



National Ice Skating Association of Great Britain & N.I.



National Ice Skating Association of Great Britain & N.I.

ICE DANCE

National Test Manual



RULES AND REGULATIONS

2009

October 2009

Please be aware that the details contained within this manual are subject to change at any given time.
For updates, refer to NISA and ISU Communications published via their respective websites

National Ice Skating Association of UK Ltd

NEW TEST STRUCTURE
For
NATIONAL TESTS

Rules and Regulations

CONDITIONS

1. All National Tests will be organised and conducted locally after application to NISA, (unless chosen venue is a NISA accredited self organised test centre)
2. Only NISA members are entitled to apply to be candidates for NISA tests and all candidates must be fully paid up members of NISA at the time the application is submitted and the test skated. For Dance/Pairs tests, all partners of candidates taking NISA Dance/Pairs tests must also be fully paid up members of NISA at the time of the test.
3. The candidate should apply on the official NISA test application form. The candidate should have forwarded with the application his/her subscription if not already paid, plus the appropriate test fee.
4. Both the applicant and his/her coach should sign the test application. PLEASE NOTE: APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. NOTE: No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.
5. No test may be taken unless the application has been submitted and accepted and the applicable test fee paid.
6. Applications for a test must be made a minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink and on different days to that which was originally indicated on the application form. If a holiday or school examination date is known, the candidate should indicate when he/she is definitely not available.
7. Transfer of tests between rinks should be arranged between test organisers or with NISA office staff and not by parents or coaches.

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8. All successful candidates of NISA tests shall receive a certificate appropriate to the level of test passed.
9. NISA test medals may be purchased for each discipline by successful candidates, appropriate to the level of tests passed, on completion of all individual tests within each level. e.g. Field Moves, Elements and Free. Field moves, CD, OD, VD, FD, and including Field moves for Synchro and Pair tests.
10. One NISA judge will judge National Tests Levels 1 – 6 inclusive. Levels 7 – 10 inclusive require two NISA judges. However, under exceptional circumstances, all National Tests may be judged by one NISA appointed judge, who is presently qualified to judge at an ISU International or ISU Championship level. Approval for this must be given by the Judges/ Officials Director.
11. Judges have complete control during the tests, with full responsibility for ensuring that the tests run efficiently.
12. A candidate who is given a retry for a test cannot retake this test until after the expiration of 4 weeks i.e. 28 days.
13. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests.
14. Failure to attend or skate on the day and at the time arranged will result in the cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a Doctors' Certificate or a letter from the school to the NISA office and the test may then be held in credit.
15. Unless otherwise deemed by the NISA office, a test application is null and void one year after its receipt. The fees for void tests are forfeited.
16. The recording of videos during test sessions is NOT PERMITTED
17. Any tests that are not held in accordance with these rules may be considered null and void.

APPOINTMENT OF JUDGES

All Judges of Single/Dance/Pair /Synchronized skating tests shall be appointed by and at the discretion of NISA and must be eligible persons and current members of NISA.

NISA NATIONAL SKATING TESTS

GENERAL REGULATIONS

1. Skaters may progress up any vertical channel of the National Test Structure separately. e.g. Level 1 Elements to Level 10 Elements without holding Field Moves or Free Skating Tests. Level 1 Elements Test must be passed before taking Level 2 Elements etc.
2. Music must not be played during Field moves and singles/pairs elements tests. Background music may be played during all test warm ups if desired. Other than compulsory dance, variation dance tests, no programme music should be played during warm ups.
3. It is the responsibility of the candidate to arrange for the music to be played for all Dance/Free tests.
4. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.
5. Candidates must not waste undue time between the completion of one field move, compulsory dance or single/pair skating element and the commencement of the next.
6. All candidates will receive a comments sheet relating to their test from the judges.

Field Move Tests

7. All tests must be skated on a clean ice surface and wherever possible at the beginning of a test session. In test levels 1-7 all field moves are compulsory. In test levels 8-10 the skater may select any 4 of the 6 Field Moves listed, and the judges must be informed of which are to be skated before the commencement of the test.
8. Crosscuts and/or gliding steps are acceptable as a means of progressing from one part of a Field Move exercise to another, but two footed skating will not be allowed at this point.
9. The minimum number of lobes and/or repetitions stipulated in the Field Moves Exercises must be completed using the full ice surface where possible. For ice surfaces less than 40 metres in length, the exercises

may be split along both sides of the rink. However the minimum number of lobes and/or repetitions must still be skated in one continuous exercise without loss of speed and still to the required standard. Levels 7 – 10 will only be permitted on ice surfaces of 40 metres and more in length.

10. During a Field Move test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment, or due to serious external influence, then the candidate will re-start the field move in question in order to demonstrate the flow of the exercise. This will not be classed as a re-skate. N.B. This restart rule only applies to Field Move tests.
11. A maximum of two re-skates will be permitted on two **separate** Field Moves and a short warm up may be given.

Single/Pairs Elements Test

12. Elements may be skated in any order. Two attempts at each separate element are permitted and the higher mark attained for each separate element will be used in the calculation of the final total before re-skates. A maximum of two re-skates on two **separate** elements will be permitted and a short warm up may be given, but this will be at the discretion of the judges. In free choice elements, the element originally selected by the candidate must be re-skated. The highest mark from the two attempts and the re-skate of an element will be used to determine the final total mark for the test. All step and spiral sequences in Levels 7 – 10 must be in accordance with current ISU Single's regulations. Small Rinks (less than 40 metres): - All Elements tests may be taken on small rinks, provided the step sequences and jumps can be performed to the required standard with speed consistent with that standard.

Single/Pairs Free Skating Tests

13. Only music without lyrics will be allowed for all free skating tests. Up to two minor errors will be permitted on different types of elements i.e. jumps or spins or spirals/steps. Failed elements would count as major errors and only one such major error will be permitted and will necessitate a re-skate in isolation with no warm-up/practice. A test may not pass if a major error remains on any required element following a re-skate. A re-skate is not allowed for an omission of a required element and the test would automatically qualify for a re-try.

Refer to Minor/Major Chart in Free Test Booklet for guidelines

In the case of minor errors, the presentation mark must be of sufficiently high standard to enable the test to pass.

Should the set elements be performed to a very high standard, with no errors, but the presentation mark was not of such a high standard, the test could still pass if the total amount of marks is equal to the passing total.

14. Small Rinks: - Free Test Levels 7 – 10 will only be allowed on rinks of 40 metres and larger.
15. During a single/pair free skating test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.

Dance Tests

16. During a Compulsory/Original/Variation/Free Dance test, if the candidate stops at the signal of the judges because of circumstances that arise which jeopardize his/her safety on account of damage to his/her clothing or equipment or any other serious exceptional circumstances, then the candidate will recommence from the point of interruption. These re-starts will be at the discretion of the judges. However if the tempo or quality of the music is deficient, no re-start may be allowed if the skater fails to inform the judge within 30 seconds after the start.
17. No re-skates are permitted in a compulsory dance, variation/original dance or free dance test.
18. Small Rinks: Ice Dance Tests Levels 4-10 will only be allowed on rinks of 40 metres and larger.

Compulsory Dances Levels 1 to 3 on smaller rinks: all the dances are forward skating and use only one side of a full size rink for one sequence therefore it will take a full circuit on smaller rinks to complete one sequence and as all the dances require two sequences two circuit of a smaller rink will be required.

Note: - Further information for tests in all disciplines is available in the test organizer manual.

Warm up times: -

Field Moves

Level 1 (2 skaters max) 5 mins

Levels 2-10 (2 skaters max) 6 mins

Elements (2 skaters max) 6 mins

Free Skating (3 skaters max)

Levels 1 – 7 1 min longer than programme

Levels 8 – 10 6 mins

Dance

Compulsory dances (all levels) 6 mins

Variation dance Levels 1 - 2 6 mins

Original dance Levels 3 - 10 6 mins

Free dance (all levels) 6 mins

The allocated warm up lengths allow coaches the opportunity to skate with more than one pupil if necessary but the warm ups may be less if not required.

COMPETITIVE / IJS TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007 any skater holding a complete Competitive/ IJS (i.e. 3 parts Dance, 2 parts Pairs, 2 parts Singles) tests will be given equivalency as in the chart below.

Complete Competitive/ IJS Test Held in any Discipline	New Field Moves Equivalent
NISA Primary (ISU Novice)	Level 9
Junior	Level 10
Senior	Level 10

This means that a skater with a complete Primary Competitive/ IJS test will receive equivalency for Level 9 Field Moves and the next Field Moves test to be taken will be Level 10 Field Moves. Taking further Competitive/ IJS tests after 1st January 2007 will not give additional Field Move Test equivalencies. These tests must be taken at local test sessions

(NATIONAL) STANDARD TEST EQUIVALENCIES TO NEW FIELD MOVES

As at 1st January 2007, any skater holding old Field Moves/Dance Moves Tests, and skaters holding complete tests, Levels 9 and 10 (* see clarification below), will be given equivalency as in the chart below.

Old Singles Field Moves	Old Dance Moves	Complete Test Held	New Field Moves Equivalent
Novice	Level 1	N/A	Level 1
Prelim	Level 2	N/A	Level 2
N/A	Level 3	N/A	Level 3
Inter Bronze	Level 4	N/A	Level 4
N/A	Level 5	N/A	Level 5
Bronze	Level 6	N/A	Level 6
N/A	Level 7	N/A	Level 7
Inter Silver	Level 8	N/A	Level 8
N/A	Level 9	*Level 9	Level 9
N/A	Level 10	*Level 10	Level 10

Example:- If a skater holds the old Prelim Field Moves Test, they will receive the new Level 2 equivalency, therefore the next test level to be taken will be the new Level 3 Field Moves test

*Complete Dance Moves levels 9 (9a,9b) or 10 (10a,10b)

*Complete Standard (National) Dance Tests Levels 9 or 10 (CD,OD,FD)

*Complete Standard (National) Singles tests Levels 9 or 10 (Elements & Free)

COMPETITIVE/NATIONAL (STANDARD) TEST EQUIVALENCIES

As from 1st January, 2006 individual parts of Competitive Tests (and now IJS Competitive Tests) will receive National (Standard) Test equivalencies.

Field Moves and Dance Moves are not considered as part of these equivalencies.

SINGLES

Competitive Test (Now IJS)	Standard (Now National)Test
Pre-Novice	Level 7 Free
Novice SP	Level 8 Elements
Novice FP	Level 8 Free
Primary (ISU Novice) SP	Level 9 Elements
Primary (ISU Novice) FP	Level 9 Free
Junior SP	Level 10 Elements
Junior FP	Level 10 Free
Senior SP	Level 10 Elements
Senior FP	Level 10 Free

DANCE

Competitive Test (Now IJS)	Standard (Now National) Test
NISA Novice CD	Level 8 Parts 1 & 2 CD
NISA Novice FD	Level 8 OD & FD
Primary (ISU Novice) CD	Level 9 Parts 1 & 2 CD
Primary (ISU Novice) FD	Level 9 FD
Junior CD	Level 10 Parts 1 & 2 CD
Junior OD	Level 10 OD
Junior FD	Level 10 FD
Senior CD	Level 10 Parts 1 & 2 CD
Senior OD	Level 10 OD
Senior FD	Level 10 FD



ICE DANCE

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Please note: New coaches will be required to attend a Field Moves seminar in order to submit applications for their skaters to enter NISA Tests, Permitted Open competitions and Championships.

October 2009



The N.I.S.A. Test Schedule

Ice Dances

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(Appendix Two) Non ISU Ice Dance Steps and Patterns/Diagrams

 Novice Foxtrot.....

 Rhythm Blues.....

 Canasta Tango.....

 Dutch Waltz.....

 Golden Skaters Waltz.....

 Riverside Rhumba.....

 Swing Dance.....

