



BRACKNELL

Ice Skating Club

Bracknell Adult Open Skating Competition 2011

You must be a member of NISA

**MONDAY 25 APRIL 2011
Closing date Friday 8 April 2011**

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

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

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

SOLO DANCE

Minimum age 21 years - please see standard limits for Pre Bronze and Silver Pattern dance.

Patterns Dance **Pre Bronze, Bronze, Silver and Gold (4 categories)**
Free Dance **Pre Bronze, Bronze, Silver and Gold (4 categories)**

Please note: 2 lobes should be skated for appropriate dances and in the case of ties in the Pattern Dance the second dance will decide the outcome

Factors for Pattern Dances will be as follows:

Skating Skills	0.75
Performance	0.50
Interpretation	0.50
Timing	0.75

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

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

EVENT	LEVEL	CATEGORY	REQUIREMENTS/NOTES
EVENT SD1	PRE BRONZE	PD	<u>Skaters must not hold level 5 compulsory, variation, original or free dance</u> Dutch Waltz (2 sequences) Riverside Rhumba (2 sequences)
EVENT SD2	BRONZE	PD	14 step (3 sequences) Foxtrot (2 sequences)
EVENT SD3	SILVER	PD	<u>Skaters must not hold level 9 compulsory, variation or free dance</u> Rocker Foxtrot (4 sequences) American Waltz (2 sequences)
EVENT SD4	GOLD	PD	Quickstep (4 sequences) Blues (3 sequences)

EVENT SD5	PRE BRONZE	FREE	<p><u>Skaters must not hold level 5 compulsory, variation, original or free dance</u></p> <ol style="list-style-type: none"> 1. Maximum 1x combination pose (see separate sheet for details of pose / attitude) 2. Maximum 1x midline step sequence skated as close to the midline long axis as possible 3. Maximum 1x dance spin with a minimum of 3 revolutions <ul style="list-style-type: none"> • Combination spins are not permitted 4. 1x set of sequential twizzles with no more than 1 step between the twizzles <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise • Minimum 1 rotation in each twizzle • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark. <p>Duration: max. 1 minutes and 40 seconds, but may be less</p>
EVENT SD6	BRONZE	FREE	<ol style="list-style-type: none"> 1. Maximum 1x combination pose including one attitude (see separate sheet for details of pose / attitude) 2. Maximum 1x circular step sequence utilising the full ice surface 3. Maximum 1x dance spin with a minimum of 3 revolutions <ul style="list-style-type: none"> • Combination spins are not permitted 4. 1x set sequential twizzles with no more than 1 step between the twizzles <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise • Minimum 1rotation in each twizzle • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark <p>Duration: max. 1 minutes and 40 seconds, but may be less</p>
EVENT SD7	SILVER	FREE	<ol style="list-style-type: none"> 1 Maximum of 1x combination attitude (see separate sheet for details of pose/attitude) 2 Maximum of 1x circular or serpentine step sequence utilizing the full ice surface 3 Maximum of 1x dance spin combination <ul style="list-style-type: none"> • Must have a minimum of 3 revolutions on each foot 4 1x set of marked sequential twizzles with no more than 1 step between the twizzles. <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise

			<ul style="list-style-type: none"> • Minimum 1 rotation in each twizzles • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark <p>Duration: max. 1 minutes and 40 seconds, but may be less</p>
EVENT SD 8	GOLD	FREE	<ol style="list-style-type: none"> 1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude) 2. Maximum of 2 step sequences of a different pattern and covering full ice surface 3. Maximum of 2 dance spins <ul style="list-style-type: none"> • Must have a minimum of 3 revs or 3 revs on each foot if a spin combination is performed • If 2 basic position spins are skated (camel sit upright) then the spins must show different basic positions 4. 1 x set of marked sequential twizzles with no more than 1 step between the twizzles <ul style="list-style-type: none"> • Minimum 1x clockwise and 1x anti-clockwise • Minimum 1 revolution in each twizzle • Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will be marked. Others will be considered within the choreography mark. <p>Duration: max. 3 minutes and 10 seconds, but may be less</p> <p>Please note that to include and accommodate skaters moving through the NISA test structure as well as those who skate Adult events Internationally this section may include skaters with varying lengths of programme up to and including 3 minutes and 10 seconds. All are acceptable in this section only.</p>

COUPLES DANCE

Minimum age 21 years and no standard limits.

Pattern Dance **Pre-Bronze, Bronze, Silver and Gold Pattern Dance (4 categories)**
Free dance **Bronze and General (2 categories)**

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

Please note: 2 lobes should be skated for appropriate dances and in the case of ties in the Pattern Dance the second dance will decide the outcome

Factors for Pattern Dances will be as follows:

Skating Skills	0.75
Performance	0.50
Interpretation	0.50
Timing	0.75

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

CLASS	LEVEL	CATEGORY	REQUIREMENTS/NOTES
EVENT DC9	PRE BRONZE	PD	Dutch Waltz (2 sequences) Riverside Rhumba (2 sequences)
EVENT DC10	BRONZE	PD	14 step (3 sequences) Foxtrot (2 sequences)
EVENT DC11	SILVER	PD	Rocker Foxtrot (4 sequences) American Waltz (2 sequences) <u>Please note: 2 lobes should be skated</u>

