

Bristol Ice Skating Club

OPEN DANCE COMPETITIONS

SUNDAY ~ 13TH SEPTEMBER 2009

ANTICIPATED START 10:30AM

COUPLES COMPULSORY &/OR FREE DANCE

SOLO COMPULSORY &/OR FREE DANCE

(no age limit on Ice Dance Competitions)

ADULT FREE SKATING

ADULT SOLO EXHIBITION



CLOSING DATE



MONDAY 10TH AUGUST 2009

Bristol Ice Skating Club

Open Dance and Adult Free Competitions

Sunday – 13th SEPTEMBER 2009

Please submit one entry form for couples competition(s) with the same partner and a separate entry form for solo competition(s) that you enter. Note there is no age limit for dance competitions.

Entry for Couples / Solo / Exhibition - PLEASE PRINT IN CAPITALS

Lady's Name: Man's Name:

Address: Address:

.....

.....

.....

.....

Post Code Post Code

Tel. No: Tel. No

Email: Email:

Please indicate if you are willing to accept communications by email **Lady** Yes / No **Gentleman** Yes / No

Club and/or Rink: Club and/or Rink:

NISA Membership No: NISA Membership No:

Entry will not be accepted without a NISA membership number. NISA membership must be up to date at the date of the competition. (rule 1)

Highest Compulsory & Free Dance Standard Achieved for dance competitions and Elements and Free for Singles competitions (levels or accredited levels at closing date)

Lady..... Man.....

Licensed Coach Licensed Coach's NISA Membership No :.....

Field Moves seminar attended by Coach: Venue and Date

Requirements based on ISU Adults 09 & 10, BAC 2009 and Mountain Cup	Bronze	Silver	Gold	Additional Competitions	
Couples – Compulsory Dance	1A	1C	1E	1B	1D
Couples – Free Dance	2A	2B	2C		
Solo – Compulsory Dance	3B	3C	3E	3A	3D
Solo – Free Dance	4B	4C	4D	4A	
Singles (<i>please add age group after the stroke</i>)	5A/	5B/	5C/		
Exhibition				6	

Please circle the competitions in which you wish to compete. For singles enter the age group number after the stroke.

£35.00 for each couple competition. £29.00 for each solo dance, singles and exhibition competition.

Total entry fees: Cheque No:.....

Music details: Title of Music

Composer

Record / C.D Number

Only mini discs or CD's are acceptable. No tapes please.

Signed:

Cheques to be payable to: "Bristol Ice Skating Club". Entries should be returned to: Bristol Ice Skating Club
c/o Competition Co coordinator, Miss J Murch, 6 Almeda Road, St George, BRISTOL, BS5 8RZ

Telephone No: 0117 9670065 (before 9:00pm)

Email joanemurch6@hotmail.com

Bristol Ice Skating Club

Open Dance Competitions

Sunday – 13th SEPTEMBER 2009

Couples Compulsory Dance Competitions (no age limit)

- Class 1A: BRONZE:** Maximum Standard Level 5 : Compulsory Dances
(ISU Adults 2009/10) Fourteen Step - 3 sequences
Foxtrot - 3 sequences.
- Class 1B: ADDITIONAL COMP:** Maximum Standard Level 5 : Compulsory Dances
Golden Skaters Waltz - 2 sequences
Riverside Rhumba - 2 sequences.
- Class 1C: SILVER:** Maximum Standard Level 7 : Compulsory Dances
(ISU Adults 2009/10) European Waltz – 1 minute
Tango - 2 sequences.
- Class 1D: ADDITIONAL COMP:** Maximum Standard Level 8 : Compulsory Dances
American Waltz – 1½ circuits of a 1 lobe pattern.
Blues – 3 sequences.
- Class 1E: GOLD:** Open Standard : Compulsory Dances
(ISU Adults 2009/10) Paso Doble - 3 sequences
Westminster Waltz – 2 sequences.