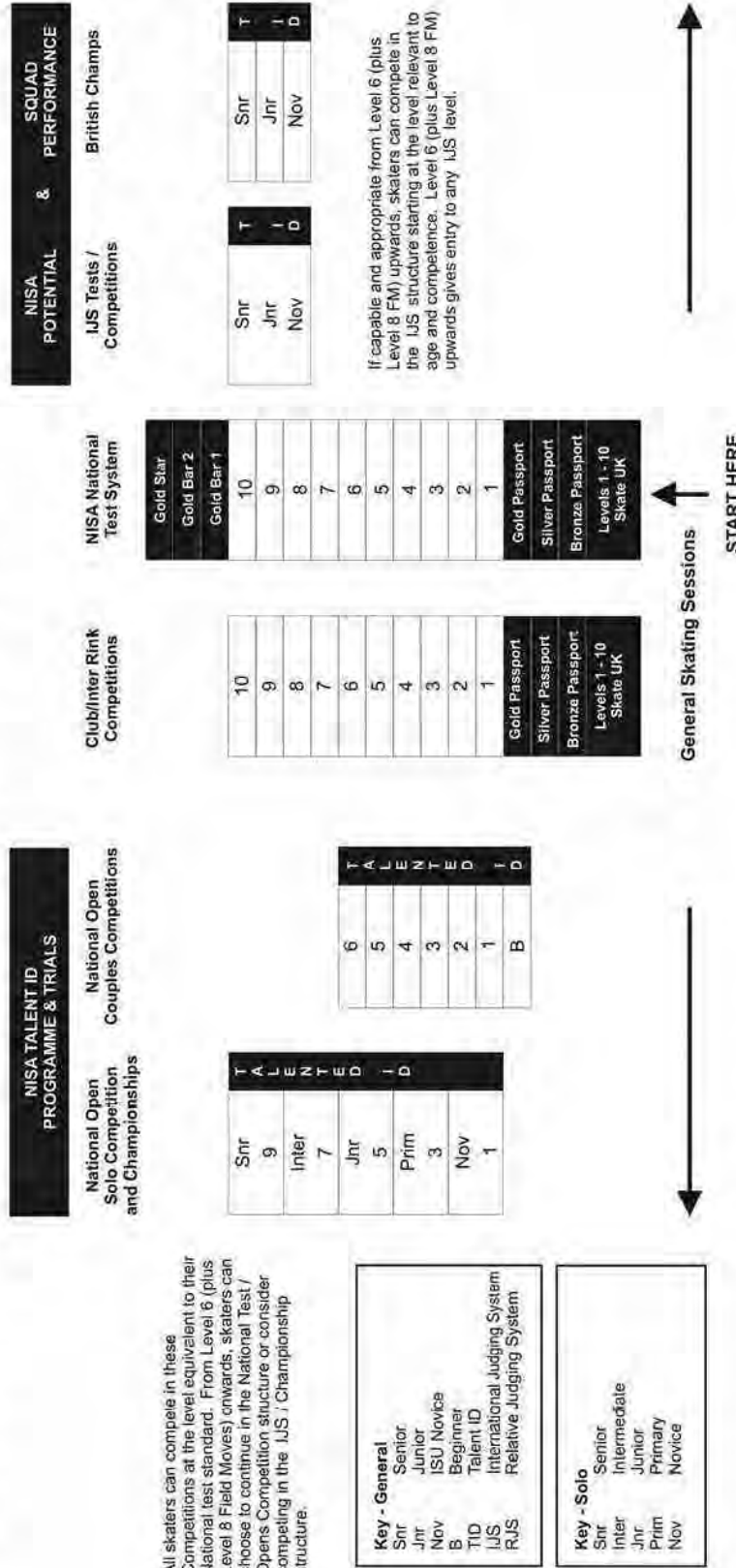
 Fiesta Tango.....

 Willow Waltz.....

 22 Step.....

(ISU dance patterns can be obtained directly from the ISU).

NISA NATIONAL ICE DANCE TEST, COMPETITION & SQUAD STRUCTURE OVERVIEW



All skaters can compete in these Competitions at the level equivalent to their National test standard. From Level 6 (plus Level 8 Field Moves) onwards, skaters can choose to continue in the National Test / Opens Competition structure or consider competing in the IJS / Championship structure.

Following participation in the first IJS event, skaters and coaches should decide whether to continue in the IJS system or to revert to the RJS (6.0) system for the remainder of the year. This should be a near automatic decision on consideration of the IJS score sheet against the NISA Test score document, i.e. does the skater pass the test or is near the test pass score?

Once a skater has chosen to participate at Novice, Junior or Senior level within the IJS system it is not expected that they should also participate in the National Open Competition Structure unless they envisage reverting to the RJS (6.0) system and not competing in the British Championships at any level.

The IJS system requires serious consideration of periodisation and planning and therefore skaters and coaches are advised to use the period between March - July for active rest breaks and preparation of fitness and programs for the start of the new season.

There is a national Talent Identification system in place at all National Open Competitions.

1.0 TECHNICAL TERMS USED IN ICE DANCING

The following technical terms used in Ice Dancing are those used in the ISU Ice Dance Manual 2002 and are therefore definitive until so altered by the ISU.

1.1 Compulsory Dances

Compulsory Dances involve the skating of prescribed patterns to music, the rhythm and tempo of which are defined.

1.2 Axis

- 1 *Long Axis* - A straight line that divides the ice surface into two halves lengthwise (midline).
- 2 *Short Axis* - A straight line that divides the ice surface into two halves crosswise.
- 3 *Continuous axis* - An imaginary line running around the ice surface that serves as the basis for the dance pattern. Usually the continuous axis consists of two lines running parallel to the long axis of the ice surface, approximately halfway between the long axis and the sides. These lines are joined at each end of the ice surface by a semi-circle. These semi-circles are flattened in some dances so that they run parallel to the ends of the ice surface. In circular dances, such as the Kilian, the continuous axis approximates a circle. The continuous axis of the Paso Doble is an oval.
- 4 *Transverse Axis* - An imaginary line intersecting the continuous axis of a dance at right angles.

1.3 Patterns

The pattern of a dance is the design of the dance on the ice. The diagram of a dance includes all the information needed to execute one complete pattern of the dance.

- 1 *Set Pattern Dance* - A dance for which the location, direction and curvature of all edges to be skated are designated in the diagram. This diagram must be followed as closely as possible.
- 2 *Optional Pattern Dance* - A dance for which the pattern may be altered by a couple provided that the original step sequences, positions and timing are maintained. Each repetition of the altered pattern must be executed in the same manner.
- 3 *Rim/Edge/Border Dance* - A dance whose step sequence requires a shorter or longer distance than is available in one circuit of the rink. The second sequence, therefore, will not begin at the original starting point of the dance.
- 4 *Lobe* - Any sequence of steps on one side of the continuous axis that is approximately semi-circular in shape.

1.4 Introductory Steps

- 1 *Introductory Steps* - All dances may be started with optional introductory steps. They shall not exceed the introductory phrasing of the specific tune used. Theatrical poses are forbidden. However some opening poses may reflect the character of the given dance.
- 2 *Start* - The first step after the introductory steps. The referee may announce the approximate location at which the dances must be started. & all dances must commence the first prescribed step on the first or strong beat of the **melody**.
- 3 *Sequence of Steps* - The order of the steps that compose one pattern of the dance or any portion thereof.

1.5 Steps

- 1 *Step* - The visible tracing on the ice that is executed on one foot. It may consist of an edge or a turn such as a three or counter.
- 2 *Open Stroke* - A step started close beside the skating foot without crossing in front or behind. It should be noted that on all forward edges the free leg is held behind before coming to the skating foot for the next step. On all backward edges the free leg is held forward before returning to the skating foot for the next step.
- 3 *Cross Stroke* - A step started with the feet crossed so that the impetus or power is gained from the outside edge of the foot that is becoming the free foot.
(Note the legs cross above the knees.)
- 4 *Crossed Step Forward* - A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg crossed in front of the skating leg. (Note - the legs cross below the knees.)
- 5 *Crossed Step Behind* - A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg crossed behind the skating leg.
(Note - the legs cross below the knees.)
- 6 *Chasse* - A step combination during which the free foot is placed beside the skating foot, but not ahead of it, with the new free foot leaving the ice beside the new skating foot.
 - (a) *Crossed Chasse* - A chasse in which the free foot is placed on the ice crossed behind the skating foot when skating forward or crossed in front when skating backward.
 - (b) *Slide Chasse* - A chasse in which the free foot slides off the ice in front when the skater is skating forward and behind when the skater is skating backward.
- 7 *Progressive (Run)* - A step or sequence of steps in which the free foot passes the skating foot before it is placed on the ice, thereby bringing the new free foot off the ice trailing the new skating foot.
- 8 *Roll* - A short or long, forward or backward edge, which curves in the opposite direction to the preceding edge thus creating the rolling movement that gives the step its name.
 - (a) *Swing Roll* - A roll held for several beats of music during which, when skating backward, the free leg first swings forward, then backward to the skating foot to be placed on the ice beside the skating foot. (When skating forward, the free leg first swings backward then forward).
 - (b) *Cross Roll* - A roll started forward with the feet crossed in front or backward with the feet crossed behind. The impetus is gained from the outside edge of the skating foot as it becomes the free foot.
- 9 *Slip Step* - A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg which has a well bent knee while the free foot slides forward on the ice to full extension.
- 10 *Toe Step* - A step where the skater steps from one toe to the other without jumping.
- 11 *Turn* - A rotational movement in which the skater moves from forward to backward or backward to forward.
 - (a) *Three* - A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve.
 - (b) *Dropped Three* - A three turn in which the weight is almost immediately transferred ("dropped") to the free foot as it becomes the skating foot for the next step.
 - (c) *Quick Dropped Three* - A rotational movement performed so rapidly that it takes place almost on the same spot or within one beat of music. The turn is made from a forward outside three to the backward outside edge of the opposite foot, then the skater immediately steps forward onto the original foot. Such a sequence may be skated with the forward or backward, inside or outside three turns.

- (d)*Waltz Three* - A three turn skated with the free leg extended close to the ice, and the toe and hip well turned out and held over the tracing. The instep of the free foot is then drawn close to the heel of the skating foot as the turn is made. After the turn the free foot is extended and held ahead of the tracing before being brought back beside the skating foot in time for the next step.
- (e)*Swing Rocker or Counter* - A type of rocker or counter in which the free foot swings smoothly past close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward.
- 12 *Mohawk* - A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge or from an inside edge to an inside edge.
- (a)*Open Mohawk* - A mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot (e.g. the man's steps 8 and 9 and the lady's 12 and 13 in the Fourteen step).
- (b)*Closed Mohawk* - A mohawk in which the instep of the free foot is held at the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot (e.g. steps 11 and 12 of the Rocker Foxtrot).
- (c)*Swing Mohawk* - An open or closed mohawk in which the free leg swings forward closely past the skating leg, and then back to the skating foot to execute the turn (e.g. steps 20 and 21 of the Tango).
- 13 *Choctaw* - A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. Unless otherwise specified in the dance description, the free foot is placed on the ice close to the skating foot. The entry and exit edge are of equal depth.
- (a)*Open Choctaw* - A choctaw in which the free foot is placed on the ice at the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot (e.g. steps 9 and 10 of the Kilian).
- (b)*Closed Choctaw* - A choctaw in which the instep of the free foot is held at the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot (e.g. steps 12 and 13 of the Blues).
- (c)*Swing Choctaw* - An open or closed choctaw in which the free leg swings forward closely past the skating leg and then back to the skating foot to execute the turn (e.g. steps 5 and 6 [first part] of the Quickstep).
- 14 *Twizzle* - A turn of one or more complete rotations which are executed so quickly that the action takes place almost on the same spot. The turn may rotate in either clockwise or the counter clockwise direction. The weight remains on the skating foot with the free foot close beside it ready to skate the exit edge (e.g. lady's step 23 of the Argentine Tango).
- 15 *Ronde* (n.b. not ISU Term) - A semi-circular movement of an extended free-leg commencing behind the skating leg and finishing in front of and over the skating foot (e.g. Riverside Rhumba)

1.6 Positions

- 1 *Hand-in-hand Position* - The partners face in the same direction and are side by side with their arms comfortably extended and their hands clasped. The lady stands on the right side if not otherwise indicated in the dance description. (*Arm-in-arm* - variation of hand-in-hand where arms are extended and overlap gripping the partners' upper arms above the elbow).
- 2 *Closed or Waltz Position* - The partners stand directly opposite each other, one partner skates forward while the other partner skates backward. The man's right hand is placed firmly on his partner's back at the shoulder blade with the elbow raised and the arm bent sufficiently to hold the lady close to him. The left hand of the lady is placed on the shoulder of the man so that her arm rests comfortably, elbow to elbow, on his upper arm. The left arm of the man and the right arm of the lady are extended comfortably at shoulder height. Their shoulders remain parallel.
- 3 *Open or Foxtrot Position* - The hand-and-arm positions are similar to those of the closed or waltz position. The partners simply turn slightly away from each other so that they both skate in the same direction.
- 4 *Outside or Tango Position* - The partners face in opposite directions - one partner skating forward, the other partner backward. However, unlike the closed position, the partners are offset with the man to the right or left of the lady so that the front of his hip is in line with the front of her corresponding hip. Tight hip-to-hip position is undesirable since it impedes flow.
- 5 *Kilian Position* -The partners face in the same direction with the lady to the right of the man and his right shoulder behind her left. The left arm of the lady is extended across the front of the man's body to hold his left hand. His right arm crosses behind the lady's back to clasp her right hand. Both right hands rest over her hip bone.
 - (a) *Reversed Kilian Position* - This position is similar to the Kilian position but with the lady on the man's left.
 - (b) *Open Kilian Position* -The man's left hand holds the lady's left hand, with his right hand resting over the lady's left hip or behind her back, the lady's right arm is extended. This position may also be reversed.
 - (c) *Crossed Kilian Position* -The lady's left arm is extended across the front of the man's body to his left hand, while his right arm is extended across in front of her body with both partners' right hands resting clasped over her hip.
- 6 *Definition: Leading Hand* - The leading hand of the man is the right hand except in the case of "Reversed" position when it is the left hand
- 7 *Thumb Pivot Hold* (n.b. not ISU Term) - The ladies thumb held between the man's thumb and forefinger with the palms of both partners downwards.
- 8 *Coupe* - in this case the free foot is held up in contact with the skating leg from an open hip position so that the free foot is at right angles to the leg of the skating foot.
- 9 *Passe* - in this case the free foot is held up to the side of the skating leg from a closed hip position so that the free foot is parallel to the leg of the skating foot.
- 10 *Attitude* - the free leg is bent, and brought up out and behind at a 90 degree angle to the leg of the skating foot.

