

**NISA BRITISH SOLO ICE DANCE OPEN COMPETITIONS AND CHAMPIONSHIPS REQUIREMENTS CRITERIA 2009**

**THIS INFORMATION IS SUBJECT TO THE OUTCOME OF THE SOLO DANCE REVIEW BEING CONDUCTED BY THE NISA BOARD**

**TEST REQUIREMENTS AS AT THE CLOSING DATE OF EACH EVENT. THE AGE CRITERIA SHOWN BELOW APPLIES TO THE CHAMPIONSHIPS ONLY AND SKATERS MUST NOT HAVE REACHED THE AGE STATED BEFORE 1<sup>ST</sup> JULY 2009 .**

The Relative 6.0 scoring method will be used for all Solo Dance events in 2009 .

( REF 4 L )

<b><u>CATEGORY</u></b>	<b>Minimum Test Requirement</b>  <b>NOTE: (No Maximum Test Requirement)</b>	<b><u>OPEN COMPETITION REQUIREMENTS</u></b> May consist of any CD, OD and / or FD shown below  See appendix for full Required Elements.		<b><u>CHAMPIONSHIP REQUIREMENTS</u></b> To consist of One Compulsory Dance Drawn from the two listed below. Plus an Original Dance and a Free Dance Age limits apply only to Championships		
		<b>COMPULSORY DANCES</b> (See General Note 1/3)	<b>ORIGINAL DANCE</b>	<b>COMPULSORY DANCE</b> (See General Note 1/3)	<b>FREE DANCE</b>	<b>AGE LIMITS</b>
<b><u>NOVICE</u></b>	<b>Level 2 Comp .Dance &amp; Variation &amp; F.M. Tests</b>	<b>Willow Waltz 4 Sequences and / or  14 Step 4 Sequences</b>	<b>1½ minutes +/- 5 seconds CHARLESTON Rhythm Tempo range  55--66 measures / minute (110 – 132 beats/minute)</b>	<b>Willow Waltz 4 Sequences OR  14 Step 4 Sequences</b>	<b>1min 30secs + / - 5secs</b>	<b>12</b>
<b><u>PRIMARY</u></b>	<b>Level 3 Comp Dance &amp; O.D. &amp; FM Tests</b>	<b>European Waltz ( See Below ) and / or  Foxtrot 4 Sequences</b>	<b>1½ minutes +/-5 secs ROCK &amp; ROLL Rhythm Tempo range  40-50 measures/minute (160 -200 beats/minute)</b>	<b>European Waltz 2 Sequences ( See Below ) OR Foxtrot 4 Sequences</b>	<b>1min 30secs + / - 5secs</b>	<b>14</b>

<b><u>JUNIOR</u></b>	Level 5 Comp. Dance & O.D. & F.M. Tests	American Waltz 2 Sequences (See below) and / or  Silver Samba 2 Sequences	2 minutes +/- 5 secs CHA CHA Rhythm  Tempo range 29-34 measures/min (116 -136 beats/minute)	American Waltz 2 Sequences (See below) OR  Silver Samba 2 Sequences	2mins + / - 5secs	16
<b><u>INTER MEDIATE</u></b>	Level 7 Comp. Dance & O.D. & Level 6 F.M. Tests	Kilian 6 Sequences and / or  Starlight Waltz 2 Sequences	2 mins +/- 5 seconds TANGO Rhythm One OR Two types of Tango may be used.  Variation of tempo is allowed. SEE ISU 1391 Pg 5 FOR GENERAL RULES.	Kilian 6 Sequences OR  Starlight Waltz 2 Sequences	2mins + / - 5secs	18
<b><u>SENIOR</u></b>	Level 9 Part One Comp. Dance & Level 9 O.D. & Level 6 F.M. Tests	Cha Cha Congelado 2 Sequences and / or  Argentine Tango 2 Sequences	2 mins 30secs +/-10 secs FOLK/COUNTRY. Any type of folk/country music may be used. Variation of tempo within one selection of music is allowed. SEE ISU 1449 Pg 3 FOR GUIDELINES.	Cha Cha Congelado 2 Sequences OR  Argentine Tango 2 Sequences	3mins + / - 10secs	28

