



Announcement Unicorn Dance Trophy 2018

Updated per the 7th of February 2018

**17th & 18th of March 2018
Hoorn, The Netherlands**

For Ice Dance and Solo Dance



**Organized by the
Westfriesche Kunstrij Club**



International Interclub Competition for Ice Dance and solo dance in the categories:

Ice Dance: Senior, Junior, Advanced Novice, Basic Novice, Primary, Juvenile, Beginners

Adult Ice Dance*: Elite Masters, Master, Gold, Silver Bronze, Pre Bronze

Adult Solo Dance*: Gold, Silver, Pre Bronze (*up from age group 21 years)

Adult Artistic Free Skating: Elite Masters, Master, Gold, Silver, Bronze

Solo Dance: Senior, Junior, Advanced Novice, Basic Novice, Primary, Juvenile, Beginners**

* Up from 21 years (age group 3)

** Open for all ages, age groups described below will be applied to the categories as subcategories, so that means beginner group 1 (up to 12 years e.g.) or beginners group 3 (from 21 years up to 28 years) etc.

Rules per category:

For all categories it is also possible to enter for a single dance/segment (Pattern dances with a maximum of 2 pattern dances, short dance and or free dance.)

Ice Dance couples categories (Senior, Junior, Advanced Novice and Basic Novice):

For Senior and Junior: Short Dance and/or Free Dance

For Advanced Novice and Basic Novice: 2 pattern dances (no keypoints for Basic Novice) and/or a Free Dance

For all categories in the competition where there are applicable ISU regulations and/or guidelines, these will be conducted in accordance with all current ISU regulations and applicable guidelines

For Ice Dance (couples) in the categories Senior, Junior, Advanced Novice and Basic Novice we refer to:

<https://www.isu.org/inside-single-pair-skating-ice-dance/isu-judging-system-fs/handbooks-faq-ice-dance-2>

<https://www.isu.org/inside-single-pair-skating-ice-dance/isu-judging-system-fs/isu-handbooks-faq-sandp-skating-2/related-communications/12270-2024-novice-2016-17-replacing-2013-1/file>

<https://www.isu.org/inside-single-pair-skating-ice-dance/figure-skating-rules/regulations-rules-fs/file>

For Adult Ice Dance and Adult Artistic Free Skating consisting of maximum 2 Pattern Dances and or a Short Dance and or a Free dance in the categories: Elite Masters, Masters, Gold, Silver and Bronze: we refer to the technical rules defined for the Adult competitions of 2018 in Oberstdorf and Vancouver.:

<https://www.isu.org/figure-skating/figure-skating-events/adult-skating-figure-skating>

For all other categories: Adult Pre Bronze, All Adult Solo dance and all Solo Dance categories, please look below for the Pattern Dances and the Short/Free Dance Program requirements

Age requirements:

For the skaters entering in a group where the ISU age groups do not apply (e.g. a basic novice couple under 10 years or a junior couple over 21) or for the non-ISU categories the categories will be split in the following age groups. For all ages the age will be the age that the skater has reached on July 1st of 2017. Depending on the number of entries in each age group the organization may decide to redefine and or combine groups.

Group 1: Has not yet reached 12 years

Group 2: From 12 years up to 21 years

Group 3: From 21 years up to 28 years

Group 4: From 28 years up to 47 years

Group 5: From 47 and up

Contents for dances:

Ice Dance Pattern Dances:

<u>Category</u>	<u>Pattern Dance</u>	<u># of sequences</u>	
<u>Beginners</u>	Canadian ChaChaCha	<u>2</u>	
	Hickory Hoedown	<u>2</u>	
	Novice Foxtrot	<u>2</u>	
	Canasta Tango	<u>2</u>	
	Rhythm Blues	<u>2</u>	
	Dutch Waltz	<u>2</u>	
	British Waltz	<u>2</u>	
	Fiesta Tango	<u>2</u>	
	Golden Skaters Waltz	<u>2</u>	
	Riverside Rumba	<u>2</u>	
	<u>Juvenile</u>	European Waltz	<u>2</u>
		22 step	<u>2</u>
<u>Primary</u>	14 Step	<u>2</u>	
	Foxtrot	<u>2</u>	
	Silver Samba	<u>2</u>	

Ice Dance couples Free Dance:

<u>Beginners, Juvenile and Primary:</u> (1 minute and 30 seconds +/- 5 seconds)	<u>1 Lift</u>
	<u>1 Set of Twizzles</u>
	<u>1 Step Sequence Style B</u>
	(* A dance spin is not required but is permitted. It will not be called as an element. The technical panel will ignore the dance spin and the judges will treat the dance spin as one of the permitted stops.)