1.7 Musical Definitions

- 1 *Beat* - A note defining the regular recurring divisions of a piece of music.
- 2 *Tempo* - The speed of music in beats or measures per minute.
- 3 *Rhythm* - The regularly repeated pattern of accented and unaccented beats which gives the music its character.
- 4 *Measure (Bar)* - A unit of music which is defined by the periodic recurrence of the accent. Such units are of equal duration.
- 5 While it may be technically correct to skate to the minor accent (weak beat), the resulting interpretation and expression of the character of the dance is not correct and must be penalized by the judges.
- 6 '*In Phase*' (n.b. not ISU Term) - when the first step of the dance commences with the first strong beat of the melody.

2.0 COMPULSORY DANCES

- 1 For ISU listed compulsory dances all music must be as per ISU at the time in force.
- 2 All dances must commence (first prescribed step) on the first (strong) beat of the melody.

3.0 ICE DANCE TEST REQUIREMENTS (SEE APPENDIX ONE)

4.0 NON ISU ICE DANCE STEPS & PATTERNS / DIAGRAMS (SEE APPENDIX TWO)

The sequence of the steps, their relationship to the music and the axis are shown on the diagrams. The diagrams are intended to show as clearly as possible the direction and curvature of each edge as well as the relative length on the ice. However, the direction, curvature and length of the steps should not be taken too literally. The actual skating may diverge somewhat from the printed diagram in such respects. The steps of the dances are numbered for easy reference. The relationship of the music to the steps of each dance is shown by the number placed on the diagram beside each step. The diagrams are marked showing the rhythm patterns by numbers 1 to 4 for four-beat rhythms such as foxtrots and marches, 1 to 6 for the six-beat and 1 to 3 for the three-beat rhythm patterns of the waltzes.

A notation such as RFOI 4+2 means that the right forward outside edge is held for four beats and the right forward inside for two. Similarly LFO 3+3 means that the left forward outside edge is held for three beats then a three is turned and the left backward inside edge is held for three beats.

All steps are open strokes unless specifically stated otherwise. The notation 'sc' indicates that a slight change of edge should be made at the end of one edge to facilitate the take-off for the following edge. Such a slight change of edge should not be confused with the definite change called for in some dances since it is merely a rollover of the skate blade to an inside edge which is made after the free foot has been drawn down beside the skating foot in preparation for the next step.

ABBREVIATIONS (as used in dance patterns/diagrams)

- | | | |
|-------------------------|-------------|--|
| R = Right | Examples: | RFO = Right Forward Outside edge |
| L = Left | | LBI = Left Backward Inside edge |
| F = Forward | | LBOI = Left Backward Outside change to Inside edge |
| B = Backward | | |
| O = Outside | | |
| I = Inside | | |
| CR = cross roll | 3-turn or 3 | = three turn |
| XB = cross behind | Sw | = Swing |
| XF = cross in front | Sr | = Swing Roll |
| Pr = Progressive or Run | Ch | = (Open) Chasse |
| Sl Ch = Slide Chasse | OpMo | = Open Mohawk. |

PASSING MARKS FOR NATIONAL ICE DANCE TESTS FROM 2007

Test Level	Average Pass Mark	Passing Total		Minimum Pass Mark (* see below)
		C.D.	O.D./ F.D.	
Level 1	2.0	8.0	(Vari) 4.0	1.5
Level 2	2.2	8.8	(Vari) 4.4	1.7
Level 3	2.4	9.6	4.8	1.9
Level 4	2.6	10.4	5.2	2.1
Level 5	2.8	11.2	5.6	2.3
Level 6	3.0	12.0	6.0	2.5
Level 7	3.2	12.8	6.4	2.7
Level 8	3.4	13.6 (Pt 1 & 2)	6.8	2.9
Level 9	3.6	14.4 (Pt 1 & 2)	7.2	3.1
Level 10	3.8	15.2 (Pt 1 & 2)	7.6	3.3
Gold Bar 1	4.0	16.0	8.0	3.5
Gold Bar 2	4.2	16.8	8.4	3.7
Gold Star	4.4	26.4	8.8	3.9

***The minimum pass mark is relevant to each individual mark. Should one mark be below the minimum pass mark, the test will result in a re-try, even if the passing total is achieved**

APPENDIX ONE

National Ice Dance Test requirements for Compulsory Dances, Variations, Original Dance & Free Dance

Tests will be judged using the RJS 6.0 method (Ref 23)

Level 1 National Test		
Average Passing Mark = 2.0		Minimum Mark = 1.5
COMPULSORY DANCES	VARIATION	FREE DANCE
<p>Passing Total = 8.0</p> <p>1. Novice Foxtrot 1 circuit Music: Foxtrot 4/4 25 measures of 4 beats 100 beats per minute.</p> <p>2. Rhythm Blues 2 seq. Music: Blues 4/4 22 measures of 4 beats 88 beats per minute.</p>	<p>Passing Total = 4.0</p> <p>Rhythm Blues</p> <p>8 – 12 Bars 2 Sequences</p>	<p>Passing Total = 4.0</p> <p>Programme Time 1 min 30sec +/- 5secs</p> <p>Must include EITHER</p> <p>a Mid-Line OR</p> <p>a Diagonal step sequence PLUS</p> <p>Good timing & simple steps clearly executed.</p> <p>Couples may include One Lift</p>

Level 2 National Test		
Average Passing Mark = 2.2		Minimum mark = 1.7
COMPULSORY DANCES	VARIATION	FREE DANCE
<p>Prerequisite: Level 1 Compulsory Dances</p> <p>Passing Total = 8.8</p> <p>1. Canasta Tango 2 seq. Music: Tango 4/4 27 measures of 4 beats 108 beats per minute</p> <p>2. Dutch Waltz 2 seq. Music: European Waltz 3/4 45 measures of 3 beats 135 beats per minute</p>	<p>Prerequisite: Level 1 Variation</p> <p>Passing Total = 4.4</p> <p>Canasta Tango</p> <p>8 – 16 bars 2 Sequences</p>	<p>Prerequisite: Level 1 Free Dance</p> <p>Passing Total = 4.4</p> <p>Programme Time 1min 30sec +/- 5secs</p> <p>Must include EITHER</p> <p>A Mid-Line OR</p> <p>A Diagonal step sequence PLUS</p> <p>Good timing, simple steps clearly executed.</p> <p>Couples may include One Lift</p>

N.B. Variation Dance: In the Variation Dance, skaters commence with the prescribed dance for the test, interrupt the sequence at any point and insert dance steps of their own choice. In the Rhythm Blues (Level 1) these steps may be between 8-12 bars of music and in the Canasta Tango (Level 2) the steps may be between 8-16 bars of music. Having executed the variation, skaters must return to the exact point of interruption and continue with the next step of the prescribed dance to complete the sequence. The whole sequence, plus the variation, must then be repeated once. It is advisable to attempt to restart the sequence on the pattern of the prescribed dance.

Level 3 National Test

Average Passing Mark = 2.4

Minimum Mark = 1.9

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Prerequisite: Level 2 Compulsory Dances</p> <p>Passing Total = 9.6</p> <ol style="list-style-type: none"> 1. Golden Skaters Waltz. 2seq Music: Westminster Waltz 3/4 54 measures of 3 beats 162 beats per minute 2. Riverside Rhumba. 2 seq. Music: Rhumba 4/4 26 measures of 4 beats. 104 beats per minute. 	<p>Prerequisite: Level 2 Variation</p> <p>Passing Total = 4.8</p> <p>Programme Time 1 min 30secs +/- 5secs</p> <p>Must include EITHER</p> <p>A Mid-Line OR A Diagonal step sequence</p> <p style="text-align: center;">Couples may include One Lift</p>	<p>Prerequisite: Level 2 Free Dance</p> <p>Passing Total = 4.8</p> <p>Programme Time 1 min.30secs +/- 5secs</p> <p>Must include EITHER</p> <p>A Mid-Line OR A Diagonal step sequence using the full length of the rink PLUS</p> <p>One spin (min 3 revs on one foot) PLUS</p> <p>One Twizzle minimum One rotation PLUS Good timing, expression, & simple step movements. Couples may include One Lift</p>

N.B. Music. In Original Dance and Free Dance more than one piece of music may be used. However, if such a choice is made, care should be taken to ensure that the duration of each piece is approximately balanced. While candidates have a free choice of music (which should be selected from the recognised rhythms as stipulated by ISU regulations), including vocals, it is recommended that music for Original Dance has a rhythmic beat appropriate to the rhythm chosen. The skater must skate to the rhythm and not to the melody alone. Free Dance music must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.

Level 4 National Test

Average Passing Mark = 2.6

Minimum Mark = 2.1

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Prerequisite: Level 3 Compulsory Dances</p> <p>Passing Total = 10.4</p> <ol style="list-style-type: none"> 1. Swing Dance. 2 seq (twice round rink) Music: Rocker Foxtrot 4/4 26 measures of 4 beats 104 beats per minute 2. Fiesta Tango. 2 seq. Music: Tango 4/4 27 measures of 4 beats 108 beats per minute 	<p>Prerequisite: Level 3 Original Dance</p> <p>Passing Total = 5.2</p> <p>Programme Time 1 in30secs +/- 5secs</p> <p>Must include EITHER</p> <p>A Mid-Line OR A Diagonal step sequence PLUS</p> <p>One Twizzle Minimum One rotation</p> <p style="text-align: center;">Couples may include One Lift</p>	<p>Prerequisite: Level 3 Free Dance</p> <p>Passing Total = 5.2</p> <p>Programme Time 1min 30secs +/- 5secs</p> <p>Must include EITHER</p> <p>A Mid-Line OR A Diagonal step sequence using the full length of the rink PLUS</p> <p>One but no more than Two Spins (min 3revs on one foot) PLUS</p> <p>Twizzles - One clockwise and One anti-clockwise Minimum One rotation PLUS</p> <p>Good timing and expression</p> <p style="text-align: center;">Couples may include One Lift</p>

October 2009

Level 5 National Test

Average Passing Mark = 2.8

Minimum Mark = 2.3

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Prerequisite: Level 4 Compulsory Dances</p> <p>Passing Total = 11.2</p> <p>1. Willow Waltz. 2 seq. Music: European Waltz 3/4 45 measures of 3 beats 135 beats per minute</p> <p>2. 14 Step. 3 seq. Music: March 6/8, 2/4, 4/4 56 measures of 2 beats or 28 measures of 4 beats 112 beats per minute</p>	<p>Prerequisite: Level 4 Original Dance</p> <p>Passing Total = 5.6</p> <p>Programme Time 1 min 30secs +/- 5secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal step sequence. PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>Twizzles - One clockwise and One anti-clockwise Minimum One rotation</p> <p>Couples may include One Lift</p>	<p>Prerequisite: Level 4 Free Dance</p> <p>Passing Total = 5.6</p> <p>Programme Time 1 min 30secs +/- 5secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal OR A Circular step sequence PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>Twizzles - One clockwise and One anti-clockwise Minimum One rotation on each foot. PLUS</p> <p>Good timing and expression</p> <p>Couples may include One Lift</p>

Level 6 National Test

Average Passing Mark = 3.0

Minimum Mark = 2.5

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Prerequisite: Level 5 Compulsory Dances</p> <p>Passing Total = 12.0</p> <p>1. European Waltz. Music: Waltz 3/4 45 measures of 3 beats 135 beats per minute.</p> <p>One circuit on rinks 56m x 26m and above. One and a half circuits on rinks below 56m x 26m</p> <p>2. Foxtrot. 2 seq. Music: Foxtrot 4/4 25 measures of 4 beats 100 beats per minute</p> <p>NB European Waltz is a set pattern dance ISU Communication No.1331</p>	<p>Prerequisite: Level 5 Original Dance</p> <p>Passing Total = 6.0</p> <p>Programme Time 1 min 30secs +/- 5secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal step sequence PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise Minimum One rotation on each foot with up to One step in between.</p> <p>Couples may include One Lift</p>	<p>Prerequisite: Level 5 Free Dance</p> <p>Passing Total = 6.0</p> <p>Programme Time 1 min 30secs +/- 5secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal OR A Circular step - sequence PLUS</p> <p>One but no more than Two spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise Minimum Two rotations on each foot with up to Three steps in between PLUS</p> <p>Good timing and expression</p> <p>Couples may include One Lift</p>

