

Draft INLINE DANCE

ELITE Solo, All SILVER and 3d DIVISION Dance Shadow by two

GUIDELINES FOR INTERNATIONAL COMPETITIONS & CHAMPIONSHIPS 2022 - 2023

If a skater compete in Figure Skating and Solo Dance, the Division in Dance cannot be lower than the Division in Figure Skating

(Ex : Compete Silver in Figure skating cannot compete 3rd Division in Dance)

1st of September preceding the event is the key date to make the categories

MISSING THE KEY POINTS !!!

DANCE SHADOW BY TWO

Elite & Silver Division only

One Rhythm dance is required, the lady step only must be executed.

Regulation is the same than Rhythm Solo Dance, respectively for each Elite/Silver Division in each categories.

The Two Skaters of any sex, must skate in parallel at a Two(2) meters distance. Crossing is possible

- Pattern dance : same steps must be executed in parallel, not touching
- Other elements : in parallel or in mirror, no lifts, touching allowed but less than 3 seconds

1) GENERAL

+5/-5 For Elite division

The recommendation is to use it as the ISU regulation.

Warm up for Rhythm Dance and Free Dance is **4mn**.

Clothing : The costume must be dignified and cover at least 40% of the Skater upper body.

1.1 RHYTHM DANCE

Is a theme dance including a part of a required Pattern Dance and some technical elements.

Pattern dance :

For solo dance, ladies and men perform the lady step only, except for Elite Division.

- The order of execution is optional but :
 - **Pattern Dance must start on step One(1) at the right side facing the judges (deduction is -5 compulsory from judges)**
- The Pattern Dance Element of 1,2 or 3 sequence in a row, is divided in 2 parts and consequently two calls will be made by Technical Panel.
- There must be a clear beginning and end of each Pattern dance

Other elements listed below must be executed.

1.2 MUSIC REQUIREMENTS ELITE DIVISION

Skaters shall provide their own music.

- **Pattern Dance element** should be performed on the music with the correct character, rhythm and tempo of the required Pattern Dance. If not, a deduction from Technical Panel (-2 points) and Judge Panel will apply. The tempo throughout the required Sequences must be constant and in accordance with the required Pattern Dance plus or minus 2 beats per minute
Wrong music Rhythm of the required Pattern Dance will be penalized like an illegal element : -2 points
Wrong music Tempo of the required Pattern Dance will be penalized by the Referee : -1 points
Wrong music Character of the required Pattern Dance will be penalized by judges in GOE
- **Other required elements**, music is free of choice with the same Character.
- Notes:

Violation of the above music requirements or tempo specifications shall be penalized by the judges.

The first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

2)

ELITE DIVISION SOLO 2021-2022

2.1 SOLO RYTHM DANCE with Pattern Dance Element(s) Elite

Solo dance : ladies perform the lady and men perform the man step, they compete in separated category.

ELITE RYTHM DANSE		
Senior 2'15 (+/- 10") Age : from 18	RAVENSBURGER WALTZ 1 sequence in 2 parts (29") Step 1-22 and steps 23-41	- 1 Sequential Twizzle, - 1 Spin, - 2 Blocs of 4 turns, see requirements
Junior 2'30 (+/- 10") Age : from 15, -19	AUSTRIAN WALTZ 1 sequence in 2 parts (49") Step 1-19 and steps 20-36	- 1 Sequential Twizzle, - 1 Spin, - 2 Blocs of 4 turns, see requirements
Adv. Nov 2'15 (+/- 10") Age : from 13, -15	ARGENTINE TANGO 1 sequence in 2 parts (35") Steps 1-16 and step 17-31	- 1 Sequential Twizzle, - 1 Spin, - 2 Blocs of 4 turns, see requirements
Inter. Nov 2'40 (+/- 10") Age : from 13, -15	AMERICAN WALTZ 2 sequences (57") Steps 1-16	- 1 Sequential Twizzle, - 1 Spin, - 1 character step, - 1 Gliding section
Basic Nov. 2'30 (+/- 10") Age : from 10, -13	Foxtrot 2 sequences (33") 3 Steps 1-14	- 1 Sequential Twizzle, - 1 Spin, - 1 character step, - 1 Gliding section -
Adult Master 3' max Age : from 31	WESTMINSTER WALTZ 1 sequence in 2 parts (29") Steps 1-12 and steps 13-22	- 1 Sequential Twizzle, - 1 Spin, - 2 Blocs of 4 turns, see requirements - 1 character step,

