



**Alexandra Palace Amateur
Ice Skating Club (APAISC)
Dance Open 2009**

**SOLO DANCE
AND
COUPLES COMPETITIONS**

**Monday 11th and Tuesday 12th MAY 2009
Under N.I.S.A. regulations and permit**

Closing date Monday 13TH APRIL 2009



APAISC Dance Open
11 & 12th May 2009

Rules

1. The competitions are confined to eligible skaters as defined by the National Ice Skating Association of UK Ltd and will be held under NISA regulations and permit (applied for). Current NISA membership is mandatory.
2. Competition timetabling will be verified after the closing date by consultation with the Referee. All competitors will be notified as soon as possible.
3. Test requirements are as at closing date unless otherwise stated. The test standards new equivalents apply and will be strictly adhered to. If test standards should change before the closing date notification to the competition organiser is required immediately.
4. Unless entry forms are fully completed, they will be returned to the sender for completion and re-submission before the closing date. Only written entries will be accepted. Only postal entries will be accepted.
5. Entry fees are as detailed on the entry form.
6. In the event of over-subscription, entries will be accepted on a first come, first served basis. Reserve lists will operate up until the time of the draw. Entry fees will not be banked before the closing date and will not be returned to successful entrants after the closing date.
7. APAISC reserves the right to refuse entries without reason assigned or to cancel, combine or split competitions into subsections.
8. The draw for the order of skating will be held at Alexandra Palace Ice Rink at a date to be notified.
9. Winners of competitions shall sign for trophies on receipt and return them to the club trophy steward in good condition when requested.
10. All music must be on **compact disk only** and clearly marked with the name of the competitor and the competition number. The organisers accept no responsibility for any faulty discs that do not play. Duplicate discs must be readily available on the day of the competition.
11. There will be an official photographer: By entering, the competitors are agreeing to have photos taken.
12. In order to comply with child protection requirements, videoing of your own child will be allowed after purchase of a £1.00 video permit, payable on the day. **NO STILL PHOTOGRAPHY IS ALLOWED OR VIDEOING OF THE JUDGES.**

Solo Dance Events (No age restriction other than max 28years as at 1st July 2008)	Minimum Test NB: No Maximum	Compulsory Dance See General Notes A & B	Original Dance See Appendix for full Required Elements
Event 1 Novice (SD1)	Level 2 Comp Dance, Variation & FM Tests	14 Step (3 Sequences)	1½ minutes +/- 5 secs Charleston Rhythm Tempo range 55-66 measures /minute (110 -132 beats /minute)
Event 2 Primary (SD2)	Level 3 Comp Dance, OD & FM Tests	European Waltz (See note below)	1½ minutes +/-5 secs Rock & Roll Rhythm Tempo range 40-50measures/minute (160-200 beats/ minute)
Event 3 Junior (SD3)	Level 5 Comp Dance, OD & FM Tests	American Waltz (See note below)	2 minutes +/- 5 secs Cha Cha Rhythm Tempo range 29–34 measures/min (116 -136 beats/minute)
Event 4 Intermediate (SD4)	Level 7 Comp Dance, OD & Level 6 FM Tests	Starlight Waltz (2 Sequences)	2 mins +/- 5 seconds Tango Rhythm (One or Two types of Tango allowed) Variation of Tempo is allowed (See ISU 1391 Pg 5 for guidelines)
Event 5 Senior (SD5)	Level 9 Part One Comp Dance, Level 9 OD & Level 6 FM Tests	Argentine Tango (2 Sequences)	2 mins 30secs +/-10 secs Folk/Country Any type of folk/country music allowed. Variation of tempo within one selection of music is allowed. (See ISU 1449 Pg 3 for guidelines)

NB. The European and American Waltz will require one and a half circuits to be skated and is a one lobe rink as Alexandra Palace ice surface is less than 60m x 30m .

Events 6 & 7 are non British Championship solo categories, suitable for Open events. It is expected skaters will enter this event before advancing to the main Solo series.

