rink
Riversdale Crescent
Edinburgh

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

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

Tuesday 8th & Wednesday 9th May 2018
(Possibly evening of the 7th May)

Closing Date Monday 9th April 2018

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>MAXIMUM TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>
SPD1 S. Kerr Trophy Beginners Solo PD (Ladies and Men)	<u>BEGINNER</u>	Must hold a minimum of <ul style="list-style-type: none"> Skate UK Star 	Must NOT hold <ul style="list-style-type: none"> Level 1 Pattern Dance 	Novice Foxtrot (2 seq) Canasta Tango (2 seq)
SPD2 Chesser Solo PD Trophy (Ladies and Men)	<u>Young Star Level 1</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 1 FM and Level 1 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 2 Pattern Dance 	Rhythm Blues (2 seq) Dutch Waltz (2 seq)
SPD3 CAN-AM Sports Pre-Juvenile Solo PD Trophy (Ladies and Men)	<u>Young Star Level 2</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 2 FM and Level 2 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 3 Pattern Dance 	British Waltz (2 seq) Fiesta Tango (2 seq)
SPD4 Hutchison Solo PD Trophy (Ladies and Men)	<u>Young Star Level 3</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 3 FM and Level 3 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 4 Pattern Dance 	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)
SPD5 SMT Solo PD Trophy SPD6 Calder Solo PD Trophy	<u>JUVENILE Level 4</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 4 FM and Level 4 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 5 Pattern Dance 	European Waltz (2 seq) 22 Step (2 seq)
SPD7 Roslin Solo PD Trophy SPD8 Ladywell Mens Solo PD Trophy	<u>PRIMARY Level 5</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 5 FM and Level 5 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 6 Pattern Dance 	14 Step (4 seq) Foxtrot (4 seq)
SPD9 Lynwood Ladies Solo PD Trophy SPD10 Futurita Partnership Men Solo PD Trophy	<u>BASIC NOVICE Level 6</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 6 FM and Level 6 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 7 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2016	Foxtrot (4 seq) Blues (3 seq)
SPD11 Grimshaw Ladies Solo PD Trophy SPD12 Belmont Advanced Novice Men Solo PD Trophy	<u>ADVANCED NOVICE (Level 7)</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 7 FM and Level 7 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 8 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2016	Rocker Foxtrot (4 seq) Starlight Waltz (2 seq)
SPD13 Park Junior Ladies Solo PD Trophy SPD14 Junior Men Solo PD Trophy	<u>JUNIOR (Level 8)</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 8 FM and Level 8 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> Level 9 Pattern Dance No maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1 st of July 2014	Silver Samba (2 seq)
SPD15 J&M Electric Senior Ladies Solo PD Trophy SPD16 Senior MEN Solo PD Trophy	<u>SENIOR (Level 9)</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 9 FM and Level 9 Pattern Dance 		Paso Doble (3 seq)

Key Points.

There will be no Key Points for the categories of Basic Novice and below

2 Key Points will be used at Advance Novice

3 Key Points will be used at Junior & Senior

ISU music will be used for all pattern dances and will be provided by Murrayfield Ice Skating Club, except for the Basic Novice and Advanced Novice categories where skaters may elect to use their own music which fits the rhythm pattern and tempo set for the dance within the prescribed tolerances .

There are **NO age restrictions** on solo dance events at Murrayfield Opens. However, skaters wishing to enter the British Solo Dance Championships are advised to consult the NISA announcement on the NISA website to confirm the age requirements for the 2017 Championships.



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SOLO SHORT DANCE EVENTS

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

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

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

TECHNICAL REQUIREMENTS FOR SOLO SHORT DANCE 2017/2018

Junior Short Dance: Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms
Rules and Rhythm as per ISU Communication 2076 and any pertinent updates.

The Pattern Dance Elements must be skated on the Cha Cha Rhythm in the style of the Cha Cha, with the following range of tempo: 28 to 30 measures of four beats per minute (112-120 beats per minute.) The Tempo of the music throughout the Pattern Dance element must be constant.

