



## **Widnes Ice Skating Club**

### **Free Skating & Dance Competition Criteria**

(all entrants must be a current member of WISC as of 4<sup>th</sup> February 2024)

**Saturday 6<sup>th</sup> July 2024, 4:15pm – 5:45pm**

**\* Closing Date – Friday 30th June 2024 \***



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## Free Skating Comp Criteria (Elements)

**Please note that competitors can only enter one category in the Free Competition. This means that if a competitor is entered into a free programme they cannot enter the pre-passport or passport sections too.**

### Pre-Passport Showcase (Skate Excellence & Skate UK)

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|---|--|--|--|--|
| <p><b>Level 1 - 8</b></p> <p>You may enter the level you are working towards or a level you have just recently passed.</p> <p>We wish to promote achievement, progression and fun.</p> <p>We encourage Coaches to place pupils into a category that challenges their pupil.</p> | <p><b>Level 1 (Skate Excellence)</b><br/> V March x 4 glide and dip<br/> V March x 4 jump<br/> V March x 4 snow plough</p>   | <p><b>Level 1 (skate UK)</b><br/> March forward across the ice<br/> Skate and Dip x 4<br/> Turn around on the spot x 2</p>   | <p><b>Level 2 (Skate Excellence)</b><br/> 2 x lemons with bounce<br/> 4 x 1/2 star transfers<br/> Lemon, snowplough</p>  | <p><b>Level 2 (Skate UK)</b><br/> Backward marching across the ice<br/> Forward Swizzles (lemons) x 4<br/> Two-foot glide on a curve (left &amp; right)</p>  |
|   | <p><b>Level 3 (Skate Excellence)</b><br/> 2 x Forward 1/2 star stamp down R/L<br/> 2 x Half lemons with bounce tightrope<br/> 4 x 1/2 star transfers</p>   | <p><b>Level 3 (skate UK)</b><br/> Forward Stroking<br/> Backward Swizzles (lemons) x 4<br/> Forward glide on one foot (left &amp; right)</p>   | <p><b>Level 4 (Skate Excellence)</b><br/> Backward: Half lemons with bounce x 4<br/> 2 x lemons, slide, tightrope<br/><br/> Lemon back snowplough</p>  | <p><b>Level 4 (skate UK)</b><br/> Forward outside edge on a circle (left &amp; right)<br/> Forward inside edge on a circle (left and right)<br/> Basic Forward Slalom x 4<br/> Forward continuous Chasses around a circle (left &amp; right)</p> |
|   | <p><b>Level 5 (Skate Excellence)</b><br/> 4 x Backward Half lemons in both directions<br/> Alternate backwards half lemons tightrope<br/> 4 x backwards 1/2 star transfers, backwards lemon Pivots</p> | <p><b>Level 5 (Skate UK)</b><br/> Backward outside edge on a circle (left &amp; right)<br/> Backward inside edge on a circle (left &amp; right)<br/> Forward crossovers<br/> Forward outside 3 turns from a standstill</p>     | <p><b>Level 6 (Skate Excellence)</b><br/> Forward cross rolls<br/> Forward crossovers<br/> Backward crossovers</p>   | <p><b>Level 6 (Skate UK)</b><br/> Forward inside 3 turn from a stand still<br/> Backward crossovers<br/> Backward two foot slalom x 4<br/> Two foot spin (min 2 revs)</p>  |
|   | <p><b>Level 7 (Skate Excellence)</b><br/> Forward: Crossovers &amp; Chasses<br/> Edge in a circle inside<br/> Outside three turn</p>   | <p><b>Level 7 (Skate UK)</b><br/> Basic forward cross rolls<br/> Forward inside open<br/> Mowhawk (left &amp; right)<br/> Backwards crossovers to landing position<br/> Continuous forward outside edge on a straight line</p> | <p><b>Level 8 (Skate Excellence)</b><br/> Backwards: Crossovers &amp; Chasses<br/> Edge in a circle inside<br/> Inside three turn</p>  | <p><b>Level 8 (Skate UK)</b><br/> Continuously outside 3 turns around a circle x 3 in a row left &amp; right<br/> Continuously inside 3 turns around a circle x 3 in a row left &amp; right<br/> Step sequence<br/> One foot spin min 2 revs</p> |
|   | <p><b>Level 9 (Skate Excellence)</b><br/> Figure 8 forward and backwards crossovers<br/> Continuous 3 turns round a circle inside and outside<br/> Forward spiral<br/> bunny hop drag</p>              |  | <p><b>Level 10 (Skate Excellence)</b><br/> Figure 8 forwards and backwards crossovers<br/> 3 turn sequence (min. 4 x 3 turns)<br/> Backwards spiral<br/> Forward change of edge inside and outside</p> |  |
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### Passport Free

