



Adult Nationals 2024

4th – 8th March 2024 – Ice Sheffield

Adult event including Singles, Pairs, Ice Dance, Solo Dance & Artistic

Last updated: 20/11/2023

Announcement

British Ice Skating is pleased to announce the Adult Nationals. This event will cover Singles, Pairs, Ice Dance, Solo Dance and Artistic skating and all skaters are welcome to compete in multiple disciplines. Skaters must be a minimum of 18 years old to compete.

The British Ice Skating Adult Nationals for the 2023-2024 Season will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement.

If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement, the provisions set forth in this Announcement shall prevail, provided there are no special comments made for Adult Skating Competitions within such ISU Communications.

The Adult Nationals for the 2023-2024 Season will include the following categories:

- Women and Men Free Skating
- Pair Free Skating
- Ice Dance for Couples
- Solo Dance
- Artistic

Eligibility

Participation all events are open only to competitors who have reached at least the age of eighteen (18) before 1st July 2023.

Age categories for Women and Men Free Skating events:

Young Adult	participants born between	1 st July 1995 and 30 th June 2005
Class I	participants born between	1 st July 1985 and 30 th June 1995
Class II	participants born between	1 st July 1975 and 30 th June 1985
Class III	participants born between	1 st July 1965 and 30 th June 1975
Class IV	participants born between	1 st July 1955 and 30 th June 1965
Class V	participants born on or before	30 th June 1955

A competitor may skate with only one partner in each discipline (i.e. one partner only for all Ice Dance events and one partner only for all Pair Skating events).

A skater competing after 1st July 2023 in an BIS or ISU Championship, International Competition or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to 1st July 2023 in an ISU Championship or National Championship of a

Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Single Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of a Member Federation MAY compete in this competition.

General Regulations

The competition will be conducted in accordance with the Criteria and all pertinent communications for adult competitions.

All competitors must be eligible persons in accordance with ISU Rule 102 and must meet the participation, citizenship and residency requirements of the United Kingdom.

British Ice Skating reserve the right to cancel the event without liability if the Current Covid 19 situation or any other situation arises which requires this for the best interest of the skaters and officials. Please do not attend if you are unwell or have tested positive for COVID or any other contagious disease.

All Skaters with medical conditions are obliged to inform the Event Organiser of these underlying conditions in order that the medical team be fully informed. Skaters must not skate if any medical professional recommends them not to. If a medical incident occurs during the event the on-site designated first aider, referee and/or event organiser reserves the right to withdraw the skater.

Please note that following the closing date NO refunds or transfers will be issued for any reason. Withdrawals prior to the closing date will be subject to administration of £15 + stripe fees, or available as transfers only. Stripe fees cannot be refund under any circumstance. Skaters who apply but do not meet the terms of this announcement will be withdrawn and no refund will be given.

In the event the competition is oversubscribed, British Ice Skating reserves the right to stop accepting further entries even before the entry closing date. Entry will be on a first come, first served basis.

Place & Date

The competition will be held in Sheffield, from March 4th-8th 2024

All competition events will take place in Ice Sheffield.

Entries of competitors must be made through the individual members portal.

British Ice Skating reserves the right to limit the number of competitors in every category.

Entries of competitors must be made through the individual members portal and must contain:

- Payment
- [Music Form](#) (complete before 19th February 2024)
- [PPC](#) (complete before 5th February 2024)

Entry Fees

Each entry fee is £82 per event.

If competing in multiple events, then you may use a discount code.

PLEASE NOTE – discounts can be applied for multiple category entries as below. [This must be done at point of entry.](#)

Competing in 2 events – 2ADN25 – £40 off

Competing in 3 events – 3ADN24 – £80 off

Competing in 4 events – 4ADN25 – £120 off

Competing in 5 events – 5ADN26 – £160 off

Withdrawals

Withdrawals received after 7th January 2024, will not be refunded.

Withdrawals received before the closing date will incur £25 administration fee.

If we have too many entries and cannot offer everyone a place, we will refund those who we cannot take.

All refunds will be processed in the first few weeks after the end of the event.

