



Bracknell 2018 Solo Dance Event

April 16th (afternoon only)
to
April 18th (morning only)

Closing date Friday March 9th 12
noon – or earlier if entries exceed
time available

John Nike Leisuresport Complex
John Nike Way
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The competition will be judged using the International Judging System (IJS) following the NISA Generic Criteria 2017/2018. Please check the NISA website for any amendments.

Technical Requirements

All technical requirements are as listed under each class.

Test standards and ages are as at closing date.

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 due to insufficient entries.

Entry fees £50 per segment (£100 for Pattern/ Short Dance and Free Dance)

- To register and enter for any of the events competitors must complete the online entry form.
- Programme content forms must be submitted via a link at the same time as the registration and entry form.
- Payment is by PayPal only.
- Confirmation of registration (but not acceptance into the event) will be emailed to competitors along with receipt of payment. All registrations will be recorded with date and time of receipt to ensure that the allocation of places is administered fairly.
- If the provisional timetable reaches capacity before the official closing date of 9 March 2018 no further entries will be accepted. A reserve list will then operate on a date of application received basis. Any reserve list refunds will be by PayPal.
- Entry into the competition will be confirmed after the closing date. Anyone booking accommodation &/or travel arrangements do so at their own risk. BISC takes no responsibility for additional costs incurred to enter or take part in the Competition
- Entry fees will not be refunded for withdrawals after the closing date. Refunds will be via PayPal.

Music on CD only. 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, a spare copy should be held by the coach at rink side.

Trophies must be signed for (by parent/ guardian if under 18) and held at the winner's risk. They must be returned in good condition to the Trophy Secretary, Bracknell Ice Skating Club by **(date to be confirmed)** or on request.

Photography

- All skaters will be filmed for IJS purposes.
- 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.
- 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

NB: For Solo Dance Series Competitions there are no mandatory age restrictions in any category.

Category	Recommended Entry Requirements Solo Series*	Pattern Dance Short Dance	Free Dance
<u>Beginner</u>	Skate UK Star	Novice Foxtrot (2.seq) Canasta Tango (2 Seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Young Star 1</u>	Level 1 Compulsory Dance plus Min Level 1 Field Moves	Rhythm Blues (2 seq) Dutch Waltz (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Young Star 2</u>	Level 2 Compulsory Dance plus Min Level 2 Field Moves	British Waltz (2 seq) Fiesta Tango (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Young Star 3</u>	Level 3 Compulsory Dance plus Min Level 3 Field Moves	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 4 (Juvenile)</u>	Level 4 Compulsory Dance plus Min Level 4 Field Moves	European Waltz (2 seq) 22 Step (2 seq)	1 min 30 sec +/- 5 sec. Criteria below
<u>Level 5 (Primary)</u>	Level 5 Compulsory Dance plus Min Level 5 Field Moves	14 Step (4 seq.) Foxtrot (4 seq)	1min 30 sec +/- 5 sec. Criteria below
<u>Level 6 (Basic Novice)</u>	Level 6 Compulsory Dance plus Min Level 6 Field Moves	Blues (3 seq.) American Waltz (2 seq)	2 min +/- 10 sec. Criteria below
<u>Level 7 (Advanced Novice)</u>	Level 7 Compulsory Dance plus Min Level 7 Field Moves	Tango (2 seq) Starlight Waltz (2 seq)	2min 30 sec +/- 10 sec. Criteria below
<u>Level 8 (Junior)</u>	Level 8 Compulsory Dance plus Min Level 8 Field Moves	Short Dance Cha Cha Congelado	3 min +/- 10 sec Criteria below
<u>Level 9 (Senior)</u>	Level 9 Compulsory Dance plus Min Level 9 Field Moves	Short Dance Rhumba	3 min 30 sec +/- 10 sec Criteria below

Pattern Dances: All Pattern Dance Music will be ISU. Except for:

Basic Novice Pattern Dance and Advanced Novice Pattern Dance where skaters can choose their own music which fit the rhythm pattern and tempo set for the dance within the prescribed tolerances.

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.

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 up dates. (www.isu.org)

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

1) Pattern Dance Element: **Two (2) Sections of Cha Cha Congelado.**

- Section 1: Steps # 1-17
- 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.

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.

Rules and Rhythms as per ISU Communication 2076 and any pertinent updates (www.isu.org)

Replacing the required elements with,

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

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 as a stop.
 - Which becomes stationary and is performed on the spot will be considered a stop.
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- 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 sec) 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)

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.

Free Dance Elements

NB: For Free Dances of 1 minute 30 second +/- 5 sec. A change of Tempo and Expression **is not required**.

For Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression **is required**

Please Note: Attitudes are Poses therefore where Poses are specified Attitudes are included.

Beginner & Young Star Levels 1, 2, 3 :

1. 1 (one) Pose ,
2. 1 (one) 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 (one) Dance Spin (combined spin not permitted)
4. 1 set of Sequential Twizzles with not 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Juvenile

1. 1 (one) Single Pose
2. 1 (one) 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 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

Primary

1. 1 (one) Single Pose.
2. 1 (one) 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 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

Basic-Novice

1. 1 (one) Single Pose.
2. 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) 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 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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 (one) Choreographic Spinning Movement (See definition below). This movement can be performed anywhere in the program.

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

Advanced Novice

1. 1 (one) Combination Pose **or** 2 (two) Single Poses. No Pose of the same type may be repeated. If performed the Single Poses must be seperated by more than 3 steps between them. **New rules apply see Pose Definitions.**
2. 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) 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 (one) Dance Spin with a minimum of 3 revolutions. Combination spins are not permitted
4. 1 (one) 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 (one) Choreographic Spinning Movement (See definition below) This movement can be performed anywhere in the program.