Adult Ice Dance Pre Bronze and Adult Solo Dance Pre Bronze, Bronze, Silver and Gold Pattern Dance:*

<u>Category</u>	<u>Pattern Dance</u>	<u># of sequences</u>
<u>Pre Bronze</u> (Adult Ice Dance and Solo Dance)	Dutch Waltz	<u>2</u>
	Riverside Rumba	<u>2</u>
<u>Bronze</u> (Adult Solo Dance)	Foxtrot	<u>3</u>
	European Waltz	<u>2</u>
<u>Silver</u> (Adult Solo Dance)	American Waltz	<u>2</u>
	Paso Doble	<u>2</u>
<u>Gold</u> (Adult Solo Dance)	Westminster Waltz	<u>2</u>
	Blues	<u>3</u>

Adult Ice Solo Dance Short

<u>Category</u>	<u>Elements</u>	
<u>Short Dance</u>	<u>1 sequence of ChaCha Congelado</u> <u>consisting of</u>	- <u>CC1 steps 1-17</u> - <u>CC2 steps 18-38</u>
	<u>1 Pose or Combination Pose</u>	
	<u>1 midline, diagonal or circular step</u> <u>sequence style B*</u>	
	<u>1 set of Twizzles</u>	

Adult Solo Dance Free Dance:

<u>Pre Bronze:</u> (maximum 1 minute and 40 seconds, maybe less)	1 Pose***
	1 Midline, Diagonal, Circular or Serpentine Step Sequence Style B
	1 Dance Spin (a dance combo spin is not allowed)
	1 set of Twizzles
<u>Bronze:</u> (maximum 1 minute and 40 seconds, maybe less)	1 Combination Pose*** or 2 Poses***
	1 Midline, Diagonal, Circular or Serpentine Step Sequence Style B
	1 Dance Spin (a dance combo spin is not allowed)
	1 set of Twizzles
<u>Silver:</u> (maximum 1 minute and 40 seconds, maybe less)	1 Choreographic Spinning Movement
	1 Combination Pose*** or 2 Poses***
	1 Midline, Diagonal, Circular or Serpentine Step Sequence Style A
	1 Dance Spin
<u>Gold:</u> (Maximum 3 minutes and 10 seconds, maybe less)	1 set of Twizzles
	1 Choreographic Spinning Movement
	1 Combination Pose*** or 3 Poses***
	1 Midline or Diagonal Step Sequence
	1 Serpentine or Circular Step Sequence
	1 Dance Spin or a dance Combo Spin
	1 set of Twizzles
	1 Choreographic Spinning Movement
	1 set of Twizzles
	1 Choreographic Spinning Movement

Solo Dance Pattern dance:

<u>Category</u>	<u>Pattern Dance</u>	<u># of sequences</u>
<u>Beginners</u>	Canadian ChaChaCha	2
	Hickory Hoedown	2
	Novice Foxtrot	2
	Canasta Tango	2
	Rhythm Blues	2
	Dutch Waltz	2
	British Waltz	2
	Fiesta Tango	2
	Golden Skaters Waltz	2
	Riverside Rumba	2
<u>Juvenile</u>	European Waltz	2
	22 step	2
<u>Primary</u>	14 Step	2
	Foxtrot	2
	Silver Samba	2
<u>Basic Novice</u>	Blues	3
	Foxtrot	4
	American Waltz	2
<u>Advanced Novice</u>	Tango	2
	Starlight Waltz	2
	Rocker Foxtrot	4

Solo Dance Short Dance:

<u>Junior:</u> (2 minutes and 50 seconds +/- 10 seconds)	<u>1 sequence (2 sections of ChaCha Congelado with CC 1 starting on the opposite side of the Judges.)</u>
	<u>1 Pose or Combination Pose</u>
	<u>1 Midline or Diagonal or Circular Step Sequence Style B*</u>
	<u>1 Set of Twizzles</u>
<u>Senior:</u> (2 minutes and 50 seconds +/- 10 seconds)	<u>1 sequence plus steps 1-4 of Rhumba</u>
	<u>1 Pose*** or Combination Pose***</u>
	<u>1 Pattern Dance Style Step Sequence Style B*</u>
	<u>1 Midline or Diagonal or Circular Step Sequence Style B*</u>
	<u>1 Set of Twizzles</u>

Solo Dance Free Dance:

<u>Beginner, Juvenile, and Primary:</u> (1 minutes and 30 seconds +/- 5 seconds) <i>Max level 2*</i>	<u>1 Pose***</u>
	<u>1 Midline or Diagonal Step Sequence Style B</u>
	<u>1 Dance Spin (a dance combo spin is not allowed)</u>
	<u>1 Set of Twizzles</u>
<u>Basic Novice:</u> (2 minutes +/- 10 seconds) <i>Max level 2*</i>	<u>1 Pose***</u>
	<u>1 Midline or Diagonal Step Sequence Style B</u>
	<u>1 Dance Spin (a dance combo spin is not allowed)</u>
	<u>1 set of Twizzles</u>
	<u>1 Choreographic Spinning Movement</u>
<u>Advanced Novice:</u> (2 minutes and 30 seconds +/- 10 seconds) <i>Max level 3*</i>	<u>1 Combination Pose*** or 2 Poses***</u>
	<u>1 Midline or Diagonal Step Sequence Style B</u>
	<u>1 Dance Spin (a dance combo spin is not allowed)</u>
	<u>1 set of Twizzles</u>
	<u>1 Choreographic Spinning Movement</u>
<u>Junior:</u> (3 minutes +/- 10 seconds)	<u>1 Combination Pose*** or 2 Poses***</u>
	<u>1 Midline or Diagonal or Serpentine or Circular Step Sequence Style A</u>
	<u>1 Dance Spin or a dance Combo Spin</u>
	<u>1 set of Twizzles</u>
	<u>1 Choreographic Spinning Movement</u>
<u>Senior:</u> (3 minutes and 30 seconds +/- 10 seconds)	<u>1 Combination Pose*** and 1 Pose*** or 3 Poses***</u>
	<u>1 Midline or Diagonal Steps</u>
	<u>1 Serpentine or Circular Step Sequence</u> (The first preformed Step Sequence as per Style A and the Second preformed Step Sequence as per Style B)
	<u>1 Dance Spin or a dance Combo Spin</u>
	<u>1 set of Twizzles</u>
	<u>1 Choreographic Spinning Movement</u>

*** If there is an option of more than 1 Pose or a combination Pose the Poses have to be of a different nature, e.g. Crouch and Attitude. Two Attitudes or Two Crouches will be seen as the same Pose, with one EXCEPTION: A combination of 2 Attitude Poses on different edges connect by a change of edge or a difficult turn. In this case only the combination Pose of 2 Attitudes will be permitted)

Judging regulations for Beginners, Juvenile and Primary are as per Basic Novice ISU Rules. Technical Panel Requirements for Ice Dance for Beginners, Juvenile and Primary are as per Basic Novice ISU Rules. For the level requirements for solo dance, see the attachment below.

Organizing committee: Westfriesche Kunstrij Club

Venue: Ice Rink De Westfries, covered non heated ice rink (60 x 30 meters) Address: Westfriesse Parkweg 5
1625 MA Hoorn

Date: 17th & 18th of March 2018

Entries: Entries can be made by a national association and/or affiliated club by sending the attached entry form by email to the following address.

The organisations has the right to limit entries for time scheduling purposes.

Westfriesche Kunstrij Club addressed to: Mrs. Marie-Louise Gijtenbeek
Email: info@wkc-hoorn.nl

Updated Closing entry date: 2nd of March 2018

Timetable: The timetable will be distributed after registration is completed.

Expenses: Competitors are responsible for their own expenses.

Accommodation: Competitors must make their own reservations for accommodation. For more information about local hotels, please contact the organizing committee.

For the Judges Panel and Technical Panel the travel expenses, accommodation and meals during their stay from Friday the 16th until Sunday the 18th of March will be covered.

