

INLINE DANCE REGULATION for ELITE DIVISION 2017

Inline Dance Couple page 1-3
Inline Solo Dance page 1, 4-6

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 plus or minus 2 beats per minute.

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

See the pattern dances : https://www.usfigureskating.org/Content/All_CD_Sections_SOVs.pdf

In the short dance the requirement is : first part of the program is made from a selected pattern dance. The other part is free of construction which few compulsory elements and the music type is compulsory.

In the free dance the requirement is : the program free of construction which compulsory elements on a music free of choice, at least 1 change of rhythm compulsory.

In all programs only 1 stop without any required technical element is permitted.

Age requirements

(the specific date: before September 1st preceding the event, applies to all indicated dates):

1) Age Requirements for Novice competitions Inline Dance

Two subgroups offering a different technical package are established:

- Basic Novices

1. a) has reached at least the age of ten (10)
2. b) has not reached the age of thirteen (13) for Girls and of fifteen (15) for Boys

- Advanced Novices

1. a) has reached at least the age of thirteen (13)
2. b) has not reached the age of fifteen (15) for Girls and seventeen (17) for boys

2) Age Requirements for Junior competitions Inline Dance

1. a) has reached at least the age of thirteen (13)
2. b) has not reached the age of nineteen (19) for ladies and the age of twenty-one (21) for men

3) Age Requirements for Senior competitions Inline Dance

Senior Competitions only skaters may compete who have reached at least the age of fifteen (15)

4) Age Requirements for Adult Master competitions Inline Dance

Adult Master Competitions only skaters may compete who have reached at least the age of thirty five (35) for Men

and thirty one (31) for Ladies.

DANSE COUPLE

TECHNICAL REQUIREMENT

In Step Sequences :

- No stop is permitted
- Pattern retrogression is permitted
- Loops are not permitted
- Separation is not permitted in the in hold part

BASIC NOVICE

1 Short Dance, maximum 2'30:

- 2 sequences in a row, of **Foxtrot**,
- One straight line step sequence (diagonal or midline), minimum 50% in hold compulsory
- One set of twizzles (3 steps allowed between)
- One dance spin (only 1 position) or one choreographic spinning movement (see Senior)
- One short lift

Levels explanations: for Basic Novice Short 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.

ADVANCED NOVICE

1 Short Dance, maximum 2'45 :

- 4 sequences in a row of **Kilian**,
- One straight line step sequence (diagonal or midline), minimum 50% in hold compulsory
- One set of twizzles (3 steps allowed between)
- One dance spin (only 1 position) or one choreographic spinning movement (see Senior)
- One short lift

Levels explanations: for Basic Novice Short 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.

	SHORT DANCE	FREE DANCE
JUNIOR	2'30 maximum a) 2 sequences of Blues either	3 min (+/- 10'') A maximum of :

	<p>skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the floor surface.</p> <p>b) The following elements must be executed on the rythm of swing/hip hop :</p> <ul style="list-style-type: none"> - One step sequence (diagonal or midline), ½ in hold and ½ not touching compulsory - One set of twizzles (3 steps allowed between) - One spin - One short lift 	<ul style="list-style-type: none"> - One step sequence (diagonal or midline), free hold - One set of twizzles - One dance spin - 2 different type lifts (minimum 1 short) - One (1) Choreographic Element in the list: Choreographic Spinning Movement or Choreographic Twizzling Movement (see senior)
<p>SENIOR</p>	<p style="text-align: center;">2'30 maximum</p> <p>a) 1 sequences of Midnight Blues. Step #1 on the opposite side from the Judges.</p> <p>b) The following elements must be executed on the rythm of Swing/Hip hop :</p> <ul style="list-style-type: none"> - One step sequence (diagonal or midline), ½ in hold and ½ not touching compulsory - One set of twizzles (3 steps allowed between) - One spin - One short lift 	<p style="text-align: center;">3 min (+/- 10')</p> <ul style="list-style-type: none"> - One step sequence (diagonal or midline), free hold - One set of twizzles - One combination spin - 2 short lifts - Two (2) different Choreographic Elements : <ul style="list-style-type: none"> • €Choreographic Dance Lift: Dance Lift of up to ten (10) seconds, performed after all the other required Dance Lifts. • €Choreographic Spinning Movement: spinning movement performed after the required Dance Spin during which both partners perform at least 2 continuous rotations: in any hold, on one foot or two feet or one partner being elevated without being sustained, or a combination of the three, • Choreographic Twizzling Movement: twizzling movement performed after the required Set of Twizzles composed of 2 parts. The following requirements apply: <ul style="list-style-type: none"> - 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.

