

INLINE DANCE

ELITE COUPLE

Kee date for age categories is October 1st preceding the event

URGENT :

Regarding the age (and fulfilling the technical requirements)

AGE CATEGORIES are extended until THE WORLD OPEN

2021 IN POLAND

(Skaters can stay in te same categories)

GUIDELINES FOR INTERNATIONAL COMPETITIONS & CHAMPIONSHIPS 2021

Warm up RD is 4mn and FD is 5mn.

For all Novice Categories, Rhythm Dance :

- The required Pattern Dance Element, Fourteenstep or Foxtrot or Quickstep, must be skated to the related Pattern Dance Rhythm and style. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo.
- Choreographic Character Step Sequence
The following requirements apply:
 - performed anywhere in the program
 - Must be placed around the Short Axis
 - May be in hold or not or not touching
 - Touching the floor with hand(s) is allowed
 - Distance between partners is permitted as a maximum of 4 arms lengths apart (4 meters)

1) BASIC NOVICE COUPLE

Level 1 maximum can be rewarded

	Requirement	ELEMENTS
BASIC NOVICE couple 2' 30 +/-10 seconds Has not reached the age of 13	One Rhythm Dance	<ul style="list-style-type: none"> •Fourteenstep 2 sequences •1 Set of Synchronized Twizzles •1 Choreographic Character Step

Characteristics of Levels for Basic Novice Pattern Dances:

Basic Level	Level 1
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners

Fourteenstep: Music – March 4/8 or 2/4; Tempo-56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute; Set Pattern.

Fourteenstep

Each Sequence (FO1Sq, FO2Sq, FO3Sq & FO4Sq)	Key Point Lady Steps 1-4 (RBO, LBI-Pr, RBO, LBO-SwR) & Man Steps 1-4 (LFO, RFI-Pr, LFO, RFO-SwR)
Key Point Features	1. Correct Edges 2. SwR (#4): correct swing movement of the free leg 3. Pr (#2): not performed as a Chassé

2) INTERMEDIATE NOVICE couple

Level 2 maximum can be rewarded

	Requirement	ELEMENTS
2' 30 +/-10 seconds Has not reached the age of 15	One Rhythm Dance	<ul style="list-style-type: none"> • Foxtrot 2 sequences • 1 Dance Lift, Type of Short Lift • 1 Set of Synchronized Twizzles • 1 Choreographic Character Step

Levels explanation

For Pattern Dances, there will be 1 key point described and up to Level 2 will be evaluated.

The Judges evaluate the Pattern Dance with the GOE.

Basic Level	Level 1	Level 2
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	1 Key Point is correctly executed

Foxtrot: Music – Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute; Set Pattern.

Foxtrot

Each Sequence (FT1Sq, FT2Sq, FT3Sq & FT4Sq)	Key Point Lady Steps 11-14 (LFO CIMo, RBO, LFI, RFI) & Man Steps 11a-14 (RBO, LBI-Pr, RBO, LFI, RFI)
Key Point Features	1. Correct Edges 2. Correct Turn 3. CIMo: correct placement of the free foot

3) ADVANCED NOVICE couple

Level 3 maximum can be rewarded

	Requirement	ELEMENTS
3' +/-10 seconds Has reached the age of 10 but not 15 for girls and 17 for boys	One Rhythm Dance	<ul style="list-style-type: none"> • Quickstep 2 sequences • 1 Dance Lift, Type of Short Lift • 1 Set of Synchronized Twizzles • 1 Choreographic Character Step • 1 Choreographic Elements (choreographic lift or Spinning Movement)

Levels explanation:

For Pattern Dances, there will be 2 key points described, and Key Points up to Level 3 will be evaluated. The Judges evaluate the Pattern Dance with the GOE.

Characteristics of Levels for Novice Pattern Dances:

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	1 Key Point is correctly executed	2 Key Points are correctly executed

Quickstep - Music – Quickstep 2/4; Tempo 56 measures of 2 beats (112 beats per minute) plus or minus 2 beats per minute; Set Pattern.

Quickstep

Each Sequence (QS1Sq & QS2Sq, QS3Sq & QS4Sq)	Key Point 1 Lady Steps 5 & 6 (LFO Sw-CICho, RBIO)	Key Point 2 Man Steps 5 & 6 (LFO Sw-CICho, RBIO)
Key Point Features	1. Correct Edges 2. Correct Turn 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg	1. Correct Edges 2. Correct Turn 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg

**For Cross Rolls, while the free foot is passing the skating blade/foot, the placement on the ice with the new skating blade/foot is not required to be on an outside edge.

