



Held under NISA regulations and permit.

You must be a member of NISA

**28<sup>th</sup> & 29<sup>th</sup> April 2009**  
(closing date Saturday 4<sup>th</sup> April 2009)

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

## **Bracknell Open Ice Dance Competitions.**

Version 07032009

# Bracknell Open Ice Dance Competition

## COMPETITION RULES

1. All competitors must be an eligible person as defined by the NISA of UK Ltd. **It is a requirement of this competition that all competitors and their coaches are members of NISA and must submit both their own and their coaches NISA membership number..**
2. The competitions will be held in accordance with the NISA of UK Ltd regulations and bye-laws - permits applied for as necessary.
3. **CLOSING DATE FOR ENTRIES WILL BE FRIDAY 4<sup>TH</sup> APRIL 2009.** Competitors to be of said standard and where applicable, age on closing date.
4. The competitions will be held on **Tuesday 28<sup>th</sup> April & Wednesday 29<sup>th</sup> April 2009** at Bracknell Ice Rink
5. Music can be on mini-disk or CD but must be clearly marked on both container and media with name, club and running time. Vocal music allowed unless otherwise stated.
6. In the event that too many competitors apply in any one class, the entries will be allocated on a first come first served basis. A Reserve list made up from the unsuccessful entries will operate under the order of skate draw as per N.I.S.A. ruling. All reserves will be notified of their position prior to the competition being held.
7. In the event of only one entry in a competition, the entrant(s) will be advised of having to skate to standard.
8. The organising committee reserves the right to refuse any entry without reason assigned. Entries will not be collected from the post office due to insufficient postage.
9. Competition winners will be required to sign a receipt for the trophies and return them in the condition they were received in, to the Trophy Secretary of the Bracknell Ice Skating Club no later than one month prior to the published date of the next Bracknell Open competitions.
10. The time and date of the draw will be advertised on the Bracknell Ice Skating Club website
11. Fees will not be returned for cancellations received after the closing date.
12. Only written applications will be accepted. Photocopies of the application forms will be accepted.
13. Please forward a separate cheque and entry form for each competition entered. Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the skater's name and competition on the back of the cheque.

14. Entries accompanied by a cheque that bounces will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover bank charges
15. Skaters may compete at only the level relevant to their test standard as appropriate at the closing date for the event. Tests passed after the closing date **DO NOT** allow entry to be transferred to another level under any circumstances.
16. **ENTRY FEES - CLASSES 1 - 7 £32**  
**CLASSES 8-13 £18**  
**CLASSES 14-20 - £36 per couple per entry**
17. Entry forms should be sent to **Sacha Hartley 8 Summer Court Mill Lane Sindlesham RG41 5PU**
18. For further enquiries please contact Sacha Hartley. 0118 9732338 /07932742180 before 9p.m, or Email [dancecompetitions@bracknell-ice-skating-club.co.uk](mailto:dancecompetitions@bracknell-ice-skating-club.co.uk).
19. Acknowledgement of entry and notification of timetable will be by email only .
20. Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.

#### **PHOTOGRAPHY**

To comply with the NISA Child Protection Policy and Procedures, ALL competitors are requested to provide consent to being photographed and videoed prior to the event. By entering the event, there is an acceptance that the child / participant may be photographed, unless the photography consent form states otherwise, and images may be published by the National Ice Skating Association. Private photography or the taking of private video is NOT permitted within the Bracknell Ice Skating rink without official permit. Parents/guardians must apply in advance (via Entry Form) for a photo permit and this will permit the photography of the named skater only. Permits will not be issued at the event.

<b>Solo Dance Events</b> (No age restriction other than max 24 years as at 1 <sup>st</sup> July 2007)	<b>Minimum Test</b> NB: No Maximum	<b>Compulsory Dance</b> See General Note 1/3	<b>Original Dance</b> See Appendix for full Req Elements
<b>Event 1 Novice</b> Bracknell Solo Dance Cup	Level 2 Comp Dance, Variation & FM Tests	14 step 4 sequences	<b>1.5 minutes +/- 5 seconds</b> <b>CHARLESTON Rhythm</b> <b>Tempo range</b> <b>55—66 measures / minute</b> <b>(110 - 132 beats/minute)</b>
<b>Event 2 Primary</b> Gladys Hooper Memorial Trophy	Level 3 Comp Dance, Variation & FM Tests	European Waltz Two sequences to be skated - It is a 2 lobe dance as Bracknell is a 60 x 30 rink	1.5 mins +/- 5 seconds Rock and Roll Rhythm Tempo Change 40-50 measures per minute 160-200 beats per minute
<b>Event 3 Junior</b> Cover Homes Trophy	Level 5 Comp Dance, O.D & FM Tests	Silver Samba 2 sequences	2 mins +/-5 seconds CHA CHA Rhythm Tempo Range 29-34 measures/minute (116-136 beats/minute)
<b>Event 4 Intermediate</b> Lucine Chakmakjian Intermediate Solo Dance Trophy	Level 7 Comp Dance, O.D & Level 5 FM Tests	Starlight Waltz 2 sequences	2 mins +/-5 seconds Tango Rhythm – One or two types of Tango may be used Variation of tempo is allowed to be used. See ISU 1391 pg 5 for general rules
<b>Event 5 Senior</b> David Phillips Senior Solo Dance Trophy	Level 9 Part One Comp Dance, Level 9 OD & Level 5 FM Tests	Cha Cha Congelada 2 sequences	2 mins 30 seconds +/- 10 seconds Folk/Country Any type of Folk/Country Music may be used. Variation of tempo within one selection of music is allowed. See ISU 1449 pg 3 for guidelines
<b>Event 6 Pre Juvenile</b>	Level FM1	Novice Foxtrot 1 sequence	1 min +/- 5 seconds MARCH rhythm Tempo range 56-60 measures per minute