Level 7 National Test

Average Passing Mark = 3.2

Minimum Mark = 2.7

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Prerequisite: Level 6 Compulsory Dances</p> <p>Passing Total = 12.8</p> <p>1. American Waltz. Music: Waltz 3/4 66 measures of 3 beats 198 beats per minute</p> <p>One circuit on rinks 56m x 26m and above. One and a half circuits on rinks below 56m x 26m</p> <p>2. 22 Step. 2 seq. Music: March 6/8 or 4/4 58 measures of 2 strong beats or 29 measures of 4 beats 116 beats per minute</p> <p>NB. The American Waltz is a set pattern dance ISU Communication No.1331</p>	<p>Prerequisite: Level 6 Original Dance</p> <p>Passing Total = 6.4</p> <p>Programme Time 2 mins +/- 5secs</p> <p>Must include EITHER A Mid- Line OR a Circular OR A Diagonal step sequence PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise, Minimum Two rotations on each foot with up to One step in between.</p> <p>Couples may include One Lift.</p>	<p>Prerequisite: Level 6 Free Dance</p> <p>Passing Total = 6.4</p> <p>Programme Time 2 mins +/- 5secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal OR A Circular step sequence PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise, Minimum Two rotations on each foot with up to Three steps in between. PLUS</p> <p>Good timing and expression.</p> <p>Couples may include One Lift</p>

Level 8 National Test

Average Passing Mark = 3.4

Minimum Mark 2.9

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Passing Total = 13.6(each part) PART 1 Prerequisite-Level 7 Compulsory Dances</p> <p>1. Rocker Foxtrot. 3 seq. Music: Foxtrot 4/4 26 measures of 4 beats 104 beats per minute</p> <p>2. Blues. 3 seq. Music: Blues 4/4 22 measures of 4 beats 88 beats per minute</p> <p>PART 2 Prerequisite: Level 8 Pt. 1 Compulsory Dances</p> <p>1. Tango. 2 seq. Music: Tango 4/4 27 measures of 4 beats 108 beats per minute</p> <p>2. Silver Samba 2 seq. Music: Samba 2/4 54 measures of 2 beats 108 beats per minute</p>	<p>Prerequisite: Level 7 Original Dance</p> <p>Passing Total = 6.8</p> <p>Programme Time 2 mins +/- 5secs</p> <p>Must include EITHER A Mid-Line OR a Circular OR A Diagonal step sequence PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise, Minimum Two rotations on each foot with up to One step in between.</p> <p>Couples may included One Lift</p>	<p>Prerequisite: Level 7 Free Dance</p> <p>Passing Total = 6.8</p> <p>Programme Time 2 mins +/- 5secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal OR A Circular OR A Serpentine step sequence PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise Minimum Two rotations on each foot with up to Three steps in between. PLUS</p> <p>Good timing and expression</p> <p>Couples may include a max of Two Lifts</p>

Level 9 National Test

Average Passing Mark = 3.6

Minimum Mark = 3.1

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Passing Total = 14.4 (each part)</p> <p style="text-align: center;">PART 1</p> <p>Prerequisite: Level 8 Pt. 2 Compulsory Dances</p> <ol style="list-style-type: none"> 1. Kilian. 4 seq. Music: March 2/4 or 4/4 58 measures of 2 beats or 29 measures of 4 beats 116 beats per minute. 2. Starlight Waltz. 2 seq. Music: Waltz 3/4 58 measures of 3 beats 174 beats per minute <p>PART 2</p> <p>Prerequisite: Level 9 Pt. 1 Compulsory Dances</p> <ol style="list-style-type: none"> 1. Paso Doble. 3 seq. Music: 2/4 56 measures of 2 beats. 112 beats per minute 2. Argentine Tango. 2 seq. Music: Tango 4/4 24 measures of 4 beats. 96 beats per minute 	<p>Passing Total = 7.2</p> <p>Prerequisite: Level 8 Original Dance</p> <p>Programme Time 2 mins 30 secs +/- 10 secs</p> <p>Must include EITHER A Mid- Line OR A Circular OR A Diagonal step sequence. PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles One clockwise and One anti- clockwise Minimum Two rotations on each foot with up to One step in between.</p> <p>Couples <u>may</u> include One Lift</p>	<p>Passing Total = 7.2</p> <p>Prerequisite: Level 8 Free Dance</p> <p>Programme Time 3 mins +/- 10 secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal OR A Circular OR A Serpentine step sequence. PLUS</p> <p>One but no more then Two Spins (min 3 revs on one foot). PLUS</p> <p>One set of Twizzles One clockwise and One anti-clockwise Minimum Two rotations on each foot with up to three steps in between. PLUS</p> <p>Good timing and expression.</p> <p>Couples may include a max of Two Lifts</p>

Level 10 National Test

Average Passing Mark = 3.8

Minimum Mark = 3.3

COMPULSORY DANCES	ORIGINAL DANCE	FREE DANCE
<p>Passing Total = 15.2 (each part)</p> <p style="text-align: center;">PART 1</p> <p>Prerequisite: Level 9 Part. 2 Compulsory Dances</p> <p>1. Viennese Waltz. 2 seq. Music: Waltz 3/4 52 measures of 3 beats 156 beats per minute</p> <p>2. Quickstep. 4 seq. Music: 2/4 56 measures of 2 beats 112 beats per minute</p> <p style="text-align: center;">PART 2</p> <p>Prerequisite: Level 10 Part.1 Compulsory Dances</p> <p>1. Westminster Waltz. 2 seq Music: Waltz 3/4 54 measures of 3 beats 162 beats per minute</p> <p>2. Rhumba. 4 seq. Music: Rhumba 4/4 44 measures of 4 beats 176 beats per minute</p>	<p>Passing Total = 7.6</p> <p>Prerequisite: Level 9 Original Dance</p> <p>Programme Time 2 mins 30 secs +/- 10 secs</p> <p>Must include EITHER A Mid-Line OR A Circular OR A Diagonal step sequence PLUS One but no more than Two Spins (min 3 revs on one foot) PLUS One set of Twizzles - One clockwise and One anti-clockwise Minimum Two rotations on each foot with up to One step in between.</p> <p>Couples <u>may</u> include Two Lifts</p>	<p>Passing Total = 7.6</p> <p>Prerequisite: Level 9 Free Dance</p> <p>Programme Time 3 mins +/- 10 secs</p> <p>Must include EITHER A Mid-Line OR A Diagonal OR A Circular OR A Serpentine step sequence. PLUS</p> <p>One but no more than Two Spins (min 3 revs on one foot) PLUS</p> <p>One set of Twizzles - One clockwise and One anti-clockwise Minimum Two rotations on each foot with up to Three steps in between. PLUS</p> <p>Good timing and expression.</p> <p>Couples <u>may</u> include a max of Two Lifts</p>

COMPULSORY DANCES	ORIGINAL DANCES	FREE DANCE
Gold Bar 1 National Test		
Average Passing Mark = 4.0		Minimum Mark = 3.5
<p>To be skated as a Couple</p> <p>Prerequisite : Level 10 Part.2 Compulsory Dances and Level 10 O.D. and F.D.</p> <p>Passing Total : 16.0</p> <p>1. Austrian Waltz. 2 seq Music: Waltz 3/4 60 measures of 3 beats 180 beats per minute</p> <p>2. Cha Cha Congelado. 2 seq Music: Cha Cha 4/4 29 measures of 4 beats 116 beats per minute</p>	<p>To be skated as a Couple or Solo</p> <p>Prerequisite : Level 10 Original Dance</p> <p>Passing Total : 8.0 Programme Time 2 mins 30 secs +/- 10 secs</p> <p>Programme of Senior Championship Standard</p>	<p>To be skated as a Couple or Solo</p> <p>Prerequisite : Level 10 Free Dance</p> <p>Passing Total : 8.0 Programme Time 4 mins +/- 10 secs</p> <p>Programme of Senior Championship Standard</p>
Gold Bar 2 National Test		
Average Passing Mark = 4.2		Minimum Mark = 3.7
<p>To be skated as a Couple</p> <p>Prerequisite: Level Gold Bar 1 Compulsory Dances</p> <p>Passing Total : 16.8</p> <p>1. Ravensburger Waltz 2 seq Music: Waltz 3/4 66 measures of 3 beats 198 beats per minute</p> <p>2. Yankee Polka. 2 seq Music: Polka 2/4 60 measures of 2 beats 120 beats per minute</p>	<p>To be skated as a Couple or Solo</p> <p>Prerequisite: Level Gold Bar 1 Original Dance</p> <p>Passing Total : 8.4 Programme Time 2 mins 30 secs +/- 10 secs</p> <p>Programme of Senior Championship Standard</p>	<p>To be skated as a Couple or Solo</p> <p>Prerequisite: Level Gold Bar 1 Free Dance</p> <p>Passing Total : 8.4 Programme Time 4 mins +/- 10 secs</p> <p>Programme of Senior Championship Standard</p>
Gold Star National Test		
Average Passing Mark = 4.4		Minimum Mark = 3.9
<p>To be skated as a Couple</p> <p>Prerequisite: Level Gold Bar 2 Compulsory Dances</p> <p>Passing Total : 26.4</p> <p>1. Golden Waltz. 2 seq Music: Waltz 3/4 62 measures of 3 beats 186 beats per minute</p> <p>2. Tango Romantica. 2 seq Music: Tango 4/4 28 measures of 4 beats 112 beats per minute</p> <p>3. Midnight Blues. 2 seq Music: Blues 4/4 22 measures of 4 beats 88 beats per minute</p>	<p>To be skated as a Couple or Solo</p> <p>Prerequisite: Level Gold Bar 2 Original Dance</p> <p>Passing Total : 8.8 Programme Time 2 mins 30 secs +/- 10 secs</p> <p>Programme of Senior Championship Standard</p>	<p>To be skated as a Couple or Solo</p> <p>Prerequisite: Level Gold Bar 2 Free Dance</p> <p>Passing Total : 8.8 Programme Time 4 mins +/- 10 secs</p> <p>Programme of Senior Championship Standard</p>

Notes for Gold Bar 1 & 2 and Gold Star Tests

1/ Compulsory Dance Tests

- a/ These tests must be skated as a couple.
- b/ If both skaters are candidates each must pay the appropriate fee but the test may be skated once with both passing or failing together.
- c/ Candidates may be partnered by a Coach.

2/ Original Dance and Free Dance Tests

- a/ These tests may be skated as a Couple or Solo
- b/ If the couple are both candidates each must pay the appropriate fee but the test may be skated once with both passing or failing together.
- c/ Candidates may be partnered by a Coach.

Tests at Gold Bar and Gold Star level will be judged by two judges of Level 10 or International Standard and both must agree for a pass verdict.

Novice Foxtrot

(Level 1 National Test)

Music and Tempo: Foxtrot 25 measures of 4 beats, 100 beats per minute

Dance Hold: Kilian

The dance starts with a progressive following by a strong outside edge on which the free leg is slowly swung forward on the count of three. These steps are then repeated in the other direction.