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

All Components are judged:

- Skating Skills
- Performance
- Interpretation
- Timing

4. JUNIOR AND SENIOR COUPLE ()

One Rhythm Dance and One Free Dance are required

a) RHYTHM DANCE

SPECIFICATION/RESTRICTIONS

	Specifications/Restrictions	Violations
Duration	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	Program time: Referee deduction - 1.0 up to every 5 seconds lacking or in excess
Music	- Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. - Only dance music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program."	Music Requirements: Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat. Referee deduction -1.0 per program – violation of tempo specification
Pattern	- For season 2019/20 the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier. - In addition, the couple may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence and at the entry to Pattern Dance Element. - Loops are permitted provided they do not cross the long axis	Choreography restrictions: (Pattern/ Stops/ Separations/Touching ice with hands) Referee + Judges deduction - 1.0 per program
Stops	- After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop	
Separations	- Partners must not separate except to change Hold or to perform Required Elements requiring a separation. - Distance allowed is maximum 2 arms lengths during such separations - Change of hold and Turns as transitional elements must not exceed the duration of one measure of music. - Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation	
Touching ice with hands	Touching the ice with the hand(s) is not permitted.	
Costume and prop	- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. - Man must wear full length trousers - <u>Lady may wear trousers</u> - Accessories and props are not permitted	

REQUIRED ELEMENTS for the Rhythm Dance

4 ELEMENTS

1 Junior Pattern	Pattern Dance Elements : 1 sequence of Silver Samba
Senior Pattern	Pattern Dance Elements : One sequence of Yankee Polka
2 Junior/Senior One Pattern Dance Step Sequence	<p>One (1) Pattern Dance Type Step Sequence (PSt, Style B):</p> <ul style="list-style-type: none"> - Rhythm: skated to the same Rhythm chosen for the Finnstep. The chosen tune may be the same as for Finnstep or different but must have the same tempo. The Tempo of the music throughout Finnstep and PSt must be constant and in accordance with the required Tempo. - Duration: any exact number of musical phrases - Pattern: starting immediately following the Slide and Stop on step 33 of the Finnstep, concluding at the Short Axis (middle of the rink) on the Judges' side. - Stops – after the completion of step 33, a Stop can be up to 5 seconds and is not counted as one of the permitted Stops. No additional stops are allowed during the PSt - Holds: Hand-in-Hand Hold with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of Holds and during Twizzles; - Not permitted: <ul style="list-style-type: none"> - Separations - Retrogressions and Loops - Hand in hand hold – NOT permitted with fully extended arms
3 Junior/Senior Dance Lift	<ul style="list-style-type: none"> • Maximum One (1) Short Lift. Up to 7 seconds.
4 Junior/Senior One Sequential Twizzles	<ul style="list-style-type: none"> • One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> - At least two Twizzles for each partner - Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) - <u>Must NOT be in contact between Twizzles</u>

b) FREE DANCE

	Specifications/Restrictions	Violations
Duration	Senior : 4 minutes +/- 10 seconds Junior : 3 ½ minutes +/- 10 seconds	Program time : Referee deduction -1.0 up to every 5 seconds lacking or in excess

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, colorful, entertaining dance program with different dance moods or a building effect - Music must have at least one obvious change of tempo/rhythm and expression. This change may be gradual or immediate, but in either case it must be obvious. - Music must be suitable for the Couple's skating skills and technical ability. - 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 end of program - Music may be without audible rhythmic beat up to 10 seconds during the program 	Music Requirements: Referee + Judges deduction -2.0 per program
Stops	<ul style="list-style-type: none"> - After clock started, couple must not remain on one place for more than 10 seconds - During program: unlimited full stops of 5 seconds max. are allowed 	Choreography restrictions: (Stops/ Separations/Touching ice with hands) Referee + Judges deduction 1.0 per program
Separations	<ul style="list-style-type: none"> - Number of separations to execute transitional footwork or moves is not restricted; - Distance allowed is maximum 2 arms length during separations (except during <u>Choreographic Character Step Sequence</u>); - Duration of each separation (excluding <u>Required Elements</u>) is 5 seconds max; - Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation. 	
Touching ice with hands	Touching the ice with the hand(s) is not allowed (except <u>Choreographic Sliding Movement</u> and <u>Choreographic Character Step Sequence</u>).	Costume and prop: Referee + Judges deduction -1.0 per program
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 - Man must wear full length trousers - Lady must wear a skirt - Accessories and props are not permitted 	

