



British Adult Nationals 2025

ANNOUNCEMENT
05th – 09th February 2025

Last updated: 12/12/24

GENERAL REGULATIONS

British Ice Skating Adult Nationals 24/25 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 International Adult Figure Skating Competitions are considered "International Masters/Adult Competitions" as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify with regard to eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member to enter the competition. Competitors must enter themselves. A competitor may enter as a member of only one ISU Member. In the case of Pair Skating and Ice Dance, both competitors in a team must enter as members of the same ISU Member.

This event is open to all eligible competitors who are current members of British Ice Skating and qualify with regard to eligibility according to Rule 102. Skates must meet minimum entry requirements including achieving minimum scores where relevant by the closing date unless otherwise outlined. RESIDENCY ETC

By entering this Competition you confirm you are an eligible skater and you agree to abide by the Competition Regulations, BIS Policies and this announcement.

Liability: In accordance with Rule 119, it is the sole obligation of each participant, as defined in Rule 107, to provide medical and accident insurance. Such insurance must ensure full medical assistance and the return of the ill or injured person to their home country by air transport or by other expeditious means.

The Local Organizing Committees will provide medical services for all competitors and officials during practice and competition.

TECHNICAL DATA

Arena: Bauer Arena, Ice Sheffield, Coleridge Road, Sheffield, S9 5DA.

A heated indoor ice-rink with the ice surface 30 x 60 m

CATEGORIES

British Adult Nationals will include the following categories:

- Women and Men Free Skating
- Women and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating
- Couples Ice Dance – Pattern Dance
- Couples Ice Dance – Rhythm Dance
- Ice Dance – Free Dance
- Solo Dance – Pattern Dance
- Solo Dance – Free Dance
- Exhibition

Participation in the Free Skating, Pair Free Skating, Artistic Free Skating, Pair Artistic Free Skating and Ice Dance disciplines at the International Adult Figure Skating Competitions is open only to competitors who have reached at least the age of eighteen (18) before 1st July 2024. Young Adults will always be a separate event. Age categories for Women and Men Free Skating events:

Young Adult	Participants born between	1 st July 1996 and 30 th June 2006
Class I	participants born between	1 st July 1986 and 30 th June 1996
Class II	participants born between	1 st July 1976 and 30 th June 1986
Class III	participants born between	1 st July 1966 and 30 th June 1976
Class IV	participants born between	1 st July 1956 and 30 th June 1966
Class V	participants born on or before	30 th June 1956

Other categories are outlined in notes below. A skater competing after 1st July 2024 in a Qualifier, Championship or International Competition of BIS or any other federation MAY NOT participate in this competition.

IMPORTANT NOTES:

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

GENERAL INFORMATION FOR ALL COMPETITORS

- 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.
- Details on Music submission will be provided by the Local Organizing Committee for each event. However, please ensure that the filename includes the surname of the skater and the event and the exact running time (not skating time). All skaters are required to bring a back-up copy of their music and have it at the boards.
- A Music Form must be submitted by all participants except in the case where ISU music will be used for pattern dance. This form will be sent to all registered skaters prior to the competition.
- 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 more than the permitted time.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- The Program and time clock will start with the first movement by the skater/pair or 5 seconds after the start of their music.
- Competitors will be required to submit a Planned Program Content Form for men and women free skating, pair free skating, rhythm dance, free dance and synchronized skating. This form will be available to all registered skaters prior to the competition.
- 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 Free Skating and Artistic Free Skating will be held at Pre-Bronze, Bronze, Silver, Gold, and 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 24 or more skaters register for the same event, the competition may be divided into two groups according to the age of the skaters. If 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 PAIR SKATERS

- Competitions in Pair Free Skating and Pair Artistic Free Skating will be held at Adult, Intermediate, Masters levels.
- Each pair team must consist of one man and one woman.
- Each skater may compete with only one and the same partner in the Pair Skating competitions.
- 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 Pre-Bronze, Silver, Gold, Masters and Masters Elite levels.
- Competitions in Rhythm Dance will be held at Silver, Gold, Masters and Masters Elite levels. The Adult Rhythm Dance category is now called Silver Rhythm Dance.
- An entry in Pattern Dance may be at one level higher (not lower) than an entry in the other Dance events. Rhythm Dance and Free Dance entries must be at the same level.
- 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 – as per the season's Rhythm Dance).
- Each skater may compete with only one and the same partner in the Ice Dance competitions.
- 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.

ADDITIONAL INFORMATION FOR THOSE NEW TO COMPETITIONS

- It is recommended that you go to the ISU website site and review the technical handbooks re: regulations on free skating, pair skating and ice dance.
- 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.
- Always arrive ahead of your scheduled competition event – it is recommended that you are at the rink an hour early and are prepared to go on the ice as the schedule may change.

TECHNICAL REQUIREMENTS – FREE SKATING

Free Skating Masters

Skaters must hold a minimum of Skills 4 or equivalent to enter

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

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| a. | <ul style="list-style-type: none"> ● A maximum of five (5) jump elements, one of which must be an Axel type jump. Single and double jumps are permitted. No triple or quadruple jumps are allowed. ● 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) listed jumps. The other may have two (2) listed jumps. ● A jump sequence consists of two (2) or three (3) listed 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. |
| b. | <p>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.</p> <ul style="list-style-type: none"> ● 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 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. | <p>A maximum of one (1) step sequence, fully utilizing the ice surface.</p> |
- 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

Skaters must hold a minimum of Skills 3 or equivalent to enter

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

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| a. | <p>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 two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.</p> <ul style="list-style-type: none"> ● One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. ● A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed 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. |
| b. | <p>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.</p> <ul style="list-style-type: none"> ● 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. ● 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. | <p>A maximum of one (1) step sequence, fully utilizing the ice surface.</p> |

- 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

Skaters must hold a minimum of Skills 2 or equivalent to enter

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

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| a. | <p>A maximum of four (4) jump elements, consisting of any single jumps (including the single Axel). Double jumps and triple jumps are not permitted.</p> <ul style="list-style-type: none"> ● There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence. ● One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed 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. |
| b. | <p>A maximum of two (2) spins of a different abbreviation.</p> <ul style="list-style-type: none"> ● 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. ● 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. | <p>A maximum of one (1) choreographic sequence, fully utilizing the ice surface</p> <ul style="list-style-type: none"> ● 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 four (4) minutes.
- Each fall shall receive a deduction of 0.5.

