



BIS Adult Requirements

Solo Dance

2022-2023 Season

UPDATED 17th February 2023

4 Categories: Pre Bronze, Bronze, Silver and Gold

Skaters may enter only 1 category (i.e. Pre-Bronze, Bronze, Silver or Gold) within each segment of the Championship. They are however free to choose the level of each segment individually within the standards listed. For example, a skater may choose to enter a category of pattern dance and a different category in free dance, based on their ability.

In case of ties in the Pattern Dance the TES will decide the outcome.

Pre-Bronze **and Bronze** level will have no key points.

Bronze, Silver and Gold will have key points

Young Adults	Must be 21 but not have reached the age of 28 before 1 st July 2022
Class I	Must be 28 but not have reached the age of 38 before 1 st July 2022
Class II	Must be 38 but not have reached the age of 47 before 1 st July 2022
Class III	Must be 47 before 1 st July 2022 (no upper age limit)

Category	Pattern Dance / Short Dance	Free Dance
Pre-Bronze	Dutch Waltz (2 seq) Tango Canasta (3 seq)	1 min 30 sec +/- 5 secs
Bronze	Swing Dance (2 seq) Willow Waltz (2 seq)	1 min 30 sec +/- 10 secs
Silver	Fourteenstep (4 seq) Rocker Foxtrot (4 seq)	1 min 50 sec +/- 10 secs
Gold	Westminster Waltz (2 seq) Argentine Tango (2 seq)	2 mins 20 secs +/- 10 secs

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct them to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.

For Pre-Bronze, Pattern Dance Music is ISU Ice Dance Music and will be played in order of skate tunes 1-5.

For Bronze and above, Skaters shall provide their own music for all Pattern Dances. May be ISU Ice Dance music (tune 1-5).

Category	Pattern Dance	# of sequences	Music	Pattern	Components/Factors	Warm up Music
Pre-Bronze	Dutch Waltz	2 sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute)	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the European Waltz ISU Ice Dance music
	Tango Canasta	3 sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute)	Set Pattern		the 6 th (last) tune of the Tango ISU Ice Dance music
Bronze	Swing Dance	2 Sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Foxtrot ISU Ice Dance music
	Willow Waltz	2 sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern		the 6 th (last) tune of the European Waltz ISU Ice Dance music
Silver	Fourteenstep	4 sequences	March 2/4 and 4/4: 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Fourteenstep ISU Ice Dance music
	Rocker Foxtrot	4 sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6 th (last) tune of the Foxtrot ISU Ice Dance music
Gold	Westminster Waltz	2 Sequences 4 Sections Steps 1-10 & 11-22	Waltz 3/4; Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute	Optional Pattern	Timing Presentation Skating Skills Factor: 0.93	the 6 th (last) tune of the Westminster Waltz ISU Ice Dance music
	Argentine Tango	2 sequences	Tango 4/4; Tempo 24 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6 th (last) tune of the Argentine Tango ISU Ice Dance music

PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2022/2023)

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	NO. OF STEPS PER SECTION or SEQUENCE	No. of Steps				
						10%	25%	50%	75%	90%
Pre-Bronze	Dutch Waltz	135 bpm	21.0	2 Sequences	16	2	4	8	12	16
	Tango Canasta	108 bpm	16.0	3 Sequences	14	2	4	7	11	14
Bronze	Swing Dance	98 -102 bpm	37.6 – 39.2	2 Sequences	30	3	8	15	23	30
	Willow Waltz	132-138 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	22
Silver	Rocker Foxtrot	102-106 bpm	15.8 – 16.5	4 Sequences	14	1	4	7	11	14
	Fourteenstep	110-114 bpm	10.5 – 10.9	4 Sequences	14	1	4	7	11	14
Gold	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences/4 Sections Section One: Steps 1-10 Section Two: Steps 11 - 22	<u>10</u> <u>12</u>	1 1	3 3	<u>5</u> <u>6</u>	<u>8</u> <u>9</u>	10 12
	Argentine Tango	94 - 98 bpm	34.3 - 35.7	2 Sequences	31	3	8	16	23	31

KEY POINTS AND KEY POINT FEATURES FOR PATTERN DANCES SEASON 2022/2023

PRE-BRONZE AND BRONZE

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

SILVER

There will be 1 key point described and up to Level 2 will be evaluated.		
Basic Level	Level 1	Level 2
50% of Pattern Dance is completed	75% of Pattern Dance is completed	1 Key Point is correctly executed