ADULT MASTE R	<p style="text-align: center;">3 min (+/- 10')</p> <p>a) 2 sequences of a Pattern Dance free of choice.</p> <p>b) The following elements must be executed :</p> <ul style="list-style-type: none"> - One set of twizzles - One spin - One short lift - Two (2) different Choreographic Elements : see senior category, free program 	□

TECHNICAL REQUIREMENT

SOLO INLINE DANCE

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 plus or minus 2 beats per minute.

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

BASIC NOVICE solo dance:

Only Short dance (2 min (+/-10 s.), with the following elements:

- 1) 2 sequences of 14-step executed one after another
- 2) 1 set of twizzles
- 3) 1 dance spin
- 4) 1 well balanced step sequence

Twizzles and spin must be executed on the slow fox (Fox trot) rhythm.

Isu/Firs standard music can be used as an option of a skater for both rhythms

Boys and girls are competing together

Fourteenstep
Music

March 6/8 or 2/4

Tempo	56 measures of 2 beats per minute 28 measures of 4 beats per minute
Pattern	Set
Duration	The time required to skate 2 sequences is 21,5 sec.

ADVANCED NOVICE solo dance:

Only Short dance 2 min 30 sec (+/- 10s.) with the following elements:

- 1) 4 sequences of Kilian executed one after another
- 2) 1 set of twizzles
- 3) 1 dance spin
- 4) 1 step sequence

Twizzles and spin must be executed on a slow waltz rhythm (Européenne/ Starlight ??)

Isu/Firs standard music can be used as an option of a skater but only for the quickstep rhythm

Boys and girls are competing together

Kilian

Music	March 2/4 and 4/4
Tempo	58 measures of 2 beats per minute 29 measures of 4 beats per minute 116 beats per minute
Pattern	Optional
Duration	The time required to skate 4 sequences is 34 sec.

JUNIOR solo dance, Ladies and men are competing separately :

A. short dance

(2 min 00 sec maximum but may be less) with the following elements:

- 1) 2 sequences of quickstep executed one after another,
- 2) 1 set of twizzles
- 3) 1 dance spin

Twizzles and spin must be executed on a Viennese waltz rhythm

Isu/Firs standard music can not be used for any of the rhythms

Quickstep

Music	Quickstep 2/4
Tempo	56 measures of 2 beats per minute
Pattern	Set
Duration	The time required to skate 2 sequences is 30 sec.

B. Free dance

(2.30 +/- 10 sec) with the following elements:

- 1) 1 set of twizzles
- 2) 1 dance combo spin
- 3) 1 midline step sequence

At least one change of the dance rhythm must be performed

No isu/Firs music can be used

SENIOR solo dance, Ladies and men are competing separately :

A. Short dance

(2 min 00 sec maximum but may be less) with the following elements:

- 1) 2 sequences of Cha-Cha congelado executed one after another
- 2) 1 set of twizzles
- 3) 1 dance spin

Twizzles and spin must be executed on a rhumba rhythm

Isu/Firs standard music can not be used for any of the rhythms

Cha Cha Congelado

Music	Cha Cha 4/4
Tempo	29 measures of 4 beats per minute
Pattern	Optional
Duration	The time required to skate 2 sequences is 67 sec.

B. Free dance

(2.30 +/- 10 sec) with the following elements:

- 1) 1 set of twizzles
- 2) 1 dance combo spin
- 3) 1 diagonal step sequence

At least one change of the dance rhythm must be performed

No isu/Firs music can be used

ADULT MASTER solo dance, Ladies and men are competing separately :

Short dance Only

(2 min 50 sec maximum but may be less) with the following elements:

- 1) 2 sequences of 1 Pattern Dance free of choice executed one after another
- 2) 1 set of twizzles

3) 1 dance spin

4) 1 Step sequence (diagonal or midline or circular)

At least one change of the dance rhythm must be performed

No isu/Firs music can be used

For all categories music with the words is allowed (No sexual conotation).

January 10, 2017