

# 2019-2020

## INLINE DANCE

### ELITE Solo, All SILVER and 3d DIVISION

#### GUIDELINES FOR INTERNATIONAL COMPETITIONS & CHAMPIONSHIPS 2019 - 2020\_

##### 1) GENERAL

+5/-5

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 COMBINED DANCE/ RHYTHM DANCE

Pattern dances :

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

- The order of execution is optional
- One (1) full lap around the rink with no stop 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

Step Sequence (subject to levels) :

- There must be a clear beginning and end,
- The shape must be straight line (Diagonal, Median or Serpentine) from short barrier to short barrier or full cercle of diameter of a minimum of 15 meters .

##### 1.2 MUSIC REQUIREMENTS FOR COMBINED DANCE FOR INTERNATIONAL COMPETITIONS

Skaters shall provide their own music.

The music must be chosen in accordance with the Rhythm of the required 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.

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

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).

##### 1.3 STEP SEQUENCE

###### ADDITIONAL PRINCIPLES OF CALLING

If a Fall or interruption occurs at the entrance to or during a Step Sequence and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.

- **Types of Difficult Turns:** Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Loop, Twizzle.
- **Types of One Foot Section Turns:** Bracket, Rocker, Counter, Loop, Twizzle.  
In One foot section 4 turns must be used with minimum 2 different type (4 different type for level 4)
- **Note:** An error in any part of a turn will result in the turn not being counted for the Level.
- **Dance Holds:** Kilian (or Kilian variation), Waltz (or Tango) and Foxtrot. To be considered for Level, a Dance Hold must be established.
- **Change of Hold:** to be considered for Level, a Change of Hold must be distinct (e.g. from Waltz to Foxtrot or from Waltz to Kilian or from Foxtrot to Tango, but not from Waltz to Tango or from Waltz to Hand-in-Hand facing each other) and each Hold must be established.

### Characteristics of Levels for the Step Sequence :

Level Base	Level 1(for each skater)	Level 2(for each skater)	Level 3(for each skater)	Level 4(for each skater)
Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason At least one Hold must be established (for Step Sequence in Hold only)	Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason  AND  Footwork includes at least 3 different Types of Difficult Turns  For Couple : AND  At least one Hold must be established (for Step Sequence in Hold only)	Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason  AND  Footwork includes at least 5 Difficult Turns and One Type cannot be taken into consideration more than 2 times  AND  a) <u>For Solo Dance :</u> One (1) feature  b) <u>For Couple :</u> A one foot section includes at least 2 different Types of One Foot Section Turns  AND (for Step Sequence in Hold only) At least 1 Change of Hold is included  AND  At least 2 different Dance Holds are included.	Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason  AND  Footwork includes at least 7 Difficult Turns and One Type cannot be taken into consideration more than 2 times.  AND  a) <u>For Solo Dance :</u> Two (2) features  b) <u>For Couple :</u> A one foot section includes at least 3 different Types of One Foot Section Turns  AND (for Step Sequence in Hold only) At least 2 Changes of Hold are included  AND  At least 2 different Dance Holds are included	Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason  AND  Footwork includes at least 9 Difficult Turns and One Type cannot be taken into consideration more than 2 times  AND  a) <u>For Solo Dance :</u> Three (3) features  b) <u>For Couple :</u> A one foot section includes ALL 4 different Types of One Foot Section Turns  AND (for Step Sequence in Hold only) At least 3 Changes of Hold are included  AND  At least 3 different Dance Holds are included

### Features for Solo Dance :

- 1) **Minimum 1/3 of the step sequence in each rotational direction**
- 2) **Minimum 1/3 of the step sequence with difficult body movements**
- 3) **4 difficult type of turns must be executed in both rotational direction**

### Adjustment to Levels:

- △ A Step Sequence that deserves different Levels for the two partners shall be given the lowest of the two Levels, or No Level if the requirements for Basic Level for one of the partners are not met.
- △ A Hold to be considered for the Level must be established.