The Step Sequence must be skated to a different rhythm from the Cha Cha

Replacing the required elements with

- 1) Pattern Dance Element: **Two (2) Sections of Cha Cha Congelado.**
 - o Section 1: Steps #1-17
 - o Section 2: Steps 18-38

For the Cha Cha Congelado, each section skated one after the other, Section 1 followed by Section 2, with Step # 1 skated on the Judges' opposite side.

- 2) One (1) Pose or Combination Pose (New rules apply see Pose Definitions)
- 3) One (1) Midline, Diagonal or Circular step sequence. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B*
- 4) One (1) set of sequential twizzles

One of the permitted stop(s) (up to 5 sec only) may be used within the Step Sequence. During a Stop, the choreography may be stationary or slightly moving in any direction.

Senior Short Dance: Any number of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata and any closely related Latin American Rhythms.
Rules and Rhythms as per ISU Communication 2076 and any pertinent updates

The Pattern Dance Element shall be skated to any of the Latin American Rhythms and must be in the style of the chosen rhythm, with the range of temp: 172 – 180 beats per minute. The Tempo of the music throughout the Pattern Dance Element must be constant.

Pattern Dance Type Step Sequence (PSt) - as described in the Rule 703, para 4b, iii) must be skated to a different rhythm from the one chosen for the Step Sequence. The Tempo of the music throughout the Pattern Dance Type Step Sequence must be constant.

Replacing the required elements with:

1. **One (1) Section of Rhumba comprised # 1-16 + Steps # 1-4**



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For the Rhumba, the start of the first step of the Pattern Dance, Step #1, to be skated on the Judges' left side. Section 1:
Steps # 1-16 + Steps # 1-4

2) One (1) Pattern Dance Type Step Sequence (Style B*):

Pattern: up to one full circuit of the ice surface and must start on beat one of a musical measure.

The following two options will indicate the beginning of the PSt

- Using one of the permitted stops.
- Performing a skidding movement within two measures of music after the last step of the required PDE (Step #4). The first step immediately after a skidding movement will indicate the starting point of the Pattern Dance Type Step Sequence (PSt).

The following three options will indicate the completion of the PSt:

- Performing one of the permitted stops
- A skidding movement (Duration – any number of beats permitted)
- Choreographic Spinning movement
 - Which travels and will not be considered a stop
 - Which becomes stationary and is performed on the spot will be considered a stop.
- The PSt may not start from the beginning of the program;
- Duration: any exact number of musical phrases;

The Pattern Dance Type Step Sequence (PSt - as described in the Rule 703, para.4b, iii) must be skated to a different rhythm from the one chosen for the Not Touching Step Sequence. The Tempo of the music throughout the Pattern Dance Type Step Sequence must be constant.

3) One (1) Midline, Diagonal or Circular step sequence. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B*

4) One (1) Pose or Combination Pose (New rules apply see Pose Definitions)

5) One (1) set of sequential twizzles

One of the permitted stop(s) (up to 5 sec only) may be used within the Step Sequence. During a Stop, the choreography may be stationary or slightly moving in any direction

For Junior & Senior Short Dance.

The Dance Spin is not a Required Element in a Junior and Senior Short 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.

A Dance Spin performed within the Pattern Dance Type Step Sequence for Senior (excluding the start or finish of the PSt) shall be considered by the Judges as a Stop which is a Not Permitted Element.

A Dance Spin performed within the Not Touching Step Sequence for Junior and Senior (up to 5 secs) shall be considered by the Judges as one of the permitted Stops.

A Choreographic Spinning movement which travels will not be considered as a stop. Which becomes stationary and is performed on the spot will be considered as a stop.

