

Competitions to be held at  
John Nike Leisuresport Complex, John Nike Way,  
Amen Corner, Bracknell RG12 8TN

# Bracknell Open Competitions 2012 Solo Dance Series, Solo and Couples Dance

TUESDAY 24<sup>th</sup>

and

WEDNESDAY 25<sup>th</sup> APRIL



**Closing date Friday 30<sup>th</sup> March 2012**  
**Held under NISA regulations and permit**

**All events at the Bracknell Open competitions  
will be judged using the RJS (6.0) marking system.**

**Bracknell Open Competitions General Rules**

- The competitions are confined to eligible skaters as defined by the National Ice Skating Association of UK Ltd and will be held under NISA regulations and permit (Applied for). Please check NISA website for any amendments to Generic Criteria and Congress Decisions.
- Entries will only be accepted if the specified coach is NISA Licensed and has attended a Field Moves seminar. These details MUST be supplied with the original entry form.
- Competition timetabling will be verified after the closing date following consultation with the Referee.
- Entries to all competitions will be treated on a first received basis with a limit to entries in each section determined by time available. Reserve lists will operate until one day prior to the draw for entries to oversubscribed sections also on a first received basis. All reserves will be notified of their position prior to the competition being held. In the event of there being more entries than time allows, entrants will be limited to one pattern dance and one free dance which should preferably be at the same level.
- Bracknell Ice Skating Club (BISC) reserves the right to refuse entries without reason assigned, or to cancel, combine or split events as required. The organising committee reserves the right to cancel any event with less than 3 entrants.
- Tests are as the closing date for receipt of entries which is **FRIDAY 30 MARCH 2012**. Test standards will be strictly adhered to. If test standard should change before the closing date notification to the Opens organiser is required immediately. If such notification is not received before the draw the competitor may be withdrawn and entry fee forfeited.
- Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the skater's name and event(s) on the back of the cheque. Entries accompanied by a cheque for which payment is refused will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover bank charges. Entries will not be collected from the post office due to insufficient postage.
- All applications must be in writing and no email or late entries will be accepted. Entry fees will not be refunded for withdrawals after the closing date unless accompanied by a Doctor's Certificate.
- **ENTRY FEES –**
- **(Solo Dance ) £20.00 per entry**
- **(Couples) £36 per entry – Please use entry form B**
- **Acknowledgement of entry will be by email only.** The timetable and time and date of the draw will be posted on the Bracknell Ice Skating Club website as soon as possible after the closing date. Please do not enclose a SAE as no timetables will be sent by post.
- Music for programmes will be accepted on CD only, recorded with a single track. Music that has been edited may contain multiple tracks – this is likely to cause the programme to stop part way through. All music must be clearly marked with competitor's name. It is advisable that you have a spare disc with you.
- Winners of competitions (or parent/guardian) will be required to sign for trophies which are held at winner's risk. They must be returned to BISC in the condition they were received

- one calendar month or on request before Bracknell Open 2013.
- By entering the competition competitors agree to be photographed by the official photographer. In accordance with the policy of the rink management, a permit will be required for all forms of photography which will be available at the rink on the day of the competition. Anyone engaged in photography without a permit may be asked to leave the premises.
- Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.
- For further enquiries please contact Laura Hetebrij 01183480542 between 6:00pm and 9:30pm, or by email [bracknellopen@sky.com](mailto:bracknellopen@sky.com)

**All events at the Bracknell Open competitions will be judged using the RJS (6.0) marking system.**

**SOLO DANCE – Juvenile and Pre-Juvenile –**

**Please note these do not form part of the SOLO DANCE SERIES**

<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>	<u>FREE DANCE</u>
<b><u>PRE-JUVENILE</u></b>	Must hold a minimum of Level 1 FM	Rhythm Blues( 2 seq)	1½ minutes +/-5 secs
<b><u>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)	1½ minutes +/-5 secs

**Free Dance Technical Requirements for Pre-juvenile and Juvenile Events**

Minimum 1 midline or diagonal step sequence (full length of the rink)  
 Minimum of 1 and maximum of 2 dance spins ( min of 3 revolutions per spin)  
 Minimum of 1 twizzle of 1 rotation.