Any withdrawals after the official draw will need to be communicated by submitting the Withdrawal Form:

[Withdrawal Form](#)

Skaters withdrawing after the official draw will need to have a valid reason and a proof (submitted via Withdrawal Form). Failure to do so might affect future entry into the event.

Draws

All Draws will take place prior to the event by electronic draw.

Liability

In accordance with ISU Rule 119 the organizer accepts no liability for injury or damages incurred by competitors or officials. The organizer will provide medical emergency aid during the competition.

Anti-Doping

The Association has determined that anti-doping testing may be carried out at this event. British Ice Skating fully adheres to UKAD Policies.

General Information

- Competitors will compete within their category regardless of age; however, presentations will be split subject to age segments. British Ice Skating reserve the right to split or combine competition groups as required.

- It is recommended that competitors will enter at a level appropriate to their current skating ability.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- Skaters may compete at only one level within each segment.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or in excess of the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- Please ensure a planned program sheet is submitted for all programs except for the artistic and pattern dance categories.
- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full length trousers. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing, make-up, props and accessories (1.0) will be determined by a majority of the judges and the referee.

Additional information for Single Skaters

- Competitions in Women and Men Free Skating and Artistic Free Skating will be held at Pre Bronze to Silver and Gold to Masters levels.
- An entry in an artistic category may be at the same level or one level higher (not lower) than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- Ice dancers or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills. For example, those competing at the Silver Pattern Dance level could enter the Silver or the Gold Artistic Free Skating event.
- When 25 or more skaters register for the same event, the competition may be divided into two groups according to the age of the skaters. In the event that there are an odd number of skaters, the skater of median age will compete with the younger group of skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.

Additional Information for Pairs Skaters

- Competitions in Pair Free Skating and Pair Artistic Free Skating will be held at Adult, Intermediate and Masters

- Each pair team must consist of one man and one woman.
- An entry in Pair Artistic Free Skating may be at one level higher (not lower) than an entry in Pair Free Skating.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater.

ADDITIONAL INFORMATION FOR ICE DANCERS

- Competitions in Pattern Dance and Free Dance will be held at Bronze, Silver, Gold and Masters.
- Competitions in Rhythm Dance will be held at Adult, Masters.
- Each dance team must consist of one man and one woman. The man must skate the man's steps and the woman must skate the woman's steps, unless otherwise indicated.
- Each skater may compete with only one and the same partner in the Ice Dance competitions.
- Entries in the dance segments must be at the same level. (Eg: Bronze Pattern Dance, Bronze Free Dance; Silver Pattern Dance, Silver Free Dance, etc.)
- The Adult Rhythm Dance category is intended for Silver level ice dancers. Masters Rhythm Dance is intended for those Gold level dancers and Masters is intended for former national and international competitors.
- If a dance team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

Additional Information For Those New to Competitions

- When the music starts and you believe it is not your music or the correct version of your music, do not start your program. Go to the referee immediately and follow his/her instructions. Do not leave the ice unless instructed to do so.
- Always have back up music ready at the side of the ice so it is immediately accessible. This should be on a USB.
- Always arrive ahead of your scheduled competition event – it is recommended that you are at the rink and are prepared to go on the ice as the schedule may change. The referee may start the event 30 minutes ahead of the scheduled time.
- It is recommended that you go onto the ISU website site and review the technical handbooks re: regulations on free skating, pair skating, ice dance or synchro. www.isu.org
- Make sure you check in with the ice monitor/rink captain to see if the competition is running early, on time or late. This is also a good time to double check where you skate within the warm-up group.

Technical Requirements – Free Skating

Free Skating Masters

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of six (6) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. There may be up to three (3) jump combinations or two jump combinations and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The others may have two (2) jumps each.
 - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.



A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
- A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 3 minutes +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.67.
- Features up to and including Level 4 will be counted for the technical elements.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 1.0.

Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. Double flip, double Lutz, double Axel and triple jumps are not permitted. There may be up to three (3) jump combinations or two jump combinations and one (1) jump sequence in the free program.
- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The others may have two (2) jumps each.
 - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.

A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.



- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.

A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.

- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

c. A maximum of one (1) step sequence, fully utilizing the ice surface.

The program duration is 2 minutes and 50 seconds +/- 10 seconds.