			112-120 beats measures/minute To include a Mid Line step sequence using the full length of the rink plus one spin ( min 3 revs on one foot before any change of foot) Plus good timing expression and simple step movements
<b>Event 7 Juvenile</b> The Amethyst Cup	Level 1 Comp Dance, Variation & FM Tests	Rhythm Blues 2 sequences	1 min 30 seconds +/- 5 seconds HOE DOWN Rhythm any tempo range to include a mid line step sequence using the full length of the rink plus one spin ( min 3 revs on one foot before any change of foot)) plus good timing expression and simple step movements
<b>Solo Free Dance Events</b> (No age restriction other than max 24 years as at 1 <sup>st</sup> July 2007)		<b>Minimum Test</b> NB: No Maximum	<b>Free Dance</b> See Appendix for full Required Elements
<b>Event 8 Novice Solo Free Dance</b> The Sarah Louise Cup	Level 2 Comp Dance, Variation & FM Tests		1min 30secs +/- 5secs
<b>Event 9 Primary Solo Free Dance</b> Roy Phillips Memorial	Level 3 Comp Dance, Variation & FM Tests		1min 30secs +/- 5secs
<b>Event 10 Junior Solo Free Dance</b> Marcin Glowacki Cup	Level 5 Comp Dance, Variation & FM Tests		2mins +/- 5secs
<b>Event 11 Intermedite Solo Free Dance</b> The Natasha Moody Cup	Level 7 Comp Dance, Variation & Level 5 FM Tests		2mins +/- 5secs
<b>Event 12 Senior Solo Free Dance</b> The Lynn Burton Trophy	Level 9 Part One Comp Dance, Level 9 OD & Level 5 FM Tests		3mins +/- 10secs

<b>Event 13 Pre Juvenile Solo Free Dance</b>	Level 1 FM	Free Dance 1min 30secs +/- 5secs. To include a Diagonal step sequence using the full length of the rink Plus One spin (min 3 revs on one foot) Plus good timing, expression and simple step movements
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<b>Event 14 Juvenile Solo Free Dance – The Samuel Elliott Trophy</b>	Level 1 Comp Dance Variation & FM Tests	Free Dance 1 min 30 secs +/- 5 secs To include a Diagonal step sequence using the full length of the rink Plus one spin ( min 3 revs on one foot) Plus one twizzle with a minimum of one rotation Plus good timing, expression and simple step movements.
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**GENERAL NOTES (A):**

1. Warm ups in Open competitions will be 3 mins and groups will usually number a maximum of 8 at the Referee's discretion.
2. The number of dance sequences shown above will be used for Opens.
3. Factors (for Opens): One Compulsory Dance 0.4 : Two Compulsory Dances 0.2 each: Original Dance 0.6: Free Dance 1.0  
Original Dance: Presentation Mark determines ties (No 544 Para 3b). Free Dance: Presentation Mark determines ties (No 544 Para 3b)
4. Skaters may enter more than one category provided their qualifications allow them to do so.
5. Every competitor must begin each part of the competition at the latest one (1) minute after their name is announced, failing which the competitor shall be considered as withdrawn. (ISU 1522 Rule 350 para 2)

**APPENDIX (A): ORIGINAL DANCE ALL STANDARDS REQUIRED ELEMENTS.**

**1. ALL CATEGORIES:**

**TWIZZLES:** ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of Twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & ONE anti clockwise with rotations as listed ie.

**NOVICE & PRIMARY:** minimum TWO (2) continuous rotations-

**JUNIOR, INTERMEDIATE & SENIOR:** minimum THREE (3) continuous rotations-

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the

first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than ONE (1) step between the two twizzles. ( See Appendix 3 ).

