



BRACKNELL OPEN COMPETITIONS

**Solo Dance Series,
Pre-Juvenile and Juvenile Solo Dance,
Dance Couples**

TUESDAY 26th

and

WEDNESDAY 27th APRIL

Closing date FRIDAY 1st April 2011

Held under NISA regulations and permit

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

Competitions to be held at

**John Nike Leisuresport Complex, John
Nike Way, Amen Corner, Bracknell
RG12 8TN**

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SOLO DANCE – Pre-Juvenile and Juvenile

<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>	<u>FREE DANCE</u>
<u>PRE-JUVENILE PATTERN DANCE</u> Event 1a Boys Event 1b Girls	Must hold a minimum of Level 1 FM	Rhythm Blues (2 sequences)	
<u>PRE-JUVENILE FREE DANCE</u> Event 2a Boys Event 2b Girls			1 ½mins +/-5secs Any Rhythm – A Mid-Line OR A Diagonal step sequence (the full length of the rink) PLUS One but no more than Two Spins (min 3 revs on one foot) PLUS One Twizzle – Minimum One rotation
<u>JUVENILE PATTERN DANCE</u> Event 3a Boys Event 3b Girls	Must hold a minimum of Level 1 FM and Level 1 CD	Dutch Waltz (2 sequences)	
<u>JUVENILE FREE DANCE</u> Event 4a Boys Event 4b Girls			1 ½mins +/-5secs Any Rhythm – A Mid-Line OR A Diagonal step sequence (the full length of the rink) PLUS One but no more than Two Spins (min 3 revs on one foot) PLUS One Twizzle – Minimum One rotation

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

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SOLO DANCE SERIES 2010/2011

<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>	<u>FREE DANCE</u>
<u>PRE-NOVICE PATTERN DANCE</u> Event 5a Boys Event 5b Girls	Must hold a minimum of <ul style="list-style-type: none"> Level 2 FM and level 2 Compulsory Dance and <i>either</i> Level 2 Variation Dance <i>or</i> Level 2 Free dance 	Fourteen Step(4 seq)	
<u>PRE-NOVICE FREE DANCE</u> Event 6a Boys Event 6b Girls			1½ minutes +/-5 secs For technical requirements see relevant section below
<u>NOVICE PATTERN DANCE</u> Event 7a Boys Event 7b Girls	Must hold a minimum of <ul style="list-style-type: none"> Level 3 FM and level 3 Compulsory Dance and <i>either</i> Level 3 Original Dance <i>or</i> Level 3 Free Dance 	Rocker Foxtrot (4seq)	
<u>NOVICE FREE DANCE</u> Event 8a Boys Event 8b Girls			1½ minutes +/-5 secs For technical requirements see relevant section below
<u>JUNIOR PATTERN DANCE</u> Event 9a Boys Event 9b Girls	Must hold a minimum of <ul style="list-style-type: none"> Level 5 FM and level 5 Compulsory Dance and <i>either</i> Level 5 Original Dance <i>or</i> Level 5 Free dance 	Viennese Waltz (3 seq)	
<u>JUNIOR FREE DANCE</u> Event 10a Boys Event 10b Girls			2 minutes +/-5 secs For technical requirements see relevant section below

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<u>INTERMEDIATE PATTERN DANCE</u> Event 11a Boys Event 11b Girls	Must hold a minimum of <ul style="list-style-type: none"> Level 7 FM and level 7 Compulsory Dance and <i>either</i> Level 7 Original Dance <i>or</i> Level 7 Free Dance 	Kilian (6 sequences)	
<u>INTERMEDIATE FREE DANCE</u> Event 12a Boys Event 12b Girls			2 minutes +/-5 secs For technical requirements see relevant section below
<u>SENIOR PATTERN DANCE</u> Event 13a Boys Event 13b Girls	Must hold a minimum of <ul style="list-style-type: none"> Level 8 FM and Level 9 part 1 Compulsory Dance and <i>either</i> Level 9 Original Dance <i>or</i> Level 9 Free Dance 	Quickstep (4 seq)	
<u>SENIOR FREE DANCE</u> Event 14a Boys Event 14b Girls			3 minutes +/-10 secs For technical requirements see relevant section below

Please note : Bracknell ice pad measures 60 by 30 metres

Please note: 2 lobes should be skated for appropriate dances on rinks of 56 by 26 metres and larger.