The movements are to be repeated for a maximum of one full circuit of the rink

Inventor: A D G Gordon

Steps		Beats	Hold/Comments
1	LFO	1	Kilian throughout
2	FRI Progressive	1	
3	LFO Sr	4	Free leg swing roll
4	RFO	1	
5	LFI Progressive	1	
6	RFO Sr	4	Free leg swing roll
REPEAT ABOVE SEQUENCE – 1 CIRCUIT OF RINK (MAX)			

Rhythm Blues – Set Pattern Dance

(Level 1 National Test)

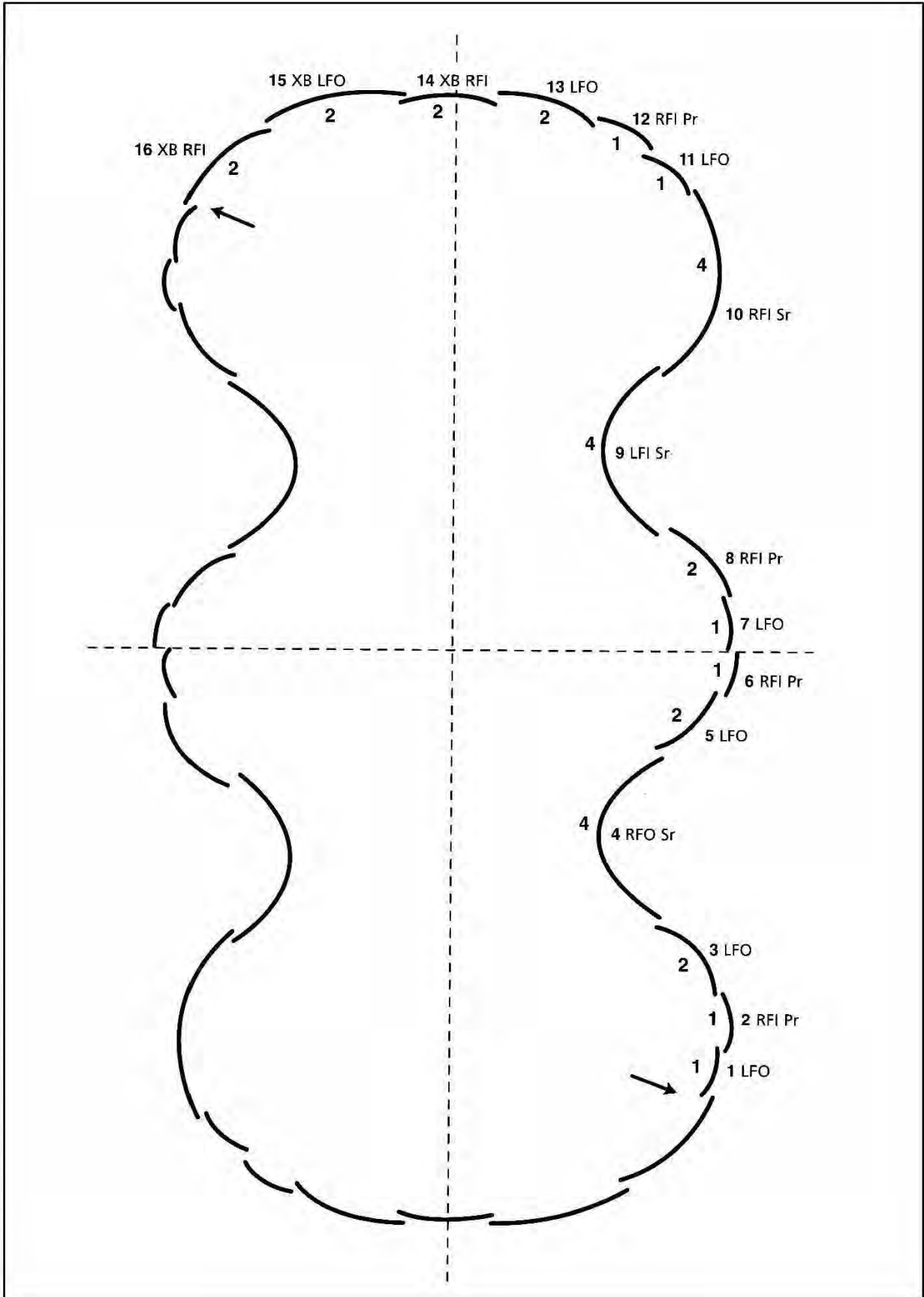
Music and Tempo: Blues 4/4 22 measures of 4 beats; 88 beats per minute

Dance Hold: Kilian

A slow tempo and forward skating makes this dance appear deceptively simple. However, correct timing, pattern and proper expression are required to make this dance pleasing to watch. Attention to depth of edges and proper curvature of lobes is essential. Care must also be taken to fully complete lobes on the correct edges. Partners must utilise knee bends and free leg extensions for blues interpretation, as well as smooth flowing movement. Skated in Kilian position throughout, the dance begins with a progressive sequence followed by an outside swing roll (RFO). Timing becomes more intricate with steps 5-10. Step 5 must be held for two full beats as it begins a “promenade” sequence similar to that before the Choctaw in the Blues. Steps 6-7 are each one beat. Step 8 is two beats and Steps 9 and 10 are forward inside swing rolls each beginning on beat three of the bar. These swing rolls allow for blues expression and require well timed free leg swings. Strong progressive strokes, Steps 11-13 are needed to maintain speed through the cross behind chasses, so there is no struggle to regain speed on the repeat. The XB's, which complete the dance, must be crisp and precise, accomplished by soft knee action and a rounded end pattern.

Inventor: Robert Craigin

Steps		Beats	Hold/Comments
1	LFO	1	Kilian throughout
2	RFI Progressive	1	
3	LFO	2	
4	RFO Sr	4	Swing roll free leg forward on beat 3
5	LFO	2	
6	RFI Progressive	1	
7	LFO	1	
8	RFI Progressive	2	
9	LFI Sr	4	Swing roll free leg forward on beat 1 of the
10	RFI Sr	4	Swing roll free leg forward on beat 1 of the
11	LFO	1	
12	RFI Progressive	1	
13	LFO	2	
14	XB – RFI	2	
15	XB - LFO	2	
16	XB - RFI	2	



Dance Patterns

Canasta Tango – Set Pattern Dance

(Level 2 National Test)

Music and Tempo: Tango 4/4 27 measures of 4 beats; 108 beats per minute

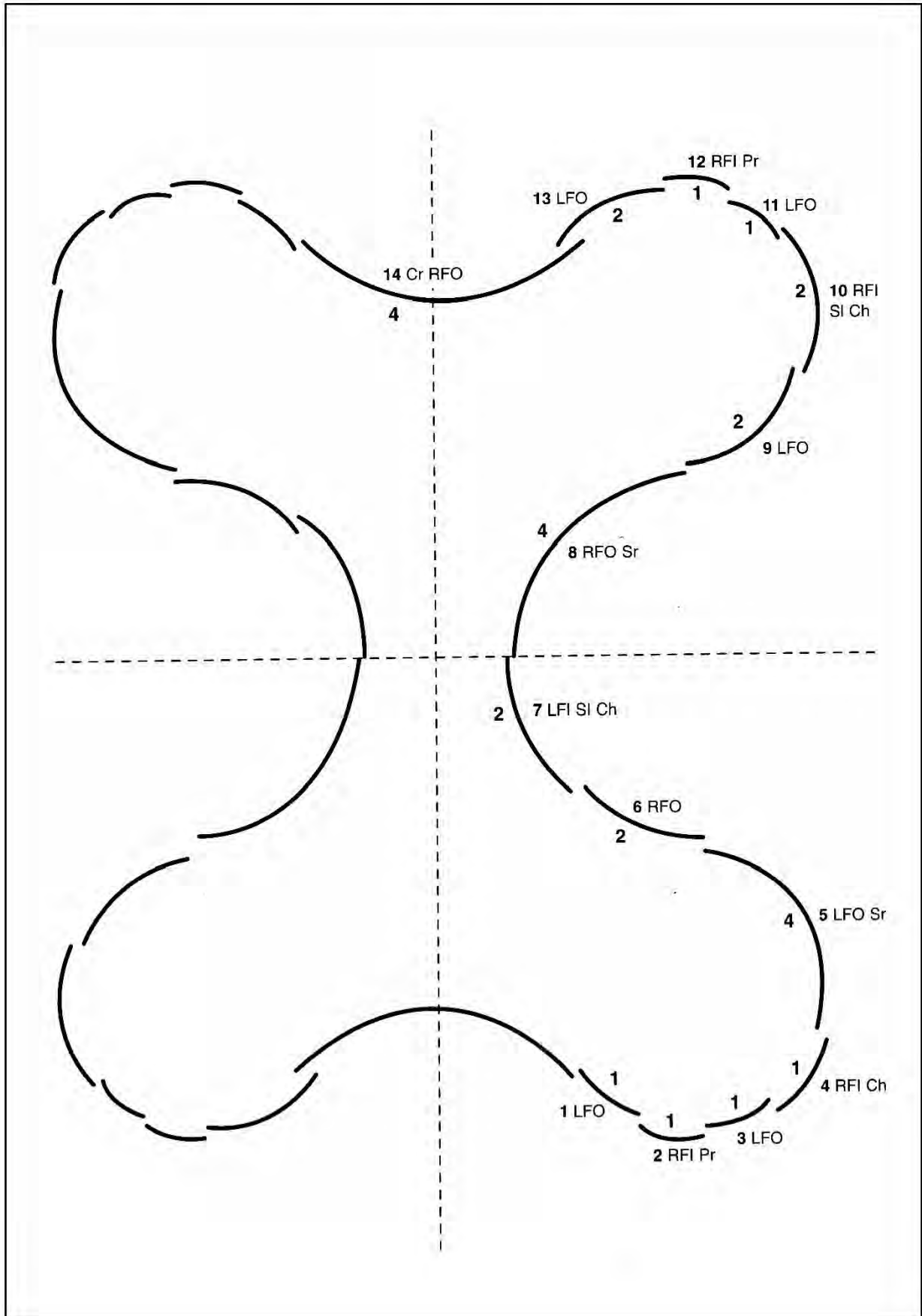
Dance Hold: Reverse Kilian

This dance is skates in Reverse Kilian Position, that is with the lady on the man's left. It is a very simple dance with a threefold purpose: first to introduce the tango rhythm to those at the novice dance level; second, to give the skaters experience in the large eight-count half circles, giving them more speed and confidence in their edges; third, to provide variety for the less experienced dancers. If the fundamental rules of skating and dancing are observed, there should be no particular difficulty with this dance. The dance begins with a progressive and the first chasse (steps 3 and 4) is an open chasse. The other chasse is different. It is called a slide chasse. As the weight is transferred to the new skating foot, the free foot slides off the ice in front of the skater, returning close beside the skating foot just in time for a smooth transition to the next edge. Judicious use of the knee action on these edges can do a great deal to help the tango expression. Here, too, is a good place for the beginner to practice extending the free leg as straight as possible, and pointing the toe down and slightly outwards. The skater should watch that steps 9-13 are skated on good edges so that step 14 RFO can be aimed toward the centre of the rink, and so placed accurately as shown on the diagram. This step (14) is started with a cross roll in which the right foot crosses in front of the left foot at the end of step 13 and the push onto the RFO is made from the outside edge of the left foot. An effort should be made to keep the feet fairly close together at the start of the transition, but it is of utmost importance that a toe push be avoided. Neat footwork, tango expression and good carriage should be maintained throughout the dance.

Inventor: James B Francis

First Performed: The University Skating Club, Toronto, 1951.

Steps		Beats	Hold/Comments
1	LFO	1	Reverse Kilian hold throughout
2	RFI Progressive	1	
3	LFO	1	
4	RFI Chasse	1	
5	LFO Sr	4	Swing roll free forward on beat 3
6	RFO	2	
7	LFI Slide Chasse	2	
8	RFO Sr	4	Swing roll free leg forward on beat 3
9	LFO	2	
10	RFI Slide Chasse	2	
11	LFO	1	
12	RFI Progressive	1	
13	LFO	2	
14	CR RFO	4	Cross roll free leg forward on beat 3



Dutch Waltz – Preferred Pattern Dance

(Level 2 National Test)