- The points for each Program Component are multiplied by a factor of 2.67.
- Only features up to and including Level 3 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 1.0.

Free Skating Silver

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
- One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The other may have two (2) jumps.
 - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - Each listed jump may be performed a maximum of two (2) times.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
 - Non-listed jumps may be included in the program as part of connecting footwork.

A maximum of two (2) spins of a different abbreviation.

- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.



- A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
- Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.

All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.

- Only features up to and including Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence, utilizing at least half (1/2) of the ice surface.

- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
- The pattern is not restricted but the sequence must be clearly visible.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

- The program duration is 2 minutes +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.

Free Skating Bronze

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a.** A maximum of four (4) jump elements, consisting only of single jumps. Axel type jumps, double jumps and triple jumps are not permitted. There may be up to two (2) jump combinations in the free program.
- Each jump combination may consist of two (2) listed jumps.
 - Each listed jump may be performed a maximum of two (2) times.
- b.** A maximum of two (2) spins of a different abbreviation, which must be a spin in one position with or without a change of foot. Flying spins are not permitted.

The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.



- All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

c. A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.

A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.

- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 1 minute and 40 seconds, +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.

Free Skating Pre-Bronze

A competitor in the Pre-Bronze Free Skating event must perform a well-balanced program that may contain:

a. A maximum of three (3) jump elements, consisting only of different single jumps only excluding axel

- No combinations or sequences are permitted.

b. A maximum of two (2) spins

- 2 basic position spins only are allowed with no change of foot and no change of position (minimum 3 revs). Spins with the same ISU abbreviation can be repeated.
- Difficult variations and features are not permitted.

c. A maximum of one (1) choreographic sequence at least half (1/2) of the ice surface.

- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
- A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
- The program duration is 1 minute and 30 seconds, +/- 5 seconds.
The points for each Program Component are multiplied by a factor of 2.0.
- The warm-up duration is five (5) minutes.
- Each fall shall receive a deduction of 0.5.

Technical Requirements – Pair Free Skating

Pair Free Skating Masters

Masters pairs must perform a well-balanced program that may contain:

- a. A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.
- b. In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
- c. A maximum of two (2) throw jumps (single or double).
- d. A maximum of one (1) solo jump. Single and double jumps are permitted.
- e. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take off curve of the Axel jump.
 - Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- e. A maximum of one (1) pair spin (pair spin or pair spin combination).
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot **and** at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature."
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted. **f.**

A maximum of one (1) solo spin.

The solo spin 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 or spin in one position with a change of foot.

- There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- g. A maximum of one (1) death spiral or pivot figure (position of the woman optional).



- At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral. At least one revolution in pivot position by the man is required for pivot figure.

h. A maximum of one (1) step sequence, fully utilizing the ice surface.

- The program duration is 3 minutes and 30 seconds +/- 10 seconds.
- The points for each Program Component are multiplied by a factor of 2.67.
- Features up to and including Level 4 will be counted for the technical elements.
- The warm-up duration is five (5) minutes.
- Each fall by either skater shall receive a deduction of 1.0.

Pair Free Skating Intermediate

Pairs must perform a well-balanced program that may contain:

a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the woman.

- The man's lifting hand(s) should be above his shoulder line.
- Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
- Lifts of Groups 3-4-5 are not permitted.
- Twist lifts are not permitted.
- A different takeoff counts as a different lift.

b. A maximum of one (1) single throw jump (including the throw single Axel). Double and triple jumps are not permitted.

c. A maximum of one (1) solo single jump (including the single Axel). Double and triple jumps are not permitted.

d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.

A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.

- Please note that the Euler (half-loop) is considered a listed jump only when used in combination in between two other listed jumps.
- Only single jumps are allowed (including the single Axel).
- Double and triple jumps are not permitted.

e. A maximum of one (1) pair spin (pair spin or pair combination spin).

- The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either



partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.

- A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature."
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f.** A maximum of one (1) death spiral or pivot figure (position of the woman optional).
- At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g.** A maximum of one (1) step sequence, fully utilizing the ice surface.
- The program duration is 2 minutes and 40 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.67.
 - Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is five (5) minutes.
 - Each fall by either partner shall receive a deduction of 1.0.