Free Skating Bronze

Skaters must hold a minimum of Skills 1 or equivalent to enter

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:	
a.	<p>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 one (1) jump combination in the free program.</p> <ul style="list-style-type: none"> ● The jump combination may consist of two (2) listed jumps. ● Each listed jump may be performed a maximum of two (2) times. ● Waltz jumps will be ignored.
b.	<p>A maximum of two (2) spins of a different abbreviation, both of which must be a spin in one position with or without a change of foot. Flying spins are not permitted.</p> <ul style="list-style-type: none"> ● 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. ● 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.	<p>A maximum of one (1) choreographic sequence utilizing at least half (1/2) of the ice surface.</p> <ul style="list-style-type: none"> ● 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 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 four (4) minutes.
- Each fall shall receive a deduction of 0.5.

Free Skating Pre-Bronze

Skaters must have completed passport to enter. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

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 single jumps. Axel type jumps, double jumps and triple jumps are not permitted. NO combinations or sequences are permitted. Each listed jump may be performed a maximum of two (2) times. [Waltz jumps will be ignored]
b.	<p>A maximum of 2 spins</p> <ul style="list-style-type: none"> • In the 2 spins only basic positions are permitted with no change of position or change of foot. • There must be a minimum of three (3) revolutions • Spins with the same ISU abbreviation can be repeated. <p>Levels explanation: In both spins there should be no variations of position or level features. Any spin with an attempted variation or feature, whether successful or not, will receive an asterisk (*) and no value will be awarded</p>
c.	<p>A maximum of 1 Choreographic Sequence fully utilising the ice surface.</p> <p>A Choreographic Sequence consists of at least one (1) skating movement like spirals, arabesques, spread eagles, Ina Bauers, hydroblading, etc. Listed elements such as jumps and spins are not allowed within the choreographic sequence. The pattern should be approximately straight line, circular or serpentine and it must be clearly visible and utilise the full ice surface. It is not necessary to touch the barrier at each end of the sequence but the sequence should be large enough to cover the full ice. A Any circle in the middle of the ice or a straight line covering only 1/2 the ice will not be considered as covering full ice surface. This element has a fixed base value and will be evaluated by the judges in GOE only. The intention should be to match the musical structure, showing speed and flow over the ice without the necessity to attempt difficult steps and turns. This element will be awarded half the scale of value for an ISU Choreographic sequence and marked with an L on the pdf to indicate this.</p>

- The program duration is 1 minute and 30 seconds, +/- 5 seconds.
- The points for each Program Component are the same as basic novice.
- The warm-up duration is two minutes and 30 seconds.
- Each fall shall receive a deduction of 0.5.

Technical Requirements – Pair Free Skating

Skaters must have completed passport to enter or completed national tests. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

Pair Free Skating Masters

Masters pairs must perform a well-balanced program that may contain:	
a.	<p>A maximum of three (3) different lifts, one of which may be a twist lift.</p> <ul style="list-style-type: none"> ● In lifts of Group 1 and Group 2, the man’s lifting hand(s) should be above his shoulder line. ● In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory. ● Two or more lifts may be from the same group if the takeoff and/or the hold is different each time.
b.	A maximum of two (2) throw jumps (single or double).
c.	A maximum of one (1) solo jump. Single and double jumps are permitted.
d.	<p>A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.</p> <ul style="list-style-type: none"> ● A jump sequence consists of two (2) jumps of any number of revolutions, in which the second jump is an Axel type jump with a direct step from the landing curve of the first jump into the take off curve of the Axel jump.
e.	<p>A maximum of one (1) pair spin (pair spin or pair spin combination).</p> <ul style="list-style-type: none"> ● 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.

	<ul style="list-style-type: none"> 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.	<p>A maximum of one (1) death spiral or pivot figure (position of the woman optional).</p> <ul style="list-style-type: none"> 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.	<p>A maximum of one (1) step sequence, fully utilizing the ice surface.</p>

- 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.	<p>A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum ½ revolution for the man and 1 revolution for the woman.</p> <ul style="list-style-type: none"> • 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. • Both lifts may be from the same group if the takeoff and/or the hold is different.
b.	<p>A maximum of one (1) single throw jump (including the throw single Axel).</p> <ul style="list-style-type: none"> • Double and triple jumps are not permitted.
c.	<p>A maximum of one (1) solo single jump (including the single Axel).</p> <ul style="list-style-type: none"> • Double and triple jumps are not permitted.
d.	<p>A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.</p> <ul style="list-style-type: none"> • 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. • Only single jumps are allowed (including the single Axel). • Double and triple jumps are not permitted.
e.	<p>A maximum of one (1) pair spin (pair spin or pair combination spin).</p> <ul style="list-style-type: none"> • 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.

