



# ANNOUNCEMENT / INVITATION COPENHAGEN DANCE CUP 2019

April 12<sup>th</sup> – 14<sup>th</sup>, 2019  
Copenhagen, Denmark



## InterClub Competition

### Ice Dance

ISU Categories: Senior, Junior, Advanced Novice, Intermediate Novice and Basic Novice.

Non-ISU Categories: Novice, Pre-novice and Juvenile

Adults Categories: Beginner, Bronze and Silver choice of only PD or PD + FD

### Solo Dance

Age Requirement: Senior, Junior, Advanced Novice, Intermediate Novice and Basic Novice

Open Competition: Novice, Pre-novice and Juvenile

Adults Categories: Beginner, Bronze and Silver choice of only PD or PD + FD

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## INFORMATIONS

### ANNOUNCEMENT

Rødovre Skøjte- og Ishockey Klub is pleased to announce the international interclub competition COPENHAGEN DANCE CUP 2019 in Copenhagen, Denmark

### GENERAL REGULATIONS

Participation in the COPENHAGEN DANCE CUP 2019 is open to all skaters who belongs to an ISU Member.

The Event Organizer reserves the right to enter additional skaters in each category and to limit entries if there are too many entries registered in the categories.

### TECHNICAL DATA

Place: Rødovre Skøjte Arena, Rødovre Parkvej 425, 2610 Rødovre (Copenhagen)  
Main Rink – air conditioned and heated, size 30 x 60 m

### ENTRIES

Citizen / Residence requirements and Clearance Procedure: In accordance with Rule 109 of ISU Regulations and all relevant ISU Communications, all skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate.

Entries of names must reach the Organizer no later than Monday, March 4<sup>th</sup>, 2019.  
The official entry forms must be used and sent to

Rødovre Skøjte- og Ishockey Klub  
E-mail: [CopenhagenDanceCups@gmail.com](mailto:CopenhagenDanceCups@gmail.com)

The Announcement and all entry forms are also available at our website: <http://www.copenhagendancecups.dk>

### ENTRY FEES

Ice Dance: EUR 115 (DKK 860) per couple  
Solo Dance: EUR 85 (DKK 635) per skater.

Adults:

Entry fees for pattern dances only: Ice Dance EUR 70 (DKK 525) per couple and Solo Dance EUR 50 (DKK 375) per skater

Entry fees for both disciplines: Ice Dance EUR 115 (DKK 860) per couple and Solo Dance EUR 85 (DKK 635) per skater

Entry fees will not be refunded in case of withdrawals after March 4<sup>th</sup>, 2019 for any reason.

**Please fill out one entry form per discipline and one payment form per club and make only one transfer of payment per club.**

Any bank fee for transfer between home country and Denmark must be paid by the participating club.

These fees have to be paid by Monday, March 4<sup>th</sup>, 2019 to Rødovre Skøjte- og Ishockey Klub

Bank: Arbejdernes Landsbank  
Tårnvej 221  
DK - 2610 Rødovre

Reg.:5329 Konto: 0351473  
IBAN No.: DK3253290000351473  
BIC/Swift Code: ALBADKKK

### **JUDGES AND TECHNICAL PANELS**

Each participating ISU member can nominate one National/International/ISU Judge/Referee before January 12<sup>th</sup> by mail to [CopenhagenDanceCup@gmail.com](mailto:CopenhagenDanceCup@gmail.com).

In case of too many nominated judges the organizer will draw the panels.

Judges not drawn will be informed accordingly in time before the competitions.

### **MUSIC AND PLANNED PROGRAM CONTENT**

All competitors **must** email all music to [CopenhagenDanceCup@gmail.com](mailto:CopenhagenDanceCup@gmail.com) latest Friday, March 29<sup>th</sup>, 2019.

Files should be named with competitor(s)'s name(s) and **PD** for pattern dance, **RD** for rhythm dance and **FD** for free dance. Competitors must have a back-up file for each program.