Couples Free Dance Competitions (no age limit)

- Class 2A: BRONZE:** Maximum Standard Level 4 : Free Dance (ISU Adults & BAC 2009)
Free Dance: One and a half minute duration plus or minus 10 seconds.
Requirements: Must include no more than one spin (min 2 revs) in dance hold on one foot by both partners. No more than one lift may be included to enhance the performance but is not marked.
Only one step sequence in varied hold must be included.
- Class 2B: SILVER:** Maximum Standard Level 7 : Free Dance (ISU Adults & BAC 2009)
Free Dance: Maximum duration of two minutes and 40 seconds but may be less.
Requirements: One but no more than two Dance Spins in optional position consisting of at least three (3) rotations on one foot for each partner. A simple spin with no change of foot or a Combination Spin with a change of foot is permitted. (see ISU Communication 1496 and 1522).
One but no more than two lifts must be included and no lift exceeding more than 6 seconds.
A maximum of one step sequence in varied hold must be included.
- Class 2C: GOLD:** Open Standard : Free Dance (ISU Adults & BAC 2009)
Free Dance: Maximum duration of three minutes and 10 seconds but may be less.
Requirements: One but no more than two Dance Spins in optional position consisting of at least three (3) rotations on one foot for each partner. A simple spin with no change of foot or a Combination Spin with a change of foot is permitted. (see ISU Communication 1496 and 1522).
A minimum of one and maximum of Three Lifts. If more than one lift is performed in the programme, one must be a long lift not exceeding 12 seconds. All other lifts must not exceed 6 seconds.
A minimum of one and a maximum of two step sequences in hold. If two sequences are performed one must be curved and the other straight line. If only one is performed it must be either a straight line or a curved sequence.

GENERAL

- 1. Step Sequence** - Jumps, Spins, Stops and Pirouettes are not permitted during the step sequence.
- 2. Music** - Vocals permitted in Free Dance. ISU Rule 509 applies. Only CD's and Mini discs are accepted.

Bristol Ice Skating Club

Open Solo Dance Competitions

Sunday – 13th SEPTEMBER 2009

Solo Compulsory Dance Competitions (no age limit):

Class 3A: ADDITIONAL COMP Maximum Standard Level 3 : Compulsory Dances
Golden Skaters Waltz – 2 sequences.
Riverside Rhumba – 2 sequences.

Class 3B: BRONZE: Maximum Standard Level 5 : Compulsory Dances
(Mountain Cup 2009) Fiesta Tango — 3 sequences.
Swing Dance —2 sequences.

Class 3C: SILVER: Maximum Standard Level 7 : Compulsory Dances
(BAC 2009) Fourteen Step – 3 sequences.
Rocker Foxtrot – 3 sequences.

Class 3D: ADDITIONAL COMP: Maximum Standard Level 8 : Compulsory Dances
American Waltz – 1½ circuits of a 1 lobe pattern.
Silver Samba – 2 sequences.

Class 3E: GOLD: Open Standard.: Compulsory Dances
(BAC 2009) Starlight Waltz – 2 sequences.
Paso Doble – 3 sequences.

Solo Free Dance Competitions (no age limit)

Class 4A: ADDITIONAL COMP Maximum Standard Level 3 : Free Dance

Free Dance Requirements: Maximum duration of 1 minute and 40 seconds but may be less.
Good timing, expression, simple step movements.

Class 4B: BRONZE: Maximum Standard Level 4 : Free Dance (BAC & Mountain cup 2009)

Free dance: Maximum duration of 1 minute and 40 seconds but may be less.
Requirements: Must contain one but no more than two spins with a minimum of 3 revolutions on one foot.
Minimum of one step sequence of any type must be included.

Class 4C: SILVER: Maximum Standard Level 7 : Free Dance (BAC & Mountain cup 2009)

Free Dance: Maximum duration of 1 minute and 40 seconds but may be less.
Requirements: Must contain one but no more than two spins with a minimum of 3 revolutions on one foot.
Minimum of one step sequence of any type must be included.

Class 4D: GOLD: Open Standard : Free Dance (BAC & Mountain cup 2009)

Free Dance: Maximum duration of 2 minutes and 35 seconds but may be less.
Requirements: Must contain one but no more than two spins with a minimum of 3 revolutions on one foot.
Minimum of one step sequence of any type must be included.

GENERAL

1. **Step Sequence** - Jumps, Spins, Stops and Pirouettes are not permitted during the step sequence.
2. **Music** - Vocals permitted in Free Dance. ISU Rule 509 applies. Only CD's and Mini discs are accepted.