	<ul style="list-style-type: none"> ● 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.	<p>A maximum of one (1) death spiral or pivot figure (position of the woman optional).</p> <ul style="list-style-type: none"> ● 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.	<p>A maximum of one (1) step sequence, fully utilizing the ice surface.</p>

- 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:

<p>a.</p>	<p>A maximum of one (1) lift of Group 1 or Group 2 with a minimum ½ revolution for the man.</p> <ul style="list-style-type: none"> ● 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.
<p>b.</p>	<p>A maximum of one (1) single throw jump.</p> <ul style="list-style-type: none"> ● Throw double and triple jumps are not permitted. ● Throw single Axel is not permitted.
<p>c.</p>	<p>A maximum of one (1) solo single jump.</p> <ul style="list-style-type: none"> ● Double and triple jumps are not permitted. ● Axel type jumps are not permitted.
<p>d.</p>	<p>A maximum of one (1) jump combination with a maximum of two (2) listed jumps.</p> <ul style="list-style-type: none"> ● Only single jumps are allowed. ● Double and triple jumps are not permitted. ● Axel type jumps are not permitted.
<p>e.</p>	<p>A maximum of one (1) pair spin.</p> <ul style="list-style-type: none"> ● 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). <ul style="list-style-type: none">● 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. <ul style="list-style-type: none">● 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 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 – Couples Ice Dance

Skaters must have completed passport to enter or completed national tests. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

Pattern Dance

Couples shall provide their own music for all pattern dances. There will be no music for pattern dances provided by the Local Organizing Committee. 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.
- The first step of the dance must be on beat 1 of a measure, unless otherwise specified in the description of the dance (See Rule 708, paragraph 1.d))
- 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. (See Rule 707, paragraph 4)
- The Pattern Dances will be judged without Key Points.
- After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds (See Rule 707, paragraph 6). If this time limit is exceeded, a program time deduction according to Rule 353, paragraph 1.n shall apply.

Masters	#13: Starlight Waltz (2 sequences) #19: Quickstep (4 sequences)
Gold	#13: Starlight Waltz (2 sequences) #16: Kilian (4 sequences)
Silver	#3: Rocker Foxtrot (4 sequences) #32: Blues (3 sequences)
Bronze	#1: 14-Step (4 sequences) #5: Swing Dance (2 sequences)
Pre-Bronze	#1: Golden Skaters Waltz (2 sequences) #5: Riverside Rhumba (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.
- Each fall by either partner shall receive a deduction of 0.5 point for Bronze and Silver, 1.0 point for Gold, Masters and Masters Elite.

Rhythm Dance Season 2024-2025

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

Masters	Couples entering this category will compete against other Masters Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below. Program duration 2 minutes and 50 seconds, +/- 10 seconds. The pattern dance will be judged with key points . Refer to ISU Communication 2630, section 1 for description of key points.
Gold	Couples entering this category will compete against others at the Gold Rhythm Dance level. The technical requirements are the same as for the category "Rhythm Dance" apart from including a choreo sequence instead of a step sequence. See descriptions below. Program duration 2 minutes and 20 seconds, +/- 10 seconds. The pattern dance will be judged without key points .
Silver	Couples entering this category will compete against others at the Silver Rhythm Dance level. The technical requirements are the same as for the category "Rhythm Dance" apart from including a choreo sequence instead of a step sequence. See descriptions below. Program duration 2 minutes and 20 seconds, +/- 10 seconds. The pattern dance will be judged without key points .
Pattern Dance Element:	<p>Two (2) Sequences of the Paso Doble: skated to any dance style with the range of tempo: 56 measures of 2 beats per minute (112 beats per minute plus or minus 2 beats per minute.) The first step of the dance must be skated on beat one of a musical phrase.</p> <p>1PD and 2PD: Steps #1-28</p> <p>Two (2) Sequences of Paso Doble may be skated in any order, one after the other or separately. Step #1 of 1PD and 2PD are skated at the Judges' left side. Variation of Holds throughout, except Hand in Hand, are permitted.</p> <ul style="list-style-type: none"> • 1PD 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. • 2PD, the Woman skates the Man's steps and the Man skates the Woman's steps (switch tracking/sides on all steps). Note: <p>Push/Transition to the next step: A change of edge within the last 1/2 a beat of the step is permitted to prepare the push/transition to the next step The description, chart and diagram of the Pattern Dance Element Paso Doble are included in the ISU Handbook Ice Dance 2003.</p>
Dance Lift:	Maximum One (1) Short Lift, up to 8 seconds

<p>Step Sequence</p>	<p>1 Step Sequence Not Touching (Style B)</p> <p>Specifications to Style B, Rhythm Dance: skated to any dance style of the prescribed decades.</p> <ul style="list-style-type: none"> • 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 for no more than 5 secs • Stops – up to one (1) permitted for no more than 5 seconds (this will count as one of the permitted stops, must be performed Not Touching). <p>Not permitted:</p> <ul style="list-style-type: none"> • Loop(s) • Retrogression(s) <p>Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.</p> <p>For Gold level the choreo sequence can be any step sequence covering $\frac{3}{4}$ of the ice. No features will be counted.</p> <p>For Silver level the choreo sequence can be any step sequence covering $\frac{1}{2}$ of the ice. No features will be counted.</p>
<p>Sequential Twizzles</p>	<p>One (1) Set of Sequential Twizzles</p> <p>At least 2 Twizzles for each partner, up to 1 step between 1st and 2nd Twizzles. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.</p> <p>Partners must NOT be in contact between the Twizzles.</p>
<p>Music</p>	<p>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.</p>

- The points for each Program Component are multiplied by a factor of 1.33 (Rule 353, paragraph 1.m). ISU Communication: No 2494
- The warm-up duration for the Rhythm Dance is five (5) minutes.
- Each fall by either partner shall receive a deduction of 0.5 point for Silver, 1.0 point for Gold, Masters and Master Elite.

Free Dance – General Requirements for Free Dance

Skaters must have completed passport to enter or completed national tests. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

(Note: free dance requirements for Adult competition Season 2024-25 has some variations from ISU Communication 2630 for Junior Free Dance)

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1c). 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:

- 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.
- 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.
- 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 1n).