## 2)

# ELITE DIVISION 2019-2020

### 2.1 Solo Combined Dance, Pattern Dance Element(s) Elite

Solo dance : ladies perform the lady and men perform the man step

<b>SOLO</b>	<b>Solo 2019-20</b>
<b>Basic Novice</b> + 10 years old -13 years old <b>Maximum 2'30</b>	<b>American Waltz / Tango</b> - Both segments must start by step 1. - One step sequence - One spiral position Level 2 maximum
<b>Intermediate Novice</b> + 13 years old -15 years old <b>Maximum 2'30</b>	<b>Starlight Waltz / Hickory Hoedown</b> - Both segments must start by step 1. - One step sequence - One spiral position Level 2 maximum
<b>Advanced Novice</b> +13, -15 years old <b>Maximum 3'00</b>	<b>Paso Doblé / Starlight Waltz</b> - Both segments must start by step 1. - One step sequence, level 3 max
<b>Junior</b> +15, -19 years old <b>2'50 +/-10s</b>	<b>Silver Samba / Westminster Waltz</b> - Both segments must start by step 1. - One step sequence,
<b>Senior</b> +18 years old <b>2'50 +/-10s</b>	<b>Yankee Polka / Austrian Waltz</b> - Both segments must start by step 1. - step sequence,
<b>Adult Master</b> + 31 years old <b>Maximum 2'50</b>	<b>Yankee Polka / Austrian Waltz</b> - Both segments must start by step 1. - step sequence,

## 2.2 Solo Free Dance Elite

### REQUIREMENTS FOR SOLO FREE DANCE SEASON 2018/19 (ELITE)

#### 2.1. Basic/Intermediate Novice and Adult Master : No Free Dance

#### 2.2. Advanced Novice 2'15''(+/- 10'') – Free Dance requirements

**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.

- A) One (1) Sets of Twizzles : one (1) Sequential Set of Twizzles OR one (1) Synchronized Set of Twizzles.
- B) One (1) bloc of six (6) consecutive turns on the same foot maintaining a constant rythm of the knee.
- D) One (1) Choreographic Sequence

#### 2.3. Junior and Senior 2'30''(+/- 10'') – Free Dance requirements

- A) Two (2) Sets of Twizzles : one (1) Sequential Set of Twizzles and one (1) Synchronized Set of Twizzles.

B) One (1) bloc of six (6) consecutive turns on the same foot maintaining a constant rythm of the knee.

D) One (1) Choreographic Creative Gliding Element

## 2.4. Bloc of six (6) consecutive turns 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)
- 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

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

1	<u>Compulsory for level 2 to 4 : 3 different type of difficult turns (4 different for level 4) and no three turn</u>
2	Difficult body mouvement for at least ½ of the bloc, maintaining the edge
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	Maximum One (1) dance jump (maximun 1 rotation) 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.

## 2.5. Sets of Twizzles

### Definitions

<b>Twizzle</b>	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: □□Forward Inside; □□Forward Outside; □□Backward Inside; □□Backward Outside.
<b>Set of Sequential Twizzles</b>	At least two Twizzles (each partner for couple) with up to 1 step between Twizzles.
<b>Set of Synchronized Twizzle Sequence</b>	At least two Twizzles (each partner for couple) with up to 3 small steps 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 first Set of Twizzling Movements performed after the required Set of Synchronized Twizzles shall be identified as Choreographic Twizzling Movement, if no other Choreographic Element has been identified and confirmed. Subsequent Sets of Twizzles shall not be identified.

(Basic Novice, Advanced Novice and Junior – Maximum 1 Choreographic Element) (Senior – Maximum 2 Choreographic Elements)

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 <b>one rotation</b> in each of the two Twizzles	Different <b>entry edge</b> for the two first Twizzles  AND  At least <b>2 rotations</b> in each of the two first Twizzles	Different <b>entry edge</b> and different <b>direction of rotation</b> for the two first Twizzles  AND  At least <b>3 rotations</b> in each of the	Different <b>entry edge</b> and different <b>direction of rotation</b> of the two first Twizzles  AND  At least <b>4 rotations</b> in each of the

	AND At least 1 different <b>Additional Features</b>	two first Twizzles AND At least 2 different <b>Additional Features</b>	two first Twizzles AND At least 3 different <b>Additional Features</b>
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### Additional Features for the Set of Twizzles

<b>1</b>	<b>Difficult arm(s) position or mouvement</b>
<b>2</b>	<b>Difficult free leg position or mouvement</b>
<b>3</b>	<b>Difficult entrance</b>
<b>4</b>	<b>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 or a maximum of three steps for Set of Synchronized Twizzles;</b>
<b>5</b>	<b>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;</b>

### Adjustments to Levels

<p>△ If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced: □□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> <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>
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## 2.6. Choreographic Sequence

An important choreographic and creative part of the program for a **minimum of 20 seconds** and **started by a spin of minimum 3 rotations (on One or Two feet)**,  
Must be clearly visible and cover the whole floor surface.  
Must be according with the music  
This element is subject to levels