|        |  |
|--------|--|
| Bronze | <p>Forward and backward cross-overs in a figure of 8<br/> Forward outside spiral on a curve (left and right)<br/> Spin on one foot (min 4 revs) optional entry &amp; exit<br/> Waltz jump from 4-5 back crossovers (held landing for count of 3)<br/> Bunny hop into Drag</p>  |
| Silver | <p>Single Salchow<br/> Spin on one foot (min 4 revs) entry from backward crossovers stepping into forward outside edge, landing position exit<br/> Backward spiral on a curve (left and right)<br/> Backward crossovers around a circle into an extended landing position for the count of 3 (left and right)<br/> Teapot on either foot (forward or backward)</p>   |
| Gold   | <p>Backward outside one-foot spin (min 1 rev)<br/> Single toe-loop (with correct take off - not a toe three jump)<br/> Spiral sequence: Forward outside spiral, forward outside three turn, two backward crossovers, back inside spiral (spirals held for 3 seconds) clockwise and counter-clockwise<br/> A simple step sequence: Must have three turns, Mowhawks, Chasses, Crossrolls, Toe Steps; these can be done on any edges, forward or backward</p> |

### Pre-Beginners Elements Free



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|   |  |
|---|--|
| <b>Pre-Beginner</b><br>Free Programme       | 1 minute 30 second +/- 5 sec Program with<br>Free choice of free elements<br><b>(For Skate UK skaters not yet passed Passport Gold)</b>                                |
| <b>BIS Levels Criteria Solo Free Skate</b>  |  |
| <b>Junior levels</b><br>Beginner to Level 8 | Criteria as per BIS national opens competitions. We have uploaded a copy in our documents section.<br>"Reference documents for competitions". <b>Under 18's</b>        |
| <b>Adults</b><br>Pre-Bronze to Gold         | We will be asking the adults to follow the criteria as per BIS Adult national opens competitions (formally known as the British Adult Championships). <b>Over 18's</b> |

## Dance Comp Criteria

### Passport Dance

|        |  |
|--------|--|
| Bronze | Forward open Chasses/crossed (closed) Chasses continuously on a circle (min 3) left and right<br>LFO closed Mowhawk, cross in front onto LBI. Step forwards to RFI (3 times) left and right<br>Forward progressive runs<br>Two consecutive LFO 3 turns followed by a sustained outside edges with free leg extended for a count of 3 (left and right)<br>Forward spiral inside and outside edges |
| Silver | Forward progressive runs in a figure of 8<br>Backward open Chasses (3 on each foot) in a Serpentine sequence<br>Backward progressive runs in a figure of 8<br>Forward inside single Twizzles, left and right (min 4 in a row)  |
| Gold   | Forward run, forward clip Chasses (3 times) in a figure of 8<br>Basic backwards cross rolls<br>Forward inside double Twizzle (left and right)  |

### Solo Pattern Dance – Under 18's

**Please note Junior and Senior categories will be (open aged)**

|  |   |
|--|---|
| <b>Pre Beginner</b><br>Not passed Passport Gold  | Novice Foxtrot (2 seq)                                      |
| <b>Beginner</b><br>Passed Gold Passport but not qualified to enter BIS Level 1   | Rhythm Blues (2 seq)  |
| <b>Juvenile</b><br>Min. Level 1 PD / FM / FD<br>Max. Level 2 PD  | Dutch Waltz (2 seq)   |
| <b>Basic Novice</b><br>Min. Level 3 PD / FM / FD   | Tango Fiesta (2 seq)  |
| <b>Intermediate Novice</b><br>Min. Level 5 PD / FM / FD  | 14 step (3 Seq)   |
| <b>Advanced Novice</b><br>Min. Level 7 PD / FM / FD  | Blues (2 seq)   |
| <b>Junior &amp; Senior</b><br><br><b>Suggested Min level 7 PD / FM / FD, but no requirement to have achieved these.</b><br><b>Please note Junior and Senior categories will be (open aged)</b> | Rhythm Dance or Argentine Tango<br>2 min 50 sec +/- 10 secs |