Bristol Ice Skating Club

Adult Free Style Competitions

Sunday – 13th SEPTEMBER 2009

There are separate classes for ladies and gentlemen and three age groups. Please note rule 5.

Class 5A: Bronze: Maximum Standard Level 2 Free and Elements – Factor 1.0
(ISU Adults 2009) Age group **1** birth dates from 1st July 1973 to 30th June 1988.
Age group **2** birth dates from 1st July 1953 to 30th June 1973.
Age group **3** birth dates on or before 30th June 1953.

Requirement

A competitor competing in the Adult Bronze Free Skating event must perform a well-balanced program of no more than 1min 40sec but may be less, that must contain:

- a. A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.
A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.
A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
Non-listed jumps may be included in the program as part of connecting footwork, preceding single or double jumps.
- b. A maximum of two (2) spins of a different abbreviation; The spins must have a required minimum number of revolutions: three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot. **Flying spins are not permitted.**
There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- c. A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half of a straight line etc.). In case of a **circular** step sequence a full circle is required covering 1/2 the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves in the field (transitions) and marked as such.

Bristol Ice Skating Club

Adult Free Style Competitions

Sunday – 13th SEPTEMBER 2009

There are separate classes for ladies and gentlemen and three age groups. Please note rule 5.

Class 5B: SILVER: Maximum Standard Level 5 Free and Elements – Factor 1.0
(ISU Adults 2009) Age group 1 birth dates from 1st July 1973 to 30th June 1988.
Age group 2 birth dates from 1st July 1953 to 30th June 1973.
Age group 3 birth dates on or before 30th June 1953.

Requirement

A competitor competing in the Adult Silver Free Skating event must perform a well-balanced program of no more than 2min 10sec but may be less, that must contain:

- a. A maximum of five (5) jump elements; **The single Axel or any other single Axel type jump and all other single jumps are permitted.**

A jump combination may consist of the same or another single jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of single jumps that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no turns/steps, crossovers or stroking during the sequence.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork, preceding single jumps or an axel type jump.

- b. A maximum of three (3) spins of different abbreviations, one of which must be a spin combination with a change of foot. The spins must have a required minimum number of revolutions: three (3) for the flying spin with no change of foot after landing, three (3) for the spin with only one position and no change of foot and four (4) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c. A maximum of one step sequence (i.e., circular, straight line, serpentine) or spiral sequence covering at least 50% of the usual pattern (e.g., half a serpentine, half of a straight line etc.) In case of a **circular** step sequence a full circle is required covering 1/2 the ice surface.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves in the field (transitions) and marked as such.

Bristol Ice Skating Club

Adult Free Style Competitions

Sunday – 13th SEPTEMBER 2009

There are separate classes for ladies and gentlemen and three age groups. Please note rule 5.

Class 5C: GOLD: Open Standard – Factor 1.0
(ISU Adults 2009) Age group 1 birth dates from 1st July 1973 to 30th June 1988.
Age group 2 birth dates from 1st July 1953 to 30th June 1973.
Age group 3 birth dates on or before 30th June 1953.

Requirement

A competitor competing in the Adult Gold Free Skating event must perform a well-balanced program of no more than 3min 10sec but may be less, that must contain:

- a. A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.

A jump combination may consist of the same or another single, double or triple jump. There may be up to three jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two up to two (2) listed jumps.

A jump sequence may consist of any number of jumps of any number of revolutions that may be linked by non-listed jumps like mazurkas, half-loops etc. and/or hops immediately following each other while maintaining the jump rhythm (knee); there can be no steps/ turns, crossovers or stroking during the sequence.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

Non-listed jumps may be included in the program as part of connecting footwork.

- b. A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot and one must be a flying spin. The spins must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot.

There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- c. A maximum of one step sequence (i.e, circular, straight line, serpentine) or spiral sequence according to the requirements.

Additional spiral sequences and step sequences will not be counted as a step sequence but will be counted as moves in the field (transitions) and marked as such.

No vocal music allowed. Only C.D's or mini discs will be accepted. Tapes will not be accepted.

Bristol Ice Skating Club

Adult Competitions

Sunday – 13th SEPTEMBER 2009

6 Exhibition Competition

Minimum age 21 years, Rule 5.

