

COMPETITION RULES

1. All competitors must be an eligible person as defined by the NISA of UK Ltd. It is a requirement of this competition that all competitors and their coaches are members of NISA and must submit both their own and their coaches NISA membership number.
2. The competitions will be held in accordance with the NISA of UK Ltd regulations and byelaws permits applied for as necessary.
3. CLOSING DATE FOR ENTRIES WILL BE **MONDAY 5TH MAY 2008**. Competitors to be of said standard and where applicable, age on closing date.
4. The competitions will be held on Monday 2nd and Tuesday 3rd June 2008 at Alexandra Palace Ice Rink.
5. Music must be on CD **ONLY** and must be clearly marked on both container and media with competitor's name, competition and length of programme. There should be only one piece of music on the CD, a backup of the music is recommended.
6. Classes which are over subscribed will be split by age at the discretion of the referee. In the event that too many competitors apply in any one class, the entries will be allocated on a first come first served basis. A Reserve list made up from the unsuccessful entries will operate under the order of skate draw as per N.I.S.A. ruling. All reserves will be notified of their situation prior to the competition being held.
7. If there is only one entry the class will run at the discretion of the referee and organizing committee.
8. The organising committee reserves the right to refuse any entry without reason assigned.
9. Competition winners will be required to sign a receipt for the trophies and return them in the condition they were received in, to the Trophy Secretary of the Alexandra Palace Ice Skating Club no later than one month prior to the published date of the next Alexandra Palace Dance Open competitions.
10. The time and date of the draw will be advertised on the Alexandra Palace Ice Skating Club website (www.apskate.org.uk)
11. Fees will not be returned for cancellations received after the closing date.
12. Only written applications will be accepted. Photocopies of the application forms will be accepted.
13. Please forward a separate cheque and entry form for each competition entered. Cheques should be made payable to ALEXANDRA PALACE AMATEUR ICE SKATING CLUB, with the skater's name and competition on the back of the cheque.
14. Entries accompanied by a cheque that bounces will not be accepted until the entry fee is paid in cash together with an excess of £10 to cover bank charges
15. Skaters may compete at only the level relevant to their test standard as appropriate at the closing date for the event. Tests passed after the closing date DO NOT allow entry to be transferred to another level under any circumstances.
16. ENTRY FEES CLASSES 1 - 6 £32 CLASSES 7 - 12 £18 CLASSES 13 - 20 £36 per couple per entry

17. Entry forms should be sent to Mrs Alice Hanrahan, 13 Park View, Winchmore Hill, London N21 1QS
Email: sk8lady@ntlworld.com, telephone: 07796650117

18. For further enquiries please contact Alice Hanrahan as above.

19. Acknowledgement of entry and notification of timetable will be by email only. Please only send stamped addressed envelopes if you do not have access to email.

20. Alexandra Palace Ice Skating Club cannot accept any responsibility for any damage or loss of personal property.

PHOTOGRAPHY

To comply with the NISA Child Protection Policy and Procedures, ALL competitors are requested to provide consent to being photographed and videoed prior to the event. By entering the event, there is an acceptance that the child / participant may be photographed, unless the photography consent form states otherwise, and images may be published by the National Ice Skating Association. Private photography or the taking of private video is NOT permitted within Alexandra Palace rink without official permit. Parents/guardians must apply in advance (via Entry Form) for a photo permit and this will permit the photography of the named skater only. Permits will not be issued at the event.

Solo Dance Events (No age restriction other than max 24 years as at 1 st July 2007)	Minimum Test NB: No Maximum	Compulsory Dance See General Note 1/3	Original Dance See Appendix for full Req Elements
Event 1 Novice	Level 2 Comp Dance, Variation & FM Tests	Fiesta Tango (2 Sequences)	1½ minutes +/-5 secs Hoe Down (Any Tempo range)
Event 2 Primary	Level 3 Comp Dance, Variation & FM Tests	Foxtrot (2 Sequences)	1½ minutes +/-5 secs Samba Rhythm Tempo range 5060 measures/min (100120 beats/ minute at 2/4 time of 2 beats per measure)
Event 3 Junior	Level 5 Comp Dance, O.D & FM Tests	Rocker Foxtrot (3 Sequences)	2 minutes +/-5 secs Rock & Roll Rhythm Tempo range 40– 50 measures/min (160 200 beats/minute 4/4 time)
Event 4 Intermediate	Level 7 Comp Dance, O.D & Level 5 FM Tests	Blues (3 Sequences)	2 mins +/-5 seconds Cha Cha Rhythm Tempo range 29 to 34 measures 116 –136 beats/minute
Event 5 Senior	Level 9 Part One Comp Dance, Level 9 OD & Level 5 FM Tests	Kilian (4 Sequences)	2 mins 30secs +/-10 secs Tango. One, two or three types of Tango may be used. If two are used one may be repeated. Variation of tempo is allowed. SEE ISU 1391 Pg 6 FOR GENERAL RULES

NEW OPEN COMPETITION EVENT: This is a new non British Championship category, suitable for Open events. It is expected skaters will enter this event before advancing to the main Solo series.