2.2 Solo Free Dance Elite

REQUIREMENTS FOR SOLO FREE DANCE SEASON 2022/23 (ELITE)

A) Basic/Intermediate Novice and Adult Master : No Free Dance

B) Other categories – Free Dance requirements

ELITE FREE DANCE	
Senior 2'45" (+/- 10")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 2 Blocs of 4 turns, see requirements - 1 character step Sequence - 1 foot gliding section of min half rink or 20 meters, one or more gliding positions is permitted but on the same foot (dont put the other foot down)
Junior 2'45" (+/-10")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 2 Blocs of 4 turns, see requirements - 1 character step Sequence - 1 foot gliding section of min half rink or 20 meters, one or more gliding positions on the same foot (dont put the other foot down) (see explanation)
Adv. Nov 2'30" (+ /-10")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 2 Blocs of 4 turns, see requirements - 1 character step Sequence - 1 foot gliding section of min half rink or 20 meters, one or more gliding positions on the same foot (dont put the other foot down)

Levels explanations: for Advanced Novice Free Dance, **Level 3** is the maximum level the Skater may receive for all required elements. Only features up to **Level 3** will be counted. Any additional features the Skater chooses to perform will not count for Level requirements and will be ignored by the Technical Panel.

2.3. 2 Blocs of four (4) consecutive turns with clear edges, each on different foot

A maximum of 3 steps between the 2 blocs is allowed (the entrance step counts in the total)

Difficult Turns : brackets, loops , counters, rockers,(Twizzle forbidden)

Any number of three turn is allowed

Both Blocs must be on different foot and consecutive (if an other element is made between the Blocs the result is No Value)

- a) The entrance of a turn must be the exit edge of the previous one
- b) Between the turns No change of foot allowed, no change of edge or straight line allowed (No value or loss of level)
- c) Must be according with the music
- d) There must be a clear beginning

- Each Loss of edge between turns will be penalized by downgraded of 1 level
- Base level will be given if base value conditions are still fullfield
- Maximum of one failed turn
- Free foot touch
- No value will be given to
- More than one failed turn
- Change of edge
- Free foot down with weight transfer

Level Base : At least 1 difficult turns in each Bloc must be difficult

Number of features for Levels: 1 for Level 1, 2 for Level 2, 3 for Level 3, 4 for Level 4

1	No Three Turns and 3 different type of difficult turns for level 2 to 4, Compulsory
2	Difficult entrance (any movement which make the balance of the entry of the 1st turn more difficult)
3	Change of rotational direction with 1 full rotation each.
4	4 types of difficult turns
5	Only One(1) step between the 2 Blocs (counts for the second bloc)

To get the level the number of features must be made on both feet (doesn't have to be the same features), except for level 4 with 4 features on first foot and 3 features on the second foot)

For the GOE :

Speed and flow

Quality of the turns

Match to the music

2.4 Sets of Twizzles

Definitions

Twizzle	<p>A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked Three Turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, the Twizzle, it becomes a Solo Spin (Pirouette);</p> <p>The four (4) different types of entry edges for Twizzles are as follows:</p> <ul style="list-style-type: none"> ▪ Forward Inside; ▪ Forward Outside; ▪ Backward Inside; ▪ Backward Outside.
Set of Sequential Twizzles	At least two Twizzles (each partner for couple) with up to 1 step between Twizzles (the entrance step does not count).

1. The first performed Set of Twizzles shall be identified as the required Set of Twizzles and given a Level, or No Level if the requirements for Level 1 are not met. The other Set of Twizzling Movements performed after the required Set of Synchronized Twizzles shall not be identified.

2. If a Fall or interruption occurs at the entrance to or during a Set of Twizzles and is immediately followed by other Twizzles (for the purpose of filling time), the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Level 1 are not met, and the additional part shall not be identified.

Characteristics of Levels

If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after a Twizzle has commenced and the Twizzle continues after touchdown (without interruption), only the rotations before the touchdown shall be considered for Level.