### Solo Pattern Dance – Over 18's

|   |                             |
|---|-----------------------------|
| <b>PRE-BEGINNER</b> Skaters must not have passed Level 1 pattern dance          | Dutch Waltz (2 seq)         |
| <b>BEGINNER</b> Skaters must not have passed BIS Level 3 Pattern Dance Test     | Riverside Rhumba<br>(2 Seq) |
| <b>INTERMEDIATE</b> Skaters must not have passed BIS Level 7 Pattern Dance Test | Fiesta Tango (2 Seq)        |
| <b>SENIOR</b>   | Tango (2 seq)               |

### Couples Pattern Dance – Under 18's

|   |                         |
|---|-------------------------|
| <b>BEGINNER</b> Skaters must not have passed BIS Level 3 Pattern Dance Test     | Swing Dance (2 seq)     |
| <b>INTERMEDIATE</b> Skaters must not have passed BIS Level 5 Pattern Dance Test | Rocker Foxtrot (2 seq)  |
| <b>SENIOR</b>   | Argentine Tango (2 seq) |



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| Couples Pattern Dance – Over 18's  |                              |
|--|------------------------------|
| <b>BEGINNER</b> <i>Skaters must not have passed BIS Level 3 Pattern Dance Test</i>     | Golden Skaters Waltz (2 seq) |
| <b>INTERMEDIATE</b> <i>Skaters must not have passed BIS Level 5 Pattern Dance Test</i> | Willow Waltz (2 seq)         |
| <b>SENIOR</b>  | Rocker Foxtrot (2 seq)       |

| Pre Beginner Solo Dance Free    |   |
|---------------------------------|---|
| Pre-Beginner Free Dance program | 1 minute 30 second +/- 5 sec Program with Free choice of dance elements<br><b>(For Skate UK skaters not passed Passport Gold)</b> |

| Solo Dance Free – under 18's<br>Free Dance  |  |
|---|--|
| <b>NB:</b> For Free Dances of 1 minute 30 second +/- 5 sec. A change of Tempo and Expression <b>is not required</b> . For Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression <b>is required</b> . <b>Please Note: Attitudes are Poses therefore where Poses are specified Attitudes are included. (New rules apply see pose definitions in BIS criteria)</b> |  |

|                             |  |
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| Beginner to Advanced Novice | Criteria's as per BIS national opens solo dance competitions, we have uploaded a copy in our documents section. "Reference documents for competitions". <b>Junior – up to 18 years</b> |
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|                                     |   |
|-------------------------------------|---|
| <b>Open Age Junior &amp; Senior</b> | <p>Element features up to level 4 will be considered for level</p> <ol style="list-style-type: none"> <li>1) 1 (one) Combination Pose or 2 Single Poses. No Pose of the same type may be repeated. If performed the Single Poses must be separated by more than 3 steps between them.</li> <li>2) 1 (one) Straight Line Step Sequence (Mid Line or Diagonal) skated barrier to barrier, Or, 1 (one) Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface. Style B</li> <li>3) 1 (one) One Foot Step Sequence</li> <li>4) 1 (one) Dance Spin. Spin or Combination spin permitted</li> <li>5) 1 (one) set of Synchronised Twizzles with no more than 3 steps between the twizzles. Minimum 1x clockwise and 1x anti-clockwise Minimum 1 rotation in each twizzle</li> <li>6) <b>2 (two) Choreographic elements chosen from the following</b> <ol style="list-style-type: none"> <li>a. Choreographic Spinning movement</li> <li>b. Choreographic Sliding movement</li> <li>c. Choreographic Character Step Sequence</li> </ol> </li> </ol> <p>Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.</p> <p><b>Duration: max. 3 minutes +/- 10 seconds</b></p> |
|-------------------------------------|---|