Calculation: The IJS will be used to calculate the results.

Judges: Participating clubs or associations can, if the panel is not full, supply a judge, technical controller, technical specialist, data operator or video cutter per team with the minimum qualification "National Championships" who is trained in the ISU Judging System.

Entry Fees:

First Ice Dance or Solo Dance event per category:	€ 35,-
Second Ice Dance or Solo Dance event per category plus:	€ 30,-
Third Ice Dance or Solo Dance event per category plus:	€ 25,-

Payment: Payment of the entry Fees must be made to:

Westfriesche Kunstrij Club, Hoorn, The Netherlands.
Bank Identification Code (BIC): RABONL2U;
International Bank Account Number (IBAN): NL65 RABO 0111 5025 19.

Deadline for payment: 2nd of March 2018

Registration: Your registration must include for each competing skater/couple first and last names, date of birth, club and country affiliation, competing categories and planned program sheets.

Music: CD should be labeled with names, program/dance, club, country and category. A separate cd must be provided for each program.

Responsibility: In accordance with ISU Regulations Rule 119 the organizer may not be held responsible for eventual accidents or other damages to participants, officials or third parties. The organizing committee withholds the right to cancel (parts of) the competition when circumstances therefore arise without being liable for any costs etc. made by entering teams, officials and accompanying persons. The organizing committee has the right to decline entries because of the time-schedule.

Contact information:

Westfriesche Kunstrij Club

Postal Adress:
Postbus 1250
1500 AG Zaandam
The Netherlands

Email: info@wkc-hoorn.nl
Tel: +31682637037

Attachement 1 Solo Dance Technical Requirements:

Keypoints

Tango:

K1: Man Step 7 (XF-RF0-Rk shallow)

Lady Steps 8 & 9 (RFO,XB-LFI)

Features: 1. Correct Edges, 2. Correct Turn (Man), 3. Correct XF (Man), 4. Correct XB (Lady)

K2: Man Steps 20 & 21 (LFI Sw-CIMo, RBI-SwR)

Lady Steps 20 & 21 (RFO Sw-CIMo,LBO-SwR)

Features: 1. Correct Edges, 2. Correct Sw-CIMo, 3. Correct RBI-SwR, 4 Correct LFI-SwR

European Walz:

K1: Lady Steps 6 & 7 (RBO, LBO)

Man Step 1 (CR-RFO3)

Features: 1. Correct Edges, 2. Correct CR-RFO: passing of the free foot in front of the skating foot in the Cross Roll.(Man), 3. Correct RFO3 (Man)

K2: Lady Steps 10.11 & 12 (RBO,LFO3,RBO)

Man Steps 15,16 & 17 (RBO,LFO3,RBO)

Features: 1. Correct Edges, 2. correct Turn, 3. Correct placement of the free foot after LFO3 (not dropped or wide)

Rocker Foxtrot:

K1: Lady Step 5 (LFO-SwRK)

Mens Steps 5a en 5b (LFO, RFO)

Features: 1. Correct Edges, 2. Correct Turn

K2: Lady Steps 11-14 (LFO, CIMo, RFO, XF-LBI,RFI)

Men Steps 11-14 (LFO, CIMo, RFO, XF-LBI,RFI)

Features: 1. Correct Edges, 2. Correct Turn, 3. CIMo Correct placement of the Free Foot, 4. XF-LBI Free Leg Crossed in front of the skating leg.

Starlight Waltz:

Section 1 (steps 1-17):

K1: Lady Steps 1-6 (RBO, LBI-Ch, RBO, LBO, RBI-Ch, LBO)

Men Steps 1-6 (LFO, RFI-Ch, LFO, RFO, LFI-Ch, RFO)

Features: 1. Correct edges

K2: Lady Steps 16 & 17 (LFO-CIMo, RBO)

Men Steps 16a, 16b en 17 (RBO, LBI-Pr, RBO)

Features: 1. Correct edges, 2. CIMo Correct Turn & Correct Placement of free foot.