Level 1	Level 2	Level 3	Level 4
At least one rotation in each of the two Twizzles	Different entry edge for the two first Twizzles	Different entry edge and different direction of rotation for the two first Twizzles	Different entry edge and different direction of rotation of the two first Twizzles
	AND	AND	AND
	At least 2 rotations in each of the two first Twizzles	At least 3 rotations in each of the two first Twizzles	At least 3 rotations in each of the two first Twizzles
	AND	AND	AND
	1 Additional Features	2 different Additional Features	3 different Additional Features

Additional Features for the Set of Twizzles

1	Difficult arm(s) position or mouvement during all the rotation process
2	Difficult free leg position or mouvement during all the rotation process
3	Difficult entrance
4	A third Twizzle of at least 4 rotations , performed correctly, started with different entry edge than the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles
5	Two first Twizzles performed on the same foot without change of foot or touch down of the free foot, with no limit on turns or movements performed between those two first Twizzles; separation between

	the 2 first twizzles is made at minima with a change of edge or a clear turn.
6	4 rotation in the 2 first twizzles

Adjustments to Levels

<p>If any part of any Twizzle within the first two Twizzles becomes a Pirouette, a loop or checked Three Turns, its Level shall be reduced: ^[1]_{SEP}</p> <ul style="list-style-type: none"> - by one Level if one (two for couples) of the compulsory Twizzles becomes a Pirouettes or checked Three Turns^[1]_{SEP} - by two Levels if the two (three or four for couples) compulsory Twizzles become a Pirouettes or checked Three Turns. <p>If there is a full stop before the first Twizzle by one or both partners, the Level of the Set of Twizzles shall be reduced by one Level.</p> <p>If there is a full stop before the second Twizzle, by one or both partners, the Level of the Set of Twizzles shall be reduced by one Level.</p> <p>If there is more than one step between Twizzles in a Set of Sequential Twizzles or more than three steps in a Set of Synchronized Twizzles, the Level of the Set of Twizzles shall be reduced by 1 Level if the mistake is performed by one partner and by 2 Levels if the mistake is performed by both partners.</p>

2.5 1 foot Gliding Section (ChSq)

- min half rink or 20 meters,
- one or more gliding positions are permitted but **on the same foot**
(**put the other foot down or change foot** is an error who conclude the Gliding Section)

The 1 Foot Gliding Section is subject to levels.

LEVELS

B	Any position(s) on straight line, or not clear curve, maintained for min 20 meters
A straight line at any part cancel all following features, no more than Base level can be given (except short change of edge) :	
1	At least 15 meters of the 1 foot Gliding section(s) is on a deep curve with the free leg higher than the hip level
2	<p>-One (1) change of position with the free leg higher than the hip level maintaining a deep curve. A change of deep curve (short change of edge) is permitted.).</p> <p>-Minimum of 3 seconds hold for each position (same position on different edge count as an other position)</p> <p>- A flat section cancels the feature</p>
3	With deep curves, a succession of 3 different positions with the free leg higher than the hip level (min 2 seconds each), the position of the free leg must change each time and use all 3 directions (Forward/Side/Back, order is free), change(s) of edge or direction (forward/backward or vice/versa) is/are permitted
4	Same than level 3, and each change of position Must include a change of the skating direction (forward/Backward or vice/versa)

Taken in consideration by the judges for the GOE :

- Deep edges and speed
- Quality of the gliding positions
- Match to the music

2.6 Spin

The spin is subject to levels.

LEVELS

B	Minimum 2 rotations on 2 feet
1	One foot Spin for minimum 3 revolutions
2	<p>1 foot Spin of minimum 4 revolutions with :</p> <ul style="list-style-type: none"> - Minimum two(2) revolutions in Camel or Sit basic position, or their variations. - Final wind up in any Upright or non basic position are permitted

3	1 combination spin (minimum 4 revolutions per foot). - The 3 basic positions, or variation(s), are mandatory with 2 revolutions each. - One of the 3 basic position must be in difficult Variation of a basic position of 2 revolutions.
4	1 Change Foot Combination spin with the 3 basic positions (minimum 4 revolutions per foot and 2 revolutions per position) : - Minimum 3 different difficult variations of basic positions are mandatory, 2 of those must be in a different basic position.

- Basic Positions :

Upright : Any position with skating leg extended or slightly bent wich is not a camel

Sit : The upper part of the skating leg not higher than parallel to the floor.

Camel : Free leg backwards with the knee higher than the hip level, howether Layback, Biellemann and similar variations are still considered as upright positions.

- Any position wich is not a Basic position is a Non Basic position.

- Difficult variation of a position :

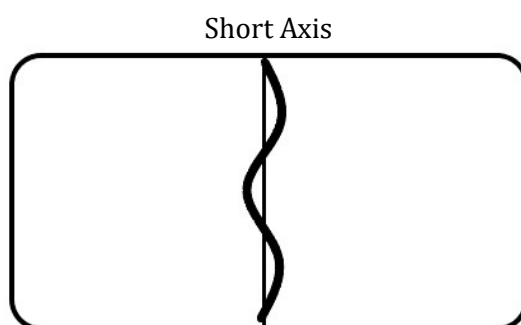
Is a movement of a body part, leg, arm, head, torso, which requires more physical strength or flexibility and has an effect on the balance of the main body core.