Music and Tempo: Waltz 3 / 4 45 measures of 3 beats; 135 beats per minute

Dance Hold: Kilian

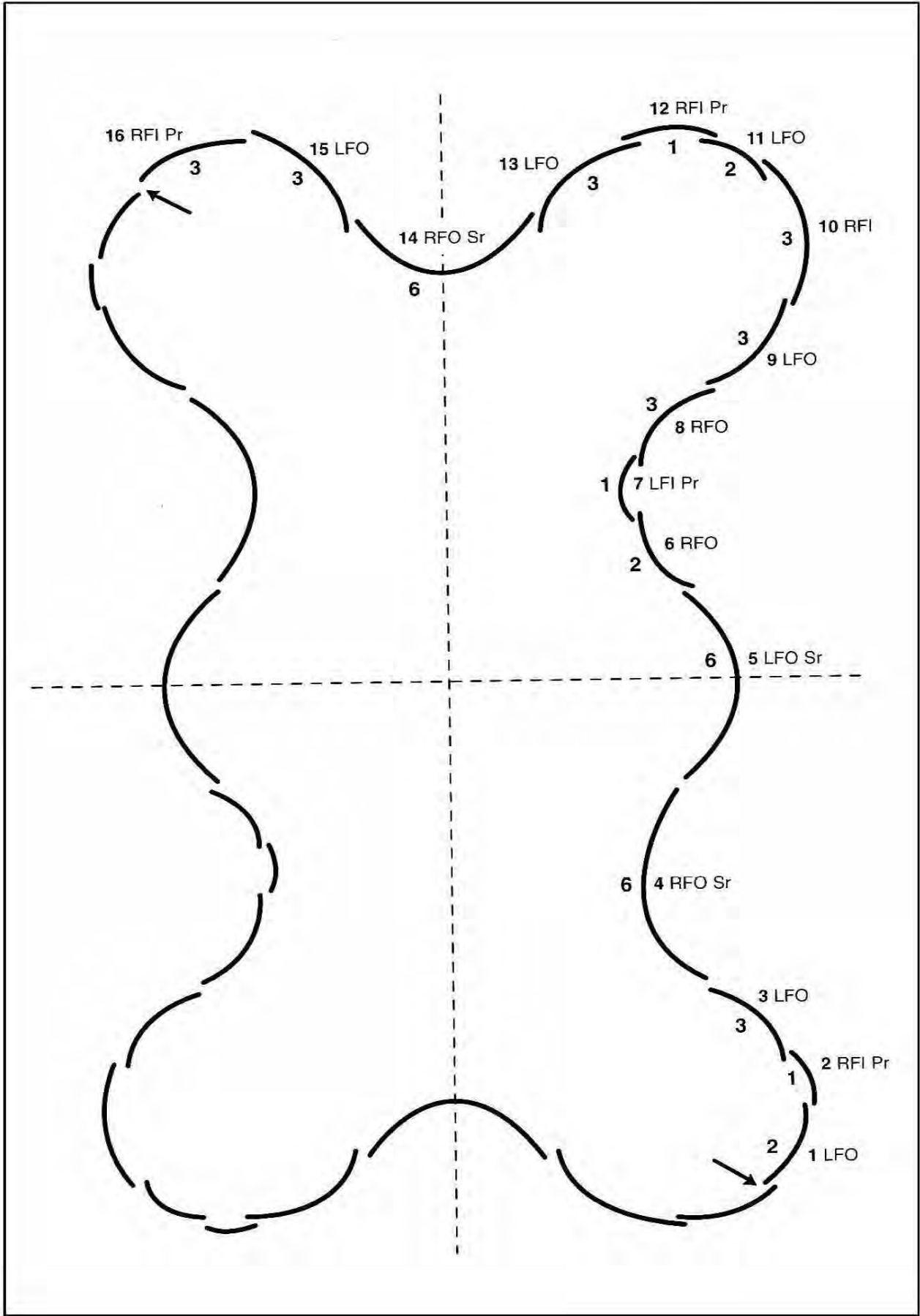
The dance starts in one corner of the rink, progressing down the side and across the end where it repeats down the other side and across to the start; thus requiring two sequences of the dance for one circuit of the rink. The dance is skated to slow, deliberate waltz music and consists mostly of progressive sequences interspersed with long rolling edges. It thus allows beginners to devote their attention to getting the feel of the music instead of worrying about complicated steps, and allows them to enjoy rhythmical motion in their skating.

Upright position, good carriage, and easy flow without apparent effort are desired in this dance. Partners should strive for unison of free leg swing rolls and soft knee action throughout. Special attention should be given to the number of beats in each step in the progressive sequence in order to express the syncopated character of the waltz rhythm of 2-1-3. E.g. Steps 1-3, 6-8 and 11-13.

Inventor: George Muller

First Performed: Colorado Springs, 1948

Steps		Beats	Hold/Comments
1	LFO	2	Kilian throughout
2	RFI Progressive	1	
3	LFO	3	
4	RFO Sr	6	Free leg swing roll forward on beat 4
5	LFO Sr	6	Free leg swing roll forward on beat 4
6	RFO	2	
7	LFI Progressive	1	
8	RFO	3	
9	LFO	3	
10	RFI	3	
11	LFO	2	
12	RFI Progressive	1	
13	LFO	3	
14	RFO Sr	6	Free leg swing roll forward on beat 4
15	LFO	3	
16	RFI Progressive	3	Prepare to restart



Golden Skaters Waltz

(Level 3 National Test)

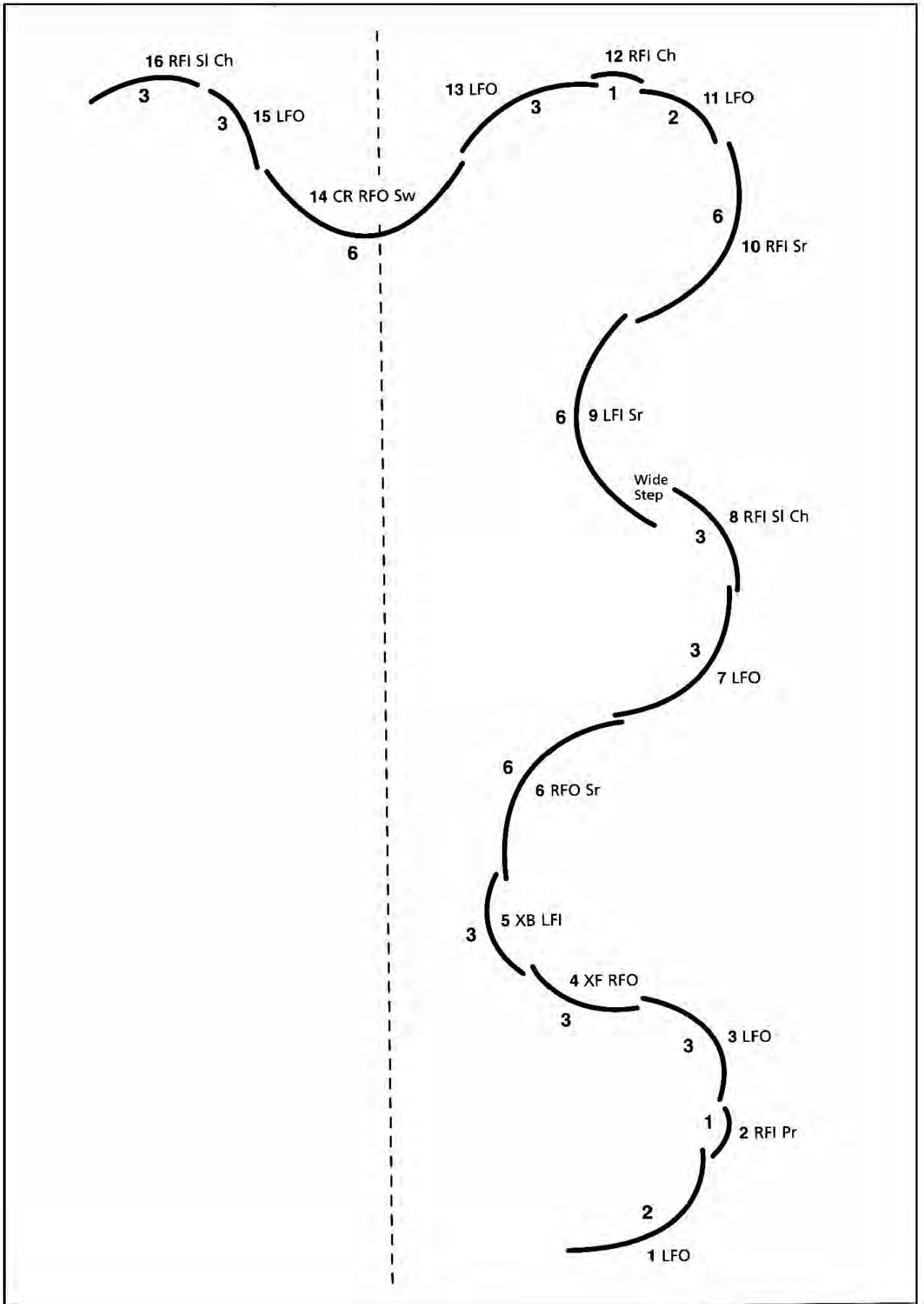
Music and Tempo: Waltz 3 / 4 54 measures of 3 beats; 162 beats per minute

Dance Hold: Kilian

This dance is skated to a lively, lilting waltz tempo, and is intended to give an early introduction to a faster, flowing and more spirited dance characteristic of the waltz, without demanding expert technique.

Inventor: Unknown

Steps		Beats	Hold/Comments
1	LFO	2	Kilian hold throughout
2	RFI Progressive	1	
3	LFO	3	
4	XF RFO	3	
5	XB LFI	3	
6	RFO Sr	6	Swing roll free leg forward on beat 4
7	LFO	3	
8	RFI Slide Chasse	3	
9	Wide Step to LFI	6	Swing roll free leg forward on beat 4
10	RFI	6	Swing roll free leg forward on beat 4
11	LFO	2	
12	RFI Chasse	1	
13	LFO	3	
14	CR RFO Sw	6	Cross roll free leg forward on beat 4
15	LFO	3	
16	RFI Slide Chasse	3	



Riverside Rhumba – Set Pattern Dance

(Level 3 National Test)

Music and Tempo: Rhumba 4/4 26 measures of 4 beats; 104 beats per minute

Dance Holds: Kilian, Open Kilian and Reverse Kilian

This dance allows the Elementary skater to express the character of the Rhumba in the 1:1:4 timing of the step sequence 7, 8 and 9 with XF LFI (step 7), wide step to RFI (step 8) followed by the “Ronde” movement of the free leg on the 4 beat LFO (step 9). The hold, which had changed from Kilian to extended Kilian at the commencement of step 6, is optional with the man’s right hand either on the ladies left shoulder or hip. This hold is held until step 12 when it reverts to Kilian. On step 10 (XF RFI) and 11 (wide step to RFI) the timing 1:1 is a further opportunity to express the true Rhumba character of the dance. At step 13 (LFO) and 14 (RFO) two quick cross rolls are executed followed by a slide chasse LFI at step 15. At step 16 the dancers perform an RFO-I change of edge, with the free leg swung forward and then behind the skating leg coinciding with the change of edge on beats 5 and 6. On step 19 the LFO swing roll is accompanied by a change of hold, (NB from step 12 onwards, thumb pivot hold may be helpful – see glossary) in which the partners change sides during the swing roll, the lady moving in front of and to the left of the man. Following steps 20 (XF RFO) and 21 (XB LFI) the change of sides is reversed again during the RFO swing roll, returning to open Kilian hold, where the dance is completed by two one beat edges, LFI and RFI.

Inventors: Aileen Johnston, Les Kilbey & Lynd Taylor

First Performed: River Ice Dance Club, Chelmsford, November 1995

Steps		Beats	Hold/Comments
1	LFO	2	Kilian
2	RFI Progressive	2	
3	LFO	2	
4	RFI Progressive	2	
5	LFI Slide Chasse	2	
6	RFO (Ronde free leg)	4	Extended Kilian Man’s right hand on lady’s left shoulder or hip
7	XF LFI	1	
8	Wide step to RFI	1	
9	LFO (Ronde free leg)	4	
10	XF RFI	1	
11	Wide step to LFI	1	
12	RFO	2	Revert to Kilian hold
13	CR LFO	1	
14	CR RFO	1	
15	LFI Slide Chasse	2	
16	RFO-I Change of edge	4+2	Free leg moves forward and then behind on beats 5-6
17	LFO	1	
18	RFI Chasse	1	
19	LFO Sr	4	Partners change sides to reverse Kilian hold
20	XB RFO	1	
21	XB LFI	1	
22	RFO Sr	4	Partners change sides back to kilian hold
23	LFI	1	
24	RFI	1	

Swing Dance – Set Pattern Dance

(Level 4 National Test)