Masters	<p>Couples entering this category will compete against other Masters Ice Dancers.</p> <p>The technical requirements are the same as those for the category “Gold Free Dance”.</p>	
Gold	<p>Duration of music: 3 minutes, +/- 10 seconds.</p> <p>Couples must perform a well-balanced program that may contain:</p>	
	a.	Two (2) Different Type Short Lifts up to 8 seconds or One (1) Combination Lift up to 13 seconds.
	b.	<p>One (1) Dance Spin</p> <p>Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners</p>
	c.	<p>Step Sequence: A maximum of One (1) Straight Line or One (1) Curve Step Sequence in Hold (Style B)</p> <p>Not permitted:</p> <ul style="list-style-type: none"> • Stops • Loops • Retrogression

		<ul style="list-style-type: none"> • Hand in hand hold with fully extended arms cannot be established • Separations of more than two arm lengths and/or exceeding 5 seconds <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</p> <p>(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)</p>
	d.	<p>One (1) Set of Synchronized Twizzles</p> <p>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.</p> <p>Partners may be in contact between the 1st and 2nd Twizzles.</p>
Silver		Couples must perform a well-balanced program that may contain:
	a.	A maximum of one (1) Short Lift, with a maximum duration of 8 sec. And only a maximum Level 2 lift will be counted
	b.	<p>A maximum of One (1) Dance Spin</p> <p>Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners</p>
	c.	<p>A maximum of One (1) Set of Synchronized Twizzles</p> <p>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.</p> <p>Partners may be in contact between the 1st and 2nd Twizzles.</p>
	d.	<p>Step Sequence: A maximum of One (1) Straight line or One (1) Curve Step Sequence in Hold (Style B).</p> <p>Not permitted:</p> <ul style="list-style-type: none"> • Stops • Loops • Retrogression

		<ul style="list-style-type: none"> • Hand in hand hold with fully extended arms cannot be established • Separations of more than two arm lengths and/or exceeding 5 seconds <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</p> <p>(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)</p>
		The duration is 2 minutes and 30 seconds, +/- 10 seconds.
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 (No combination).
	c.	One (1) choreo sequence which can be any step sequence utilizing at least half (1/2) the ice. No features will be counted.
		The duration is 1 minute and 50 seconds +/- 10 seconds.
<ul style="list-style-type: none"> • The points for each Program Component for all free dance categories are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m). ISU Communication: No 2494 • The warm-up duration for all free dance categories is (5) minutes. • Each fall by either partner shall receive a deduction of 0.5 point for Bronze and Silver, 1.0 point for Gold and Masters 		

Technical Requirements Solo Ice Dance

Skaters must have completed passport to enter or completed national tests. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

Men and Women will be combined for all categories, as the solo dance requirements are now gender neutral. PreBronze and Bronze skaters should skate the steps according to the solo dance patterns contained in section 8.1 of this criteria. Silver, Gold and Masters skaters should skate the steps according to the solo dance patterns and requirements contained within Appendix A of the ISU Solo Dance Requirements 2024/25, which can be found on the ISU website.

Skaters may only compete in one Championship in each season. Therefore, a skater who enters the British Adult Championships (i.e. Adult Nationals) 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.

GENERAL INFORMATION

5 Categories: Pre Bronze, Bronze, Silver, Gold and Masters. Skaters may enter only 1 category (i.e. Pre-Bronze, Bronze, Silver, Gold or Masters) within each segment of the competition. 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, Bronze and Silver will have no key points. Gold and Masters will have key points.

Young Adults	Must be 18 but not have reached the age of 28 before 1 st July 2024
Class I	Must be 28 but not have reached the age of 38 before 1 st July 2024
Class II	Must be 38 but not have reached the age of 47 before 1 st July 2024
Class III	Must be 47 before 1 st July 2024 (no upper age limit)

Category	Pattern Dance	Free Dance
Pre-Bronze	Novice Foxtrot (2 seq) Rhythm Blues (2 seq)	1 min 30 sec +/- 5 secs
Bronze	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)	1 min 30 sec +/- 5 secs
Silver	Tango Fiesta (2 seq) Rhythm Blues (2 seq)	1 min 30 sec +/- 10 secs
Gold	American Waltz (2 seq) Killian (4 seq)	1 min 50 sec +/- 10 secs
Masters	Westminster Waltz (2 seq) Tango (2 seq)	2 mins 20 secs +/- 10 secs

2.1 PATTERN DANCE INFORMATION

- 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 and Bronze skaters should skate the steps according to the solo dance patterns contained in section 8.1 of this criteria.
- Silver, Gold and Masters skaters should skate the steps according to the solo dance patterns and requirements contained within Appendix A of the ISU Solo Dance Requirements 2024/25.
- 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).
- After the completion of the last step of the Pattern Dance, the skater must reach their final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction according to Rule 353, paragraph 1. n) shall apply. 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.

Category	Pattern Dance	# of seq	Music	Pattern	Components/Factors	Warm up Music
Pre-Bronze	Novice Foxtrot	2	ISU Music	Set Pattern	Timing Presentation	the 6 th (last) tune of the Foxtrot ISU Ice Dance music
	Rhythm Blues	2	ISU Music	Set Pattern	Skating Skills Factor: 0.7	the 6 th (last) tune of the Blues ISU Ice Dance music
Bronze	Golden Skaters Waltz	2	ISU Music	Set Pattern	Timing Presentation	the 6 th (last) tune of the Westminster Waltz ISU Ice Dance music
	Riverside Rhumba	2	ISU Music	Set Pattern	Skating Skills Factor: 0.7	the 6 th (last) tune of the Riverside Rhumba ISU Ice Dance music
Silver	Tango Fiesta	2	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation	the 6 th (last) tune of the Tango ISU Ice Dance music
	Rhythm Blues	2	Blues 4/4; Tempo 22 measures of 4 beats (88 beats per minute) plus or minus 2 beats per minute	Set Pattern	Skating Skills Factor: 0.7	the 6 th (last) tune of the Blues ISU Ice Dance music