2.7 CHARACTER STEP SEQUENCE

Caracter Step Sequence is a Choreographic Element

The following requirements apply :

- Must be placed along the Short Axis in the middle of the floor, front of the judges (**within 3 meters** on either side of the Short Axis) and must proceed from barrier to barrier. Must start and end no more than one(1) meter from one barrier to the opposite barrier, no more than one(1) meter.
- Can start at the closest to the judges or to the opposite side of the judges
- Any stops, retrogressions, hands on the floor, ect are allowed
- Draw example :



3.

SILVER DIVISION 2022/2023

COUPLE and SOLO - for Solo Ladies and men compete separatly (men does man steps)

LEVEL 1 MAXIMUM for elements with levels

Only 3 components : Skating Skills, Performance and Interpretation

2. MUSIC REQUIREMENTS SILVER DIVISION

Skaters shall provide their own music.

- **Pattern Dance element** should be performed on the music with the correct character, rhythm and tempo of the required Pattern Dance. If not, a deduction from Technical Panel (-2 points) and Judge Panel will apply. The tempo throughout the required Sequences must be constant and in accordance with the required Pattern Dance plus or minus 2 beats per minute
Wrong music Rhythm of the required Pattern Dance will be penalized like an illegal element : -2 points
Wrong music Tempo of the required Pattern Dance will be penalized by the Referee : -1 points
Wrong music Character of the required Pattern Dance will be penalized by judges in GOE

- **Other required elements**, music is free of choice, and the Character step must fit with the new music style.

- Notes:

Violation of the above music requirements or tempo specifications shall be penalized by the judges.

The first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

- **Silver Division** : 1 Pattern dance, 1 Spin, 1 character step, 1 Gliding position

SILVER		
Cubs Less than 12 years 2' (+/-10'')	WILLOW WALTZ 2 sequences (46'') Steps 1-22 twice	<ul style="list-style-type: none"> • 1 Spin, • 1 character step,
Novice 12 to less 15 years 2' (+/-10'')	FOURTEEN STEP 2 sequences (22'') Steps 1-14 twice	<ul style="list-style-type: none"> • 1 Spin, • 1 character step, • 1 foot Gliding section
Junior 14 to 17 years 2' (+/-10'')	STARLIGHT WALTZ 1 sequence 2 parts (35'') Steps 1-16 and 17-32b	
Senior + de 17 years 2' (+/-10'')	QUICK STEP 2 sequences (30'') Steps 1-18 twice	
Adult Silver A + de 23 years Adult Silver B + de 41 years 2' (+/-10'')	ROCKER FOXTROT 2 sequences (32'') Steps 1-14 twice	

4.

3d DIVISION 2021/2022

SOLO DANCE : Ladies does lady steps and men does men steps

Couple and Solo
One RYTHM DANCE

LEVEL BASE MAXIMUM for elements with levels

For solo dance, ladies and men perform the lady step only

3. MUSIC REQUIREMENTS 3rd DIVISION

Skaters shall provide their own music.

- **Pattern Dance element** should be performed on the music with the correct character, rhythm and tempo of the required Pattern Dance. If not, a deduction from Technical Panel (-2 points) and Judge Panel will apply. The tempo throughout the required Sequences must be constant and in accordance with the required Pattern Dance plus or minus 2 beats per minute

Wrong music Rhythm of the required Pattern Dance will be penalized like an illegal element : -2 points

Wrong music Tempo of the required Pattern Dance will be penalized by the Referee : -1 points

Wrong music Character of the required Pattern Dance will be penalized by judges in GOE

- **Other required elements**, music is free of choice.

- Notes:

Violation of the above music requirements or tempo specifications shall be penalized by the judges.

The first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

	RYTHM DANCE with one Pattern dance and skating elements
• Kids, less than 12 years old	Total length 1'45'' (+/- 10'') • DUTCH WALTZ , 2 Sequences (42'') • 1 foot Gliding section • 1 spin
• Young less than 15 years old	
• Adult A more than 15 years old but less than 31	
• Adult B more than 31 years old	

Only 3 components : Skating Skills, Performance, Interpretation

FERNAND FEDRONIC
President WIFSA



