



BRACKNELL

Ice Skating Club

***Bracknell Adult Open
Skating Competition 2010***

You must be a member of NISA

MONDAY 26 APRIL 2010

Closing date Wednesday 7 April 2010

**SOLO COMPULSORY AND FREE DANCE,
COUPLES COMPULSORY AND FREE DANCE**

**John Nike Leisuresport Complex,
John Nike Way Bracknell Berkshire**

**All classes are designed to be compatible with NISA BAC/ISU guidelines for adult skating
All Competitors must be at minimum of 21 years of age**

SOLO DANCE

Minimum age 21 years and no standard limits.

Compulsory Dance Pre Bronze, Bronze, Silver and Gold (4 categories)
Free Dance Pre Bronze/Bronze, Silver and Gold (3 categories)

NB: In case of ties in the Compulsory Dance the second dance will decide the outcome.

Skaters may enter either Pre Bronze, Bronze, Silver or Gold categories for the CD and/or Free but can only enter one compulsory dance and one level free dance overall. Skaters will be expected to enter the Category they consider appropriate to their current standard.

Music – Vocals permitted in Free Dance, ISU Rule 610 applies. Only CDs are acceptable.

CLASS	LEVEL	CATEGORY	REQUIREMENTS/NOTES
CLASS SD1	PRE BRONZE	CD	Dutch Waltz (2 sequences) Riverside Rhumba (2 sequences)
CLASS SD2	BRONZE	CD	14 step (3 sequences) Foxtrot (2 sequences)
CLASS SD5	PRE BRONZE/ BRONZE	FREE	<ol style="list-style-type: none"> 1 Maximum of 1 combination pose (see separate sheet for details of pose / attitude) 2 Either maximum of 1 midline step sequence skated as close to the midline long axis as possible or maximum of 1 circular step sequence 3 Maximum of 1 dance spin with a minimum of 3 revolutions 4 Combination spins are not permitted 5 Maximum of 1 set of marked sequential twizzles with no more than 1 step between the twizzles <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise • Minimum 1 rotation in each twizzle • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark. <p>Duration: max. 1 minutes and 40 seconds, but may be less</p>
CLASS SD3	SILVER	CD	European Waltz (1 circuit of the rink) Tango (2 sequences)

CLASS SD6	SILVER	FREE	<ol style="list-style-type: none"> 1 Maximum of 1 combination attitude (see separate sheet for details of pose/attitude) 2 Maximum of 1 circular or serpentine step sequence utilizing the full ice surface 3 Maximum of 1 dance spin combination <ul style="list-style-type: none"> • Must have a minimum of 3 revolutions on each foot 4 Maximum of 1 set of marked sequential twizzles with no more than 1 step between the twizzles. <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise • Minimum 1 rotation in each twizzles • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark <p>Duration: max. 1 minutes and 40 seconds, but may be less</p>
CLASS SD4	GOLD	CD	<p>Paso Doble (3 sequences) Westminster Waltz (2 sequences)</p>
CLASS SD7	GOLD	FREE	<ol style="list-style-type: none"> 1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude) 2. Maximum of 2 step sequences of a different pattern and covering full ice surface 3. Maximum of 2 dance spins <ul style="list-style-type: none"> • 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. Maximum of 1 set of marked sequential twizzles with no more than 1 step between the twizzles <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise • Minimum 1 revolution in each twizzle • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark. <p>Duration: max. 3 minutes and 10 seconds, but may be less</p> <p>Please note that to include and accommodate skaters moving through the NISA test structure as well as those who skate Adult events Internationally this section may include skaters with varying lengths of programme up to and including 3 minutes and 10 seconds. All are acceptable in this section only.</p>

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 either
 - Raised higher than the level of the hip and
 - In front, behind or on the side and
 - Bent or extended and
 - Free or held (by knee or blade)
 i.e. 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.

THE RULES FOR LIFTS, STEPS AND SPINS FOR BOTH SOLO DANCE AND COUPLES DANCE WILL BE AS PER ISU COMMUNICATIONS 1496, 1522, 1567 AND ALL SUBSEQUENT COMMUNICATIONS. THESE COMMUNICATIONS WILL ALSO APPLY FOR ILLEGAL ELEMENTS ETC.

COUPLES DANCE

Minimum age 21 years and no standard limits.

Compulsory Dance Pre-Bronze, Bronze, Silver and Gold Compulsory Dance (4 categories)
Free dance Pre-Bronze, General and Gold Free Dance (3 categories)

Couples may enter only one category for the compulsory and one for the free dance. Couples are free to choose whether they wish to enter only CD or FD or both. Skaters will be expected to enter the Category they consider appropriate to their current standard.

NB: In the case of ties in the Compulsory Dance - the second dance will decide the outcome.

Music – Vocals permitted in Free Dance, ISU Rule 610 applies. Only CDs are acceptable.

CLASS	LEVEL	CATEGORY	REQUIREMENTS/NOTES
CLASS DC8	PRE BRONZE	CD	Dutch Waltz (2 sequences) Riverside Rhumba (2 sequences)
CLASS DC12	PRE BRONZE	FREE	Free Dance In accordance with ISU Rule 610 and all pertinent ISU Communications. The requirements for a well-balanced program are: <ul style="list-style-type: none"> • A maximum of one (1) dance lift, with a maximum duration of 6 seconds • A maximum of one (1) Diagonal or Midline Step Sequence, in varied hold. • A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between. (See ISU Communication 1496 and 1522). • A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least Three (3) rotations on each foot is permitted. (See ISU Communications 1522 and 1567.)