Solo Dance Events	Minimum Test	Compulsory Dance	Original Dance
<p>(No age restriction other than max 28 years as at 1st July 2008)</p> <p>Event 6 Pre Juvenile (SD6) (New category)</p>	<p>NB: No Maximum</p> <p>Level 1 FM Tests</p>	<p>Novice Foxtrot (1 circuit)</p>	<p>1min 30secs +/- 5secs March Rhythm Tempo range 56-60 measures/minute (112-120 beats /minute) To include a Mid-Line step sequence using full Length of rink. Plus One spin (min 3 revs on one foot before any change of foot. Plus Good timing, expression & simple step movements</p>

<p>Event 7 JUVENILE (SD7) (No age restriction other than max 28 years as at 1st July 2008)</p>	<p>Level 1 Comp Dance & Variation & FM Tests</p>	<p>Rhythm Blues 2 Sequences</p>	<p>1 min 30 secs + / - 5secs HOE DOWN Rhythm Any Tempo Range To include a Mid-Line step sequence using the full length of the rink Plus One spin (min 3 revs on one foot before any change of foot) Plus Good timing, expression and simple step movements</p>
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Solo Free Dance Events (No age restriction other than max 28years as at 1 st July 2008)	Minimum Test NB: No Maximum	Free Dance See Appendix for full Required Elements
Event 8 Novice Solo Free Dance (FD1)	Level 2 Comp Dance, Variation & FM Tests	1min 30secs +/- 5secs
Event 9 Primary Solo Free Dance (FD2)	Level 3 Comp Dance, O.D. & FM Tests	1min 30secs +/- 5secs
Event 10 Junior Solo Free Dance (FD3)	Level 5 Comp Dance, O.D. & FM Tests	2mins +/- 5secs
Event 11 Intermediate Solo Free Dance (FD4)	Level 7 Comp Dance, O.D. & Level 6 FM Tests	2mins +/- 5secs
Event 12 Senior Solo Free Dance (FD5)	Level 9 Part One Comp Dance, Level 9 OD & Level 6 FM Tests	3mins +/- 10secs

Events 13 & 14 are non British Championship solo categories suitable for Open events. It is expected skaters will enter this event before advancing to the main Solo series.

Event 13 Pre Juvenile Solo Free Dance (FD6) (New Category)	Level 1 FM Tests	1min 30secs +/- 5secs. To include a Diagonal step sequence using the full length of the rink. <u>Plus</u> One spin (min 3 revs on one foot before any change of foot) <u>Plus</u> Good timing, expression & simple step movements
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Event 14 Juvenile Solo Free Dance (FD7)	Level 1 Comp. Dance, Variation & FM Tests	1min 30secs +/- 5secs. To include a Diagonal step sequence using the full length of the rink. <u>Plus</u> One spin (min 3 revs on one foot before any change of foot) <u>Plus</u> One Twizzle, with a minimum One rotation. <u>Plus</u> Good timing, expression & simple step movements
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GENERAL NOTES (A):

1. Warm ups in Open competitions will be 3 mins and groups will usually number a maximum of 8 at the Referee's discretion.
2. The number of dance sequences shown above will be used for Opens.
3. Factors (for Opens): One Compulsory Dance 0.4 : Two Compulsory Dances 0.2 each: Original Dance 0.6: Free Dance 1.0
Original Dance: Presentation Mark determines ties (No 544 Para 3b). Free Dance: Presentation Mark determines ties (No 544 Para 3b)
4. Skaters may enter more than one category provided their qualifications allow them to do so.
5. Every competitor must begin each part of the competition at the latest one (1) minute after their name is announced, failing which the competitor shall be considered as withdrawn. (ISU 1522 Rule 350 para 2)

APPENDIX (A): ORIGINAL DANCE ALL STANDARDS REQUIRED ELEMENTS.

1. ALL CATEGORIES:

TWIZZLES: ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of Twizzles is required for all sections and is in addition to any that may be skated during the step sequence.

ONE clockwise & ONE anti clockwise with rotations as listed ie.

NOVICE & PRIMARY: minimum TWO (2) continuous rotations-

JUNIOR, INTERMEDIATE & SENIOR: minimum THREE (3) continuous rotations-

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than ONE (1) step between the two twizzles. (See Appendix 3).

2. **STEPS:** a/ All Sections- ONE Diagonal step sequence skated along the full length, corner to corner, of the rink must be included

b/ **FOR SENIORS ONLY:** A second step sequence must be included. EITHER -

A SERPENTINE sequence starting in either direction at the centre (long) axis at one end of the rink and progressing in THREE bold curves

OR in TWO bold curves (S- Shaped) and ending at the centre (long) axis of the opposite end of the rink

OR A CIRCULAR, anti clockwise step sequence utilizing the full width of the rink on the short axis.

3. **SPINS:** ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

4. Except during the step sequence, the pattern of the dance must proceed in a generally constant direction, either clockwise or anti clockwise and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 metres of the end barriers). Loops in either direction are permitted provided they do not cross the centre line.