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

JUNIOR

1. 1 (one) Combination Pose **or** 2 Single Poses. No Pose of the same type may be repeated. If performed the Single Poses must be seperated by more than 3 steps between them. **New Rules apply see Pose Definitions.**
2. 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier, Or, 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style A
3. 1 (one) Dance Spin only
4. I (one) 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 (one) Choreographic Spinning Movement (See definition below) This movement can be performed anywhere in the program.

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

SENIOR

1. 1 (one) Combination Pose and 1 (one) Single Pose **or** 3 Single Poses. No Pose of the same type may be repeated. If performed the Single Poses or the Combination Pose and the Single Pose, must be separated by more than 3 steps between them. **New rules apply see Pose Definitions.**
2. 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 (one) Curved (Circular or Serpentine) step sequence utilizing the full width of the ice surface.
4. 1 (one) Dance Spins only.
5. 1 (one) 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 (one) Choreographic Spinning Movement (See definition below) This movement can be performed anywhere in the program.

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

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.**

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

CATEGORIES OF POSE

The basic categories of poses 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. *****

- 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) ie 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/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.

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 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.

Entry Criteria for the Solo Dance Series Competitions.

Beginner	NISA UK Passport	But not Level 1 CD
Young Star 1	Level 1 CD and Level 1 FM	But not Level 2 CD
Young Star 2	Level 2 CD and Level 2 FM	But not Level 3 CD
Young Star 3	Level 3 CD and Level 3 FM	But not Level 4 CD
Juvenile	Level 4 CD and Level 4 FM	But not Level 5 CD
Primary	Level 5 CD and Level 5 FM	But not Level 6 CD
Basic Novice	Level 6 CD and Level 6 FM	But not Level 7 CD
Advanced Novice	Level 7 CD and Level 7 FM	But not Level 8 CD
Junior	Level 8 CD and Level 8 FM	But not Level 9 CD
Senior	Level 9 CD and Level 9 FM	

To co-ordinate the Solo Dance Series and ISU couples criteria,

In the Basic Novice category there is no maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1st of July 2017.

In the Advanced Novice category there is no maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1st of July 2017.

In the Junior category there is no maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1st of July 2017

Entry Criteria For British Solo Championships 2017/2018 and Young Star Categories:

The top ranking 24 skaters in each category based on TTS scores, who also have the test levels below, will receive automatic entry to the British Championships. Skaters next in line on the ranking lists will be invited to fill any unallocated warm up slots.

With the exception of Young Star 1 Beginners skaters are required to have a minimum of the test levels stated.

Young Star 1 (Beginners) Skate UK Star (But not any part of Level 1 CD, 1 FD or 1FM)
Age: Not reached the age of Ladies 9, Men 10 before 1st July 2017

Young Star 2 Level 1 CD, 1FD, 1FM Age: Not reached the age of Ladies 9, Men 10 before 1st July 2017

Young Star 3 Level 2 CD, 2FD, 2FM Age: Not reached the age of Ladies 10, Men 11 before 1st

July 2017

Young Star 4	Level 3 CD, 3FD, 3FM July 2017	Age: Not reached the age of Ladies 11, Men 12 before 1 st July 2017
Juvenile	Level 4CD, 4FD, 4FM July 2017	Age: Not reached the age of Ladies 12, Men 13 before 1 st July 2017
Primary	Level 5CD, 5FD, 5FM July 2017	Age: Not reached the age of Ladies 13, Men 14 before 1 st July 2017
Basic-Novice	Level 6CD, 6FD, 6FM 2017	Age: Not reached the age of Ladies 14, Men 15 before 1 st July 2017
Advanced Novice	Level 7CD, 7FD, 7FM July 2017	Age: Not reached the age of Ladies 15, Men 17 before 1 st July 2017
Junior	Level 8CD, 8FD, 8FM July 2017	Age: Not reached the age of Ladies 19, Men 21 before 1 st July 2017
Senior	Level 9CD, 9FD, 9FM 2017	Age: Not reached the age of Ladies 29, Men 29 before 1 st July 2017

For automatic qualification to the British Solo Championships competitors will be required to have skated in at least two qualifying Solo Series Competitions at different events.

Qualification for British Solo Championships

The qualifying scores will be calculated according to the table below. All scores must be obtained at a Solo Dance Series Competition during the 2017-2018 season in the category the skater wishes to enter at the championships.

Category	PD / SD		FD		
Young Stars (1 -4)	Best PD Segment Score	+	Best FD Score	=	Qualifying score
Juvenile	Best PD Segment score	+	Best FD score	=	Qualifying score
Basic Novice	Best PD Segment score	+	Best FD score	=	Qualifying score
Advanced Novice	Best PD Segment score	+	Best FD score	=	Qualifying score
Junior	Best Short Dance Score	+	Best FD score	=	Qualifying score
Senior	Best Short Dance Score	+	Best FD score	=	Qualifying score

Based on the Qualifying scores, the top 24 skaters in each category will be invited to take part in the British Solo Dance Championships 2017/2018. Should any of these skaters not wish to take part (or there is vacancy in the warm up groups) the place(s) will be offered to the next highest skater(s) below the automatically qualifying group drawn from a ranking list based on the scores of the skaters who have taken part in the Solo Dance Series. Skaters taking part in only one event will automatically be ranked below those taking part in two or more events.