### a) Must include :

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

### b) Features for levels (0 feature for level base, 1 for level 1, 2 for level 2, 3 for level 3, 4 for level 4) :

<b>1</b>	<b>One gliding position on 1 foot, in deep curve(s) and hold a minimum of six(6) seconds.</b>
<b>2</b>	<b>Change of edge in Spiral position (the free leg must be higher than the hip level)</b> The two (2) consecutive Spiral positions on the same foot must be hold a minimum 3 seconds each and are linked by a change of edge maintaining a spiral position The change of edge must be directly from one curve to the other one (clockwise and anti-clockwise) A Change of position is allowed but the free leg must stay higher than the hip level at all time Not clear change of edge or low free leg are mistakes.
<b>3</b>	<b>One Choreographic Spin on 1 foot, minimum of Three (3) and maximum Six (6)rotations in total.</b> Change of foot is allowed only for couples
<b>4</b>	<b>No cross overs , compulsory for level 4</b> Choreo Spin, Gliding position(s), and skating elements must not be connected through regular forward or backward crossovers (speed gained only through edges, any steps, turns listed or not). Only 1 cross over is permitted. * <u>Cross over definition</u> : basic stroking technique for gaining momentum while skating along a curve or a cercle. In 3 parts as one push of the first foot, crossing

	that foot over the other one (forward skating) or behind the other one (backward skating) and the second push from the second foot with the legs crossed.
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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.

3.

**SILVER DIVISION 2019/2020**

Solo Ladies and men compete separately (men does man steps)  
**LEVEL 1 MAXIMUM** for elements with levels

	<b>Couple and Solo</b> <b>One COMBINED DANCE</b>
<b>Cubs</b> <b>Less than 12 years</b> Maximum 2'30	<b>Dutch Waltz / Ten-Fox</b> 2 sequences each  - Both Pattern Dance must start by step 1. - One choreographic Sequence
<b>Novice</b> <b>De 12 à 15 ans</b> Maximum 2'30	<b>Willow Waltz / Foxtrot</b> 2 sequences each  - Both Pattern Dance must start by step 1. - One choreographic Sequence - One bloc of 4 consecutive turns on one foot
<b>Junior</b> <b>14 to 17 years</b> Maximum 2'45	<b>European Waltz / Hicory Hoedown</b> 2 sequences each  - Both Pattern Dance must start by step 1. - One choreographic Sequence - One bloc of 4 consecutive turns on one foot
<b>Senior</b> <b>+ de 17 years</b> Maximum 2'45	<b>American Waltz / Rocker Fox Trot</b> 2 sequences each  - Both Pattern Dance must start by step 1. - One choreographic Sequence - One bloc of 4 consecutive turns on one foot
<b>Adult Silver A</b> <b>+ de 23 years</b> <b>Adult Silver B</b> <b>+ de 41 years</b> Maximum 2'45	<b>American Waltz / Rocker Fox Trot</b> 2 sequences each  - Both Pattern Dance must start by step 1. - One choreographic Sequence - One bloc of 4 consecutive turns on one foot

**Bloc of four (4) consecutive turns on the same foot**

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

1. The entrance of a turn must be the exit edge of the previous one
2. No change of foot allowed, no change of edge allowed
3. Must be according with the music
4. There must be a clear beginning

**Number of features for Levels: 1 for Level 1**

1	First (1st) and last (4th) turn are difficult
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4.

## 3d DIVISION 2019/2020

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

**Couple and Solo**  
**One SHORT DANCE**

**LEVEL 1 MAXIMUM for elements with levels**  
For solo dance, ladies and men perform the lady step only

	<b>SHORT DANCE</b> with one Pattern dance and skating elements
<ul style="list-style-type: none"><li>Kids, less than 12 years old</li></ul>	Total length Maximum 1'45'' <ul style="list-style-type: none"><li><b>Canasta Tango</b>, 2 sequences without stops,</li><li>Free part with a Choreographic Sequence compulsory</li></ul>
<ul style="list-style-type: none"><li>Young less than 15 years old</li></ul>	Total length Maximum 1'45'' <ul style="list-style-type: none"><li><b>Fiesta Tango</b>, 2 sequences without stops,</li><li>Free part with a Choreographic Sequence compulsory</li></ul>
<ul style="list-style-type: none"><li>Adult A more than 15 years old but less than 31</li></ul>	Total length Maximum 1'45'' <ul style="list-style-type: none"><li><b>Fourteen Step</b>, 2 sequences without stops,</li><li>Free part with a Choreographic Sequence compulsory</li></ul>
<ul style="list-style-type: none"><li>Adult B more than 31 years old</li></ul>	Total length Maximum 1'45'' <ul style="list-style-type: none"><li><b>Fourteen Step</b>, 2 sequences without stops,</li><li>Free part with a Choreographic Sequence compulsory</li></ul>