**Rules for Pre-Juvenile and Juvenile Free Dance**

1. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone, but not melody alone.
2. Spins, stops and pirouettes are not allowed during the step sequences.
3. Toe steps, kneeling, sliding on two knees and performing a full split position on the ice is permitted only if not used excessively. Attention should be paid to the IJS definition of a fall at all levels.
4. Costume rules will apply, following ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, rule 612 and subsequent communications .

**NISA SOLO DANCE SERIES 2011/2012**

<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>	<u>FREE DANCE</u>
<u>PRE-NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 2 FM and</li> <li>• level 2 Compulsory Dance and</li> <li>• Level 2 Free dance</li> </ul>	Fourteen Step (4 seq)	1½ minutes +/-5 secs
<u>NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 4 FM and</li> <li>• level 3 Compulsory Dance and</li> <li>• Level 4 Free Dance</li> </ul>	Rocker Foxtrot (4seq)	1½ minutes +/-5 secs
<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 6 FM and</li> <li>• Level 5 Compulsory Dance and</li> <li>• Level 6 Free dance</li> </ul>	Viennese Waltz (3 seq)	2 minutes +/-5 secs
<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> <li>• Level 8 FM</li> <li>• Level 9 part 1 Compulsory Dance and</li> <li>• Level 9 Free Dance</li> </ul>	Quickstep (4 seq)	3 minutes +/-10 secs

**Please note: 2 lobes should be skated for appropriate dances on rinks of 56 by 26 metres and larger. All sections will be sub-divided into Male and Female.**

Please note that these criteria only cover the standards that form part of the Solo Dance Championships. It is hoped that Clubs will continue to run solo dance events at other standards and couples events as in previous years. Criteria for these other sections will be generic where possible.

**FREE DANCE**

**TECHNICAL REQUIREMENTS**

**PRE-NOVICE**

- 1 combination pose (see separate sheet for details of pose / attitude)
- 1 midline step sequence skated as close to the midline long axis as possible
- 1 dance spin with a minimum of 3 revolutions
  - Combination spins are not permitted
- 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.

### **NOVICE**

1. 1 combination pose including one attitude (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 attitude (see separate sheet for details of pose / attitude)
2. 1 circular or serpentine step sequence utilizing the full ice surface
3. 1 dance spin combination
  - Must have a minimum of 3 revolutions on each foot
4. 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 attitude with change of edge (see separate sheet for details of pose / attitude)
2. 2 step sequences of a different pattern and covering full ice surface
3. 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
4. 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.

**Please note that as some of the Series events will be judged RJS and some IJS the requirements listed above are mandatory, as this suits both systems. Skaters must attempt all listed elements. In events judged under RJS, should there be no attempt whatsoever at any required element, a deduction of 0.1 from the technical mark will be made by the judging panel for each element lacking in the programme.**

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2010** (downloadable from the ISU website) and ISU Communications 1621, 1632, 1677 and 1686 where further details and clarifications can be found.

### **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/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.

Cont on next page)

## **BRACKNELL OPEN COMPETITIONS 2012** Solo Dance Series, Solo and Couples Dance

- **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.

### **RULES FOR FREE DANCE**

1. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone, but not melody alone.
2. Spins, stops and pirouettes are not allowed during the step sequences.
3. Toe steps, kneeling, sliding on two knees and performing a full split position on the ice is permitted only if not used excessively. Attention should be paid to the IJS definition of a fall at all levels.
4. Costume rules will apply, following ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, rule 612 and subsequent communications . (Please see above for guidance)

### **GENERAL RULES FOR SOLO DANCE SERIES**

1. Solo Dance Series events will be judged under either the RJS, (6.0) judging system **or** the IJS system at the discretion of the Club involved.
2. It is the intention of the NISA Board that the Solo Dance Championship event in June 2012 will be judged using **the IJS system**.
3. As per the singles events, criteria listed in this announcement allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2010) and indeed as per the IJS criteria and clarifications.
4. Skaters may enter as many segments of a Solo Series event as they wish, i.e. CD only or CD and FD etc.
5. There will be no age restrictions on Series events – skaters may enter any or all categories for which they are qualified by standard. Age restrictions will apply at the Championships, as per previous years and will be published in a separate document.
6. All rules will follow the ISU rules for Dance couples, including costume, timing, call to start, re-start etc. For clarification of any of these rules, please see ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, including but not restricted to rules 350, 353, 610, 612.