A modest infringement of the centre regulation will be allowed only on rinks which are less than standard (60m x 30m) size.

N.B: 1/ ORIGINAL DANCE - ALL CATEGORIES:

The OD should have an emphasis on footwork and include interpretive steps. Jumps of no more than a half revolution can be included. However during the required step sequence, jumps, spins, stops or pirouettes are not allowed.

NB: 2a/ Ladies are generally not permitted to wear trousers except --

2b/ INTERMEDIATES: The lady is permitted to wear trousers (see ISU No. 1391 Pg 5)

2c/ SENIORS : If appropriate for the music chosen, the lady &/ or the man are permitted to wear trousers and sleeves of any length . Props that are part of the costume & are characteristic of the music are permitted (see ISU No 1449 Pg 3).

N.B: 3/ Touching the ice with hand(s) is NOT PERMITTED.

Toe steps, kneeling or sliding on two knees and/or performing a full split position on the ice IS PERMITTED IF NOT USED EXCESSIVELY

APPENDIX (B) FREE DANCE REQUIRED ELEMENTS.

1. ALL SECTIONS: (Except Pre Juvenile & Juvenile)

TWIZZLES: ONE set of twizzles: (Additional sets of twizzles are permitted but only the FIRST performed SET of Twizzles (not included in the step sequence) will be identified as the Required Element.)

The following set of twizzles is required for all sections and is in addition to any that may be skated during the step sequence. ONE clockwise & ONE anti clockwise with rotations as follows.

NOVICE & PRIMARY minimum TWO (2) continuous rotations

JUNIOR, INTERMEDIATE & SENIOR: minimum THREE (3) continuous rotations

None are to be skated as 3's—but must be performed on one foot or on either foot. The skater must travel across the ice during the turns (if the action stops they become spins) It should be noted that the end of the first twizzle should be controlled and checked, enabling the second twizzle to be executed on the same axis, with no more than THREE (3) steps between the two twizzles. (See Appendix (C)).

2. NOVICE AND PRIMARY.

STEPS: ONE MID LINE step sequence skated along the long axis as near as possible to the full length of the rink must be included.

SPINS: ONE spin only must be included. Minimum 3 revolutions on one foot before any change of foot.

3 . JUNIOR, INTERMEDIATE AND SENIOR*

STEPS: 1. ONE CIRCULAR, anti clockwise, step sequence utilizing the full width of the rink on the short axis.
(Reference ISU Communication No.1449 Page 6)

2* SENIORS ONLY: A second step sequence must be included and skaters must choose to skate either a Midline or Diagonal step sequence, fully end to end.

SPINS: TWO spins only must be included. Minimum 3 revolutions on one foot before any change of foot.
Each spin must be from a different category or be a combination spin incorporating different categories
ie. a/ Upright b/ Sit or c/ Camel as per ISU 1449 Page 14

NB. ALL FREE DANCE SECTIONS (including Pre Juvenile & Juvenile)

1. Jumps, spins, stops and pirouettes are not allowed during the Free Dance step sequence.

2. Whilst there are no restrictions on the number of half revolution jumps, skaters may also include one jump of no more than one revolution.

APPENDIX (C) : TWIZZLES. ORIGINAL DANCE and FREE DANCE

1. See ISU Special Regulations Ice Dancing 2002 Rule NO 504, 14 (a) page 11
2. The set of twizzles should be clearly defined as a Required Element in both the Original Dance and Free Dance.
3. The inclusion of an excessive number of twizzles will affect the balance of a programme and could lead to deductions.

APPENDIX (D) : ORIGINAL and FREE DANCE MUSIC (including Pre Juvenile & Juvenile)

1. Music containing vocals is permitted and Musical introductions for O.D. may be without a beat or melody for 10secs maximum .
2. Original Dance music should have a rhythmic beat appropriate to the required rhythm and the skater must skate to it and not to the melody alone.
3. Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.
4. If more than one piece of music is used for the Original and / or the Free Dance care should be taken to ensure the duration of each piece is approx balanced.
5. All music must be clean & of good quality, be the only recording on the disc, show clearly the skaters name, programme type and exact total running time (not skating time).
6. It is important that skaters have a spare copy of music readily available at all events
7. Duration of programmes: Time reckoned from the moment the skater begins to move or skate until they arrive at a complete stop at the end of the programme (extended sliding finishes after music has ended can result in deductions if the skater is still moving after time allowed)

GENERAL NOTE: (B)

1. **FEATURES:** We encourage skaters to include such extra features as Spreads, Toe Steps, Ina Bauers, Shoot the Duck, Drags and a variety of turns on one foot in their programmes to demonstrate their flexibility and skating skills which are such an important part of any performance.
2. **CLOTHING:** See ISU Rule 512 Special Regulations Ice Dancing 2004 (See Appendix (A) Original Dance NB 2 a, b, & c above)
3. **NOTICE TO COACHES:**
 1. Coaches are reminded that only N.I.S.A. Licensed Coaches may enter pupils in NISA permitted events.