Section 2 (steps 18-32)

K1: Lady steps 21 & 22 (LFI-OpMo, RBI)

Men steps 21, 22 & 23 (RFO, LFI-Ch, RFO-SwR)

Features: 1. Correct Edges, 2. OpMo Correct Turn & Correct Placement of free foot (lady).
3. Correct LFI-Ch (man), 3. Correct RFO SwR (man)

K2: Lady Step 31 (CR-RFO-SwR)

Men Step 31 (CR-RFO-SwR)

Features: 1. Correct edges, 2. Correct swing movement of the free leg.

Cha Cha Congelado:

1CC (steps #1-17):

K1: Lady & Man steps 3-5 (slip steps)

Features: 1. Correct slip steps

K2: Lady steps 7-8 (XF-LBI/R-td/LBI3, XF-RFO with L-td)

Man steps 7-8 (XF-LFO with R-td, LFO-Rk, XF-RBI with L-td)

Features: 1. Correct steps, 2. Correct turn (Lady #7), 3. Correct turn (Man #7)

K3: Lady Steps 13-17 (RFO, XB-LFI OpMo, RBI, LBO, RBO)

Man Steps 13-14, 17 (LFI, XB-RFO, LFO3)

Features: 1. Correct Edges, 2. Correct Turn (#Lady 14) (#Man 17), 3. Correct Placement of free foot (#14)

2CC (Steps #18-38)

K1: Lady Steps 23 – 25 (LFI Sw-CIMo, RBI, XF-LBO)

Man Steps 23 -25 (RFO Sw-CIMo, LBO, XF-RBI)

Features: 1. Correct Edges, 2. Correct Turn (#23), 3. Correct placement of the free foot (#23)

K2: Lady & Man Steps 30-33 (XF-RFO, XB-LFI, RFI, LFO-Ch, RFI)

Features: 1. Correct Edges, 2. Correct Steps

K3: Lady Steps 36-38 (LFI SwR, RFI OpMo, LBI, RBO)

Man Steps 36-38 (LFI SwR, RFI, LFO)

Features: 1. Correct Edges, 2. Correct Turn (Lady # 37), 3. Correct placement of the free foot (#37)

Rhumba:

K1: Lady & Man Steps 6-8 (CR-RFO, XB-LFI, Wd-RFI)

Features: 1. Correct Edges, 2. Correct Steps, 3. Wd-RFI

K2: Lady & Man Steps 11-13 (Wd-LFI Wd-XF OpCho, RBO Wd-XB CCho, LFI)

Features: 1. Correct Edges, 2. Correct Turns, 3. Correct Placement of free foot*

*Correct placement of free foot is approximately 2 blade lengths apart.

- A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step.
(Example: Lady Step #25 – Cha Cha)

Characteristic of Levels of Pattern Dance Elements:

Level 1: 75% of Pattern Dance Element is completed by both partners

Level 2: Pattern Dance Element is not interrupted more than 4 beats in total, either through Stumbles, Falls or any other reason AND 1 Key Point is correctly executed

Level 3: Pattern Dance Element is not interrupted more than 4 beats in total, either through Stumbles, Falls or any other reason AND 2 Key Points are correctly executed

Level 4: Pattern Dance Element is not interrupted at all, either through Stumbles, Falls or any other reason AND 3 Key Points are correctly executed

Spins

For Basic Positions and definition of features we refer to the most recent ISU rules.

Characteristics of Levels of Spins or Combo Spins:

In general:

- A Difficult Variation shall be considered for Level when held for at least 2 rotations in a Spin or 3 rotations in a Combination Spin.
- Level 3 or 4 shall be considered only when each partner performs at least one of the Difficult Variations given credit for Level.
- In a Combination Spin, Level 3 or 4 shall be considered only when each part of the Combination Spin includes at least one of the Different Difficult Variations given credit for Level.

- Level 1: Spin: at least 3 rotations, Combination Spin: at least 3 rotations in either part and more than 1 rotation on the other part
- Level 2: OPTION 1 2 different Difficult Variations from 2 different Basic Positions
OPTION 2 Change of direction with at least 3 rotations in each section plus 1 difficult variation from 1 Basic Position.
- Level 3: OPTION 1 3 different Difficult Variations from 3 different Basic Positions
OPTION 2 Change of direction with at least 3 rotations in each section and 2 different Difficult Variations from 2 different Basic Positions
- Level 4: OPTION 1 3 different Difficult Variations from 3 different Basic Positions AND Entry feature or Exit feature
OPTION 2 Change of direction with at least 3 rotations in each section and 2 different Difficult Variations from 2 different Basic Positions AND Entry feature or Exit feature