Gold	American Waltz	2	Waltz 3/4: Tempo 66 measures of 3 beats per minute (198 beats per minute) plus or minus 3 beats per minute	Set Pattern	Timing Presentation Skating Skills	the 6 th (last) tune of the American Waltz ISU Ice Dance music
	Killian	4	March 2/4 and 4/4; Tempo 58 measures of 2 beats per minute and 29 measures of 4 beats per minute (116 beats per minute) plus or minus 2 beats per minute	Optional Pattern	Factor: 0.7	the 6 th (last) tune of the Killian ISU Ice Dance music
Masters	Westminster Waltz	2	Waltz ¾; 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
	Tango	2	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Optional Pattern		the 6 th (last) tune of the Tango ISU Ice Dance music

PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2024/25)

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	NO. OF STEPS PER SECTION					
						10%	25%	50%	75%	90%
Pre-Bronze	Novice Foxtrot	100 bpm	21.0	2 Sequences	18	2	5	9	14	16
	Rhythm Blues	88 bpm	22.0	2 Sequences	16	2	4	8	12	14
Bronze	Golden Skaters Waltz	162 bpm	20.0	2 Sequences	16	2	4	8	12	14
	Riverside Rhumba	104 bpm	27.7	2 Sequences	24	2	6	12	18	21
Silver	Tango Fiesta	106- 110bpm	17.5-18.1	2 Sequences	16	2	4	8	12	14
	Rhythm Blues	86-90 bpm	21.3-22.23	2 Sequences	16	2	4	8	12	14
Gold	American Waltz	195-201 bpm	28.8-29.4	2 Sequences	16	2	4	8	12	14
	Killian	114-118 bpm	8.1-8.5	4 Sequences	14	1	4	7	11	13
Masters	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences	10 12	1 1	3 3	5 6	8 9	9 11
	Tango	106- 110bpm	28.4-29.4 bpm	2 Sequences	22	2	6	11	16	20

KEY POINTS AND KEY POINT FEATURES FOR PATTERN DANCES SEASON 2024/25

PRE-BRONZE, BRONZE AND SILVER

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

GOLD

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

AMERICAN WALTZ

Sequence 1 – A-Steps	Key Point 1 A-Steps 7-9 (LBO-SwR, RFO-Sw3, LBO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct Swing Three Turn
Sequence 2 – B-Steps	Key Point 1 B-Steps 1-3 (RFO-Sw3, LBO-SwR, RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct edges 2. Correct Swing Three Turn

KILLIAN

Each Sequence	Key Point 1 Steps 3-5 (LFO, RFO, LFO)
Key Point Features	1. Correct edges

MASTERS

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

Sequence 1 – A-Steps	Key Point 1 A-Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 A-Steps 16 – 19 (CR-LBO, RBI-Pr, Wide LBI, RBO)
Key Point Features	1. Correct Edges 2. Correct turn	1. Correct Edges 2. Correct Cross Roll

Sequence 2 – B-Steps	Key Point 1 B-Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 B- Steps 16–19 (CR-RFO, LFI-Pr, Wide RFI, LFO)
Key Point Features	1. Correct Edges 2. Correct turn	1. Correct Edges 2. Correct Cross Roll

TANGO

Sequence 1 – A-Steps	Key Point 1 A-Steps 13-15 (LFO, CR-RFO3, LBO-SwR)	Key Point 2 A-Steps 20-21 (RFO Sw-CIMo, LBO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct placement of the free foot 2. Correct Edges 3. Correct Turn
Sequence 2 – B-Steps	Key Point 1 B-Step 7 (XF-RFO-Rk)	Key Point 2 B-Steps 20-21 (LFI Sw-CIMo, RBI-SwR)
Key Point features	<ol style="list-style-type: none"> 1. Correct turn 	<ol style="list-style-type: none"> 2. Correct placement of the free foot 3. Correct Edges 4. Correct Turn

Note:

- 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.
- Push/Transition to the next step A change of edge within the last ½ 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	<p>One (1) Dance Spin – Specifications for Season 2024/25</p> <p>Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater</p>	
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	<p>One (1) Set of Sequential Twizzles</p> <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	<p>One (1) Choreographic Element:</p> <p>Chosen from the following:</p> <p>Choreographic Character Step Sequence</p> <p>Choreographic Spinning Movement</p> <p>Choreographic Twizzling Movement</p> <p>Choreographic Sliding Movement</p>	<p>Two (2) different Choreographic Elements:</p> <p>Chosen from the following:</p> <p>Choreographic Character Step Sequence</p> <p>Choreographic Spinning Movement</p> <p>Choreographic Twizzling Movement</p> <p>Choreographic Sliding Movement</p>

FREE DANCE REQUIRED ELEMENTS (CONTINUED)

Category	Silver	Gold	Masters
	Element Features up to Level 1 will be considered for Level	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 8 seconds		
Dance Spin - DSp	One (1) Dance Spin - Specifications for Season 2024/25 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 or Circular Not permitted: Stops, Loops, Retrogressions.

<p>Choreographic Elements</p> <ul style="list-style-type: none"> - ChSt - ChSp - ChTw - ChSl 	<p>Two (2) Choreographic Elements:</p> <ul style="list-style-type: none"> • One (1) of which must be a Choreographic Character Step Sequence on the Short Axis <p>And</p> <ul style="list-style-type: none"> • One (1) additional chosen from: Choreographic Spinning Movement <p>Choreographic Twizzling Movement</p> <p>Choreographic Sliding Movement</p>		<p>Two (2) Choreographic Elements:</p> <p>Chosen from the following:</p> <p>Choreographic Character Step Sequence</p> <p>Choreographic Spinning Movement</p> <p>Choreographic Twizzling Movement</p> <p>Choreographic Sliding Movement</p>
<p>Note: For Silver and Gold (FD) if any type of Choreographic Element is identified before the Choreographic Character Step Sequence is performed, the first 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.</p>			