Pairs / Couples Events (Open age)	Minimum/Maximum Test	Program Length	Notes
Event 15 Beginner Couples/ Pairs (C1)	<u>Minimum</u> Each partner must have passed Level 1 Field Moves <u>Maximum</u> Must not hold any old NISA Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves) Must not hold Level 2 or higher new National Pair test.	Free Program of 2 minutes +/-5s	The programme must contain ONLY the following elements: <ul style="list-style-type: none"> ▪ Mid-line step sequence utilising the full length of the ice surface. ▪ Second step sequence (any pattern). This may include spirals ▪ Pair spin/dance spin in any position and any hold (min. 2 revs). Change of foot or position optional ▪ Side by side solo spin (min. 3 revs) Moves demonstrating quality edges, simple turns and footwork should be included. At least 3 different dance/pair holds should be demonstrated throughout the programme. Recognised pair/dance lifts are not allowed. Vocal music is not permitted.

Couples Dance Events (No age restriction other than max 28 years as at 1 st July 2008)	Minimum Test NB: No Maximum	Age (as at 1 st July 2008)	Program Length / Requirements
Event 16 Couples Compulsory Dances (C2)	Level 1 Comp Dance & DM/FM tests	Max 28 yrs	Rhythm Blues & Dutch Waltz* (2 sequences of each)
Event 17 Couples Compulsory Dances (C3)	Level 3 Comp Dance & DM/FM tests	As above	Fiesta Tango & Willow Waltz* (2 sequences of each).
Event 18 Couples Free Dance (C4)	Level 3 Comp Dance, FD & DM/FM tests	As above	2min +/-5s Free Dance programme containing: One step sequence in dance hold; One dance spin –minimum 3 revs on one foot by both skaters; One dance lift and One set of twizzles NB. Vocal music allowed.

Couples Dance Events (No age restriction other than max 28 years as at 1 st July 2008)	Minimum Test NB: No Maximum	Age (as at 1 st July 2008)	Program Length / Requirements
Event 19 Couples Compulsory Dances (C5)	Level 4 Comp Dance & DM/FM tests	As above	14 Step (3 sequences) & Foxtrot* (2 sequences)
Event 20 Couples Free Dance (C6)	Level 4 Comp Dance, FD & DM/FM tests	As above	2min +/-5s Free Dance programme containing: One step sequence in dance hold; One but not more than Two dance spins — Minimum 3 revs on one foot by both skaters; One dance lift & One set of twizzles NB. Vocal music allowed
Event 21 Couples Compulsory Dances (C7)	Level 5 Comp Dance & DM/FM tests	As above	Rocker Foxtrot (2 sequences) & European Waltz* (see below)
Event 22 Couples Free Dance (C8)	Level 5 Comp Dance, FD & DM/FM tests	As above	2min +/-5s Free Dance programme containing: One Step sequence in dance hold; One but not more than Two dance spins - min 3 revs on one foot by both skaters; One but not more than two dance lifts; One set of twizzles NB. Vocal music allowed

NB. The European and American Waltz will require one and a half circuits to be skated and is a one lobe rink as Alexandra Palace ice surface is less than 60m x 30m .

1. Couples who enter or have previously entered IJS Junior & Senior events & Championships may not compete in the above events.
2. Skaters placed in the first three of any previous year's NISA Novice Championship are ineligible to take part in these events unless they skate with another partner. All other couples skating in NISA Novice IJS Events/Championships are eligible to enter these events.
3. These events will be judged using the Relative 6.0 scoring method
- 4i. Factors: - For Opens: Two Compulsory Dances 0.2 each: Original Dance 0.6: Free Dance 1.0

Original Dance -Presentation Mark determines ties (No 544 Para 3b). Free Dance -- Presentation Mark determines ties (No 544 Para 3b).

NB In the case of events consisting of only two compulsory dances, the second dance listed - marked* will determine any ties.