Along with the entry forms, the "Program Content Sheet" must be returned to the organizer. It is mandatory that the Program Content Sheet must be fully completed by each skater/couple in English using the terminology listed in the respective ISU Communication and the enclosed list of required elements in Solo Dance.

### **DRAW**

There will be an electronic draw on Wednesday, April 10<sup>th</sup>, 2019.

The starting orders will be published on our website.

There will be no draw after the rhythm dances/pattern dances as the order of free dance will be in reversed order related to the result of the rhythm dances/pattern dances.

### **JUDGING SYSTEM**

The ISU Judging System will be used.

### **MEALS, LODGING and TRAVEL EXPENSES**

The Organizer will provide accommodation and meals for the invited Officials and for one judge from each participating club during the competition.

Travel expenses will be paid to the invited officials based on economy fare.

All Competitors, Coaches and Team Leaders have to bear their own expenses.

### **REGISTRATION**

All Competitors, Team Leaders, Coaches and representatives from each club taking part in the competitions are requested to register at the rink from 14.00 on Friday April 12<sup>th</sup>, 2019.

### **VERIFICATION OF BIRTHDAY**

All skaters participating in age requirement categories must send a copy of their passport or birth certificate to [CopenhagenDanceCup@gmail.com](mailto:CopenhagenDanceCup@gmail.com) no later than Monday, March 4<sup>th</sup>, 2019.

### **INSURANCE / LIABILITY**

In accordance with ISU Rule 119, it is the sole obligation of each member participating in The COPENHAGEN DANCE CUP 2019 to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred by competitors and officials

## ACCOMODATION

The official Hotel will be

### Guldsmeden Hotels

Axel  
Colbjørnsensgade 14  
Copenhagen (3 min walk from the Central Station)

Telephone + 45 3370 5752  
E-mail: [booking@guldsmedenhotels.com](mailto:booking@guldsmedenhotels.com)  
[www.guldsmedenshotels.com](http://www.guldsmedenshotels.com)

Information needed for booking rooms is the code 3120200, your name, date of arrival and departure and credit card information.

The hotel is situated 8 km from the Ice Arena

Hotel reservation shall be made directly to the hotel either by mail or phone and using the code 3120200 for Axel in order to get the reduced prices.

The hotel is situated in the very center of Copenhagen.

Trains leave from the Airport for Copenhagen Central Station every 10 minutes.

To get to the Ice Arena from the hotel take bus No. 6A towards Rødovrehallen and alight at Rødovrehallen. The bus leaves every 10 minutes.

## RESULTS

Results will be calculated in accordance with ISU Regulations 2012, Rules 352 and 353.

### IJS Factors

IJS Factors in the Pattern Dance	
Skating Skills	0.70
Timing	0.70
Performance	0.70
Interpretation	0.70
IJS Factors in the Rhythm Dance for Junior and Senior	
Skating Skills	0.80
Transitions/Linking Footwork/Movements	0.80
Performance/Execution	0.80
Choreography/Composition	0.80
Interpretation/Timing	0.80
IJS Factors in the Free Dance for Junior, Senior and Adults	
Skating Skills	1.20
Transitions/Linking Footwork/Movements	1.20
Performance/Execution	1.20
Choreography/Composition	1.20
Interpretation/Timing	1.20
IJS Factors in the Free Dance all other groups	
Skating Skills	1.00
Transitions/Linking Footwork/Movements	1.00
Performance/Execution	1.00
Composition/Choreography	1.00
Interpretation/Timing	1.00

## IJS Factors for the segments

One Pattern Dance	1.00
Two Pattern Dances Basic Novice	0.50
Two Pattern Dances Intermediate Novice	0.75
Two Pattern Dances Advanced Novice	1.00
Short Dance and Free Dance	1.00

## Music

Vocal music is permitted in this competition unless otherwise stated.

## AWARDS

We expect all participants to take part in the Victory Ceremony on the ice Sunday afternoon. The three best placed competitors in each event will be announced and honored at the official Victory Ceremony. Gold, silver and bronze medals will be presented to the medalists. All participants will be presented with diplomas.