Adjustments to levels:

1. If at the entrance to the Dance Spin the spinning action has been started and the skater is still on two feet after half a rotation, the Level shall be reduced by one Level.
2. If at the change of foot in the Combination Spin the spinning action has been started and the skater is still on two feet after half a rotation, the Level shall be reduced by one Level.
3. If during the Dance Spin: - a loss of control occurs resulting in one of the following mistakes: - additional support (touch down by free leg/foot and/or hand(s) (note: does not apply to situations described in bullets 1. and 2. above), for up to half a rotation, and the Dance Spin continues according to Dance Spin requirements after the mistake, the Level shall be reduced by 1 Level per occurrence. But if the mistake lasts for more than half a rotation, this shall be considered as an interruption and additional principles of calling shall apply.

Poses

Additional Principals of Calling all Poses:

Applicable to all Types of Pose:

1. The first performed Poses(s) shall be identified as the required Pose(s) and given a Level, or No Level if the requirements for Level 1 are not met. Subsequent Poses shall be identified as a Pose and classified as an Extra Element with no value.
2. Any Pose or part of a Combination Pose of a repeated Type shall be classified as an Extra Element with no value.
3. To be considered a different Type, Poses of a similar Category must be skated on different edges.
4. Any Pose of a Type not according to the Required Elements for Short Dance or the Well Balanced Free Dance Program shall be classified as an Extra Element with no value.
5. A brief movement, less than 3 seconds, in which a pose position is attained but is not sustained shall not be considered as a Pose.
6. If a Fall or interruption occurs at the entrance to or during a Pose, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met.

Additional Principals of Calling Combination Poses:

1. A Combination Pose shall be identified with the first two fully established Types of Single Pose performed forming two approximately equal parts or it shall be identified as a Single Pose of the Type forming the larger part. The Level of each of the two Types of Pose shall be given separately.
2. If for any reason one of the parts of a Combination Pose cannot be identified, only the other part shall be identified, as a Single Pose, and given a Level according to the requirements met, or No Level if the requirements for Level 1 are not met, and classified as "+Combo". The subsequent elements shall be identified as if both parts of the Combination Pose had been performed and identified
3. If one of the Single Poses forming the Combination Pose includes an Illegal Movement/Pose, the deduction for Illegal Element/Movement will apply once and the Part of the Combination Pose including the Illegal Movement/Pose will receive Level 1 if the requirements for Level 1 are met (example of call: "sPo1 Illegal Element+ sPo4 Combo").

4. If both Single Poses forming the Combination Pose include an Illegal Movement/Pose (same or different), the deduction for Illegal Element/Movement will apply twice and both parts of the Combination Pose will receive Level 1 if the requirements for Level 1 are met (example of call: “ sPo1 Illegal Element+sPo1 Illegal Element Combo”).
5. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Entry Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the first part of the Combination Pose will receive Level 1 if the requirements for Level 1 are met. The second part of the Pose will receive a Level according to the requirements met,
6. In a Combination Pose, if a skater performs an Illegal Element/Movement as an Exit Feature (such as a Jump of more than one revolution): the deduction for Illegal Element/Movement will apply and the second part of the Combination Pose will receive Level 1 if the requirements for Level 1 are met. The first part of the Pose will receive a Level according to the requirements met.

Definitions:

Combination Pose: The duration of the Pose should not exceed twelve (12) seconds – A Pose combining: a) Two different Types of Single Pose. To be a different Type a Pose must be of a different category i.e. Attitude, Crouch, Ina Bauer etc.* (see exception below) b) With not more than 1 connecting step between the two poses.

Crouch: A two footed movement in which a Skater travels along the ice with both legs bent at an angle.

Pose: A movement in which the skater adopts \ attains a sustained position for a minimum of 3 seconds. A Dance Pose should enhance the music chosen and express its character and should be performed in an elegant manner without obvious feats of strength and awkward and/or undignified actions and positions.

Attitude: A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg straight or slightly bent and the free leg either raised higher than the level of the hip and In front, behind or to the side, bent or extended, free or held.