2. **STEPS:** a/ All Sections- ONE Diagonal step sequence skated along the full length, corner to corner, of the rink must be included

b/ **FOR SENIORS ONLY:** A second step sequence must be included. EITHER -

A SERPENTINE sequence starting in either direction at the centre (long ) axis at one end of the rink and progressing

in THREE bold curves

OR in TWO bold curves (S- Shaped) and ending at the centre (long) axis of the opposite end of the rink

OR A CIRCULAR, anti clockwise step sequence utilizing the full width of the rink on the short axis.

3. **SPINS:** ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

4. Except during the step sequence, the pattern of the dance must proceed in a generally constant direction, either clockwise or anti clockwise and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 metres of the end barriers). Loops in either direction are permitted provided they do not cross the centre line.

A modest infringement of the centre regulation will be allowed only on rinks which are less than standard (60m x 30m) size.

**N.B:**1/ ORIGINAL DANCE ALL CATAGORIES:

**The OD should have an emphasis on footwork and include interpretive steps. Jumps of no more than a half revolution can be included. However during the required step sequence, jumps, spins, stops or pirouettes are not allowed.**

NB:2a/ Ladies are generally not permitted to wear trousers except --

2b/ INTERMEDIATES: The lady is permitted to wear trousers ( see ISU No. 1391 Pg 5)

2c/ SENIORS : If appropriate for the music chosen, the lady &/ or the man are permitted to wear trousers and sleeves of any length . Props that are part of the costume & are characteristic of the music are permitted ( see ISU No 1449 Pg 3 ).

**N.B: 3/ Touching the ice with hand(s) is NOT PERMITTED.**

**Toe steps, kneeling or sliding on two knees and/or performing a full split position on the ice IS PERMITTED IF NOT USED EXCESSIVELY**

**APPENDIX (B) FREE DANCE REQUIRED ELEMENTS.**

**1. ALL SECTIONS: ( Except Pre Juvenile & Juvenile)**

**TWIZZLES:** ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles

(not included in the step sequence) will be identified as the Required Element.)

The following set of twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & ONE anti clockwise with rotations as follows.

**NOVICE & PRIMARY** minimum TWO (2) continuous rotations

**JUNIOR, INTERMEDIATE & SENIOR:** minimum THREE (3) continuous rotations

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than THREE (3) steps between the two twizzles. ( See Appendix (C) ).

**2. NOVICE AND PRIMARY.**

**STEPS:** ONE MID LINE step sequence skated along the long axis as near as possible to the full length of the rink must be included.

**SPINS;** ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

**3 . JUNIOR, INTERMEDIATE AND SENIOR\***

**STEPS:** 1. ONE CIRCULAR , anti clockwise, step sequence utilizing the full width of the rink on the short axis.

(Reference ISU Communication No.1449 Page 6 )



**2\* SENIORS ONLY:** A second step sequence must be included and skaters must choose to skate either a

Midline or Diagonal step sequence, fully end to end.

**SPINS:** TWO spins only must be included. Minimum 3 revolutions on one foot before any change of foot. Each spin must be from a different category or be a combination spin incorporating different categories

ie. a/ Upright b/ Sit or c/ Camel as per ISU 1449 Page 14

**NB. ALL FREE DANCE SECTIONS (including Pre Juvenile & Juvenile)**

1. Jumps, spins, stops and pirouettes are not allowed during the Free Dance step sequence.
2. **Whilst there are no restrictions on the number of half revolution jumps, skaters may also include one jump of no more than one revolution.**

**APPENDIX (C) : TWIZZLES. ORIGINAL DANCE and FREE DANCE**

1. See ISU Special Regulations Ice Dancing 2002 Rule N0 504, 14 (a) page 11
2. The set of twizzles should be clearly defined as a Required Element in both the Original Dance and Free Dance.
3. The inclusion of an excessive number of twizzles will affect the balance of a programme and could lead to deductions.

**APPENDIX (D) : ORIGINAL and FREE DANCE MUSIC (including Pre Juvenile & Juvenile)**

1. Music containing vocals is permitted and Musical introductions for O.D. may be without a beat or melody for 10secs maximum .
2. Original Dance music should have a rhythmic beat appropriate to the required rhythm and the skater must skate to it and not to the melody alone.

**3. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.**

4. If more than one piece of music is used for the Original and / or the Free Dance care should be taken to ensure the duration of each piece is approx balanced.

5. All music must be clean & of good quality , be the only recording on the disc, show clearly the skaters name, programme type and exact total running time (not skating time).

6. It is important that skaters have a spare copy of music readily available at all events

7. Duration of programmes: Time reckoned from the moment the skater begins to move or skate until they arrive at a complete stop at the end of the programme (extended sliding finishes after music has ended can result in deductions if the skater is still moving after time allowed)

### **GENERAL NOTE: (B)**

1. **FEATURES:** We encourage skaters to include such extra features as Spreads, Toe Steps, Ina Bauers, Shoot the Duck, Drags and a variety of turns on one foot in their programmes to demonstrate their flexibility and skating skills which are such an important part of any performance.

