



BISC DANCE COMPETITION

Tuesday 31st March 2009 at 5.00pm

Rules

- ❖ All entrants must be members of BISC aged 25 and under and must be coached at Bracknell.
- ❖ As time is limited it may be necessary to limit the number of entries in each class. This will be done by a random draw on the closing date. Entries will only be accepted when the entry form is accompanied by the entry fee. Telephone or e-mail entries will not be accepted.
- ❖ The draw for the order of skate will take place on Sunday 29th March 2009 at 11am.
- ❖ NISA standard is as at the closing date. The minimum test standards are recommended only.
- ❖ No maximum standards.
- ❖ Closing date is Sunday 29th March at 10am.
- ❖ Required elements for original dances as are per rules and regulations for solo dance championships 2009. See NISA website for full details.

Class #	Description	Recommended minimum test	Details
1	Pre-Juvenile	Level 1 FM	Novice foxtrot 1 circuit
2	Juvenile	Level 1 CD variation and FM	Rhythm Blues 2 sequences
3	Novice	Level 2 CD variation and FM	14 step 4 sequences
4	Primary	Level 3 CD variation and FM	European Waltz 1 circuit i.e.2 lobes
5	Junior	Level 5 CD OD and FM	Silver Samba 2 sequences
6	Intermediate	Level 7 CD OD Level 6 FM	Starlight Waltz 2 sequences
7	Senior	Level 9 CD OD Level 6 FM	Cha Cha Congelado 2 sequences
8	Original dance	Level 1 FM	Programme length 1 minute +/- 5 seconds March rhythm
9	Original dance	Level 1 CD variation and FM	Programme length 1 min 30 secs +/- 5 secs Hoe down rhythm
10	Original Dance	Level 2 CD variation and FM	Programme length 1 min 30 secs +/- 5 secs Charleston or Rock N Roll rhythm
11	Original Dance	Level 5 CD OD and FM	Programme length 2 minutes +/- 10 secs Cha Cha or Tango rhythm
12	Original Dance	Level 9 CD OD Level 6 FM	Programme length 2mins 30 secs +/- 10 secs folk rhythm

Abbreviations: CD=compulsory dance, OD = original dance, FM = field moves

The entry fee for all classes is £4. Entry forms are available from the club folder or can be downloaded from the BISC website. Please put completed entry forms and fees (cheques made payable to BISC) in the club folder.