Music and Tempo: Foxtrot 4/4 26 measures of 4 beats; 104 beats per minute

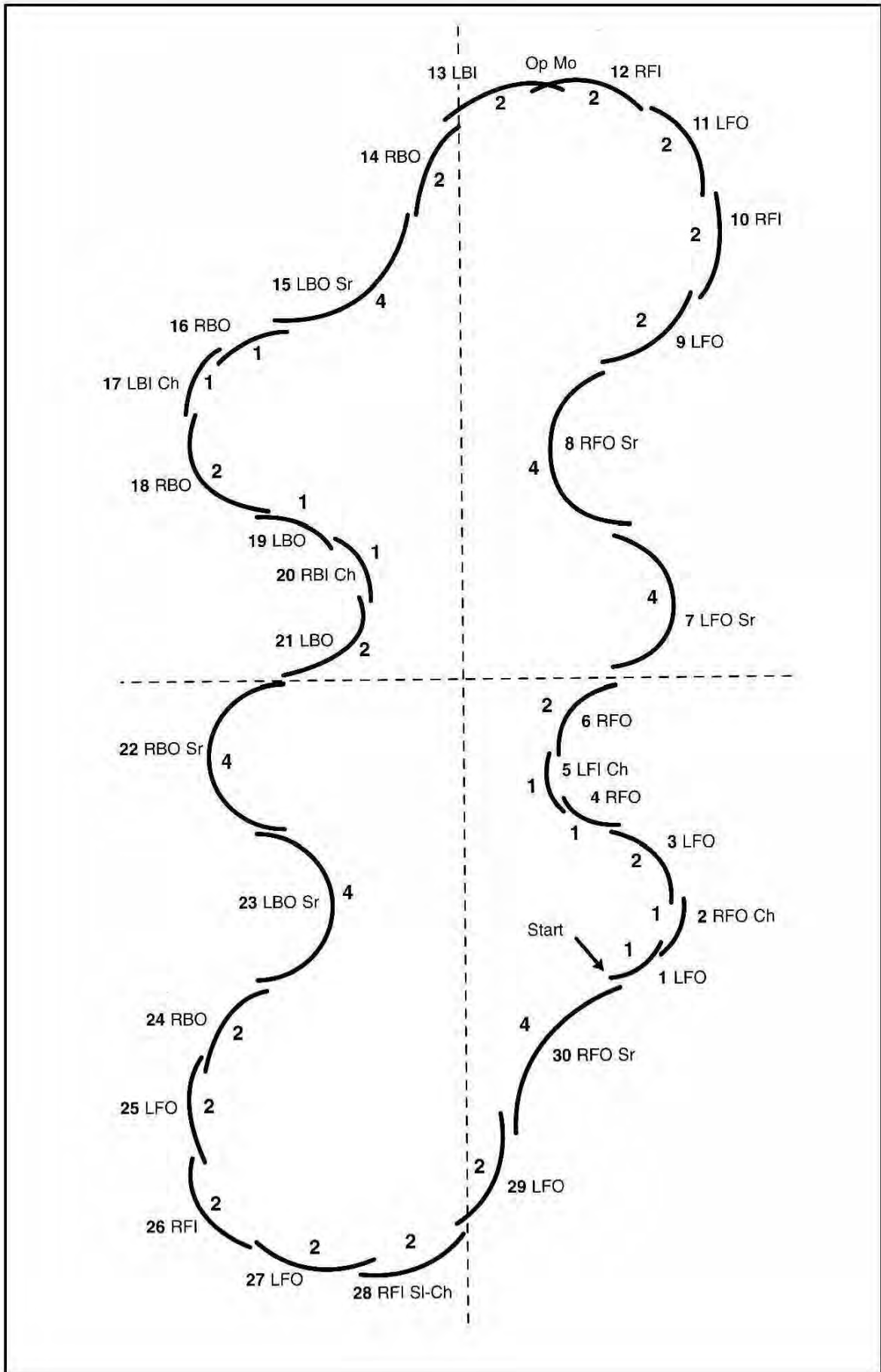
Dance Hold: Steps 1-8 Waltz; Steps 9-14 Open (Arm-in-Arm); Steps 15-23 Waltz; Steps 24-28 Open (Arm-in-Arm) in Steps 29-30 Waltz.

This Dance presents a relaxed method of changing from forward to backward skating. It requires the man to learn to lead and lady to follow while skating backwards as well as forwards. While the diagram shows correct curvature of edges and lobes, such depth of curvature should not be expected from a beginner. It does, however, present a goal towards which the skater should aim. It should be noted that Steps 1-8 and Steps 16-23 are similar in pattern and character, and are skated both forwards and backwards by each partner to complete a circuit of the dance. The Arm-in-Arm position as specified in the diagram for Steps 9-13 and Steps 24-28 allows the skater travelling backwards to step forwards easily and to proceed in a relaxed manner, right arm to partner's left shoulder. These steps should be skated with soft knee action. Closed position is resumed in time for Steps 14 or 29. A forward inside mohawk is required. Steps 13 and 28 are slide chasses for the partner skating forward.

Inventor: Hubert Sprott

Swing Dance

Steps	Man	Beats	Lady	Beats	Hold/Comments
1	LFO	1	RBO	1	Waltz Hold
2	RFI Chasse	1	LBI Chasse	1	
3	LFO	2	RBO	2	
4	RFO	1	LBO	1	
5	LFI Chasse	1	RBI Chasse	1	
6	RFO	2	LBO	2	
7	LFO Sr	4	RBO	4	Swing roll: man's free leg forward, lady's back
8	RFO Sr	4	LBO	4	Swing roll: man's free leg forward, lady's back
9	LFO	2	RBO	2	Open hold (arm-in-arm)
10	RFI	2	LFO	2	
11	LFO	2	RFI	2	
12	RFI Op Mo	2	LFO	2	
13	LBI	2	RFI SI Ch	2	
14	RBO	2	LFO	2	Change to Waltz hold for step 15
15	LBO Sr	4	RFO	4	Swing roll: man's free leg forward, lady's back
16	RBO	1	LFO	1	
17	LBI Chasse	1	RFI Chasse	1	
18	RBO	2	LFO	2	
19	LBO	1	RFO	1	
20	RBI Chasse	1	LFI Chasse	1	
21	LBO	2	RFO	2	
22	RBO Sr	4	LFO	4	Swing roll: man's free leg back, lady's forwards
23	LBO Sr	4	RFO	4	Swing roll: man's free leg back, lady's forward
24	RBO	2	LFO	2	Open hold (arm-in-arm)
25	LFO	2	RFI	2	
26	RFI	2	LFO	2	
27	LFO	2	RFI Op Mo	2	
28	RFI SI Ch	2	LBI	2	Change to Waltz hold for step 29
29	LFO	2	RBO	2	
30	RFO Sr	4	LBO	4	Swing roll: man's free leg forward, lady's back



Fiesta Tango – Set Pattern Dance

(Level 4 National Test)

Music and Tempo: Tango 4/4 27 measures of 4 beats; 108 beats per minute

Dance Hold: Reverse Kilian – thumb pivot grip

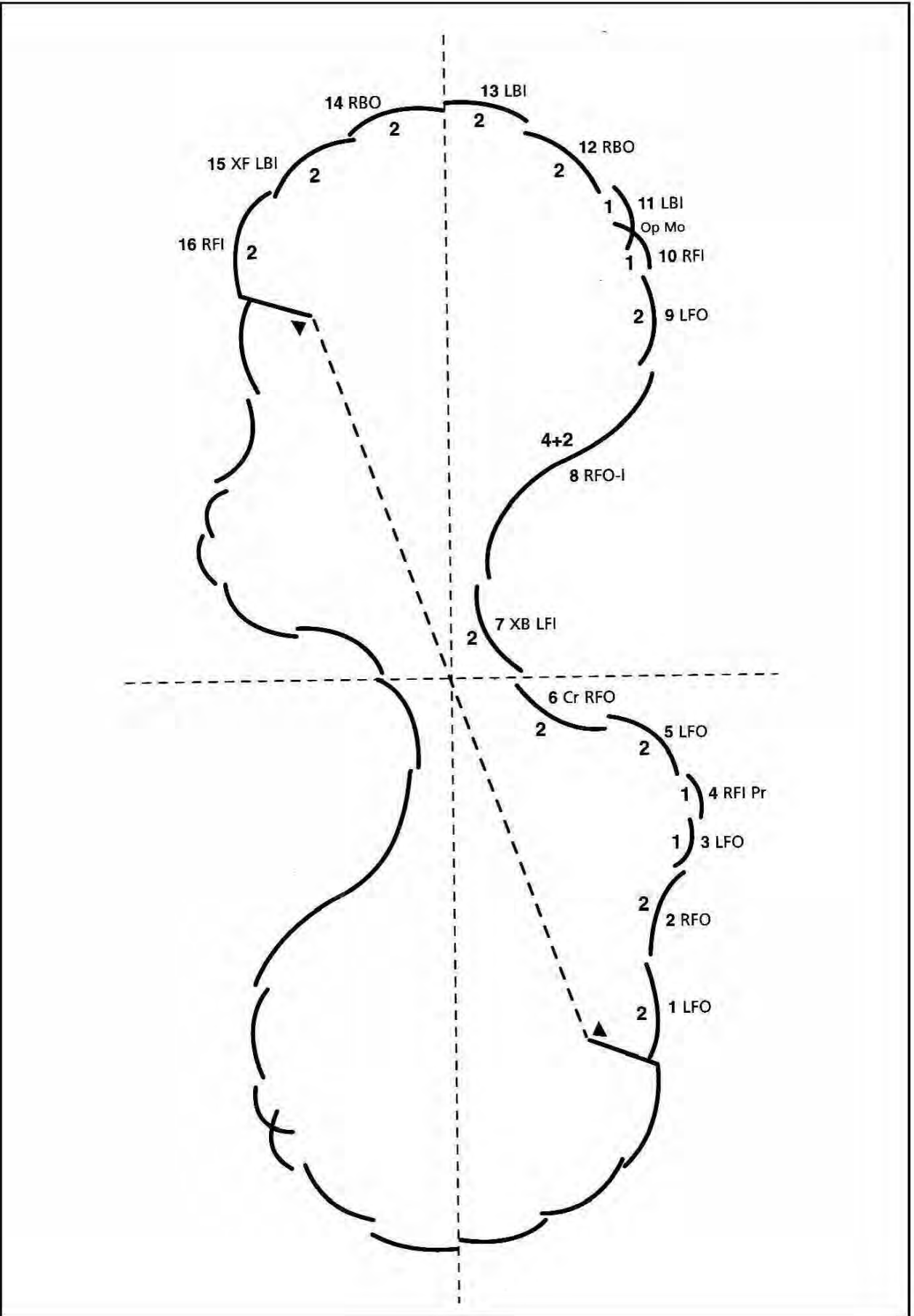
The Fiesta Tango is a dance with a slow tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow and smooth uniform leg swings.

Step 8 with it's 6 beat change of edge, allows for very pleasing interpretation which begins with an open stroke, followed by a swing roll on beats 3 and 4 prior to the change of edge on beat 5. For beats 5-6 there are no restrictions as to the use of the free leg, and this can add a great deal to the interpretation of the tango character.

The sequence of steps in this dance allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing style.

Inventor: George Muller

Steps		Beats	Hold/Comments
1	LFO	2	Reverse Kilian hold
2	RFO	2	
3	LFO	1	
4	RFI Progressive	1	
5	LFO	2	
6	CR RFO	2	
7	XB LFI	2	
8	RFO-I	4 +2	Swing roll beats 3-4 with change of edge for beats 5 and 6
9	LFO	2	
10	RFI Op Mo	1	
11	LBI	1	Kilian hold
12	RBO	2	
13	LBI	2	
14	RBO	2	
15	XF LBI	2	
16	RFI	2	Reverse Kilian hold



Dance Patterns

Willow Waltz – Set Pattern Dance

(Level 5 National Test)

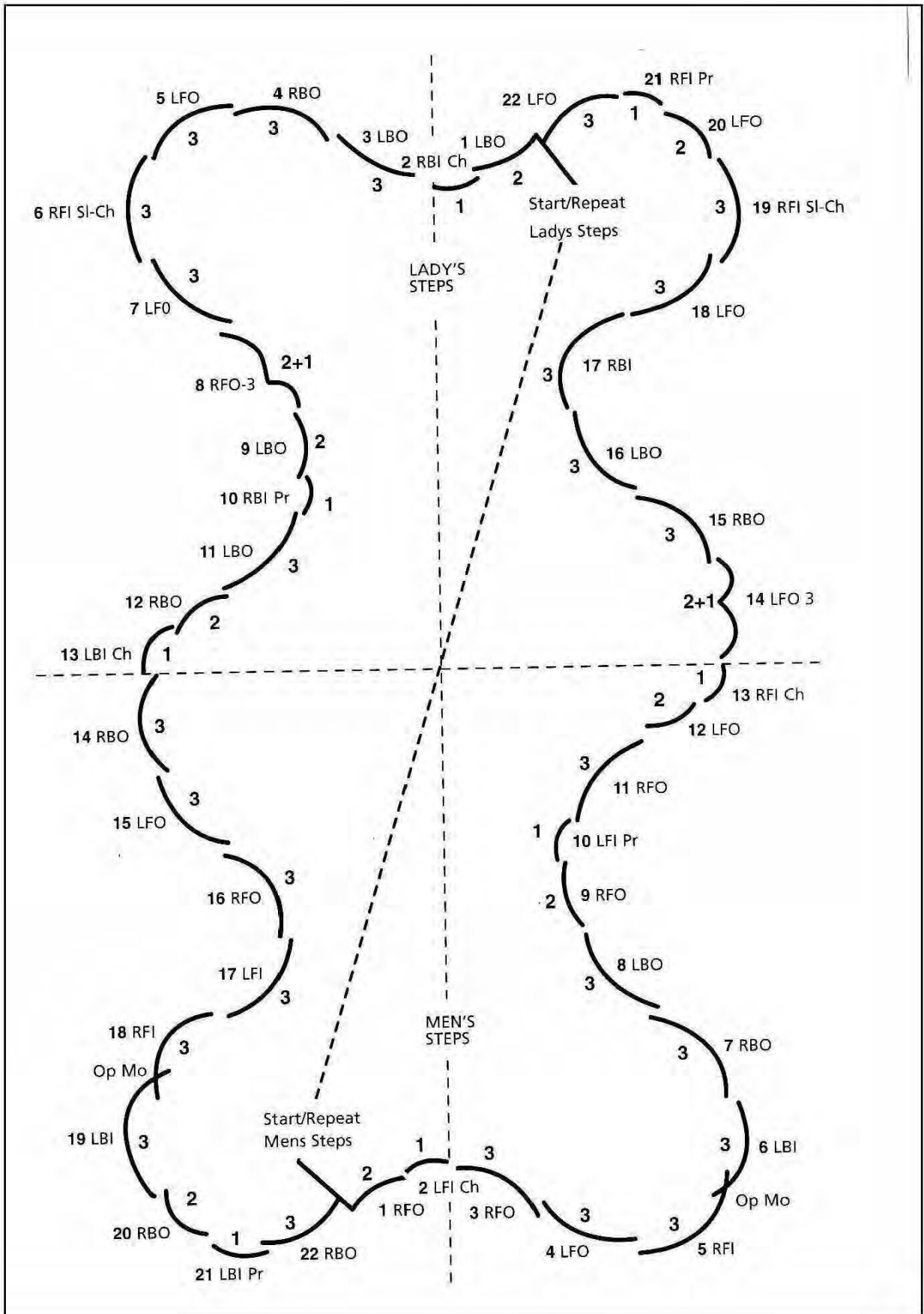
Music and Tempo: Waltz 3 / 4 45 measures of 3 beats; 135 beats per minute