## INFORMATION

For further information please contact:

Rødovre Skøjte- og Ishockey Klub

[CopenhagenDanceCups@gmail.com](mailto:CopenhagenDanceCups@gmail.com)

## PRELIMINARY TIMETABLE:

### ***Friday, April 12, 2019***

Official Practice:

15.00 – 21.00

20.00 Judges meeting – Guldsmeden Hotels Axel

20.00 Technical Panel Meeting – Guldsmeden Hotels Axel

### ***Saturday, April 13, 2019***

Competition

08.00 Pattern and Short Dances

Practice:

18.00 – 22.00

### ***Sunday, April 14, 2019***

Competition

08.00 Free Dances

17.00 Victory Ceremony for all skaters

TBA Round table discussions – Ice Arena

Please note that the time table will be updated in accordance with the final number of entries.

# ICE DANCE

## CATEGORIES

### Senior – ISU Category

Age Requirement

has reached at least the age of fifteen (15) before July 1<sup>st</sup> 2018.

**Rhythm Dance** In accordance with ISU Technical Rule Ice Dance 2018, Rules 709 and all pertinent ISU Communications.

Rhythms, required elements and guidelines are those listed in ISU Communication 2148 and subsequent updates.

Duration: 2 min., 50 sec., +/- 10 sec

**Free Dance** In accordance with ISU Technical Rules Ice Dance 2018, Rule 710. The required elements to be skated are those listed in ISU Communication 2148 and subsequent updates.

Duration: 4 min. +/- 10 sec.

### Junior – ISU Category

Age Requirement

has reached at least the age of thirteen (13) and has not reached the age of nineteen (19) for ladies and twenty-one (21) for men before July 1<sup>st</sup> 2018.

**Rhythm Dance** In accordance with ISU Technical Rule Ice Dance 2016, Rules 709 and all pertinent ISU Communications.

Rhythms, required elements and guidelines are those listed in ISU Communication 2148 and subsequent updates.

Duration: 2 min., 50 sec., +/- 10 sec

**Free Dance** In accordance with ISU Technical Rules Ice Dance 2018, Rule 710. The required elements to be skated are those listed in ISU Communication 2148 and subsequent updates.

Duration: 3 min., 30 sec., +/- 10 sec.

### Advanced Novice – ISU Category

Age Requirement

has reached at least the age of ten (10) and has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before July 1<sup>st</sup> 2018.

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2018, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances with Key Points are to be skated:

**# 29 Argentine Tango** (2 Seq) **# 32 Blues** (3 Seq)

Couples **must** provide their own music for both pattern dances.

Rhythms, required elements and guidelines are those listed in ISU Communication 2172 and subsequent updates.

**Free Dance** In accordance with ISU Technical Rules Ice Dance 2018, Rule 710 and all pertinent ISU Communications.

The required elements to be performed are those listed in ISU Communication 2172 and subsequent updates.

Duration: 3 min. +/- 10 sec.

### **Intermediate Novice – ISU Category**

Age Requirement has reached at least the age of ten (10) and has not reached the age of fifteen (15) for Girls and Boys before July 1<sup>st</sup> 2018.

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2018, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances with Key Points are to be skated:

**#3 Rocker Foxtrot** (4 Seq) **#9 American Waltz** (2 Seq)

Couples **must** provide their own music for both pattern dances.

Rhythms, required elements and guidelines are those listed in ISU Communication 2172 and subsequent updates.

**Free Dance** In accordance with ISU Technical Rules Ice Dance 2018, Rule 710 and all pertinent ISU Communications.

The required elements to be performed are those listed in ISU Communication 2172 and subsequent updates.

Duration: 2 min., 30 sec., +/- 10 sec.

### **Basic Novice – ISU Category**

Age Requirement has reached at least the age of ten (10) and has not reached the age of thirteen (13) for Girls and Boys before July 1<sup>st</sup> 2018.

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#5 Swing Dance** (2 Seq) **#26 Tango Fiesta** (3 Seq)

Couples **must** provide their own music for both pattern dances.