All sections will be sub-divided into Male and Female.

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FREE DANCE

TECHNICAL REQUIREMENTS

PRE-NOVICE

1. Maximum of 1 combination pose (see separate sheet for details of pose / attitude)
2. Maximum of 1 midline step sequence skated as close to the midline long axis as possible
3. Maximum of 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

NOVICE

1. Maximum of 1 combination pose including one attitude (see separate sheet for details of pose / attitude)
2. Maximum of 1 circular step sequence covering the full width of the ice
3. Maximum of 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

JUNIOR

1. Maximum of 1 combination attitude (see separate sheet for details of pose / attitude)
2. Maximum of 1 circular or serpentine step sequence utilizing the full ice surface
3. Maximum of 1 dance spin combination
 - Must have a minimum of 3 revolutions on each foot
4. 1 set of sequential twizzles with no more than 1 step between the twizzles.
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

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INTERMEDIATE

1. Maximum of 1 attitude with change of edge (see separate sheet for details of pose / attitude)
2. Maximum of 1 step sequence, circular or serpentine, utilizing the full ice surface
3. Maximum of 1 dance spin combination
 - Must have a minimum of 3 revolutions on each foot
4. 1 set of sequential twizzles with no more than 1 step between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 revolution in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

SENIOR

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
 - Must have a minimum of 3 revs or 3 revs on each foot if a spin combination is performed
 - If 2 basic position spins are skated (camel sit upright) then the spins must show different basic positions
4. 1 set of sequential twizzles with no more than 1 step between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 revolution in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

Please note that all programme requirements for the Free Dance are MAXIMUM requirements and skaters are free to choose to skate as few or as many elements as they prefer according to their ability. There is no deduction for skating less than the maximum number of elements but if an element is skated it must match the requirements. For example, where a combination spin is required there is no option to do a basic position spin.

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

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General Requirements for the Free Dance

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

Music

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

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

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

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

Costume

LADIES Must wear a full skirt. 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

The Costume should not hide the bodyline of either skater.

Accessories and Props

Accessories and props not permitted

Costume decorations must be non-detachable

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DEFINITION OF POSE & ATTITUDE

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

Types of pose are as follows:

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

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RULES FOR FREE DANCE

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

GENERAL RULES FOR SOLO DANCE SERIES

1. Solo Dance Series events will be judged under either the RJS, (6.0) judging system or the IJS system depending on the Club involved.
2. It is the intention of the NISA Board that the Solo Dance Championship event in June 2011 will be judged using the IJS system. The criteria for the final will however remain unchanged.
3. As per the singles events, criteria listed in this announcement allows skaters to perform RJS test and competition elements as per the established criteria (ISU regulations 2010) and indeed as per the IJS criteria and clarifications.
4. Skaters may enter as many segments of a Solo Series event as they wish, i.e. PD only or PD and FD etc.
5. There will be no age restrictions on Series events – skaters may enter any or all categories for which they are qualified by standard. Age restrictions will apply at the Championships, as per previous years and will be published in a separate document.
6. All rules will follow the ISU rules for Dance couples, including costume, timing, call to start, re-start etc. For clarification of any of these rules, please see ISU **Special Regulations and Technical Rules** Single and Pair Skating and Ice Dance 2010, including but not restricted to rules 350, 353, 610, 612.
7. These regulations and rules for entry to the Solo dance Series form part of a 2 stage process to implement generic criteria across all disciplines. It forms an interim stage, moving towards IJS and standardized criteria, rules and regulations.

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

General rules for the Bracknell Open competitions are shown at the end of the announcement