EVENT DC12	GOLD	PD	Quickstep (4 sequences) Blues (3 sequences)
EVENT DC13	BRONZE	FREE	<p>Free Dance In accordance with ISU Rule 610 and all pertinent ISU Communications.</p> <p>The requirements for a well-balanced program are:</p> <ul style="list-style-type: none"> • A maximum of one (1) dance lift, with a maximum duration of 6 seconds • A maximum of one (1) Diagonal or Midline Step Sequence utilising the full ice surface • A maximum of one (1) Dance Spin with optional positions. Either a simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination spin with a change of foot consisting of at least three (3) revolutions on each foot is permitted. (See ISU Communications 1610 and 1632.) <p>Duration: max. 2 minutes but may be less Vocal music is permitted.</p>
EVENT DC14	GENERAL	FREE	<p>Free Dance In accordance with ISU Rule 610 and all pertinent ISU Communications.</p> <p>The requirements for a well-balanced program are:</p> <ul style="list-style-type: none"> • A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 seconds and 1 long lift with a maximum duration of 12 seconds • A maximum of one (1) Diagonal or Midline Step Sequence, in varied hold • A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between. (See ISU Communication 1522 and 1567). • A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. (See ISU Communications 1610 and 1632.) <p>Duration: max. 3 minutes and 10 seconds, but may be less Vocal music is permitted.</p>

General Requirements for the Free Dance

Free Dance is the skating of a creative dance program blending dance steps and movements expressing the character/rhythm(s) of the dance music chosen. The Free Dance must contain combinations of new or known dance steps and movements including Required Elements composed into a well balanced, whole unit displaying excellent skating technique and the personal creativity of the skater in concept, arrangement, and expression. The program including Required Elements must be skated in time and phase with the music. The couple should skate primarily in time to the rhythmic beat, and not to the melody alone. The choreography should clearly reflect the dance character, accents and nuances of the chosen dance music, demonstrating distinct changes of mood and pace with variations in speed and tempo. The program must utilize the whole ice surface.

Music

Vocal music is permitted in this competition. However the following rule denotes beat and melody to be applied.

The music for Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program.
- ii) The music must have at least one change of tempo and/or expression. This change may be gradual or immediate, but in either case it must be obvious.
- iii) All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different moods or a building effect.
- iv) The music must be suitable for the couple's skating skills and technical ability.

Free Dances that do not adhere to these guidelines will be severely penalized.

Costume

LADIES Must wear a full skirt. Must not give the effect of excessive nudity – majority of upper body must be covered

MEN Must wear full length trousers - No tights allowed. Costume must not be sleeveless

COUPLES DANCE The Costume should not hide the bodyline of either skater and no part of the costume should be used as any support in a lift

Accessories and Props

Accessories and props not permitted

Costume decorations must be non-detachable

Factors in the Free Dance

The multiplying factors for the Program components for the Free Dance are:

Skating Skills	1.25
Transitions, Linking Footwork, Movements	1.75
Performance, Execution	1.00
Choreography, Composition	1.00
Interpretation, Timing	1.00

DEFINITION OF POSE & ATTITUDE

POSE A position or stance held for a minimum of 3 seconds (except attitude with change of edge).

Types of pose are as follows:

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent, 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) and
 - Stationary or moving
i.e. Biellmann
- **SPIRAL** – Type of attitude where the free leg is raised behind, above horizontal level, without assistance from a hand or an arm while in the same position throughout its duration.
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **LUNGE/DRAW** – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- **TEA POT/SHOOT THE DUCK** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- **SPREAD EAGLE** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

COMBINATION POSE - A position or stance composing of 2 different types of poses combined and each held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of poses.

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

The official ISU Compulsory Dance music will be used

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

BRACKNELL 2011 ADULT OPENS, SOLO DANCE, COUPLES DANCE, COMPULSORY AND FREE DANCE

GENERAL NOTES

CLOSING DATE FOR ENTRIES Friday 8 April 2011

The competitions will be held on Monday 25 April 2011 at Bracknell Ice Rink

1. Technical Requirements

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

2. Rules

- The competitions will be held under NISA regulations and are open to eligible members as defined by NISA
- The Committee of Bracknell Ice Skating Club reserves the right to refuse entry without reason or to cancel a competition or combine classes because of insufficient entries.
- ONLY WRITTEN APPLICATIONS WILL BE ACCEPTED Photocopies of entry forms will be accepted.
- Entries will not be accepted unless **ALL NEW National levels** with dates of test passes have been properly completed. For dance tests taken under the old structure, please see the tables of equivalences listed below.
- Test standards and ages are as at closing date.
- Entries will be limited determined by the time available and a reserve list will operate up until the draw.
- The draw for competitions will take place at a venue, date and time to be confirmed later.
- Music on compact disc only (with an additional copy) will be accepted. THESE SHOULD BE CLEARLY MARKED with name, address and competition and handed in at the club reception table on arrival. There should be just one track recorded.
- The pattern dance highlighted in bold will be the tiebreakers.
- Entry fees will not be refunded for withdrawals after the closing date.
- Trophies must be signed for and held at the winner's risk. They must be returned in good condition to the Trophy Secretary, Bracknell Ice Skating Club by the 25 April 2011 or on request.
- For the dance classes, skaters must be 21 years old at closing date 8 April 2011.
- Flash photography will not be permitted during warm-ups or competitions, either on the ice or at the rink side.
- Video photography is allowed with the prior permission of the skaters concerned.
- **Music** – Vocals are permitted in Free Dance – ISU Rule 610 applies.

3. **Entry fees**

Solo Dance Classes - £20.00 Pattern Dance - £25 Couples Dance - £36.00

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

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

Please post entries Nicki Torrington 15 Boltons Lane, Binfield, Berkshire RG42 4UA

Telephone 01344 424744. There is an answerphone available.

Email bracknellopen@sky.com

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

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

If in doubt regarding equivalences contact Nicki Torrington.