| Solo Dance Free – Over 18's   |  |
|---|--|
| <b>NB:</b> For Free Dances of 1 minute 30 second +/- 5 sec. A change of Tempo and Expression <b>is not required</b> . For Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression <b>is required</b> . <b>Please Note: Attitudes are Poses therefore where Poses are specified Attitudes are included. (New rules apply see pose definitions in BIS criteria)</b> |  |

|                           |  |
|---------------------------|--|
| <b>Pre-Bronze to Gold</b> | Criteria's as per the "British Adult Nationals" formally known as British Adult championships. We have uploaded a copy in our documents section. "Referenced in documents for competitions section". <b>Senior – Over 18's</b> |
|---------------------------|--|

| Couples Free Dance – Under 18's |  |
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| <b>Novice</b><br>Free Dance 2:00 min. +/- 10 sec.<br><b>Vocals may be used</b> | <p><b>A Well-Balanced Free Dance program must contain</b></p> <p><b>One (1) Spin or Combination Spin</b></p> <p><b>One (1) Combination Set of Synchronized Twizzles</b></p> <p><b>Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence</b></p> <p><b>And One (1) additional chosen from:</b></p> <p>Choreographic Lift.<br/>Choreographic Spinning Movement.<br/>Choreographic Twizzling Movement.<br/>Choreographic Sliding Movement</p> <p>In all Required Elements (except Choreographic Element), <b>Level 1</b> is the maximum level the Advance Novice couple may receive for all required elements</p> |
|--|---|



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|   |   |
|---|---|
| <p><b>Intermediate</b></p> <p>Free Dance 2:30 min. +/- 10 sec.<br/>Vocals may be used</p> | <p><b>A Well-Balanced Free Dance Program must contain:</b><br/> <b>Dance Lifts:</b> not more than <b>one (1) Type of Short Lift</b><br/> <b>One (1) Spin or Combination Spin.</b><br/> <b>One (1) Combination Set of Synchronized Twizzles</b><br/> <b>Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence</b></p> <p><b>And One (1) additional chosen from:</b></p> <p>Choreographic Lift.<br/> Choreographic Spinning Movement.<br/> Choreographic Twizzling Movement.<br/> Choreographic Sliding Movement</p> <p>In all Required Elements (except Choreographic Element), <b>Level 2</b> is the maximum level the Advance Novice couple may receive for all required elements</p>   |
| <p><b>Advanced</b></p> <p>Free Dance 3:00 min. +/- 10 sec.<br/>Vocals may be used</p>     | <p><b>A Well-Balanced Free Dance program must contain</b><br/> <b>Dance Lifts:</b> not more than <b>one (1) Type of Short Lift</b><br/> <b>One (1) Spin or Combination Spin</b><br/> <b>One (1) Straight Line Step Sequence (Midline or Diagonal) in Hold or Curved Step Sequence (Circular or Serpentine) in Hold (Style B)</b><br/> <b>One (1) Combination Set of Synchronized Twizzles</b><br/> <b>Two (2) Different Choreographic Elements chosen from:</b></p> <p>Choreographic Lift<br/> Choreographic Spinning Movement<br/> Choreographic Twizzling Movement<br/> Choreographic Sliding Movement<br/> Choreographic Character Step Sequence</p> <p>In all Required Elements (except Choreographic Element), <b>Level 3</b> is the maximum level the Advance Novice couple may receive for all required elements</p> |

|   |   |
|---|---|
| <p><b>Couples Free Dance - Over 18's</b><br/> <b>Due to no current criteria available for adult couples we have resorted back to last years BAC criteria.</b></p> |   |
| <p><b>Pre Bronze to Silver</b></p>  | <p>Criteria's as per the "British Adult Nationals" formally known as British Adult championships.<br/> We have uploaded a copy in our documents section.<br/> "Referenced in documents for competitions section". <b>Senior – Over 18's</b></p> |