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DANCE COUPLES

<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>	<u>FREE DANCE</u>
<u>Couples Pattern Dance</u> Class 15 The Westminster Cup	Must hold a minimum of <ul style="list-style-type: none"> Level 1 FM and level 1 Compulsory Dance 	Rhythm Blues and <u>Dutch Waltz</u> (2 sequences of each)	n/a
<u>Couples Pattern Dance</u> Event 16 The Vienna Cup	Must hold a minimum of <ul style="list-style-type: none"> Level 3 FM and level 3 Compulsory Dance and <i>either</i> Level 3 Original Dance <i>or</i> Level 3 Free Dance 	Canasta Tango and <u>Willow Waltz</u> (2 sequences of each)	2 mins +/- 5 secs Free Dance Programme containing the following elements only: 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
<u>Couples Free Dance</u> Event 17 The Amber Cup			
<u>Couples Pattern Dances</u> Event 18	Must hold a minimum of <ul style="list-style-type: none"> Level 5 FM and level 5 Compulsory Dance and <i>either</i> Level 5 Original Dance <i>or</i> Level 5 Free dance 	14 Step (3 sequences) and <u>Foxtrot</u> (2 sequences)	2 mins +/- 5 secs free dance programme containing the following elements: One step sequence in dance hold; one but not more than two dance spins-minimum 3 revs on one foot by both skaters; One but not more than two dance lifts and one set of twizzles
<u>Couples Free Dance</u> Event 19			

- Couples who enter or have previously entered IJS Novice, Junior and Senior Events & Championships may not compete in the above events unless they skate with another partner.**
- Factors:- If two Compulsory Dances are to be skated, both dances are even in value. ISU Rule No 353 Para 3b however in the event of a tie then the dance underlined will take precedence.**

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

DANCE COUPLES – Advanced Novice and Junior

<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
<u>Advanced Novice Free Dance</u> Event 20	Must hold a minimum of <ul style="list-style-type: none">Level 8 FM and level 7 Compulsory Dance and <i>either</i>Level 7 Original Dance <i>or</i>Level 7 Free Dance	Duration: 3 mins +/- 10 secs Vocal music is not permitted. For REQUIRED ELEMENTS see relevant section below
<u>Junior Free Dance</u> Event 21	Must hold a minimum of <ul style="list-style-type: none">Level 9 FM and level 9 Compulsory Dance and <i>either</i>Level 9 Original Dance <i>or</i>Level 9 Free Dance	Duration: 3 mins 30 seconds +/- 10 secs For REQUIRED ELEMENTS see relevant section below

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

COUPLES FREE DANCE REQUIRED ELEMENTS – Advanced Novice and Junior

Advanced Novice

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

- 2 different types of dance lifts but not more, chosen from the list of types of lifts (and be in accordance with Rule 504 paragraph 16). Lifts not to exceed 6 seconds:
a) Stationary Lift b) Straight Line Lift c) Curve Lift d) Rotational Lift

- 1 Dance Spin but not more (in accordance with Rule 604 paragraph 14e) consisting of at least 3 rotations on one foot for both partners.

Note: A Combination spin is not permitted

- 1 circular step sequence: Anti-clockwise pattern, in waltz, tango and/or Foxtrot hold, utilising the full width of the ice surface on the short axis of the rink.
- 1 set of synchronized twizzles comprising of 2 twizzles on one foot for both partners with up to 3 steps between. Each twizzle shall be at least one rotation on one foot performed simultaneously.

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As per ISU Special Regulations & Technical Rules 2010 (Rules 610 and 604), ISU Communication 1610, 1621, 1632 and any subsequent ISU Communications

Required Elements

1. Either 1 Short Lifts and 1 Long Lift or 3 Short lifts:
 - If the option with the Long Lift is chosen, each Short Lift must be of a different type and a chosen type of difficult pose for the lifted partner and a chosen type of difficult pose for the lifting partner is permitted in only one Short Lift or in one part of the Long Lift. Change of Pose for the lifted partner may be used twice – in 2 different types of Short Lift or in one Short Lift and one part of the Long Lift or in 2 parts of the Long Lift.
 - If the option with only Short Lifts is used, only 1 type of Short Lift may be repeated and a chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only 1 Short Lift.

NOTE: 1 additional lift(of up to 6 seconds each) without any requirements for the level is permitted (provided that they it is not illegal) but only the first two (in option with 1 Short and 1 Long Lifts) or first three (in option with 3 Short Lifts) performed lifts will be identified and considered in determining the level of difficulty. The additional 1 lift will be considered by the judges in marking the Choreography. However, if a fourth or fifth lift is performed, it will be considered as an extra element.