Rhythms, required elements and guidelines are those listed in ISU Communication 2172 and subsequent updates.

**Free Dance** In accordance with ISU Technical Rules Ice Dance 2018, Rule 710 and all pertinent ISU Communications.

The required elements to be performed are those listed in ISU Communication 2172 and subsequent updates.

Duration: 2 min., +/- 10 sec.

### **Non-ISU Categories Ice Dance**

Age requirement for all groups in the open competition: Has not reached the age of 29 before July 1<sup>st</sup> 2018.

#### **Novice – Non-ISU Category**

**Pattern Dance** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance with Key Points is to be skated:

**#32 Blues** (3 Seq.)

Couples **must** provide their own music for the pattern dance.

#### **Free Dance:**

Technical requirements:

a) One Short Lift

b) One Combination Set of Synchronized Twizzles

c) One Straight Line or Curved Step Sequence in Hold

d) One Dance Spin

e) Two different Choreographic Elements

Duration: 3.00 min., +/- 10 sec.

For Novice Free Dance, in all Required Elements, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

### Pre-novice – Non-ISU Category

**Pattern Dance** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance with Key Points is to be skated:

**#3 Rocker Foxtrot** (4 Seq.)

Couples **must** provide their own music for the pattern dance.

#### **Free Dance:**

Technical requirements:

- a) One Short Lift
- b) One Dance Spin
- c) One Combination Set of Synchronized Twizzles
- d) Two Choreographic Elements: One of which must be a Choreographic Character Step Sequence and the other of a different type

Duration: 2.30 min. +/- 10 sec.

For Pre-novice Free Dance, in all Required Elements, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

### Juvenile – Non-ISU Category

**Pattern Dance** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance without Key Points is to be skated:

**Tango Fiesta** (3 Seq.)

Couples **must** provide their own music for the pattern dance.

#### **Free Dance:**

Technical requirements:

- a) One Dance Spin
- b) One Combination Set of Synchronized Twizzles
- c) Two Choreographic Elements: One of which must be a Choreographic Character Step Sequence and the other of a different type

Duration: 2.00 min. +/- 10 sec.

For Juvenile Free Dance, in all Required Elements, only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.



# SOLO DANCE

## CATEGORIES

### Senior

Age Requirement

has reached the age of fifteen (15) before July 1<sup>st</sup> 2018.

#### **Rhythm Dance.**

Rules and Rhythms in accordance with ISU Ice Dance Rules 2018 and ISU Communication 2148 and subsequent updates.

Replacing the required elements with:

- a) Two Sections of Argentine Tango
  - Section 1: Step #1-18
  - Section 2: Step #19-31
  - Option 1: Section 1 followed by Section 2 with Step #1 on judges' left side
  - Option 2: Section 2 followed by Section 1 with Step #19 on judges' right side
- b) One Short Pose (min. 3 sec.)
- c) One Midline, Diagonal, Circular or Serpentine Step Sequence (Style B)
- d) One set of Sequential Twizzles (with no more than 1 step/turn between the twizzles)

Duration: 2 min.50 sec. +/- 10 sec.

A Dance Spin is not a Required Element but may be included as a choreographic element

#### **Free Dance**

Technical requirements:

- a) One Step Sequences (Style B) (The pattern of the Step Sequence must maintain the integrity or basic shape of the chosen patten)
- b) One One Foot Step Sequence
- c) One Set of Twizzles (sSTw) (with no more than 3 steps/turns between the twizzles)
- d) One Combination Pose and One Short Pose or 3 different Short Poses
- e) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)
- f) Two different Types of Choreographic Elements

Duration: 3.30 min. +/- 10 sec.

## Junior

### Age Requirement

has reached at least the age of thirteen (13) and has not reached the age of nineteen (19) for ladies and twenty-one (21) for men before July 1<sup>st</sup> 2018.

### **Short Dance.**

Rules and Rhythms in accordance with ISU Ice Dance Rules 2016 and ISU Communication 2148 and subsequent updates.