FOURTEENSTEP

Each Sequence – Woman	Key Point 1 Woman Steps 1-4 (RBO, LBI-PR, RBO, LBO-SwR)
	<ol style="list-style-type: none"> 1. Correct edges 2. Progressive not performed as a Chassé
Each Sequence – MAN	Key Point 1 Man Steps 1-4 (LFO, RFI-PR, LFO, RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Progressive not performed as a Chassé

ROCKER FOXTROT

Each Sequence – Woman	Key Point 1 Woman Steps 11, 12 (LFO CIMo, RBO)
	<ol style="list-style-type: none"> 1. Correct edges 2. CIMo: correct turn 3. CIMo: correct placement of the free foot
Each Sequence – MAN	Key Point 1 Man Steps 11, 12 (LFO CIMo, RBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. CIMo: correct turn 3. CIMo: correct placement of the free foot

GOLD

There will be 2 key points described and up to Level 3 will be evaluated			
Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed	75% of Pattern Dance is completed	1 Key Point is correctly executed	2 Key Points are correctly executed

WESTMINSTER WALTZ

Woman Each Section: Steps 1-10 (WW1Sq1Se & WW2Sq1Se)	Key Point 1 Woman Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Woman Step 10a (CR-RFO3)
	1. Correct Edges 2. Correct turn 3. Correct Placement of free foot on OpMo	1. Correct Edges 2. Correct Turn 3. Correct Cross Roll Movement
Woman Each Section: Steps 11-22 (WW1Sq2Se & WW2Sq2Se)	Key Point 1 Woman Steps 15-16 (RFI3, CR-LBO)	Key Point 2 Woman Steps 21a – 21b (RFO3, LBO)
	1. Correct Edges* 2. Correct Turn	1. Correct Edges 2. Correct Turn RFO3

Man Each Section: Steps 1-10 (WW1Sq1Se & WW2Sq1Se)	Key Point 1 Man Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Man Steps 10 (CR-RFO-SwR)
	1. Correct Edges 2. Correct turn 3. Correct Placement of free foot on OpMo	1. Correct Edge 2. Correct Cross Roll Movement 2. Correct Swing Roll Movement
Man Each Section: Steps 11-22 (WW1Sq2Se & WW2Sq2Se)	Key Point 1 Man Steps 16-18 (CR-RFO, LFI-Pr, Wd-RFI)	Key Point 2 Man Steps 22 (RFOI-SwR)
	1. Correct Edges 2. Correct Cross Roll Movement	1. Correct Edges 2. Correct Swing Roll Movement

ARGENTINE TANGO

Each Sequence – Woman (AT1Sq & AT2Sq)	Key Point 1 Woman Steps 13 - 14 (CR-RFO3, LBO)	Key Point 2 Woman Steps 23-24 (LFO Sw-Tw1 (between counts 4&1), RFO))
Key Point Features	1. Correct Edges 2. Correct Turn (RFO3) 3. Correct Cross Roll Movement*	1. Correct Edges 2. Correct Turn
Each Sequence – MAN (AT1Sq & AT2Sq)	Key Point 1 Man Step 13 - 14 (CR-LBO, RFO3)	Key Point 2 Man Steps 23 - 24 (LFO-Sw-OpCho, RBI, LBO)
Key Point features	1. Correct Edges 2. Correct turn (RFO3) 3. Correct Cross Roll Movement*	1. Correct Edges 2. Correct Turn (OpCho)

Note: A change of edge within the last beat of the step is permitted to prepare the push/transition to the next step.

* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1AT - Key Point 3 & 4, 2AT - Key Point 4)

Note: Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Skater A’s body turns one full continuous rotation, it is not mandatory for the skating foot to execute a full turn, followed by a step forward. RFO

FREE DANCE REQUIRED ELEMENTS

Category	Pre-Bronze	Bronze
Element Features up to Level 1 will be considered for Level		
Dance Edge Element	-	-
Dance Spins - DSp	One (1) Dance Spin – Specifications for Season 2022/2023 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater	
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> • At least two Twizzles • Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) 	
Choreographic Elements - ChSt - ChSp - ChTw - ChSl	One (1) Choreographic Element: Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement	Two (2) Choreographic Elements: • One (1) of which must be a Choreographic Character Step Sequence And • One (1) additional chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

Note: Bronze (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

FREE DANCE REQUIRED ELEMENTS (CONTINUED)

