



Widnes Ice Skating Club

Free Skating & Dance Competition Criteria

(all entrants must be a current member of WISC as of 1st February 2019)

Sunday 3rd February 2019, 4.30 – 6.30pm

*** Closing Date – 27 January 2019 ***

Free Skating Comp Criteria (Elements)

Please note that competitors can only enter one category this means that if a competitor is entered in to a free programme they cannot enter the pre-passport or passport sections as well.

Pre-Passport Showcase (Skate Excellence & Skate UK)

£10 Per Entry

Level 1 - 8 Skaters must not have passed the level that they are entering	Level 1 (Skate Excellence) V March x 4 glide and dip V March x 4 jump V March x 4 snow plough	Level 1 (skate UK) March forwards across the ice Skate and Dip x 4 Turn around on the spot x 2	Level 2 (Skate Excellence) 2 x lemons with bounce 4 x 1/2 star transfers Lemon, snowplough	Level 2 (Skate UK) Backwards marching across the ice Forward swizzles (lemons) x 4 Two-foot glide on a curve (left & right)
	Level 3 (Skate Excellence) Forwards: 2 x 1/2 star stamp down R/L bounce Half lemons x 2 tightrope 4 x 1/2 star transfers lemon	Level 3 (skate UK) Forward Stroking Backwards swizzles (lemons) x 4 Forward glide on one foot (left & right)	Level 4 (Skate Excellence) Backwards: Half lemons bounce x 4 2 x lemons, slide, tightrope Lemon back snowplough	Level 4 (skate UK) Forward outside edge on a circle (Left & Right) Forward inside edge on a circle (left and right) Basic Forward Slalom x 4 Forward continuous Chasses around a circle (left & right)
	Level 5 (Skate Excellence) Backwards: Half lemons x 2 tightrope 4 x 1/2 star transfers, 1/2 lemon x 2 change circles 4 x 1/2 star transfers lemon, lemon Pivots	Level 5 (Skate UK) Backward outside edge on a circle (left & right) Backward inside edge on a circle (left & right) Forward crossovers Forward outside 3 turns from a standstill	Level 6 (Skate Excellence) Forward cross rolls Forward crossovers Backward crossovers	Level 6 (Skate UK) Forwards inside 3 turn from a stand still Backward crossovers Backward two foot slalom x 4 Two foot spin (min 2 revs)
	Level 7 (Skate Excellence) Forwards: Crossovers & Chasses Edge in a circle inside Outside three turn	Level 7 (Skate UK) Basic forward cross rolls Forward inside open Mowhawk (left & right) Backwards crossovers to landing position Continuous forward outside edge on a straight line	Level 8 (Skate Excellence) Backwards: Crossovers & Chasses Edge in a circle inside Inside three turn	Level 8 (Skate UK) Continuously outside 3 turns around a circle x 3 in a row left & right Continuously inside 3 turns around a circle x 3 in a row left & right Step sequence One foot spin min 2 revs

Passport Free

£10 Per Entry

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

Pre-Beginners Elements Free

£20 Per Entry

Pre-Beginner Free Programme	1 minute 30 second +/- 5 sec Program with Free choice of free elements (For Skate UK skaters not yet passed Passport Gold)
BIS Levels Criteria Solo Free Skate £20 Per Entry	
Junior levels Beginner to Level 8	Criteria's as per BIS national opens competitions, we have uploaded a copy in our documents section. "Reference documents for competitions". Under 18's
Adults Beginner to Level 8	As the British Championship Criteria has not currently been published we will be asking the adults to follow the criteria's as per BIS national opens competitions, following the same criteria as the juniors. NB: The adults will not be competing against the children only following the same criteria. Over 18's



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Dance Comp Criteria

Passport Dance £10 Per Entry

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

Solo Pattern Dance – Under 18's Please note Junior and Senior categories will be (open aged) £10 Per Entry

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

Solo Pattern Dance – Over 18's £10 Per Entry

PRE-BEGINNER Skaters must not have passed Level 1 pattern dance	Novice Foxtrot (2 seq)
BEGINNER Skaters must not have passed BIS Level 3 Pattern Dance Test	Golden Skaters Waltz (2 Seq)
INTERMEDIATE Skaters must not have passed BIS Level 7 Pattern Dance Test	Willow Waltz (2 Seq)
SENIOR	Tango (2 seq)

Couples Pattern Dance – Under 18's £10 Per Entry

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

Couples Pattern Dance – Over 18's £10 Per Entry

BEGINNER Skaters must not have passed BIS Level 3 Pattern Dance Test	Golden Skaters (2 seq)
INTERMEDIATE Skaters must not have passed BIS Level 5 Pattern Dance Test	Willow Waltz (2 seq)
SENIOR	Rocker Foxtrot (2 seq)