Stop options include:

A permitted stop (up to 5 sec only) may be used within the Step Sequence (Senior and Junior)

A permitted Stop may be used to indicate the starting point of the Pattern Dance Type Step Sequence (Senior)

A permitted Stop may be used to indicate the completion of the Pattern Dance Type Step Sequence (Senior)

A permitted Stop may be used anywhere in the program excluding:

- a) Within the Pattern Dance Element (Senior and Junior) or
- b) Within the Pattern Dance Type Step Sequence (a Stop is only allowed at the beginning or end of the PSt) (Senior)



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A Choreographic Spinning Movement which travels will not be considered as a stop.

For both the Junior and Senior Short Dances, the Cha Cha and Rhumba Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995 and subsequent updates.

Vocal Music is permitted.

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

A Choreographic Spinning movement which travels will not be considered as a stop. Which becomes stationary and is performed on the spot will be considered as a stop.

Stop options include:

A permitted stop (up to 5 sec only) may be used within the Step Sequence (Senior and Junior)

A permitted Stop may be used to indicate the starting point of the Pattern Dance Type Step Sequence (Senior)

A permitted Stop may be used to indicate the completion of the Pattern Dance Type Step Sequence (Senior)

A permitted Stop may be used anywhere in the program excluding:

a) Within the Pattern Dance Element (Senior and Junior)

or

b) Within the Pattern Dance Type Step Sequence (a Stop is only allowed at the beginning or end of the PSt) (Senior)

A Choreographic Spinning Movement which travels will not be considered as a stop.

For both the Junior and Senior Short Dances, the Cha Cha and Rhumba Rhythms are described in the ISU Ice Dance Music Rhythms Booklet 1995 and subsequent updates.

Vocal Music is permitted.

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



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SOLO FREE DANCE EVENTS

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

<u>EVENT</u>	<u>CATEGORY</u>	<u>MINIMUM TEST REQUIREMENTS</u>	<u>MAXIMUM TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
SFD19 J Kerr Beginner Ladies Solo Free Dance SFD20 Redhall Beginner Men Solo Free Dance	BEGINNER	Must hold a minimum of <ul style="list-style-type: none"> Skate UK Star 	Must NOT hold <ul style="list-style-type: none"> Level 1 Pattern Dance 	1 min 30 sec +/- 5 secs
SFDA1 Hermiston Ladies Solo Free Dance Trophy SFDA2 Westburn Men Solo Free Dance Trophy	Young Star Level 1	Must hold a minimum of <ul style="list-style-type: none"> Level 1 FM and Level 1 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 2 Free Dance 	1 min 30 sec +/- 5 secs
SFD21 Banks Ladies Solo Free Dance SFD22 McLean Juvenile Solo Free Dance	Young Star Level 2	Must hold a minimum of <ul style="list-style-type: none"> Level 2 FM and Level 2 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 3 Free Dance 	1 min 30 sec +/- 5 secs
SFDB1 Heriot Ladies Solo Free Dance Trophy SFDB2 Dunsmuir Men Solo Free Dance Trophy	Young Star Level 3	Must hold a minimum of <ul style="list-style-type: none"> Level 3 FM and Level 3 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 4 Free Dance 	1 min 30 sec +/- 5 secs
SFD23 Beverly Juvenile Ladies Solo Free Dance SFD24 Harris Juvenile Men Solo Free Dance	Level 4 JUVENILE	Must hold a minimum of <ul style="list-style-type: none"> Level 4 FM and Level 4 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 5 Free Dance 	1 min 30 sec +/- 5 secs
SFDC1 Ladywell Primary Ladies solo Free Dance SFDC2 Longstone Primary Men Solo Free Dance	Level 5 PRIMARY	Must hold a minimum of <ul style="list-style-type: none"> Level 5 FM and Level 5 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 6 Free Dance 	1 min 30 sec +/- 5 secs
SFD25 Kinellan Basic Novice Ladies Solo Free Dance SFD26 Stevenson Basic Novice Men Solo Free Dance	Level 6 BASIC NOVICE	Must hold a minimum of <ul style="list-style-type: none"> Level 6 FM and Level 6 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 7 Free Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2017	2 mins +/- 10 secs
SFD27 PJ Green Advanced Novice Ladies Solo Free Dance Trophy SFD28 Carrickvale Advanced Novice Men Solo FD	Level 7 ADVANCED NOVICE	Must hold a minimum of <ul style="list-style-type: none"> Level 7 FM and Level 7 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 8 Free Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2017	2 min 30 sec +/- 10 secs
SFD29 Bumpers Junior Ladies Solo Free Dance Trophy SFD30 Carlton Junior Men Solo Free Dance Trophy	Level 8 JUNIOR	Must hold a minimum of <ul style="list-style-type: none"> Level 8 FM and Level 8 Free Dance 	Must NOT hold <ul style="list-style-type: none"> Level 9 Free Dance No maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1 st of July 2017	3 mins +/- 10 secs
FD31 CAN-AM Sports Senior Ladies Solo Free Dance Trophy SFD32 Senior Men Solo Free Dance	Level 9 SENIOR	Must hold a minimum of <ul style="list-style-type: none"> Level 9 FM and Level 9 Free Dance 		3 minutes +/- 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 required**