## **COUPLES DANCE EVENTS**

Category	Test Requirements	Pattern Dance	Free Dance
Beginner Couples	Must hold a minimum of Level 1 FM	Rhythm Blues (2 Seq)	2 minutes +/- 5 secs
Juvenile Couples	Must hold a minimum of Level 3 Field Moves and Level 3 Compulsory Dance and either Level 3 Original Dance or Level 3 Free Dance	Fiesta Tango (3 Seq)	2Minutes +/- 5 Secs
Pre-Novice Couples	Must hold a minimum of Level 5 Field moves and Level 5 Compulsory dance and either Level 5 Original Dance or Level 5 Free Dance	Foxtrot (4 Seq)	2 minutes +/- 5 secs
Novice Couples	Must hold a minimum of Level 8 Field Moves and Level 8 Compulsory Dance and either Level 8 Original Dance or Level 8 Free Dance	Tango (2 Seq)	3 minutes +/- 10 secs

### **Couples Free Dance** **Technical Requirements**

#### **Beginners Couples**

Required Elements

1. Minimum of 1 Mid-line step sequence. A second step sequence (any pattern) may be performed.
2. A maximum of one dance spin in any position and any hold(min 2 rev)
3. **Recognised dance lifts are not allowed**

#### **Juvenile Couples**

Required Elements

1. A maximum of one step sequence of any type in dance hold.
2. A minimum of 1 set of synchronized twizzles.
3. One dance spin, but not more, consisting of at least 3 rotations on 1 foot by both skaters.
4. A maximum of one dance lift. **Lift not to exceed 6 seconds**

#### **Pre-Novice Couples**

Required Elements

1. A maximum of one step sequence of any type in dance hold
2. A minimum of 1 and maximum of 2 dance spins ( minimum 3 revs on one foot by both skaters)
3. A minimum of 1 and maximum of 2 dance lifts. **Lifts not to exceed 6 seconds**
4. A minimum of 1 set of synchronized twizzles.



**Advanced Novice Free Dance 2011/2012**

As per ISU Special Regulations & Technical Rules 2010 (Rule 610 and 604), ISU Communication 1649 and any subsequent ISU Communications

- Duration: 3 mins +/- 10 secs
- Vocal music is **not** permitted

**Required Elements**

1. **2 different types of short lifts** but not more, chosen from the list of types of lifts (and be in accordance with Rule 604 paragraph 16). **Lifts not to exceed 6 seconds:**
  - a) Straight Line Lift
  - b) Curve Lift
  - c) Rotational Lift

In addition, one (1) additional Lift (up to 6 seconds) without any requirement for the Level of Difficulty is permitted (provided it is not an Illegal Lift), but only the first two Lifts performed will be identified and considered in determining the Level of Difficulty. However if a fourth Lift is performed, it will be considered by the Technical Panel as an extra element. If a Stationary Lift is performed among the two Lifts with a Level of Difficulty, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).

2. **1 Spin** but not more (in accordance with Rule 604 paragraph 14e) consisting of at least 3 rotations on one foot for both partners.  
**Note: A Combination spin is not permitted.** If a Combination Spin is performed instead of a Spin, it will be identified by the Technical Panel to occupy a box, given No Value, and considered as an extra element (element not according to the Well Balanced Program).
3. **1 step sequence in hold** of any type of Groups A or B (as defined in Rule 603, paragraph 3).

1 set of synchronized twizzles (as defined in rule 604, paragraph 14a and b: only the first set of synchronised twizzles skated will be identified and considered for the Level of Difficulty).

**SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1670 FOR FURTHER RULES, RESTRICTIONS AND DETAILED TECHNICAL CLARIFICATIONS**

**Please note that Bracknell Series events will be judged RJS. Skaters must attempt all listed elements. As this event will be judged under RJS, should there be no attempt whatsoever at any required element, a deduction of 0.1 from the technical mark will be made by the judging panel for each element lacking in the programme.**