**NB In the European Waltz and American Waltz one circuit will be skated on rinks 60m x 30m & above (ie Two lobes) and one & a half circuits on rinks below 60m x 30m( ie One lobe)**

**While the Relative Judging System (6.0) will be used for all Solo Dance events in 2009 it is expected one or two Opens will be selected to trial the IJS scoring method alongside the current RJS method in anticipation that IJS will be used at the Final in 2009 and in all Solo Dance events from 2010.**

**Programme content sheets will need to be submitted for these designated Opens, details for which will be published in the appropriate announcements.**

**OPEN COMPETITION EVENTS:**

The new Pre-Juvenile and the Juvenile solo categories below are competition only events which can be held in association with an Open or in conjunction with some other event or could be stand alone events. It is expected skaters will enter these events before advancing to the main Solo series.

<b><u>CATEGORY</u></b>	<b><u>Minimum Test Requirements</u></b> (No maximum)	<b><u>Compulsory Dances</u></b>	<b><u>Original Dance</u></b> 1min 30secs +/- 5 secs	<b><u>Free Dance</u></b> 1min 30 secs +/- 5 secs
<b>PRE JUVENILE</b> (New Category)	Level FM 1	Novice Foxtrot  One Circuit	<b>MARCH Rhythm</b> Tempo range 56-60 measures/minute (112 – 120 beats/minute) To include a Mid-Line step sequence Using the full length of the rink <i>Plus</i> One spin (min 3 revs on one foot before any change of foot) <i>Plus</i> Good timing, expression and simple step movements	To include a Diagonal step sequence Using the full length of the rink <i>Plus</i> One spin (min 3 revs on one foot before any change of foot) <i>Plus</i> Good timing, expression and simple step movements
<b><u>JUVENILE</u></b>	Level 1 Comp Dance & Variation & FM Tests	Dutch Waltz 2 Sequences and / or  Rhythm Blues 2 Sequences	<b><u>Original Dance</u></b> 1 min 30 secs +/- 5secs HOE DOWN Rhythm Any Tempo Range To include a Mid-Line step sequence Using the full length of the rink <i>Plus</i> One spin (min 3 revs on one foot before any change of foot) <i>Plus</i> Good timing, expression and simple step movements	<b><u>Free Dance</u></b> 1min 30secs +/- 5secs. To include a Diagonal step sequence Using the full length of the rink <i>Plus</i> One spin (min 3 revs on one foot before any change of foot) <i>Plus</i> One Twizzle, with a minimum of One rotation <i>Plus</i> good timing, expression and simple step movements
<b>NB:</b> See note below				

## **NOTICE TO EVENT ORGANISERS (A)**

1/ Clubs may decide to offer these category's as separate events or combine two or even three sections.

For example they may want to offer a competition with one or two of the listed Compulsory Dances plus events for Original Dance and / or events for Free Dance. Alternatively they may wish to follow previous solo series practice and combine one dance with an Original Dance while offering a Free Dance event as a separate competition.

Experience shows Free Programmes tend to be developed as the season progresses.

Whatever Organisers decide the Ice Dance Technical Committee reserve the right, should the need arise, to nominate which Compulsory Dance is to be skated in an Open in order to ensure skaters have an even spread of opportunity throughout the season. Similarly the Committee will liaise with Organisers on the make up of any combined events.

## **GENERAL NOTE (A)**

1. Skaters will only be allowed to compete in one Championship category.

2. Warm ups in the Opens and Championships will be 3 mins and groups will usually number a maximum of 8 at the Referee's discretion.