ELEMENTS	JUNIOR	SENIOR
Dance Lift - Not more than	Two (2) Different Type Short Lift Or One (1) Combination Lift	Three (3) Different Type Short Lift Or One (1) Short Lift and One (1) Combination Lift (Short Lift must be a different type than in the Combination Lift)
Step Sequence: Types: Straight line or Curve	<p style="text-align: center;">Two (2)</p> <ul style="list-style-type: none"> • One (1) Step Sequence, in Hold (Style B)* Specifications to Style B, Free Dance 2019/2020: <ul style="list-style-type: none"> - Retrogression - one (1) permitted –must not exceed two measures of music - Separations permitted, no more than 2 arms length and must not exceed 5 seconds - Loops NOT permitted, a narrow loop is an acceptable shape in the retrogression <ul style="list-style-type: none"> - Hand in hand hold – NOT permitted with fully extended arms - Stops – NOT permitted • One (1) One Foot Step Sequence, Not-Touching <ul style="list-style-type: none"> • Turns performed on one foot by each partner and must be started with the first turn at the same time <i>One Foot Step Sequence is evaluated as one unit by adding the Base Values of the Lady One Foot Step Sequence and Man One Foot Step Sequence and then applying the GOE.</i> <p>*The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is not clearly recognizable, this will be a negative feature for incorrect Pattern in the GOE</p>	
Synchronized Twizzles	<ul style="list-style-type: none"> • One (1) Set of Synchronized Twizzles (FD variation) Specifications for Season 2019/2020 <ul style="list-style-type: none"> - At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) - Partners must be in contact at some point between the 1st and 2nd Twizzles <i>Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i> 	
Choreographic element	Two (2) Different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence	Three (3) Different Choreographic Elements <ul style="list-style-type: none"> • One (1) of which must be a Choreographic Character Step Sequence • Two (2) additional chosen from: Choreographic Lift. Choreographic Spinning Movement. Choreographic Twizzling Movement. Choreographic Sliding Movement

Definition of Choreographic Elements:

- **Choreographic Lift:** Dance Lift of minimum 3 seconds and up to ten (10) seconds
The following requirements apply
 - performed after all the other required Dance Lifts
- **Choreographic Spinning Movement:** spinning movement performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold,
The following requirements apply
 - on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three,
 - on a common axis which may be moving.
- **Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles, composed of 2 parts.
The following requirements apply:
 - for both parts: on one foot or two feet or a combination of both,
 - for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
 - for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both.
- **Choreographic Character Step Sequence**
The following requirements apply:
 - performed anywhere in the program
 - Must be placed around the Short Axis

- May be in hold or not or not touching
- Touching the floor with hand(s) is allowed
- Distance between partners is permitted as a maximum of 4 arms lengths apart (4 meters)

SILVER DIVISION 2021

COUPLE

LEVEL 1 MAXIMUM for elements with levels

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

	Couple One RHYTHM DANCE
Cubs Less than 12 years Maximum 2'30	Dutch Waltz 2 sequences - Pattern Dance must start by step 1. - One choreographic Sequence - One Step Sequence
Novice De 12 à 15 ans Maximum 2'30	Foxtrot 2 sequences - Pattern Dance must start by step 1. - One choreographic Sequence - One Step Sequence
Junior 14 to 17 years Maximum 2'45	European Waltz 2 sequences - Pattern Dance must start by step 1. - One choreographic Sequence - One Step Sequence
Senior + de 17 years Maximum 2'45	Rocker Fox Trot 2 sequences - Pattern Dance must start by step 1. - One choreographic Sequence - One Step Sequence
Adult Silver A + de 23 years Adult Silver B + de 41 years Maximum 2'45	American Waltz 2 sequences - Pattern Dance must start by step 1. - One choreographic Sequence - One Step Sequence

Couple Choreographic Sequence for 3rd Division

<ul style="list-style-type: none"> - An important choreographic and creative part of the program for a minimum of 15 seconds and <u>started by a spinning movement (touching partners compulsory, on One or Two feet)</u>. - Must be clearly visible and cover the whole floor surface. - Must be according with the music - This element has a fixed base value and is judged by GOE.
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a) Must include :

- A minimum of 1 gliding positions (of any kind like spiral, any dance lift) of minimum 3 seconds.
- Any linking steps, skating movements

c) Taken in consideration by the judges for the GOE :

- Strong choreography
- Match to the music
- Deep edges and speed
- Quality of the gliding positions and choreo spin.

4.

3d DIVISION 2021

Couple One RHYTHM DANCE

LEVEL Base MAXIMUM for elements with levels

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

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

	RHYTHM DANCE with one Pattern dance and skating elements
<ul style="list-style-type: none">Kids, less than 12 years old	Total length Maximum 1'45'' <ul style="list-style-type: none">Canasta Tango, 2 sequences without stops,Free part with a Choreographic Sequence compulsory
<ul style="list-style-type: none">Young less than 15 years old	Total length Maximum 1'45'' <ul style="list-style-type: none">Fiesta Tango, 2 sequences without stops,Free part with a Choreographic Sequence compulsory
<ul style="list-style-type: none">Adults more than 15 years old	Total length Maximum 1'45'' <ul style="list-style-type: none">Fourteen Step, 2 sequences without stops,Free part with a Choreographic Sequence compulsory

Couple Choreographic Sequence for 4th Division

- An important choreographic and creative part of the program for a **minimum of 15 seconds** and **started by a spinning movement (on One or Two feet)**.
- Must be clearly visible and cover the whole floor surface.
- Must be according with the music
- This element has a fixed base value and is judged by GOE.

a) Must include :

- A minimum of 1 gliding positions (of any kind like spiral, any dance lift) of minimum 3 seconds.
- Any linking steps, skating movements

c) Taken in consideration by the judges for the GOE :

- Strong choreography
- Match to the music
- Deep edges and speed
- Quality of the gliding positions and choreo spin.