FREE DANCE – Specifications/Restrictions 2022/23

	Specifications and Restrictions	Violations
Duration	Pre-Bronze: 1:30 minutes +/- 5 seconds. Bronze: 1:30 minutes +/- 5 seconds. Silver: 1:30 minutes +/- 10 seconds. Gold: 1:50 minutes +/- 10 seconds. Masters: 2:20 minutes +/- 10 seconds	Program time: Referee deduction -0.5 up to every 5 seconds lacking or in excess
Components & Factors	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills <p>Pre-Bronze, Bronze, Silver, Gold: Factor 1.0. Masters: Factor 1.33</p>	
Music	<ul style="list-style-type: none"> - 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 may have a change of tempo/rhythm and expression. 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 -1.0 per program
Stops	<ul style="list-style-type: none"> - 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 -0.5 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	<ul style="list-style-type: none"> - 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 - Skaters may wear full length trousers - Accessories and props are not permitted - Throwing the ice should be considered as a Prop Violation, and Judges and the Referee should apply the Costume and Prop Deduction accordingly. 	Costume and prop: Referee + Judges deduction -0.5 per program
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DEDUCTION CHART – Who is Responsible

Description	Penalty & Who is responsible
Program time violation – Free Dance – as per Specifications/Restrictions in section 4.2.	0.5 for every 5 sec. lacking or in excess - Referee***
Program time violation – Pattern Dance – as per section 2.1.	0.5 up to every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose - Referee***
<p>Illegal Elements / Movements / Poses:</p> <p>The following movements and/or poses are illegal in Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in a BIS Communication):</p> <ul style="list-style-type: none"> a) Jumps of more than half (1/2) revolution (including Back Flips) b) 2 or more consecutive ½ rotation jumps (jumps are not consecutive if there are two or more steps inbetween) c) Lying on the ice (except where permitted) d) Toe Assisted Split Jumps or Edge Split jumps more than 90 degrees at the thighs. 	<p>1.0 per violation - Technical Panel</p> <p>If there is an illegal element(s)/movement(s)/pose(s) anywhere in the program, it is identified and receives the appropriate deduction. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element, the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled. The same principle and deduction will apply to Choreographic Elements (Confirmed or Ignored + the deduction) The deduction for an Illegal Element/Movement (2.0) will apply for Junior and Senior, 1.0 for Novice categories. Any feature that contains</p>

<p>e) (Split Jumps with a toe assisted take off. [A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.] Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.)</p> <p>f) Flying entries for Dance Spins</p> <p>g) Illusions* of more than one rotation (one rotation equals one “down and up” motion)</p> <p>h) Lying on the ice (except where permitted)</p> <p>Illusion - An Illusion is a spin that has a basic position similar to the camel, but instead of remaining "flat" throughout the duration of the spin, the skater's body tilts up and then down so the head is close to the ice with the boot of the free leg extended upwards, creating almost a full split, while the skater is spinning.</p>	<p>or is considered an illegal element, that feature will not be considered for level.</p>
<p>Costume / prop violations – as per Specifications/Restrictions above in section 4.2.</p>	<p>0.5 per program - Referee*** + Judges*</p>
<p>Part of the costume / decoration fall on the ice – as per Rule 501, para 2</p>	<p>0.5 per program - Referee***</p>
<p>Fall</p> <ul style="list-style-type: none"> - Kneeling or sliding on two knees or sitting on the ice is not allowed and it will be considered by the Technical Panel as a Fall (Rules 709 and 710, paras 1.k) unless otherwise specified in a BIS Communication. - A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm (Rule 503, para 1). 	<p>0.5 - Technical Panel**</p>
<p>Late start – as per Rule 350, para 2 – for start between 1 and 30 seconds late</p>	<p>-0.5 - Referee***</p>

Description	Penalty	Who is responsible
<p>Music requirements</p> <p>Free Dance: as per the Specifications/Restrictions in section 4.2.</p> <p>Pattern Dance: as per section 2.1.</p>	<p>-1.0 per program</p>	<p>Referee*** + Judges*</p>
<p>Tempo specifications</p> <p>Pattern Dance: as per section 2.1.</p>	<p>-1.0 per program</p>	<p>Referee***</p>
<p>Interruption in performing the program in excess of 10 seconds</p> <ul style="list-style-type: none"> - more than 10 sec. and up to 20 sec. - more than 20 sec. and up to 30 sec. - more than 30 sec. and up to 40 sec. <p>An interruption is defined as the time elapsed between the moment a skater stops performing the program until the moment they resume performing the program (Rule 503, para 2)</p>	<p>-0.5</p> <p>-1.00</p> <p>-1.50</p>	<p>Referee***</p> <p>If the adverse condition can be remedied without delay the skater does not need to report to the Referee and the music continues to play. If the skater resumes skating within 40 seconds, the Referee will apply a deduction as per Rule 353 1n (note: need to adjust to 1/2 original deduction).</p>
<p>Interruption in the program with allowance of up to three (3) minutes to resume from the point of interruption – as per Rule 515, para 3.b)</p>	<p>-2.5</p>	<p>Referee***</p> <p>If the skater does not resume skating within forty seconds, the Referee shall instruct the music to be stopped and allow the skater 3 additional minutes. If the skater resumes skating within this additional period, the Referee shall apply a deduction -2.5 points as per Rules 353 Para 1n. This deduction also covers an interruption of up to 40 seconds immediately preceding the allowance of 3 additional minutes.</p>
<p>Extra Element (ExEI)</p>	<p>-0.5 per element</p>	<p>Technical Panel identifies the element in accordance with calling specifications. The Technical Controller</p>

<p>If an Extra Element is performed in addition to the allowed number of elements from an element group in Free Dance to such element ExEI will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receive a deduction, E.g. ChSt1ExEI</p>	<p>Element receives no value</p>	<p>advises the Data Operator to add to the respective element ExEI and input the respective deduction.</p>
<p>Element not according to the well-balanced program requirements (*)</p> <p>In case there is an incorrect element performed as not according to the requirements.</p>	<p>Element gets NO value but will NOT receive a deduction.</p>	<p>The computer verification identifies elements not according to requirements and applies the asterisk (*). The Technical Controller verifies and authorizes the call.</p>
<p>Violation of choreographic restrictions</p> <p>Free Dance: as per Specifications/Restrictions in section 4.2 (stops/touching the ice with hand(s)).</p>	<p>-0.5 per program</p>	<p>Referee*** + Judges*</p>

* Referee + Judges: the deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and the Referee and no deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.