Pair Free Skating Adult

Pairs must perform a well-balanced program that may contain:

- a.** A maximum of one (1) lift of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man.
- The man's lifting hand(s) should be above his shoulder line.
 - Variations of the Woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted,
 - Twist lifts are not permitted.
- b.** A maximum of one (1) single throw jump.
- Throw double and triple jumps are not permitted.
 - Throw single Axel is not permitted.
- c.** A maximum of one (1) solo single jump.
Double and triple jumps are not permitted. Axel type jumps are not permitted.



- d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps. Only single jumps are allowed.

Double and triple jumps are not permitted. Axel type jumps are not permitted.

- e. A maximum of one (1) pair spin.
- A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) pivot figure (position of the woman optional).
- At least one (1) revolution in pivot position by the man is required.
- g. A maximum of one (1) choreographic sequence that fully utilizes the ice surface.
- A choreographic sequence consists of at least two different movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, transitional (unlisted) jumps. Steps and turns may be used to link the two or more different movements together.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - The program duration is 2 minutes and 20 seconds +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 2.0.
 - Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.
 - The warm-up duration is five (5) minutes.
 - Each fall by either partner shall receive a deduction of 0.5

Technical Requirements – Ice Dance - Couples

Pattern Dance

Couples shall provide their own music for all pattern dances. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute.

Notes:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.



- For the application of Rule 708 paragraph 1.d) with music provided by the Couple it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Rule 707, paragraph 4 provides that “All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise directed by the Ice Dance Technical Committee in an ISU Communication.”

The Pattern Dances will be judged without Key Points.

According to Rule 707, new paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a Program time deduction according to Rule 353, paragraph 1.n) shall apply.

Masters	#11 Viennese Waltz (3 sequences)
	#29 Argentine Tango (2 sequences)
Gold	#29: Argentine Tango (2 sequences)
	#32 Blues (3 sequences)
Silver	#9 American Waltz (2 sequences)
	#21:Paso Doble (3 sequences)
Bronze	#8: European Waltz (2 sequences)
	#27 Tango Canasta (3 sequences)
Pre-Bronze	Riverside Rhumba (2 sequences)
	Golden Skaters Waltz (2 sequences)

- The points for each Program Component are multiplied by a factor of 1.17 (Rule 353, paragraph 1 m).
- In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).
- The warm-up duration is three (3) minutes – the first 30 seconds without music followed by 2 minutes and 30 seconds of the 6th (last tune) of the ISU Ice Dance music.

Rhythm Dance Season 2023-2024

(Reference & more detailed information: ISU Communication No. 2560)

Masters	Couples entering this category will compete against other Masters Ice Dancers. (Recommended for gold level or above ice dancers.) The technical requirements are the same as for the category “Rhythm Dance” see descriptions below.
Adult	Couples entering this category will compete against others at the Adult Rhythm Dance level. (Recommended for silver level ice dancers.) The technical requirements are the same as for the category “Rhythm Dance” see descriptions below.

Rhythm Dance



The theme selected for the Rhythm Dances for the season 2023/24 is “Music and Feeling of the

Eighties”. Any music is possible provided it was originally released in the decade of the 1980s. The couple should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The couple must use dance movements and dance holds to interpret the chosen music from this decade.

Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Required Elements 2023-2024:

Pattern Dance Element Two (2) Sections of the Rocker Foxtrot: skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute. The first step of the dance begins on beat one of a musical phrase. The pattern dance will be judged with key points. (Refer to ISU Communication 2560, section 1.3 for description of key points.)

1RF and 2RF: Steps #1-14 – Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately. Step #1 of 1RF skated at the Judges left side. Step #1-14 of 2RF skated at the Judges right side.

1RF must be skated in accordance with Rule 707, paragraph 2, the Man must skate the Man’s Steps and the Woman must skate the Woman’s Steps.

2RF, the Woman skates the Man’s steps and the Man skates the Woman’s steps (switch tracking/sides on Key Points in a recognized hold excluding hand in hand). Variation of Hold is permitted except during the Key Points. Crossing the Long Axis is permitted for Steps #5, #8 – 9.