3. The number of dance sequences shown above will be used for Opens and for the Championships.

4. Factors:-For Opens: One Compulsory Dance 0.4:Two Compulsory Dances 0.2 each: Original Dance 0.6: Free Dance 1.0

For Championships: One Compulsory Dance 0.4: Original Dance 0.6: Free Dance 1.0

Original Dance --Presentation Mark determines ties (No 544 Para 3b).Free Dance -- Presentation Mark determines ties (No 544 Para 3b)

5. Ties in events with only two compulsory dances will be resolved from the result of the second dance.

**SOLO OPENS & CHAMPIONSHIPS 2010:** Entry requirements for 2010 are subject to annual review

## **APPENDIX (A): ORIGINAL DANCE ALL STANDARDS REQUIRED ELEMENTS.**

### **1. ALL CATEGORIES:**

**TWIZZLES:** ONE set of twizzles: (Additional sets of twizzles are permitted but only the **FIRST** performed **SET** of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of Twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & ONE anti clockwise with rotations as listed ie.

**NOVICE & PRIMARY:** minimum TWO (2) continuous rotations-

**JUNIOR, INTERMEDIATE & SENIOR:** minimum THREE (3) continuous rotations-

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than ONE (1) step between the two twizzles. ( See Appendix 3 ).

**2. STEPS: a/ All Sections- ONE Diagonal step sequence skated along the full length, corner to corner, of the rink must be included**

**b/ FOR SENIORS ONLY: A second step sequence must be included. EITHER -**

**A SERPENTINE sequence starting in either direction at the centre (long ) axis at one end of the rink and progressing in THREE bold curves**

**OR in TWO bold curves (S- Shaped) and ending at the centre (long) axis of the opposite end of the rink**

**OR in A CIRCULAR, anti clockwise step sequence utilizing the full width of the rink on the short axis.**

**3. SPINS: ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.**

**4. Except during the step sequence, the pattern of the dance must proceed in a generally constant direction, either clockwise or anti clockwise and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 metres of the end barriers). Loops in either direction are permitted provided they do not cross the centre line.**

**A modest infringement of the centre regulation will be allowed only on rinks which are less than standard (60m x 30m) size.**

**N.B:1/ ORIGINAL DANCE ALL CATAGORIES:**

**The OD should have an emphasis on footwork and include interpretive steps. Jumps of no more than a half revolution can be included. However during the required step sequence, jumps, spins, stops or pirouettes are not allowed.**

**NB:2a/ Ladies are generally not permitted to wear trousers except --**

**2b/ INTERMEDIATES: The lady is permitted to wear trousers ( see ISU No. 1391 Pg 5)**

**2c/ SENIORS : If appropriate for the music chosen, the lady & the man are permitted to wear trousers and sleeves of any length . Props that are part of the costume & are characteristic of the music are permitted ( see ISU No 1449 Pg 3 ).**

**N.B: 3/ Touching the ice with hand(s) is NOT PERMITTED.**

**Toe steps, kneeling or sliding on two knees and/or performing a full split position on the ice IS PERMITTED IF NOT USED EXCESSIVELY**

**APPENDIX (B) FREE DANCE REQUIRED ELEMENTS.**

**1. ALL SECTIONS: ( Except Pre Juvenile & Juvenile)**

**TWIZZLES: ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles (not included in the step sequence) will be identified as the Required Element.)**

**The following set of twizzles is required for all sections and is in addition to any that may be skated during the step sequence. ONE clockwise & ONE anti clockwise with rotations as follows.**

**NOVICE & PRIMARY minimum TWO (2) continuous rotations**

**JUNIOR, INTERMEDIATE & SENIOR: minimum THREE (3) continuous rotations**

**None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than THREE (3) steps between the two twizzles. ( See Appendix (C) ).**

**2. NOVICE AND PRIMARY.**

**STEPS: ONE MID LINE step sequence skated along the long axis as near as possible to the full length of the rink must be included.**

**SPINS; ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.**

**3 . JUNIOR, INTERMEDIATE AND SENIOR\***

**STEPS: 1. ONE CIRCULAR , anti clockwise, step sequence utilizing the full width of the rink on the short axis. (Reference ISU Communication No.1449 Page 6 )**