			Duration: max. 2 minutes and 40 seconds, but may be less Vocal music is permitted.
CLASS DC9	BRONZE	CD	14 step (3 sequences) Foxtrot (2 sequences)
CLASS DC10	SILVER	CD	European Waltz (1 circuit of the Rink) Tango (2 sequences)
CLASS DC13	GENERAL	FREE	Free Dance In accordance with ISU Rule 610 and all pertinent ISU Communications. The requirements for a well-balanced program are: <ul style="list-style-type: none"> • A maximum of one (1) dance lift, with a maximum duration of 6 seconds • A maximum of one (1) Diagonal or Midline Step Sequence, in varied hold • A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between. (See ISU Communication 1496 and 1522). • A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. (See ISU Communications 1522 and 1567.) Duration: max. 2 minutes and 40 seconds, but may be less Vocal music is permitted.
CLASS D11	GOLD	CD	Paso Doble (3 sequences) Westminster Waltz (2 sequences)

CLASS D14	GOLD	FREE	<p>Free Dance In accordance with ISU Rule 610 and all pertinent ISU Communications.</p> <p>The requirements for a well-balanced program are:</p> <ul style="list-style-type: none"> • A maximum of two (2) dance lifts, 1 with a maximum duration of 6 seconds and the other 12 secs. • A maximum of one (1) Circular Step Sequence, clockwise or anti-clockwise • A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between. (See ISU Communication 1496 and 1522). • A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. (See ISU Communications 1522 and 1567) <p>Duration: max. 3 minutes and 10 seconds, but may be less Vocal music is permitted.</p>
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THE RULES FOR LIFTS, STEPS AND SPINS FOR BOTH SOLO DANCE AND COUPLES DANCE WILL BE AS PER ISU COMMUNICATIONS 1496, 1522, 1567 AND ALL SUBSEQUENT COMMUNICATIONS. THESE COMMUNICATIONS WILL ALSO APPLY FOR ILLEGAL ELEMENTS ETC.

The official ISU Compulsory Dance music will be used

Please note that all classes are designed to be compatible with NISA BAC/ISU guidelines for adult skating.

**BRACKNELL 2009 ADULT OPENS, SOLO DANCE, COUPLES DANCE, COMPULSORY AND
FREE DANCE
GENERAL NOTES**

CLOSING DATE FOR ENTRIES Wednesday 7 April 2010

The competitions will be held on Monday 26 April 2010 at Bracknell Ice Rink

1. Technical Requirements

- All technical requirements are listed as new national tests with the exception of Field Moves. Please see NISA website or charts below for equivalencies.

2. Rules

- The competitions will be held under NISA regulations and are open to eligible members as defined by NISA
- The Committee of Bracknell Ice Skating Club reserves the right to refuse entry without reason or to cancel a competition or combine classes because of insufficient entries.
- ONLY WRITTEN APPLICATIONS WILL BE ACCEPTED Photocopies of entry forms will be accepted.
- Entries will not be accepted unless **ALL NEW National levels** with dates of test passes have been properly completed. For dance tests taken under the old structure, please see the tables of equivalences listed below.
- Test standards and ages are as at closing date.
- Entries will be limited determined by the time available and a reserve list will operate up until the draw.
- The draw for competitions will take place at a venue, date and time to be confirmed later.
- Music on compact disc only (with an additional copy) will be accepted. THESE SHOULD BE CLEARLY MARKED with name, address and competition and handed in at the club reception table on arrival. There should be just one track recorded.
- The compulsory dance highlighted in bold will be the tiebreakers.
- Entry fees will not be refunded for withdrawals after the closing date.
- Trophies must be signed for and held at the winner's risk. They must be returned in good condition to the Trophy Secretary, Bracknell Ice Skating Club by the 26 April 2010 or on request.
- For the dance classes, skaters must be 21 years old at closing date 7 April 2010.
- Flash photography will not be permitted during warm-ups or competitions, either on the ice or at the rink side.
- Video photography is allowed with the prior permission of the skaters concerned.
- **Music** – Vocals are permitted in Free Dance – ISU Rule 610 applies.

3. Entry fees

Solo Compulsory Dance Classes £25.00 Solo Free Dance Classes - £20.00 Couples Dance - £30.00

Please forward **a separate cheque and entry form for each competition** entered. Entries accompanied by a cheque that bounces will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover charges which may be incurred.

Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the name and competition number on the back of the cheque.

**Please post entries Nicki Torrington 15 Boltons Lane, Binfield, Berkshire RG42 4UA
Telephone 01344 424744. There is an answerphone available.**

Email dancecompetitions@bracknell-ice-skating-club.co.uk

Please include your email address as entries will only be acknowledged by email on day of receipt and any further correspondence will be by email. If you do not hear from Nicki Torrington by the closing date you must call her as LATE ENTRIES WILL NOT BE ACCEPTED. The competitors' list and pre draw timetable will be posted on the BISC Website only.

Please ensure your envelopes have the correct postage - LATE ENTRIES WILL NOT BE ACCEPTED – we will not collect post from the post office so please do not send entries registered or recorded.

Table of Test equivalences, for Dance

Tests passed up to 1998	Tests passed/credited 1998-2002	Tests passed/credited from 2002
No equivalent	Novice 1	Level 1
No equivalent	Novice 2	Level 2
Novice	Elementary 1	Level 3
No equivalent	Elementary 2	Level 4
Preliminary	Inter Bronze	Level 5
No equivalent	Bronze	Level 6
Bronze	Inter Silver	Level 7
Inter Silver	Silver 1	Level 8(A)
	Silver 2	Level 8(B)
Silver	Inter Gold 1	Level 9(A)
	Inter Gold 2	Level 9(B)
Inter Gold	Gold 1	Level 10(A)
	Gold 2	Level 10(B)
Gold	Gold Star	Gold Star

If in doubt please contact Nicki Torrington

BISC OPEN DANCE 2010