Replacing the required elements with:

b) Two Sections of Argentine Tango

- Section 1: Step #1-18
- Section 2: Step #19-31
- Option 1: Section 1 followed by Section 2 with Step #1 on judges' left side
- Option 2: Section 2 followed by Section 1 with Step #19 on judges' right side

c) One Short Pose (min. 3 sec.)

d) One Midline, Diagonal, Circular or Serpentine Step Sequence (Style B)

e) One set of Sequential Twizzles (with no more than 1 step/turn between the twizzles)

Duration: 2 min.50 sec. +/- 10 sec.

A Dance Spin is not a Required Element but may be included as a choreographic element

### **Free Dance**

Technical requirements:

a) One Step Sequences (Style B) (The pattern of the Step Sequence must maintain the integrity or basic shape of the chosen patten)

b) One One Foot Step Sequence

c) One Set of Twizzles (with no more than 3 steps/turns between the twizzles)

d) One Combination Pose or 2 different Short Poses

e) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)

f) Two different Types of Choreographic Elements

Duration: 3.00 min. +/- 10 sec.

## **Advanced Novice**

### Age Requirement

has reached at least the age of ten (10) and has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before July 1<sup>st</sup> 2018.

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2018, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances with Key Points are to be skated:

**# 29 Argentine Tango** (2 Seq) **# 32 Blues** (3 Seq)

Skaters **must** provide their own music for both pattern dances.

Rhythms, required elements and guidelines are those listed in ISU Communication 2172 and subsequent updates.

### **Free Dance:**

Technical requirements:

- a) One Step straight line or curved Sequences (Style B)
- b) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One Combination Pose or two different Short Poses
- d) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)
- e) One Choreographic Element

Duration: 2.30 min. +/- 10 sec

In all required elements only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **Intermediate Novice**

### Age Requirement

has reached at least the age of ten (10) and has not reached the age of fifteen (15) for Girls and Boys before July 1<sup>st</sup> 2018.

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances with Key Points are to be skated:

**#3 Rocker Foxtrot** (4 Seq) **#9 American Waltz** (2 Seq)

Skaters **must** provide their own music for both pattern dances.

Rhythms, required elements and guidelines are those listed in ISU Communication 2172 and subsequent updates.

### **Free Dance:**

Technical requirements:

- a) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- b) One Short Pose
- c) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)
- d) Two Choreographic Elements: One of which must be a Choreographic Character Step Sequence and the other of a different type

Duration: 2.00 min. +/- 10 sec

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## Basic Novice

### Age Requirement

has reached at least the age of ten (10) and has not reached the age of thirteen (13) for Girls and Boys before July 1<sup>st</sup> 2018.

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#5 Swing Dance** (2 Seq) **#26 Tango Fiesta** (3 Seq)

Skaters **must** provide their own music for both pattern dances.

Rhythms, required elements and guidelines are those listed in ISU Communication 2172 and subsequent updates.

### **Free Dance:**

Technical requirements:

- a) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- b) One Short Pose
- c) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)
- d) Two Choreographic Elements: One of which must be a Choreographic Character Step Sequence and the other of a different type

Duration: 2.00 min. +/- 10 sec

In all required elements only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## Solo Dance – Open Competition

Age requirement for all groups in the open competition: Has not reached the age of 29 before July 1<sup>st</sup> 2018.

### Novice

Test requirements for Danish skaters: Solo Dance Bronze

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance with Key Points is to be skated:

**#8 European Waltz** (2 Seq.)

Skaters **must** provide their own music for the pattern dance.

### **Free Dance:**

Technical requirements:

- a) One straight line or curved Step Sequence
- b) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One Short Pose
- d) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)
- e) One Choreographic Element

Duration: 2.00 min. +/- 10 sec.

In all required elements only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## Pre-novice

Test requirements for Danish skaters: Solo Dance 2

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance with Key Points is to be skated:

**#5 Swing Dance** (2 Seq.)

Skaters **must** provide their own music for the pattern dance.