2. **CLOTHING:** See ISU Rule 512 Special Regulations Ice Dancing 2004 (See Appendix (A) Original Dance NB 2 a, b, & c above)

### **3. NOTICE TO COACHES:**

1/ Coaches are reminded that only N.I.S.A. Licensed Coaches may enter pupils in NISA permitted events.

Pairs / Couples Events (Open age)	Minimum/Maximum Test	Program Length	Notes
<p><b>Event 15</b> <b>Beginner</b> <b>Couples/ Pairs</b></p> <p><b>The Victoria Cup</b></p>	<p><u>Minimum</u> Each partner must have passed Level 1 Field Moves</p> <p><u>Maximum</u> Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves)</p> <p>Must not hold Level 2 or higher new National Pair test.</p>	<p>Free Program of 2 minutes +/-5s</p>	<p>The programme must contain <b>ONLY</b> the following elements:</p> <ul style="list-style-type: none"> <li>▪ Mid-line step sequence utilising the full length of the ice surface.</li> <li>▪ Second step sequence (any pattern). This <b>may</b> include spirals</li> <li>▪ Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional</li> <li>▪ Side by side solo spin (min. 3 revs)</li> </ul> <p>Moves demonstrating quality edges, simple turns and footwork should be included. At least 3 different dance/pair holds should be demonstrated throughout the programme. Recognised pair/dance lifts are <b>not</b> allowed. Vocal music is not permitted.</p>

Couples Dance Events (No age restriction other than max 28 years as at 1 <sup>st</sup> July 2008)	Minimum Test NB: No Maximum	Age (as at 1 <sup>st</sup> July 2008)	Program Length / Requirements
<p><b>Event 16 Couples Compulsory Dances</b> <b>The Westminster Cup</b></p>	<p>Level 1 Comp Dance &amp; DM/FM tests</p>	<p>Max 28 yrs</p>	<p>Rhythm Blues &amp; Dutch Waltz* (2 sequences of each)</p>

<b>Event 17 Couples Compulsory Dances The Vienna Cup</b>	Level 3 Comp Dance & DM/FM tests	As above	Fiesta Tango & Willow Waltz* (2 sequences of each).
<b>Event 18 Couples Free Dance – Amber Cup</b>	Level 3 Comp Dance, FD & DM/FM tests	As above	2min +/-5s Free Dance programme containing: One step sequence in dance hold; One dance spin –minimum 3 revs on one foot by both skaters; One dance lift and One set of twizzles NB. Vocal music allowed.

<b>Couples Dance Events</b> (No age restriction other than max 28 years as at 1 <sup>st</sup> July 2008)	<b>Minimum Test</b> NB: No Maximum	<b>Age</b> (as at 1 <sup>st</sup> July 2008)	<b>Program Length / Requirements</b>
<b>Event 19 Couples Compulsory Dances – Starlight Trophy</b>	Level 4 Comp Dance & DM/FM tests	As above	14 Step (3 sequences) & Foxtrot* (2 sequences)
<b>Event 20 Couples Free Dance Austria Cup</b>	Level 4 Comp Dance, FD & DM/FM tests	As above	2min +/-5s Free Dance programme containing: One step sequence in dance hold; One but not more than Two dance spins — Minimum 3 revs on one foot by both skaters; One dance lift & One set of twizzles NB. Vocal music allowed
<b>Event 21 Couples Compulsory Dances Emerald Trophy</b>	Level 5 Comp Dance & DM/FM tests	As above	Rocker Foxtrot (2 sequences) & European Waltz* (see below)
<b>Event 22 Couples Free Dance</b>	Level 5 Comp Dance, FD & DM/FM tests	As above	2min +/-5s Free Dance programme containing: One Step sequence in dance hold; One but not more than Two dance spins - min 3 revs on one foot by both skaters;

			One but not more than two dance lifts; One set of twizzles NB. Vocal music allowed
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1. Couples who enter or have previously entered IJS Junior & Senior events & Championships may not compete in the above events.
2. Skaters placed in the first three of any previous year's NISA Novice Championship are ineligible to take part in these events unless they skate with another partner. All other couples skating in NISA Novice IJS Events/Championships are eligible to enter these events.
3. These events will be judged using the Relative 6.0 scoring method
- 4i. Factors:- For Opens: Two Compulsory Dances 0.2 each: Original Dance 0.6: Free Dance 1.0

Original Dance -Presentation Mark determines ties (No 544 Para 3b). Free Dance -- Presentation Mark determines ties (No 544 Para 3b).

**NB In the case of events consisting of only two compulsory dances, the second dance listed - marked\* will determine any ties.**