

Alexandra Palace Open 5th – 6th March 2007



ALEXANDRA PALACE OPEN 2007

Solo Dance Qualifier

Monday 5th to Tuesday 6th March

**Held under NISA regulations and permit
You must be a member of NISA to enter
CLOSING DATE 3rd February 2007**

NISA BRITISH SOLO ICE DANCE QUALIFYING COMPETITIONS AND CHAMPIONSHIP

(REF 9)

TEST REQUIREMENTS AS AT THE CLOSING DATE OF EACH EVENT. SKATERS MUST NOT HAVE REACHED THE AGE CRITERIA SHOWN BELOW BEFORE 1st JULY 2007

The Relative 6.0 scoring method will be used for all Solo Dance events in 2007

THIS VERSION REPLACES THE DETAILS PUBLISHED IN BULLETIN 22

QUALIFYING Competition Name Event Number	Competition Level	Age	Minimum Test Requirement	Maximum Test Requirement	Compulsory Dance	ORIGINAL DANCE	FREE DANCE
1	NOVICE	12	Level 1 Comp .Dance &Variation & DM / FM Tests	N/A	Canasta Tango 2 Sequences	1½ minutes +/- 5 seconds Rock & Roll or Jive tempo range 40--50 measures / minute (160 – 200 beats/minute 4 / 4 time) See appendix for Required Elements	N/A
2	PRIMARY	14	Level 3 Comp Dance & Variation (OD) & DM / FM Tests	N/A	Willow Waltz 2 Sequences	1½ minutes +/-5 seconds Polka Rhythm tempo range 45 -60 measures/minute (90 -120 beats/minute at 2 / 4 time of 2 beats per measure) See appendix for Required Elements	N/A
3	JUNIOR	16	Level 5 Comp. Dance & O.D. & DM / FM Tests	N/A	22 Step 2 Sequences	2 minutes +/- 5 seconds Samba Rhythm tempo range 50– 60 measures/minute (100 - 120 beats/minute at 2 / 4 time of 2 beats per measure) See appendix for Required Elements	N/A
4	INTERMEDIATE	18	Level 7 Comp. Dance & O.D. & Level 5 DM / FM Tests	N/A	Tango 2 Sequences	2 minutes +/- 5 seconds Blues Rhythm Tempo range 70 - 100 beats/minute at 4 / 4 time See appendix for Required Elements	N/A
5	SENIOR	24	Level 9 Part One Comp. Dance & Level 9 O.D. & Level 5 DM / FM Tests	N/A	Quickstep 2 Sequences	2 minutes 30secs +/-10 seconds Rhumba Rhythm tempo range 25 – 35 measures / minute (100 -140 beats/minute) 4 / 4 time of 4 beats per min See appendix for Required Elements	N/A

APPENDIX 1 ORIGINAL DANCE ALL STANDARDS REQUIRED ELEMENTS.

1. **ONE** Diagonal step sequence skated along fully corner to corner of the rink must be included.
2. **ONE** spin only must be included. Minimum 3 revolutions on one foot before any change of foot.
3. **Twizzles: Novice and Primary** in addition to any that may be skated during the step sequence: **One clockwise & One anti clockwise**, minimum one (1) continuous rotation – on each foot--not 3's must be included. 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** step between the two twizzles. (See note below).**Junior, Intermediate and Senior** in addition to any that may be skated during the step sequence : **One clockwise & One anti-clockwise**, minimum two (2) continuous rotations on each foot - not 3's must be included. 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** step between the two twizzles. (See note below)

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.

NB. Jumps, dance spins, stops and pirouettes are not allowed during the O.D. or F.D. step sequence.

APPENDIX 3 TWIZZLES

1. See ISU Special Regulations Ice Dancing 2002 Rule N0 504, 14 (a) page 11
2. With the exception of any Step Sequence Twizzles ,the first Twizzles performed will be judged as the Required Element irrespective of any others which may be included in the remaining part of the programme.
3. The twizzle sequence should be clearly defined as a required element in both the Original Dance and Free Dance.
4. The inclusion of an excessive number of twizzles will affect the balance of a programme and could lead to deductions.

APPENDIX 4 ORIGINAL DANCE

1. **Should include interpretive steps, hops and can include jumps of no more than half a revolution.**
2. **Emphasis to be placed on footwork which could incorporate movements selected freely from Dance Moves.**

APPENDIX 6 ORIGINAL and FREE DANCE MUSIC

1. Music containing vocals is permitted. .
2. It is important that skaters have a spare copy of music readily available at all events
3. 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.
4. **Music for Free Dance must have an audible rhythmic beat and melody or audible rhythmic beat alone but not melody alone.**
5. If more than one piece of music is used for the Free Dance care should be taken to ensure the duration of each piece is approx balanced.
6. 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).

PLEASE NOTE THAT THERE IS NO MINI-DISC PLAYER AT ALEXANDRA PALACE – MUSIC FOR THE OD MUST BE ON CD ONLY.