** Technical Panel: Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. However, if both Technical Specialists disagree with a correction requested by the Technical Controller, the initial decision of the Technical Specialists stands.

***As the values of these deductions are different from the standard ones provided by Rule 353, paragraph 1.n), the Referee may be required to give specific instructions to the system operator and must check the correct input in each instance.

EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER

Symbol	Action	Explanation
<	Reduce by 1 Level: interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less.
<<	Reduce by 2 Levels: interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one (1) measure.
>	-0.5 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEI	-0.5 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEI" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receive a deduction: ChSt1+ExEI
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element -0.5 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Data Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall
Fx	Multiple Falls in Element	If there are multiple Falls (Fx) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button "Fall in Element".
!	Choreo Element is identified and does not fulfill all requirements.	If Choreographic Element is identified and does not fulfill all the requirements, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart.

DEFINITIONS OF CHOREOGRAPHIC ELEMENTS

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.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).

Choreographic Twizzling Movement:

A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of 2 parts and the following requirements apply:

- for both parts: on one foot or two feet or a combination of both and must travel.
- for the first part: at least 2 continuous rotations must be performed.
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement.

Choreographic Character Step Sequence The following requirements apply:

- Performed anywhere in the program.
- Must begin with a stop or skidding movement within two meters of the barrier on either side of the rink.
- Must be primarily placed around either the Short Axis or Long Axis, the pattern must be different than the chosen Style B Step sequence (for Masters), and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.

Note: Silver are required to use the Short Axis and Gold are required to use the Long Axis.

- Touching the ice with any part(s) of the body with controlled movements is allowed in the Character Step Sequence for Masters only. (example on two knees. Using both hands, etc). If done for other categories, the appropriate penalty will apply (Fall, Illegal, Not Permitted).
- Touching the barrier at the start or finish is permitted.
- Permitted stops must not be longer than 5 seconds each.

- Retrogressions are not permitted. (During a stop, movements in any direction away from the point of origin up to approximately one (1) meter, will not be considered a retrogression).

Choreographic Sliding Movement:

Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- 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.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is required.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel, i.e. on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

Technical Requirements – Artistic Free Skating

Skaters must have completed passport to enter or completed national tests. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

General Requirements for Artistic Free Skating

The artistic events consist of Free Skating and Pair Free Skating programs judged only on the basis of the Program Components:

- Composition
- Presentation
- Skating skills

See ISU Communication 2494 III 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 Free Skating 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 make-up 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.

Singles Artistic Free 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. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted. For all levels no double or triple jumps are allowed. No combination jumps are allowed.

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

The program duration for Gold, Silver, Bronze and Pre-Bronze Artistic Free Skating 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 Free Skating Masters

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair program must include at least two (2) and no more than four (4) elements selected from:

a.	A maximum of one (1) throw jump. Double and triple jumps are not permitted. A Waltz jump is not considered a listed single jump.
b.	A maximum of one (1) pair spin (or pair combination spin).
c.	A maximum of one (1) death spiral or pivot figure (position of the woman optional).
d.	<p>A maximum of one (1) lift of Group 1 or Group 2.</p> <ul style="list-style-type: none"> ● 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 program duration is 2 minutes and 10 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 1.0

Pair Artistic Free Skating Intermediate

The program must include at least two (2) and no more than four (4) elements selected from:

a.	A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
b.	A maximum of one (1) pair spin (pair spin or pair spin combination).
c.	A maximum of one (1) death spiral or pivot figure (position of the Woman optional).
d.	<p>A maximum of one (1) lift of Group 1 or Group 2.</p> <ul style="list-style-type: none"> ● 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.

Pair Artistic Free Skating Adult

The program must include at least two (2) and no more than four (4) elements selected from:

a.	A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
b.	A maximum of one (1) pair spin. Pair spin combinations are not permitted.
c.	A maximum of one (1) pivot figure (position of the Woman optional).
d.	<p>A maximum of one (1) lift of Group 1 or Group 2.</p> <ul style="list-style-type: none"> • 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.

Exhibition

Skaters should have completed passport to enter or completed national tests. Coaches take full responsibility for ensuring skaters are of a safe standard to perform their routines. Those seeking equivalencies can contact test.membership@iceskating.org.uk for clarification.

Skaters will have one (1) minute from their call to the start to be ready to perform their programme. This can be used for warm up or to set up. Failure to do so will result in a 5-point deduction for the first 30 seconds. Skaters taking longer than one minute thirty to be ready to start will be withdrawn.

Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptations are all welcome here. Lip Synching, props and scenery are permitted. No technical limitations.

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.

There will be an exhibition event for young adults, and an exhibition event for adults. The programme length is 1 min 30 (+/- 10 seconds).

Skaters will impersonate a character, original or adapted, on the ice. Performances as a character from a movie, musical, book, original idea, original adaptation are all welcome here. Lip Synching, props and scenery are permitted. No technical limitations.

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.

Judging

Three Program Components – marked on a scale of 0.25 to 10.