The description, chart and diagram of the Pattern Dance Element Rocker Foxtrot are included in the ISU Handbook Ice Dance 2003.

Dance Lift:
Step Sequence Maximum One (1) Short Lift Up to 7 seconds

One (1) Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance:
Skated to any tempo. Chosen pattern may ONLY be Midline or Diagonal. Skated no more than 2 arm lengths apart. Touching the ice with any part of the body is allowed but not longer than 5 secs. Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops, must be performed Not Touching).
Not permitted: Loop(s), Retrogression(s)

Sequential
Twizzles One (1) Set of Sequential Twizzles-- At least two Twizzles for each partner and must NOT be in contact between 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)

Duration 2 minutes and 50 seconds, +/- 10 seconds.

Music Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. Music with audible rhythmic beat only; may be without audible beat up to 10 seconds at beginning only.

Please see Rule 709, para 1 for further Specifications/Restrictions.

Warm up time The warm-up duration for the Rhythm Dance is five (5) minutes.

The points for each Program Component are multiplied by a factor of 1.33 (Rule 353, paragraph 1.m). ISU Communication: No 2494

Free Dance – General Requirements for Free Dance

(Note: free dance requirements for Adult competition Season 2023-24 has some variations from ISU Communication 2560)

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). The music for Free Dance may be vocal and 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 ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they 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 dance moods or a building effect. Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Please refer to Rule 710, para 1 for further Restrictions/Specifications.

Masters Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as those for the category “Gold Free Dance” (below).

Gold Duration of music: 3 minutes, +/- 10 seconds.

Couples must perform a well-balanced program that may contain:

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 7 seconds.
- b. Dance Spin: A maximum of one (1) Dance Spin

- c. Step Sequence: A maximum of one (1) Diagonal Step Sequence in Hold – Style B.
- d. One (1) Set of Synchronized Twizzles: At least 2 Twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) Partners may be in contact between the 1st and 2nd Twizzles. Partners may be in contact between the 1st and 2nd Twizzles.

Specifications to Step Sequence Style B, Free Dance 2023/24:

Not permitted: Stops, Loops, Retrogression, Hand-in-hand hold with fully-extended arm, Separations of more than 2 arms length and/or exceeding 5 seconds. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

The points for each Program Component are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).

Silver

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. And only a maximum Level 2 lift will be counted
- b. A maximum of one (1) Circular Step Sequence in Hold - Style B
- c. A maximum of one (1) Set of Synchronized Twizzles (FD variation). At least two

Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step). Partners may be in contact at some point between 1st and 2nd Twizzles.

- d. A maximum of one (1) Dance Spin.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

Specifications to Step Sequence Style B, Free Dance 2023/24:

Not permitted: Stops, Loops, Retrogression, Hand-in-hand hold with fully-extended arm, Separations of more than 2 arms length and/or exceeding 5 seconds. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

The points for each Program Component are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).

Bronze

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. Note that only a maximum Level 1 lift will be counted

- b. One (1) Choreographic Character Step Sequence (see ISU Communication 2555 for the appropriate definition and requirements).
- c. A maximum of one (1) Dance Spin.

VOCAL MUSIC MAY BE USED

The duration is 1 minute and 50 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).

Pre - Bronze

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. Note that only a maximum Level 1 lift will be counted.
 - b. A maximum of one (1) Dance Spin.
 - c. Two (2) different Choreographic elements chosen from:
 - Choreographic Character Step Sequence
 - Choreographic Sliding Movement
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
- (see ISU Communication 2555 for the appropriate definitions and requirements)

Please note that only features up to level 1 will be counted.

VOCAL MUSIC MAY BE USED

The duration is 1 minute and 30 seconds +/- 5 seconds.

The points for each Program Component are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).

The warm-up duration for all free dances is five (5) minutes.

Technical Requirements - Solo Dance

IMPORTANT INFORMATION

Skaters may only compete in one Championship in each season. Therefore, a skater who enters the British Adult Championships is not eligible to skate in the British Solo Ice Dance Championships, or vice versa. For the sake of clarity, however, there is no restriction on skaters participating in Open Competitions in both Adult and Solo Dance categories.