Ina Bauer: A two-footed movement in which the Skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

Lunge: A movement in which a Skater travels along the ice with one leg bent and the other leg directed behind with the boot/blade touching the ice.

Shoot the Duck: A one foot movement in which a Skater travels along the ice with one leg in a strongly bent position and the other leg directed forward parallel to the ice

Single Pose: The duration of a Single Pose should not exceed seven (7) seconds. Where 2 Single Poses are specified there must be more than 3 steps between them.

Spread Eagle: A two- footed movement in which a Skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on the same tracing.

* Exception: a Combination Pose comprising two Attitudes on different edges connected by a change of edge or difficult turn is permitted as a Combination Pose

Additional definitions, specifications to definitions and notes

Difficult Poses:

- a) An Attitude with a full split: when the legs of the skater are extended in one line with the angle between thighs about 180 degrees;
- b) A “Biellmann”: body in any orientation (e.g. upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head;
- c) An Attitude comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade);
- d) An Ina Bauer
- e) Hydro blade. The core of the body must be clearly positioned away from the vertical axis.
- f) A Spread Eagle.
- g) A Spiral / Simple Camel Position with the free leg in a horizontal position or higher for the Man only. ▪ a chosen example of Difficult Pose on skated on the same edge shall be considered for Level only the first time it occurs;

- ▪ examples b) (full "Biellmann) and c) (full doughnut/ring) shall be considered as the same
- Notes: ▪ a chosen example of Difficult Pose on skated on the same edge shall be considered for Level only the first time it occurs; ▪ examples b) (full "Biellmann) and c) (full doughnut/ring) shall be considered as the same

Difficult Turn as a connecting step: A difficult turn as a connecting step between two Single Poses to form a Combined Pose is defined as either, a Rocker, a Counter or a Bracket. No extra steps, pushes or touch downs are allowed.

Change of edge between two Poses: The change of edge connecting two Poses should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established within 2 seconds. When the two Poses are Attitudes the free leg must be held higher than the hip.

Entry Feature: a) unexpected entry without any evident preparation; b) continuous combination of intricate steps and/or movement(s) performed immediately before the Pose.

Arm Feature: Significant and continuous movement of the **arms** in time to the beat of the music in a manner that should enhance the music chosen and express its character. Where one arm is being used to support the free leg in position the free **arm** should be used continuously to the beat of the music in a manner that should enhance the music chosen and express its character. Simple use of the hands only is not sufficient.

Characteristics of Levels Single Pose:

Level 1: A Pose position is established for at least 3 seconds

Level 2: Pose Position attained and held for at least 3 secs on a definite clean edge edges.

Level 3: The Pose position is difficult and attained for at least 3 seconds on a definite clean edge.

Level 4: Ina Bauer on definite opposing edges held and attained for at least 3 seconds and performed in a straight line. Or A Difficult Pose position which is attained for at least 3 seconds on a definite clean edge And either, An entry feature Or An arm feature is performed.

Characteristics of Levels Combination Pose:

Level 1: Both Pose positions are established for at least 3 seconds.

Level 2: The position of each Pose is attained and held for at least 3 seconds on definite clean edges

Level 3: Each of the two types of Poses are Difficult and the positions are attained and held for at least 3 seconds on clean definite edges, And either, An entry feature Or An arm feature in one of the Poses Is performed

Level 4: One pose is an Ina Bauer on definite opposing edges and held and attained for at least 3 seconds and performed on a straight line and the second Pose is also a difficult pose of a different type held and attained on a clean definite edge. The poses must be connected with a difficult turn performed one foot. Or Option 2, Each of the two types of Poses are Difficult and the positions are attained and held for at least 3 seconds on clean definite edges and connected with either a change of edge or a difficult turn. And either, An entry feature or An arm feature in both Poses Is performed

Adjustments to levels:

1. If there is more than one connecting step between the two poses in a combination pose the level of difficulty is reduced by one level.
2. If the Pose is clearly established but is unstable the level of difficulty is reduced by one level.

Twizzles:

Characteristics of Levels

General: If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after a Twizzle has commenced and the Twizzle continues after touchdown (without interruption), only the rotations before the touchdown shall be considered for Level.