Event 6 Juvenile (max age 24 yrs at 1 st July 07)	Level 1 Comp Dance, Variation & FM Tests	Canasta Tango 2 sequences	Variation Dance to a Rhythm Blues. 812 bars 2 sequences, as per the 2007 NISA Ice Dance Manual
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Solo Free Dance Events (No age restriction other than max 24 years as at 1 st July 2007)	Minimum Test NB: No Maximum	Free Dance See Appendix for full Required Elements
Event 7 Novice Solo Free Dance	Level 2 Comp Dance, Variation & FM Tests	1min 30secs +/-5secs
Event 8 Primary Solo Free Dance	Level 3 Comp Dance, Variation & FM Tests	1min 30secs +/-5secs
Event 9 Junior Solo Free Dance	Level 5 Comp Dance, Variation & FM Tests	2mins +/-5secs
Event 10 Intermedite Solo Free Dance	Level 7 Comp Dance, Variation & Level 5 FM Tests	2mins +/-5secs
Event 11 Senior Solo Free Dance	Level 9 Part One Comp Dance, Level 9 OD & Level 5 FM Tests	3mins +/-10secs

NEW OPEN COMPETITION EVENT: This is a new non British Championship category, suitable for Open events. It is expected skaters

will enter this event before advancing to the main Solo series.

Event 12 Juvenile Solo Free Dance (FD6)	Level 1 Comp Dance, Variation & FM Tests	Free Dance 1min 30secs +/-5secs. To include either a MidLine OR Diagonal step sequence using the full length of the rink Plus One spin (min 3 revs on one foot) Plus One Twizzle, minimum One rotation Plus good timing, expression and simple step movements
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GENERAL NOTES:

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)

APPENDIX 1 ORIGINAL DANCE ALL STANDARDS REQUIRED ELEMENTS

1. ALL SECTIONS:

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:** ONE Mid Line step sequence skated along the full length, barrier to barrier, on the centre (long) axis of the rink must be included

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.

NB1: SENIORS: For the Tango ladies may wear trousers.(this is an exception to ISU Rule 512 of 2004)

NB2: ALL OD SECTIONS: The ORIGINAL DANCE 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.

NB3: 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 2 FREE DANCE REQUIRED ELEMENTS

1. ALL SECTIONS: (except 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 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 THREE (3) steps between the two twizzles. (See Appendix 3).

2. NOVICE AND PRIMARY

STEPS: ONE Diagonal step sequence skated fully corner to corner 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 Serpentine step sequence commencing 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 (SShaped) and ending at the centre (long) axis of the opposite end of the rink; pattern using the full width of the rink must be included (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 (a) Upright (b) Sit or (c) Camel as per ISU 1449 Page 14

NB. ALL FREE DANCE SECTIONS (including 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 3 TWIZZLES. ORIGINAL DANCE & FREE DANCE

1. See ISU Special Regulations Ice Dancing 2002 Rule N0 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 4 ORIGINAL & FREE DANCE MUSIC (including Juvenile)

1. Music containing vocals is permitted and Musical introductions for OD may be without a beat or melody for 10secs maximum .
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 Original and/or 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).
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: 2

1. FEATURES: Skaters are encouraged 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 1 NB 1 above)
3. NOTICE TO COACHES: Coaches are reminded that only NISA Licensed Coaches may enter pupils in NISA permitted events.

Pairs / Couples Events	Minimum/Maximum Test	Program Length	Notes
Event 13 Beginner Couples/ Pairs	Minimum Each partner must have passed either Novice Field Moves or new Level 1 Field Moves or Level 1 Dance Moves Maximum Must not hold any National Pair Test or any part of Level 4 Singles or Dance National tests (excluding Field Moves)	Free Program of 2 minutes +/-5s	The programme must contain ONLY the following elements: Midline 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 24 years as at 1 st July 2007)	Minimum Test NB: No Maximum	Age (as at 1 st July 2007)	Program Length / Requirements
Event 14 Couples Compulsory Dances	Level 1 Comp Dance & DM/FM tests	Max 24 yrs	Rhythm Blues & Dutch Waltz* (2 sequences of each)
Event 15 Couples Compulsory Dances	Level 3 Comp Dance & DM/FM tests	As above	Fiesta Tango & Willow Waltz* (2 sequences of each).
Event 16 Couples Free Dance	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 24 years as at 1 st July 2007)	Minimum Test NB: No Maximum	Age (as at 1 st July 2007)	Program Length / Requirements
Event 17 Couples Compulsory Dances	Level 4 Comp Dance & DM/FM tests	As above	14 Step (3 sequences) & Foxtrot*(2 sequences)
Event 18 Couples Free Dance	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 19 Couples Compulsory Dances	Level 5 Comp Dance & DM/FM tests	As above	Rocker Foxtrot (2 sequences) & European Waltz* (see below for sequences)
Event 20 Couples Free Dance	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 Waltz will require one and a half circuits, Alexandra Palace is a one lobe rink.

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.