The BIS Ice Dance TAC are still waiting for release of the ISU international solo dance criteria, upon which the national solo dance criteria will be based. The adult solo dance criteria is based upon the national solo dance criteria. Therefore, this criteria is subject to change.

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 will have no key points. Silver and Gold will have key points.

Young Adults	Must be 18 but not have reached the age of 28 before 1 st July 2023
Class I	Must be 28 but not have reached the age of 38 before 1 st July 2023
Class II	Must be 38 but not have reached the age of 47 before 1 st July 2023
Class III	Must be 47 before 1 st July 2023 (no upper age limit)

Category	Pattern Dance	Free Dance
Pre-Bronze	Riverside Rhumba (2 seq) Golden Skaters Waltz (2 seq)	1 min 30 sec +/- 5 secs
Bronze Bas Nov	Fourteenstep (4 seq) Willow Waltz (2 seq)	1 min 30 sec +/- 10 secs
Silver Int Nov	Tango (2 seq) European Waltz (2 seq)	1 min 50 sec +/- 10 secs

Gold Adv Nov	Rocker Foxtrot (4 seq) Starlight Waltz (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.

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	Riverside Rhumba	2 sequences	Rhumba 4/4; Tempo 26 measures of 4 beats (104 beats per minute)	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Riverside Rhumba ISU Ice Dance music
	Golden Skaters Waltz	2 sequences	Waltz 3/4; Tempo 54 measures of 3 beats (162 beats per minute)	Set Pattern		the 6 th (last) tune of the Westminster Waltz ISU Ice Dance music

Bronze	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)	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Fourteenstep 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	Tango	2 sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute)	Optional Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Tango ISU Ice Dance music
	European Waltz	2 sequences	Waltz 3/4; Tempo 45 measures of 3 beats (135 beats per minute)	Set Pattern		the 6 th (last) tune of the European Waltz ISU Ice Dance music
Gold	Rocker Foxtrot	4 Sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute)	Set Pattern	Timing Presentation Skating Skills Factor: 0.93	the 6 th (last) tune of the Rocker Foxtrot ISU Ice Dance music
	Starlight Waltz	2 sequences 4 sections Steps 1-17 & 1832	Waltz 3/4; Tempo 58 measures of 3 beats (174 beats per minute)	Set Pattern		the 6 th (last) tune of the Starlight Waltz ISU Ice Dance music

PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2023/2024)

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	Riverside Rhumba	104 bpm	27.7	2 Sequences	24	2	6	12	18	21
	Golden Skaters Waltz	162 bpm	20.0	2 Sequences	16	2	4	8	12	14
Bronze	Fourteenstep	112 bpm	10.5-10.9	4 Sequences	14	1	4	7	11	13
	Willow Waltz	135 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	20
Silver	Tango	108 bpm	28.4 – 29.4	2 Sequences	22	2	6	11	17	20
	European Waltz	135 bpm	23.6 – 24.4	2 Sequences	18	2	5	9	14	16
Gold	Rocker Foxtrot	104 bpm	17.1 – 17.7	4 sequences	14	1	4	7	11	13
	Starlight Waltz	174 bpm	34.8 – 35.6	2 Sequences/4 sections						
Section 1: 1-17				17	2	4	9	13	15	
				Section 2: 18-32	15	2	4	8	11	14

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

TANGO

Each Sequence – Man	Key Point 1 Steps 20-21 (LFI-Sw-CIMo, RBI-SwR)
Key Point Features	Correct edges Sw-CIMo: correct Turn Sw-CIMo: correct placement of the free foot
Each Sequence – Woman	Key Point 1 Steps 20-21 (RFO-Sw-CIMo, LBO-SwR)
Key Point Features	Correct edges Sw-CIMo: correct Turn Sw-CIMo: correct placement of the free foot

European Waltz

Each Sequence – Woman	Key Point 1 Steps 6-8 (RBO, LBO, RFO3)
	Correct edges Correct turn
Each Sequence – MAN	Key Point 1 Steps 6-8 (LFO, CR-RFO3, LBO)

Key Point Features	Correct edges Correct turn
--------------------	-------------------------------