The programme may take the form of Free Skating or Ice Dance Exhibition skating or a combination of the two disciplines.

There is only one category. Ladies and Gentlemen will therefore skate in the same category. This will consist of a programme lasting no more than 2 minutes and 10 seconds.

Requirements: A well balanced programme concentrating on musical interpretation.

Any props must be small and hand held.

Objects on the ice, placed on the barrier or on the judge's table are **not permitted**.

Costumes that contain particles that may mark or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The marks are awarded as follows:

Judge Number 1: Technical Merit

Judge Number 2: Musical Interpretation

Judge Number 3: Choreography

Judge Number 4: Entertainment Value

Judge Number 5 Costume, props and their relevance to the programme

The places are awarded based on the highest total mark.

Ties are resolved by awarding the higher place to the competitor with the higher Musical Interpretation mark.

Vocal music is allowed.

Only C.D's and Mini Discs will be accepted. Tapes will not be accepted.

Bristol Ice Skating Club

Open Dance Competitions

Sunday – 13th SEPTEMBER 2009

Competition Rules

- 1 The Competitions are open to eligible members of the National Ice Skating Association of the United Kingdom (NISA). An entry cannot be accepted without the NISA membership number of the competitors.
- 2 These Events are held under International Skating Union (ISU) Regulations 2008 plus any amendments and communications.
NB. The Relative 6.0 scoring system (RJS) will be used for these competitions, not the IJS system. It is a requirement of this competition that every competitor is a paid up member of NISA by the closing date for entries. Entry forms must include your NISA membership number.
- 3 The Organising Committee reserve the right to refuse any entry without reason assigned.
- 4 The Committee reserve the right to combine, split or cancel any competition deemed necessary.
- 5 The age of a competitor is defined as at 1st July 2009.
- 6 **ONLY CD Rom or Mini Disk will be accepted. No Tapes.** All music must be clearly marked with the competitor(s)' name, competition and class.
- 7 The standards for each competition are as at the closing date. Test standards relate to the current NISA test schedules and are as at the closing date of this event.
- 8 The closing date for entries is Saturday 10th August 2009.
- 9 The draw will be held at Bristol Ice Rink at a date and time agreed with the Referee, but will be within the 7 days immediately preceding the event.
- 10 All competitors must provide their NISA membership numbers and, if they are under instruction from a coach, the name and membership number(s) of their coach(es).
- 11 A stamped addressed envelope must be enclosed with each entry. Competitors wishing to receive immediate confirmation of receipt of their entry should enclose a second stamped addressed envelope. Alternatively communications can be provided by email.
- 12 Only named persons on the entry form may cancel their entry. Except under exceptional circumstances entry fees are not refunded if a cancellation is received after the closing date.
- 13 Winners must sign receipts for the trophies and return the trophies to Bristol Ice Skating Club when requested.
- 14 No flash photography during competition or warm-ups on or off ice is permitted.
- 15 Referee's permission is required for video and photography. Only parents or guardians of juvenile (16 years or less) competitors may video or photograph the competitor in accordance with Child Protection and Data protection rules and legislation.
- 16 In the event of only one entry for a competition at the closing date the competitor has the opportunity to withdraw or to skate to the standard of the competition. To receive the trophy the competitor(s) must achieve the standard of the competition.
- 17 Separate entry forms must be submitted if a competitor wishes to compete in solo and couples competitions.
- 18 Dances underlined are the tie-breakers.
- 19 The personal details supplied by competitors on the application form will be held on computer files and used for the purposes of organising timetables, running the competitions, calculation of results from marks given by the judges and for statistical analysis.
- 20 Photocopies of entry forms will be accepted.
- 21 Cheques to be payable to: "Bristol Ice Skating Club"
- 22 Entries must be returned to: Miss J Murch, c/o Competition Co-ordinator, Bristol Ice Skating Club
6 Almeda Road, St George, BRISTOL BS5 8RZ on or before the closing date.

Telephone No. 01179 670065 (before 9:00pm) E-mail joanemurch6@hotmail.com

Please Note - the judges for this event are situated at one end of the rink behind the barrier and not mid way down one side as is generally more traditional.