

INLINE DANCE

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

GUIDELINES FOR INTERNATIONAL COMPETITIONS & CHAMPIONSHIPS 2021 - 2022

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

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
- Other elements : in parallel or in mirror

1) GENERAL

+5/-5 For Elite division

The recommendation is to use it as the ISU regulation.

Warm up for Rythm 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**
- 1 or 2 or 3 Sequence(s) in a row is required for each Pattern dance, starting on step One(1) at the right side facing the judges.
- 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 ^[T]_{SEP} 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 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 : +18	Paso Doble (spanish caracter) 2 sequences (36")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Spin, - 1 Bloc of 6turns
Junior 2'15 (+/- 10 ") Age : +15, -19	Quickstep (charleston caracter, roaring twenties) 2 sequences (30")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Spin, - 1 Bloc of 6turns
Adv. Nov 2'15 (+/- 10 ") Age : +13, -15	Starlight Waltz 1 sequences (34") divided in 2 parts (step 1-15 & step 16-32)	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Spin, - 1 Bloc of 6turns
Inter. Nov 2'30 max Age : +13, -15	Tango (South America caracter) 1 sequence (29") divided in 2 parts (step 1-15 & 16-22)	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Spin, - 1 caracter step, - 1 Gliding section
Basic Nov. 2'30 max Age : +10, -13	Foxtrot (balroom, tea time caracter) 2 sequences (33")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Spin, - 1 caracter step, - 1 Gliding section
Adult Master 2'45" max Age : +31	Paso Doble (spanish caracter) 2 sequences (36")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Spin, - 1 Bloc of 6turns, - 1 caracter step, - 1 foot gliding section

2.2 Solo Free Dance Elite

REQUIREMENTS FOR SOLO FREE DANCE SEASON 2020/21 (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, - 1 Bloc/Closter of 6 turns, - 1 caracter 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, - 1 Bloc/Closter of 6 turns, - 1 caracter step Sequence - 1 foot gliding section of min halth rink or 20 meters, one or more gliding positions on the same foot (dont put the other foot down)
Adv. Nov 2'30" (+/-10")	<ul style="list-style-type: none"> - 1 Sequential Twizzle, - 1 Bloc/Closter of 6 turns, - 1 caracter step Sequence - 1 foot gliding section of min halth 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. Bloc of six (6) consecutive turns with clear edges on the same foot

Difficult Turns : brackets, loops , counters, rockers,(Twizzle forbidden)
 Any number of three turn is allowed

- a) The entrance of a turn must be the exit edge of the previous one (possible exception with a dance jump included, the exit of the jump can be on the other edge and/or direction)
- b) No change of foot allowed, no change of edge allowed
- c) Must be according with the music
- d) There must be a clear beginning

Level Base : At least 2 turns 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	3 different type of difficult turns <u>and no three turn. Compulsory for level 2 to 4</u>
2	Difficult body mouvement for at least ½ of the bloc, maintaining the edges
3	Difficult entrance (any movement witch make the balance of the entry of the 1st turn more difficult)
4	One (1) change of rotational direction, minimum one (1) consecutive full rotation in both directions
5	One (1) dance jump on the same foot (no touch down or toe pick allowed). The exit Edge/Direction of the jump can be different than the entry edge/Direction.
6	The 4 difficult turns are used

2.4 Sets of Twizzles

Definitions

Twizzle	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); The four (4) different types of entry edges for Twizzles are as follows: <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.

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

Additional Features for the Set of Twizzles

1	Difficult arm(s) position or mouvement
2	Difficult free leg position or mouvement
3	Difficult entrance
4	A third Twizzle of at least 3 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:</p> <ul style="list-style-type: none"> ▪ by one Level if one or two of the four Twizzles become Pirouettes or checked Three Turns. ▪ by two Levels if three or four of the four Twizzles become 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. Base, any position(s) on straight line, or not clear curve.

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. Only 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. A flat section drop to lower level(s). 3 seconds hold each position (same position with change of edge count as an other position)
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)

c) 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 Base : minimum 2 rotations on 2 feet

Level 1 : One foot Spin for minimum 3 revolutions

Level 2 : 1 foot Spin of minimum 4 revolutions.
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.

Level 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.

Level 4 : 1 Change Foot Combination spin with the 3 basic positions (minimum 4 revolutions per foot and 2 revolutions per basic position).
Minimum 3 different difficult variations of position of 2 revolutions each 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 :

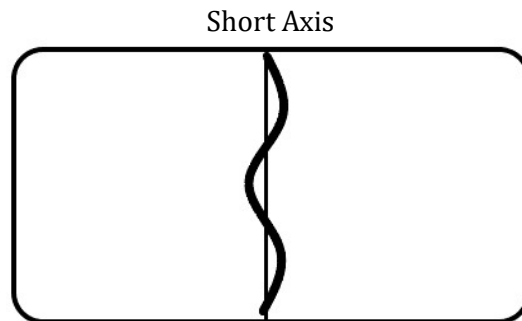
Is a movement of a body part, leg, arm, head, torso, which requires more physical strength or flexibility and has an effect on the balance of the main body core. This movement doesn't have to be a still position and can be an evolutive movement, maintaining the Basic or Non Basic position but must be difficult at all time.

2.7 CHARACTER STEP SEQUENCE

Character 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 2021/2022

COUPLE and SOLO - for Solo Ladies and men compete separately (**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 ^[1]_{SEP} 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	
Senior + de 17 years 2' (+/-10")	Blues 1 sequence (24")	<ul style="list-style-type: none"> • 1 Spin, • 1 character step, • 1 Gliding position
Junior 14 to 17 years 2' (+/-10")	Killian 3 sequences (19")	
Novice 12 à 15 years 2' (+/-10")	European Waltz 1 sequence (21")	
Cubs Less than 12 years 2' (+/-10")	Hicory Hoedown 1 sequence (23")	
Adult Silver A + de 23 years Adult Silver B + de 41 years 2' (+/-10")	Ten Fox 1 sequence (19")	

4.

3d DIVISION 2021/2022

SOLO DANCE : Ladies and men compete together in the same category

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 ⁽¹⁾_(SEP) 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
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	with one Pattern dance and skating elements
<ul style="list-style-type: none"> Kids, less than 12 years old 	<p>Total length 1'45'' (+/- 10'')</p> <ul style="list-style-type: none"> Rythm Blues, 2 Sequences 1 Gliding position 1 spin
<ul style="list-style-type: none"> Young less than 15 years old 	
<ul style="list-style-type: none"> Adult A more than 15 years old but less than 31 	
<ul style="list-style-type: none"> Adult B more than 31 years old 	

Only 3 components : Skating Skills, Performance, Interpretatio