Dance Hold: Closed or Waltz

The Willow Waltz presents a variety of turns, steps, and sequences of steps. Correct timing and execution throughout are necessary to express the rhythm and flow of this dance. Special attention of both partners should focus on clean, distinct, rhythmical progressive steps, and the chasse sequence executed with soft knee action and gliding movement. The timing of these sequences must be in the distinct waltz rhythm of 2-1-3 counts per step, respectively. The lady's Step 6 and the man's Step 19 are slide chasses with the free legs in matching position. Upright carriage and unison should be maintained throughout. Partners should skate close together and strive for neat footwork wide stepping. Good flow and pace are desirable and should be achieved without apparent effort.

Inventor: George Muller

Steps	Man	Beats	Lady	Beats	Hold/Comments
1	RFO	2	LBO	2	Closed/Waltz Hold
2	LFI Chasse	1	RBI Chasse	1	
3	RFO	3	LBO	3	
4	LFO	3	RBO	3	
5	RFI Op Mo	3	LFO	3	
6	LBI	3	RFI SI Ch	3	
7	RBO	3	LFO	3	
8	LBO	3	RFO 3-turn to RBI	2 + 1	
9	RFO	2	LBO	2	
10	LFI Progressive	1	RBI Progressive	1	
11	RFO	3	LBO	3	
12	LFO	2	RBO	2	
13	RFI Chasse	1	LBI Chasse	1	
14	LFO 3-turn to LBI	2 + 1	RBO	3	
15	RBO	3	LFO	3	
16	LBO	3	RFO	3	
17	RBI	3	LFI	3	
18	LFO	3	RFI Op Mo	3	
19	RFI SI Ch	3	LBI	3	
20	LFO	2	RBO	2	
21	RFI Progressive	1	LBI Progressive	1	
22	LFO	3	RBO	3	



Twenty-Two Step – Set Pattern Dance

(Level 7 National Test)

Music and Tempo: March 2 / 4 58 measures of 2 beats; 116 beats per minute

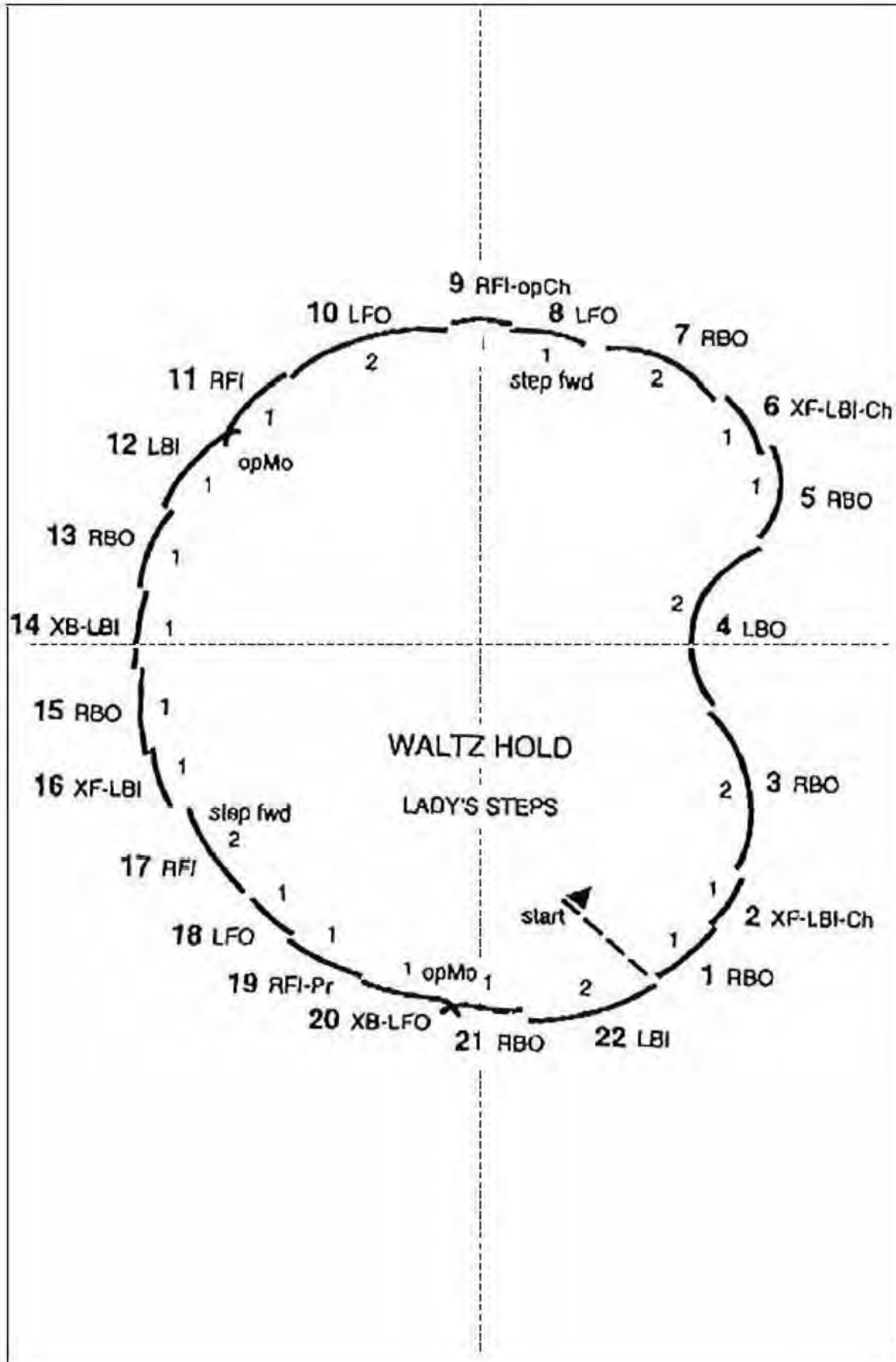
Dance Hold: Closed or Waltz

This dance should be skated smoothly and rhythmically, each repetition merging into the previous one.

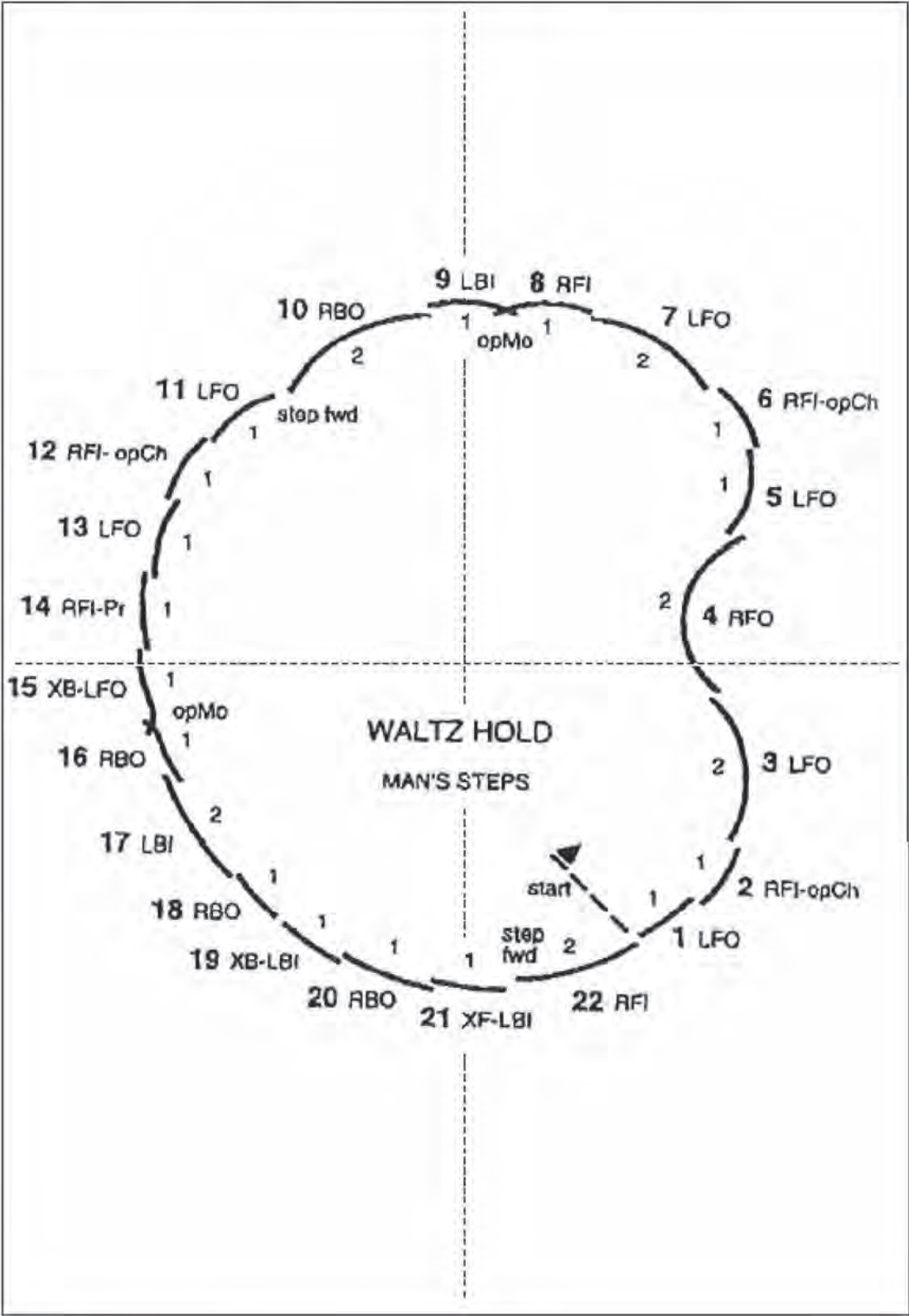
Care should be taken not to double track in this dance, especially after the mohawks.

A Soft knee, bending and straightening with the rhythm of the music, and an easy graceful flow are necessary to interpret the Twenty-Two step which should be danced rather than walked or raced. A strong lean may be used to achieve the required edges

Steps	Man	Beats	Lady	Hold/Comments
1	LFO	1	RBO	Closed/Waltz
2	RFI	1	XF LBI (chasse)	
3	LFO	2	RBO	
4	RFO	2	LBO	
5	LFO	1	RBO	
6	RFI (open chasse)	1	XF LBI (chasse)	
7	LFO	2	RBO	
8	RFI (open mohawk)	1	LFO	
9	LBI (open mohawk)	1	RFI (open chasse)	
10	RBO	2	LFO	
11	LFO	1	RFI (open mohawk)	
12	RFI (open Chasse)	1	LBI (open mohawk)	
13	LFO	1	RBO	
14	RFI (run)	1	XB LBI	
15	XB LFO (open	1	RBO	
16	RBO (open mohawk)	1	XF LBI	
17	LBI	2	RFI	
18	RBO	1	LFO	
19	XB LBI	1	RFI (run)	
20	RBO	1	XB LFO (open	
21	XF LBI	1	RBO (open mohawk)	
22	RFI	2	LBI	



Twenty-Two Step - Man's Steps





National Ice Skating Association (UK) Ltd
Grains Building
High Cross Street
Hockley
Nottingham
NG1 3AX
www.iceskating.org.uk
www.nisastore.org.uk
testmembership@iceskating.org.uk