BIS Adult Requirements – Solo Dance – 2023/24 Season

6

GOLD

T here 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

Rocker Foxtrot

Each Sequence - Woman	Key Point 1 Steps 5, 6 (LFO-SwRk, RBO)	Key Point 2 Steps 11, 12 (LFO CIMo, RBO)
Key Point Features	Correct Edges Correct turn Correct Swing Rocker free foot ('leg') movement	Correct Edges Correct Turn Correct placement of the free foot
Each Sequence - Man	Key Point 1 Steps 5a, 5b (LFO, RFO)	Key Point 2 Steps 11, 12 (LFO CIMo, RBO)
Key Point Features	1. Correct Edges	Correct Edges Correct Turn Correct placement of the free foot

Starlight Waltz

Each Section 1: Steps #1-17 (SW1Sq1Se & SW2Sq1Se) Man	Key Point 1 Steps 9-10 (LFOI, RFO-SwR)	Key Point 2 Steps 16a-17 (RBO, RBI-Pr, RBO)
Key Point Features	Correct Edges Correct change of edge (#9)	Correct Edges RBI-Pr - correct progressive (not Chasse).
Each Section 2: Steps #18-32 (SW1Sq2Se & SW2Sq2Se) Man	Key Point 1 Steps 21-23 (RFO, LFI-Ch, RFO-SwR)	Key Point 2 Steps 26-28 (LFO, CR-RFO, CR-LFO3)

Key Point features	1. Correct Edges	Correct Edges Correct cross roll movement* LFO3 – correct Turn
Each Section 1: Steps #1-17 (SW1Sq1Se & SW2Sq1Se) Woman	Key Point 1 Steps 9-10 (RBOI, LBO-SwR)	Key Point 2 Steps 16-17 (LFO CIMo, RBO)
Key Point Features	Correct Edges Correct change of edge (#9)	Correct Edges CIMo - correct Turn CIMo – Correct placement of free foot
Each Section 2: Steps #18-32 (SW1Sq2Se & SW2Sq2Se) Woman	Key Point 1 Steps 21-22 (LFI OpMo, RBI)	Key Point 2 Steps 26-28 (RBO, CR-LBO, RFO)
Key Point features	Correct Edges Correct turn Correct placement of free foot	Correct Edges Correct cross roll movement*

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.

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 2023/2024 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 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	Two (2) Choreographic Elements: 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: For 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 2023/24 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 2023/24:

Not permitted: Retrogression, Stops, Loops.

The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

Note: For 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/Restriction 2023/24

	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	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. - 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. 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

Technical Requirements – Artistic Skating

General Requirements for Artistic Skating

The artistic events consist of programs judged only on the basis of the Program Components:

- Composition
- Presentation
- Skating skills

See ISU Communication 2494 General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components.

There will be no technical panel and no technical mark given. The points for each Program Component are multiplied by a factor of 1.0. Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the three program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the component score. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds. The Program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501)

This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and makeup will be penalized by a deduction: -1.0 per program. Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program.

Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or

leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction: -1.0 per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is four minutes for all Artistic Free Skating and Pair Artistic Free Skating events.

Artistic Skating

Competitions will be held at the Masters, Gold, Silver, Bronze and Pre-Bronze levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps MUST be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins MUST be included. No Axel type jumps, double or triple jumps are allowed. No combination jumps are allowed.

The program duration for Masters Artistic 2 minutes +/- 10 seconds.

The program duration for Gold, Silver and Bronze and Pre-Bronze Artistic is 1 minute and 30 seconds, +/- 10 seconds.

General Requirements for Pair Artistic Free Skating

Each pair artistic team must consist of one man and one woman.

- It is expected that pair couples will enter at the skill level of the more skilled skater.

Pair Artistic Adult

The program must include at least three (3) and no more than four (4) elements selected from:

- a. A maximum of one (1) solo jump OR one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. Combination jumps are not permitted.
 - b. A maximum of one (1) pair spin OR one (1) solo spin. Pair spin combinations and flying spins are not permitted.
 - c. A maximum of one (1) pivot figure (position of the Woman optional).
 - d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are **not** permitted.
- The duration is 1 minute and 40 seconds, +/- 10 seconds.
 - The points for each Program Component are multiplied by a factor of 1.0.