### **Free Dance:**

Technical requirements:

- a) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- b) One Short Pose
- c) One Dance Spin (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)
- d) Two Choreographic Elements: One of which must be a Choreographic Character Step Sequence and the other of a different type

Duration: 2.00 min. +/- 10 sec.

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## Juvenile

Test requirements for Danish skaters: Solo Dance 1

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance without Key Points is to be skated:

**#27 Tango Canasta** (3 Seq.)

Skaters **must** provide their own music for the pattern dance.

### **Free Dance:**

Technical requirements:

- a) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- b) One short pose (min. 3 sec.)
- c) One Dance Spin (sSp) (min. 3 revolutions) (sCoSp is not permitted)
- d) One Choreographic Character Step Sequence

Duration: 1.30 min. +/- 10 sec

In all required elements only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

# ADULTS

Age requirement for all groups in the adults competition: Has reached the age of 28 by July 1<sup>st</sup> 2018.

*In the Adult competition it is possible to choose to compete in pattern dances only or pattern dance + free dance.*

## **Ice Dance** **Silver**

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#3 Rocker Foxtrot** (4 Seq.)

**#13 Starlight Waltz** (2 Seq.)

Couples **must** provide their own music for both pattern dances.

### **Free Dance**

Technical requirements:

a) One Short Lift (max. 7 sec.)

b) One Set of Synchronized Twizzles (up to 3 steps between)

c) One Step Sequence in Hold (free of choice) (Style B)

d) One Dance Spin (Sp or CoSp)

Duration: Maximum 2.40 min.

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **Bronze**

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#1 Fourteenstep** (4 Seq.)

**#4 Willow Waltz** (2 Seq.)

Couples **must** provide their own music for both pattern dances.

### **Free Dance**

Technical requirements:

a) One Short Lift (max. 7 sec.)

b) One Straight Line Step Sequence in Hold (MiSt, DiSt) (Style B)

c) One Dance Spin (Sp or CoSp)

Duration: Maximum 2.00 min.

In all required elements only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **Beginners**

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#5 Swing Dance** (2 Seq.)

**#27 Tango Canasta** (3 Seq.)

Couples **must** provide their own music for both pattern dances.

### **Free Dance**

Technical requirements:

- a) One Short Lift (max 7 sec.)
- b) One Straight Line Step Sequence in Hold (MiSt, DiSt) (Style B)
- c) One Dance Spin (Sp or CoSp)

Duration: Maximum 2.00 min.

In all required elements only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## **Solo Dance**

### **Silver**

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#3 Rocker Foxtrot** (4 Seq.)

**#13 Starlight Waltz** (2 Seq.)

Skaters **must** provide their own music for both pattern dances.

### **Free Dance:**

Technical requirements:

- a) One Step Sequences (free of choice)
- b) One set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One Combination Pose or two different Short Poses (min. 3 sec. in each pose)
- d) One Dance Spin (sSp min. 3 revolutions or sCoSp min. 3 revolutions on each foot)

Duration: Maximum 2.40 min.

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

### **Bronze**

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#1 Fourteenstep** (4 Seq.)

**#4 Willow Waltz** (2 Seq.)

Skaters **must** provide their own music for both pattern dances.

### **Free Dance:**

Technical requirements:

- a) One straight line step sequences (sMiSt or sDiSt)
- b) One short pose (max. 7 sec.)
- c) One spin (free of choice) (sSp min. 3 revolutions or sCoSp min. 3 revolutions on each foot)

Duration: Maximum 2.00 min.

In all required elements only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

## Beginners

**Pattern Dances** in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

**#5 Swing Dance** (2 Seq.)

**#27 Tango Canasta** (3 Seq.)

Skaters **must** provide their own music for both pattern dances.

### **Free Dance:**

Technical requirements:

a) One Straight Line Step Sequences (sMiSt or sDiSt)

b) One Short Pose (max 7 sec.)

c) One Dance Spin (sSp min. 3 revolutions or sCoSp min. 3 revolutions on each foot)

Duration: Maximum 2.00 min.

In all required elements only features up to **Level 1** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.