Level 1: At least one rotation in each of the two Twizzles

Level 2: Different entry edge and different direction of rotation for the two Twizzles AND At least 2 rotations in each of the two Twizzles AND At least 2 different Additional Features

Level 3: Different entry edge and different direction of rotation for the two Twizzles AND At least 3 rotations in each of the two Twizzles AND At least 3 different Additional Features from 2 different Groups

Level 4: Different entry edge and different direction of rotation of the two Twizzles AND At least 4 rotations in each of the two Twizzles AND At least 3 different Additional Features from 3 different Groups

Adjustments to levels:

1. If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced: ▪ by one Level if one of the two Twizzles become Pirouettes or checked Three Turns;
2. ▪ by two Levels if two of the two Twizzles become Pirouettes or checked Three Turns.
3. If there is a full stop before the first Twizzle, the Level of the Set of Twizzles shall be reduced by one Level.
4. If there is a full stop before the second Twizzle, the Level of the Set of Twizzles shall be reduced by one Level.
5. If there is more than one step between Twizzles in a Set of Sequential Twizzles or more than three steps in a Set of Synchronized Twizzles, the Level of the Set of Twizzles shall be reduced by 1 Level.

Step Sequences

Characteristics of Levels:

General: Levels of Difficulty Style of Step Sequences: The Level of Difficulty of the Step Sequences shall be determined as per the following Characteristics of Levels:

- Novice (Basic and Advanced) Free Dance (Straight Line or Curved Step Sequence in Hold): Style B
- Senior and Junior Short Dance (Not Touching Midline, Diagonal or Circular Step Sequence): Style B*
- Senior Short Dance (Pattern Dance Type Step Sequence in Hold): Style B* (NO separation is allowed)
- Junior Free Dance: Style A (Straight Line or Curved Step Sequence)
- Senior Free Dance (Straight Line and Curved Step Sequences) first performed: Style A later performed: Style B

Style A:

Level Basic: Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason

Level 1: Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 2 different Types of Difficult Turns

Level 2: Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 5 Difficult Turns and One Type cannot be taken into consideration more than 2 times AND A one foot section includes at least 2 different Types of One Foot Section Turns

Level 3: Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 7 Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) and One Type cannot be taken into consideration more than 2 times AND Turns are multidirectional AND A one foot section includes at least 3 different Types of One Foot Section Turns (If Twizzle is included it must be done with at least two rotations - “Double Twizzle”)

Level 4: Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason AND Footwork includes at least 9 Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) and One Type cannot be taken into consideration more than 2 times AND Turns are multidirectional AND A one foot section includes ALL 4 different Types of One Foot Section Turns (Twizzle must be done with at least two rotations - “Double Twizzle”) AND 100% of Difficult Turns are performed clearly on correct Edges and all other Steps/Turns are clean

Style B:

Level Basic: Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason

Level 1: Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 1 Type of Difficult Turn

- Level 2: Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 3 different Types of Difficult Turns
- Level 3: Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 4 different Types of Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) AND Turns are multidirectional
- Level 4: Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason AND Footwork includes at least 5 different Types of Difficult Turns (if Twizzle is included it must be done with at least two rotations – “Double Twizzle”) AND Turns are multidirectional AND All Steps/Turns are 100% clean

Choreographic Spinning Movement

Basic Principals of Calling

1. If a Choreographic Element is required with Choreographic Spinning Movement, the first Choreographic Spinning Movement performed anywhere in the program shall be identified as a Choreographic Spinning Movement, Subsequent Choreographic Spinning Movements or Choreographic Twizzling Movements shall not be identified.
2. A Choreographic Spinning Movement shall be identified at the entrance to the element and confirmed if three rotations are performed.
3. The required Choreographic Element/Movement in the Free Dance must be performed separately to be identified and Confirmed by the Technical Panel.
4. Any Choreographic Element/Movement combined with another Required Element as an ‘Entry’ or ‘Exit’ feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an ‘entry’ and/or ‘exit’ feature

Reason: To give a possibility to skaters, in addition to Required Choreographic Elements, to use these kind of movements as an entry or exit feature

Definition of choreographic Spinning Movement: A continuous spinning (rotating) movement (other than a twizzle or a Dance Spin) on two feet or, alternate feet or, one foot and one knee / boot (but not two knees) with at least 3 full rotations which may be stationary or travelling