APAISC Open Beginner Pairs & Couples Dance Entry Form

Event Number Entered (please use a separate entry form for each event)

Female Partner	Male Partner
Name:	Name:
Address:	Address:
.....
Post Code.....	Post Code
Tel No:	Tel No:
Date of Birth:	Date of Birth:
NISA Number:	NISA Number:
Age as at 1/7/2008:..... yrs Age as at 1/7/2009:yrs	Age as at 1/7/2008:..... yrs Age as at 1/7/2009:yrs
Coach Name: NISA No:	Coach Name: NISA No:
Club/Rink:	Club/Rink:
Tests Passed (highest level as at closing date):	Tests Passed (highest level as at closing date):
CompulsoryVariation/OD.....	CompulsoryVariation/OD
Free DanceFM	Free Dance FM
Signature of skater / parent / guardian (if under 16yrs)	Signature of skater / parent / guardian (if under 16yrs)
Signing confirms you have read and agreed to abide by the rules and regulations and accept the terms of entry.	Signing confirms you have read and agreed to abide by the rules and regulations and accept the terms of entry.
I agree/do not agree to official video/photography: Agree <input type="checkbox"/> Do not agree <input type="checkbox"/>	I agree/do not agree to official video/photography: Agree <input type="checkbox"/> Do not agree <input type="checkbox"/>
I wish to apply for a photography permit <input type="checkbox"/> (tick if required)	I wish to apply for a photography permit <input type="checkbox"/> (tick if required)

Please make a separate cheque for each event entered. Entry Fee (£42 per couple per event) cheque(s) payable to **APAISC**.

Please write event number and competitors' names on reverse of cheque.

Please return completed entries to Mrs Alice Hanrahan, 13 Park View, Winchmore Hill, London N21 1QS. Tel: 07796650117 –before 8pm or e mail sk8lady@ntlworld.com to arrive not later than the closing date of Monday 17TH April 2009.

Please include a self-seal, stamped, addressed C5 sized envelope (23cm x 16cm), which will greatly assist in processing entry confirmation letters. Please note that entry letters or SAE of incorrect size or insufficient postage may not be delivered by the Royal Mail and as a result your entry may not be received. The entries administrator is unable to collect retained mail from the sorting office, as penalty fees and unpaid postage are required to release the letters.

APAI SC Open Solo Dance Events Entry Form

Skater Details	Event(s) Entered: please circle box(es)
Name:	Event 1 (SD1) <input type="checkbox"/> £34 Event 6 (SD6) <input type="checkbox"/> £34 Event 11 (FD4) <input type="checkbox"/> £30
Address:	Event 2 (SD2) <input type="checkbox"/> £34 Event 7 (SD7) <input type="checkbox"/> £34 Event 12 (FD5) <input type="checkbox"/> £30
.....	Event 3 (SD3) <input type="checkbox"/> £34 Event 8 (FD1) <input type="checkbox"/> £30 Event 13 (FD 6) <input type="checkbox"/> £30
.....	Event 4 (SD4) <input type="checkbox"/> £34 Event 9 (FD2) <input type="checkbox"/> £30 Event 14 (FD 7) <input type="checkbox"/> £30
Post Code.....	Event 5 (SD5) <input type="checkbox"/> £34 Event 10 (FD3) <input type="checkbox"/> £30
Tel No:	In case of oversubscription please indicate order of preference:
Date of Birth:	First choice event number:
NISA Number:	Second choice event number:
Age as at 1/7/2008: yrs Age as at 1/7/2009:yrs	Third choice event number:
Coach Name: NISA No:	
Club/Rink:	
Tests Passed (highest level as at closing date):	Signature of skater / parent / guardian (if under 16yrs)
CompulsoryVariation/OD.....	Signing confirms you have read and agreed to abide by the rules and regulations and accept the terms of entry.
Free DanceFM	I agree/do not agree to official video/photography: Agree <input type="checkbox"/> Do not agree <input type="checkbox"/>
I wish to apply for a photography permit <input type="checkbox"/> (tick if required)	Total Entry Fee remitted £.....

Please make a separate cheque for each event entered. Entry Fee cheque(s) payable to **APAI SC**.

Please write event number and competitors' names on reverse of cheque.

Please return completed entries to Mrs Alice Hanrahan, 13 Park View, Winchmore Hill, London N21 1QS. Tel: 07796650117 –before 8pm or e mail sk8lady@ntlworld.com to arrive not later than the closing date of Monday 17TH April 2009.

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