Category	Silver	Gold
	Element Features up to Level 2 will be considered for Level	Element Features up to Level 3 will be considered for Level
Dance Edge Element	One (1) Short Dance Edge Element - Maximum 7 seconds	
Dance Spin - DSp	One (1) Dance Spin - Specifications for Season 2022/23 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater	
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	One (1) Set of Sequential Twizzles At least two Twizzles, with up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)	
Step Sequences - MiSt - DiSt - CiSt - SeSt	-	One (1) Style B Midline, Diagonal, Circular or Serpentine
Choreographic Elements - ChSt - ChSp - ChTw - ChSl	Two (2) Choreographic Elements: • One (1) of which must be a Choreographic Character Step Sequence And • One (1) additional chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement	Two (2) Choreographic Elements: Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

Note: Specifications to Step Sequence Style B, Free Dance 2022/23: Retrogression - one (1) permitted – must not exceed two measures of music not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

Note: Silver (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

FREE DANCE – Specifications/Restrictions 2022/23

	Specifications and Restrictions	Violations
Duration	Pre-Bronze: 1:30 minutes +/- 5 seconds Bronze: 1:30 minutes +/- 10 seconds Silver: 1:50 minutes +/- 10 seconds Gold: 2:20 minutes +/- 10 seconds	Program time: Referee deduction -1.0 up to every 5 seconds lacking or in excess
Components Factors	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills Pre-Bronze, Bronze, Silver: Factor 1.0 Gold: Factor 1.33	
Music	- 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 dance moods or a building effect - Music must have at least one obvious change of tempo/rhythm and expression, when the program is over 2 minutes in length. This change may be gradual or immediate. Note: Any music of the same tempo/rhythm and expression should last approximately no more than 75% of the program, - Music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - Music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. - Music may be without audible rhythmic beat up to 10 seconds at beginning or at the end of program - Music may be without audible rhythmic beat up to 10 seconds during the program	Music Requirements: Referee + Judges deduction -2.0 per program
Stops	- After clock started, the skater must not remain in one place for more than 10 seconds - During program: unlimited full stops of 5 seconds max. are allowed	Choreography restrictions: (Stops/Touching ice with hands) Referee + Judges deduction 1.0 per program
Touching the Ice with Hands	Touching the ice with the hand(s) is not permitted (except Choreographic Sliding Movement, Choreographic Character Step Sequence)	
Costume and Prop	- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music - Man must wear full length trousers - Woman is permitted to wear trousers - Accessories and props are not permitted	Costume and prop: Referee + Judges deduction -1.0 per program

CATEGORIES OF DANCE EDGE ELEMENTS

Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds.

Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed twelve (12) seconds in total. A change of position is not required for each part of the Combination Edge Element. A turn of no more than half a revolution is allowed between each Short Edge Element (except when attempting a twizzle as a “difficult turn as a connecting step” extra feature). A change of foot is permitted between each Short Edge Element with no more than 2 steps* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

*If there are more than 2 steps, or more than ½ revolution, (with the exception of the twizzle as a “difficult turn as a connecting step” additional feature) between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes

A. Spirals in varied positions or an Attitude

- A Spiral is a position with one blade on the ice and the free leg (including knee and foot) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of ninety degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

B. Crouch in varied positions

- A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front.
- A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice,

*Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as an Outside Spread Eagle Type Edge Element.

C. 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 curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch Type or the **second** part of a Combination Edge Element

D. Ina Bauer

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

E. Hydro blade movements

- A movement done almost level with and parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice.

DEFINITION OF SOLO CHOREOGRAPHIC MOVEMENTS

Choreographic Spinning Movement: Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling

The following requirements apply:

- On two feet or, alternate feet or, one foot and one knee / boot (but not two knees)
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Can be moving or stationary

Choreographic Sliding Movement: Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice. The following requirements apply:

- Continuous controlled sliding movement on any part of the body for at least 2 seconds.
- Controlled Sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- Performing basic lunge movement will NOT be considered as a Choreographic Sliding Movement.

Choreographic Twizzling Movement: twizzling movement performed after the required Set of Twizzles, composed of 2 parts.

The following requirements apply:

- for both parts: on one foot or two feet or a combination of both;
- for the first part: at least 2 continuous rotations must be performed and must travel (cannot be on the spot)
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement, can be on the spot or traveling or a combination of both.

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program
- Must be placed around the short axis (within 10 metres either side of the short axis) and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 metres from the barrier.
- Touching the ice with any part (or parts) of the body with controlled movements are allowed. (example on two knees. Using both hands, etc)
- Touching the barrier at the start or finish of the Choreographic Character Step Sequence is also permitted