- Entertainment, Innovation and Costume
- Originality of performance, general entertainment value, appeal of the performance
- Performance reflecting the theme of the music and costume
- How well the performance draws in and captivates the spectators
- Musical Interpretation and Performance
- Suitability of the music used in relation to the performance and the composition of the program in relation to the harmony of the music
- Relationship of the costume to the theme of the performance and illustration of the theme continuity and linking of sections within the program
- Sensitivity to the music
- Precision & Difficulty

- Difficulty of the steps and other skating movements involved, including steps and other skating movements. There is no technical mark or credit for difficult elements
- Variety of movements and how well they are performed.
- Connections between and within elements
- Balance on the blade, glide and flow over the ice

Costumes

- Costuming and make-up for exhibition skating programs should enhance the feeling created by the performance and reflect the meaning of the story/theme portrayed on the ice.
- The clothing of the competitors must be appropriate for competition.

Scenery/Prop Rules

Props and scenery must be placed and removed

- All props and scenery must be able to enter and exit the entrances from which skaters enter the ice. Extra accommodations for entry and exit from other locations to fit oversized props will not be allowed.

General

- The inclusion of scenery and/or props is optional
- All scenery must be portable by the skater, and without mechanical means for transportation. Its movement while on the ice will be the responsibility of the skater.
- The use of props and scenery should add to the performance of the skaters.
- The use of smoke, fire, dry ice, liquids, live animals, feathers, bubble machines or any substance that may harm the ice surface and/or skaters is not permitted.
- No glass mirrors or glass of any kind is allowed on the ice.
- Dangerous props that may harm participant/audience could result in disqualification from event/competition.

Scenery Break Down

- At the completion of the performance, and after the team has taken their bows, teams will be permitted one minute to remove all scenery/props. Failure to do so will result in a 5-point deduction per 30 seconds over this time.

ENTRIES

Entries of skaters

Entries must be submitted as soon as possible but no later than the closing date via <https://britishiceskating.sport80.com/public/wizard/e/346/home>

Entries will open on the 16th of December 2024 at 12 noon and will close on Friday 3rd of January at 12 noon.

Entries of Coaches

Rink-side access will be provided to those who are named on entry, and who hold a valid licence with the appropriate qualifications and CPD.

Entries of Chaperones

There is no accreditation given for Chaperones. Entry to the rink is by spectator ticket which can be purchased online in advance, or at the front desk on arrival. The cost is £5.

Entry fee

One Segment/Category		£86.00
Multiple Entry Discount	2 Categories 25% off	AN242525
	3 or More Categories 35% off	AN242535

Entry Fees are paid upon successful application and not a confirmation of place.

PROVISIONAL OUTLINE OF EVENTS

This may be subject to change to due entry numbers

Thursday 6 th of February	Pattern Dance, Rhythm Dance & Free Dance
Friday 7 th of February	Free Dance & Artistic
Saturday 8 th of February	Free, Pairs & Artistic
Sunday 9 th of February	Free & Artistic

Exhibition to be confirmed but will be Friday, Saturday or Sunday afternoon.

WITHDRAWALS

Entries are strictly non-refundable and non-transferable after closing date. Before the closing date spaces will be refunded minus a £25 administration charge plus stripe fees. This will be issued at the organizers convenience but should be no later than 2 weeks after the scheduled event has taken place.

Withdrawals before the draw should be sent to entries@iceskating.org.uk

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

[Adult Nationals -Withdrawals](#)

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 events.

MUSIC AND PLANNED PROGRAM CONTENT

The skater is responsible for submitting their music electronically.

Each skater must register elements no later than 10th of January 2025 at 12 noon.

<https://app.smartsheet.com/b/form/a27b253cc2a7472db8538855885dee03>

Music must be uploaded as a music file in mp3 not later than 20th January 2025 at 12 noon. If the music is not provided the skater will be withdrawn before the draw.

<https://app.smartsheet.com/b/form/3240d43be5114e4091aca59abbcbdc3>

The medium with the music files will be kept until the end of the competition. CDs will not be accepted by the OC. Each Competitor must have their own back-up drive (USB stick) for each program, in the format of an MP3 file, at the side of the rink for immediate use should it be necessary. Any other format will not be accepted. The music file must be labelled with the following

- *Skaters event & category*
- *Programme (if relevant - Short/Free)*
- *Skaters full name*

eg. Basic Novice Boys_John Smith

Senior Women_Short_Ann Smith

TIMETABLES

A timetable will be released no later than 10th of January 2025. All times will be provisional and subject to change. Skaters are expected to be available to skate 30 minutes ahead of their scheduled time.

RESULTS AND DRAWS

Random electronic draws will take place approx. 1 week before the event and will be conducted as per ISU Rule 353.

AWARDS

The three best-placed Competitors in each event will be announced and honoured at the medal presentations after the final segment of that category.

INSURANCE/ LIABILITY

British Ice Skating and the Organisers assume no responsibility for or liability with respect to bodily or personal injury or property damage incurred by Competitors and Officials. The Organizing Committee reserve the right to cancel the event without liability. Should the competition have to be cancelled for any reason the organizer accepts no liability for any arrangements made or expenses incurred by attending skaters, coaches or family members. 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 first aid during the competition. 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. Competitors/Officials must report any injuries to the reception desk personnel.

Competitors, parents and coaches are reminded that the judges, officials and helpers are all volunteers, without whom this competition would not be possible. Failure to treat them or any staff members with respect will result in the individual being expelled for the event.

By entering this event competitors consent to be photographed, the images used for reporting an event marketing purposes. They also consent to being recorded on video for judging purposes, live-streaming and video sales.

Unofficial videography and photography of the event is not permitted and flash photography is banned at all times.

ANTIDOPING

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

PRACTICE ICE

It will be possible to book unofficial practice ice. The cost will be £10 per 20 minute session and numbers will be limited. The detailed schedule will be issued after the time of registration. Skaters music will not be played.

INFORMATION

For further information, please contact the British Ice Skating Events Team

Email: entries@iceskating.org.uk

Web: www.iceskating.org.uk

Keep yourself up to date on Sportity-app: **BIS_ADULTS**