2. 2 different step sequences (In Hold) – 1 selected from group A and 1 selected from group B as listed below:

Group A - Straight Line Step Sequence

- a) Midline: skated along the full length of the centre (long) axis of the ice surface
- b) Diagonal: skated as fully corner to corner as possible

Group B - Curved Step Sequence (anticlockwise or clockwise)

- a) Circular: utilizing the full width of the ice surface on the short axis of the rink
- b) Serpentine: commences in either direction at the centre (long) axis at one end of the rink and progresses in three bold curves or in two bold curves (S-Shaped) and ends at the centre (long) axis of the opposite end of the rink: pattern utilizing the full width of the ice surface.

Either Step Sequence must be skated in dance holds or variations thereof except Hand-in-Hand hold in the sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music. Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern retrogression and loops must not be included.

3. 1 Dance Spin (chosen from Spin or Combination Spin)

NOTE: One additional Dance Spin (Spin or Combination Spin) is permitted but only the first performed Dance spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Choreography component. If a third dance spin is performed it will be considered as an additional element.

Combined Dance Spin and Lift: Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.

4. 1 set of Synchronized Twizzles

NOTE: Additional set(s) of synchronised twizzles is/are also permitted but only the first performed set will be identified and considered in determining the level of difficulty. Each additional set of synchronized Twizzles will be considered by the judges in marking the Choreography mark.

SKATERS ARE ADVISED TO READ CAREFULLY ISU COMMUNICATION 1610 FOR FURTHER RULE, RESTRICTION AND DETAILED TECHNICAL CLARIFICATIONS

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General rules for the Bracknell Open competitions

- The competitions are confined to eligible skaters as defined by the National Ice Skating Association of UK Ltd and will be held under NISA regulations and permit (Applied for). Please check NISA website for any amendments to Generic Criteria and Congress Decisions below.
- Entries will only be accepted if the coach is NISA Licensed and has attended a Field Moves seminar. These details MUST be supplied with the original entry form.
- Competition timetabling will be verified after the closing date following consultation with the Referee.
- Entries to all competitions will be treated on a first received basis with a limit to entries in each section determined by places and time available. Reserve lists will operate until the draw for entries to oversubscribed sections also on a first received basis. All reserves will be notified of their position prior to the competition being held.
- Bracknell Ice Skating Club (BISC) reserves the right to refuse entries without reason assigned, or to cancel, combine or split competitions as required. The organising committee reserves the right to cancel any event with less than 3 entrants. In the event of only one entry in a class, the entrant(s) will be advised of having to skate to standard.
- Test and age requirements are as the closing date for receipt of entries which is **FRIDAY 1ST APRIL 2011**. Test standards will be strictly adhered to. If test standard should change before the closing date notification to the Opens organiser is required immediately. If such notification is not received before the draw the competitor may be withdrawn and entry fee forfeited.
- Cheques should be made payable to **BRACKNELL ICE SKATING CLUB**, with the skater's name and event level on the back of the cheque.
- Entries accompanied by a cheque for which payment is refused will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover bank charges.
- Entries will not be collected from the post office due to insufficient postage.
- **All applications must be in writing and no email or late entries will be accepted. Entry fees will not be refunded for withdrawals after the closing date unless accompanied by a Doctor's Certificate.**

ENTRY FEES – CLASSES 1 - 14 (Solo dance) £20.00 per entry - Please use entry form A

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CLASSES 15 - 21 (Couples dance) £36 per entry not per person - Please use entry form B

- **Acknowledgement of entry will be by email only.** The timetable and time and date of the draw will be posted on the Bracknell Ice Slating Club website as soon as possible after the closing date. Please do not enclose a SAE as no timetables will be sent by post.
- Music for programmes will be accepted on CD only, recorded with a single track. Music that has been edited may contain multiple tracks – this is likely to cause the programme to stop part way through. All music must be clearly marked with competitors name and competition. It is advisable that you have a spare disc with you.
- Winners of competitions (or parent/guardian) will be required to sign for trophies which are held at winner's risk. They must be returned to BISC in the condition they were received one calendar month or on request before Bracknell Open 2012.
- By entering the competition competitors agree to be photographed by the official photographer. In accordance with the policy of the rink management, a permit will be required for all forms of photography. Permits will be available at the rink on the day of the competition, and must be displayed clearly at all times. Anyone engaged in photography without a permit may be asked to leave the premises.
- Bracknell Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.

For further enquiries please contact **Laura Hetebrij. 01183480542** before 9:30 pm, or by email **bracknellopen@sky.com**