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



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SOLO FREE DANCE TECHNICAL REQUIREMENTS

BEGINNER & Young Star Levels 1, 2 & 3

1. 1 pose
2. 1 straight line step sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 dance spin. 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

JUVENILE & PRIMARY

1. 1 single pose
2. 1 straight line step sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
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

BASIC NOVICE

1. 1 single pose
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 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
5. 1 Choreographic Spinning Movement (see definitions below). This movement can be performed anywhere in the programme

ADVANCED NOVICE

1. 1 combination pose **or** 2 single poses. No Pose of the same type may be repeated. If performed, the Single Poses must be separated by more than 3 steps between them. **New rules apply – see pose definitions**
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 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
5. 1 Choreographic Spinning Movement (see definitions below). This movement can be performed anywhere in the programme

JUNIOR

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. **New rules apply – see pose definitions**
2. 1 Straight line step sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style A
4. 1 dance spin only
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
6. 1 Choreographic Spinning Movement (see definitions below). This movement can be performed anywhere in the programme



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SENIOR

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. **New rules apply – see pose definitions**
2. 1 Straight line step sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 curved (circular or serpentine) step sequence utilising the full width of the ice surface
4. 1 dance spin only
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
6. 1 Choreographic Spinning Movement (see definitions below). This movement can be performed anywhere in the programme

In programs requiring two Step Sequences the Level of the first performed Step Sequence shall be given using the Characteristics of Levels Style A and the second Step Sequence evaluated using the Characteristics of Levels Style B.

Additional sets of twizzles are permitted, but only the 1st attempted set (out-with the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Skaters **in all events** should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2016** (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 Beilmann is a difficult variation of an Attitude.

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

Attitudes are Poses.

- **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 andFree 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.

To be a different **TYPE** of Pose, it must be skated on a different **EDGE** to the earlier pose.

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2016** (downloadable from the ISU website) 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, available on the NISA website.

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

There are no age restrictions on any of these events.

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.

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.



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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	Dutch Waltz (2 seq) Canasta Tango (2 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	Fourteen Step (4 seq) European Waltz (2 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	European Waltz (2 seq) Tango (2 seq)

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

Advanced Novice Pattern Dance will be skated WITH key points

Music requirements as per ISU Communication 2024 and ISU rule 707 paragraph 5.

Basic Novice Couples

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

Advanced Novice Couples

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

COUPLES SHORT DANCE

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

In accordance with ISU Special Regulations & Technical Rules Ice Dance 2016, Rule 609. Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.



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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 1/2 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 Short 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 2016 (Rule 610), ISU Communication 2024 and any subsequent ISU Communications or updates.

JUNIOR COUPLES FREE DANCE

SENIOR COUPLES FREE DANCE

In accordance with ISU Special Regulations & Technical Rules 2016 (Rule 610), ISU Communication 2076 and any subsequent ISU Communications or updates.