**2\* SENIORS ONLY: A second step sequence must be included and skaters must choose to skate either a Midline or Diagonal step sequence, fully end to end.**

**SPINS: TWO spins only must be included. Minimum 3 revolutions on one foot before any change of foot.**

**Each spin must be from a different category or be a combination spin incorporating different categories ie. a/ Upright b/ Sit or c/ Camel as per ISU 1449 Page 14**

**NB. ALL FREE DANCE SECTIONS (including Pre Juvenile & Juvenile)**

**1. Jumps, spins, stops and pirouettes are not allowed during the Free Dance step sequence.**

**2. Whilst there are no restrictions on the number of half revolution jumps, skaters may also include one jump of no more than one revolution.**

**APPENDIX (C) :TWIZZLES. ORIGINAL DANCE and FREE DANCE**

**1. See ISU Special Regulations Ice Dancing 2002 Rule N0 504, 14 (a) page 11**

**2. The set of twizzles should be clearly defined as a Required Element in both the Original Dance and Free Dance.**

**3. The inclusion of an excessive number of twizzles will affect the balance of a programme and could lead to deductions.**

**APPENDIX (D) : ORIGINAL and FREE DANCE MUSIC (including Pre Juvenile & Juvenile)**

1. Music containing vocals is permitted and Musical introductions for O.D. may be without a beat or melody for 10secs maximum .
2. Original Dance music should have a rhythmic beat appropriate to the required rhythm and the skater must skate to it and not to the melody alone.
3. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.
4. If more than one piece of music is used for the Original and / or the Free Dance care should be taken to ensure the duration of each piece is approx balanced.
5. All music must be clean & of good quality , be the only recording on the disc, show clearly the skaters name, programme type and exact total running time (not skating time).
6. It is important that skaters have a spare copy of music readily available at all events
7. Duration of programmes: Time reckoned from the moment the skater begins to move or skate until they arrive at a complete stop at the end of the programme (extended sliding finishes after music has ended can result in deductions if the skater is still moving after time allowed)

**GENERAL NOTE: (B)**

1. FEATURES: We encourage skaters to include such extra features as Spreads, Toe Steps, Ina Bauers, Shoot the Duck, Drags and a variety of turns on one foot in their programmes to demonstrate their flexibility and skating skills which are such an important part of any performance.
2. CLOTHING: See ISU Rule 512 Special Regulations Ice Dancing 2004 (See Appendix (A) Original Dance NB 2 a, b, & c above)

**3. NOTICE TO COACHES:**

1/ Coaches are reminded that only N.I.S.A. Licensed Coaches may enter pupils in NISA permitted events.

**2/ HEATHER LEWIS AWARDS:**

Coaches should note that two Heather Lewis Awards will be presented at the 2009 Solo Ice Dance Championships.

One dealing with the Novice and Primary categories and one dealing with the Junior, Intermediate and Senior categories.

The criteria for these awards is as follows:

One competitor will be chosen from all skaters competing in the Novice or Primary categories and one from the Junior, Intermediate or Senior categories of the 2009 Dance Championships, not necessarily the winner of an event, who, in the opinion of the Judges has performed the most Innovative Free Dance Programme.

The programme should be creative and have shown a natural movement with originality that is unique to their music alone.

**NOTICE TO EVENT ORGANISERS (B):**

**1. Clubs may decide to offer the Solo series competitions separately or combine two or even three sections.**

**For example they may want to offer a competition with one or two compulsory dances plus events for Original Dance and / or events for Free Dance. Alternatively they may wish to follow previous practice and combine one dance with an OD while offering any Free Dance events as separate competitions.**

**Experience shows Free Programmes tend to be developed as the season progresses.**

**2. Whatever Organisers decide the Ice Dance Technical Committee reserve the right, should the need arise, to nominate which Compulsory Dance is to be skated in an Open in order to ensure skaters have an even spread of opportunity throughout the season. Similarly the Committee will liaise with Organisers on the make up of any combined events.**

**3. The dance to be skated in the Championships will be drawn by the Technical Committee prior to the closing date of entry.**

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