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Beginner Dance Free £20 Per Entry	
Pre-Beginner Free Dance program	1 minute 30 second +/- 5 sec Program with Free choice of dance elements (For Skate UK skaters not passed Passport Gold)
Solo Dance Free – under 18's Free Dance NB: For Free Dances of 1 minute 30 second +/- 5 sec. A change of Tempo and Expression is not required . For Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression is required . Please Note: Attitudes are Poses therefore where Poses are specified Attitudes are included. (New rules apply see pose definitions in BIS criteria) £20 Per Entry	
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". Junior – up to 18 years
Open Age Junior & Senior	<p>Element features up to level 4 will be considered for level</p> <ol style="list-style-type: none"> 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. 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 1 (one) One Foot Step Sequence 1 (one) Dance Spin. Spin or Combination spin permitted 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 2 (two) Choreographic elements chosen from the following <ol style="list-style-type: none"> Choreographic Spinning movement Choreographic Sliding movement Choreographic Character Step Sequence <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>Duration: max. 3 minutes +/- 10 seconds</p>
Solo Dance Free – Over 18's	
Please note due to the British Adult Championships documentation being published we are following the Solo Dance series criteria which we think will be similar to the BAC criteria based on previous years. £20 Per Entry	
Pre-Bronze Category 1 Skater must not have passed BIS Level 1 FD or PD	Equivalent to Beginner <ol style="list-style-type: none"> 1 (one) Pose 1 (one) Dance Spin (combination spin not permitted) 1 set of Synchronised Twizzles with not more than 3 steps between the twizzles. Minimum 1x clockwise and 1x anti-clockwise. Minimum 1 rotation in each twizzle. 1 (one) Choreographic element chosen from the following: <ol style="list-style-type: none"> Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Sliding Movement <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 component of composition mark.</p> <p>Element features up to level 1 will be considered for level</p> <p>Duration: max. 1 minute and 40 seconds, but may be less</p>
Pre-Bronze Category 2 Skater must not have passed BIS Level 2 FD or PD	Equivalent to Beginner / Juvenile <ol style="list-style-type: none"> 1 (one) Pose 1 (one) Dance Spin (combination spin not permitted) 1 set of Synchronised Twizzles with not more than 3 steps between the twizzles. Minimum 1x clockwise and 1x anti-clockwise. Minimum 1 rotation in each twizzle. 1 (one) Choreographic element chosen from the following: <ol style="list-style-type: none"> Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Sliding Movement <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 component of composition mark.</p> <p>Element features up to level 1 will be considered for level</p> <p>Duration: max. 1 minute and 40 seconds, but may be less</p>



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Bronze Skaters must not have passed BIS Level 5 FD or PD.	Equivalent to Basic Novice 1) 1 (one) Single Pose 2) 1 (one) Dance Spin. Spin or Combination Spin permitted 3) 1 (one) set of Synchronised Twizzles with no more than 3 steps between the twizzles. a) Minimum 1x clockwise and 1x anti-clockwise b) Minimum 1 rotation in each twizzle. 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 4) 1 (one) Choreographic Character Step Sequence 5) 1 (one) additional Choreographic element chosen from the following: a) Choreographic Spinning Movement b) Choreographic Sliding Movement 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 component of composition mark. Element features up to level 2 will be considered for level Duration: max. 1 minute and 40 seconds, but may be less
Silver Skaters must not have passed BIS Level 7 Pattern Dance or Free Dance Test.	Equivalent to Intermediate Novice 1) 1 (one) Single Pose. 2) 1 (one) Dance Spin. Spin or Combination spin permitted 3) 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 4) 1 (one) Choreographic Character Step Sequence 5) 1 (one) Additional choreographic element chosen from the following: a) Choreographic Spinning movement b) Choreographic Sliding Movement 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. Element features up to level 2 will be considered for level Duration: max. 2minutes 10 seconds but may be less
Gold	Equivalent to Advanced Novice 1) 1 (one) Single Pose 2) 1 (one) Straight line Step Sequence (barrier to barrier) or 1 (one) Curved Step Sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B 3) 1 (one) Dance Spin. Spin or Combination Spin permitted 4) 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. 5) 2 (two) Choreographic elements chosen from the following: a) Choreographic Spinning Movement b) Choreographic Sliding Movement c) Choreographic Character Sequence 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 Element features up to level 3 will be considered for level Duration: max. 2minutes 30 seconds +/- 10
Choreographic Spinning Movement	A continuous spinning (rotating) movement (other than a twizzle or a Dance Spin) on two feet or, alternate feet or, one foot and one knee / boot (but not two knees) with at least 3 full rotations which may be stationary or travelling.

Couples Free Dance – Under 18's £20 Per Entry	
Novice Free Dance 2:00 min. +/- 10 sec. Vocals may be used	A Well-Balanced Free Dance program must contain One (1) Spin or Combination Spin One (1) Combination Set of Synchronized Twizzles Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence And One (1) additional chosen from: Choreographic Lift. Choreographic Spinning Movement. Choreographic Twizzling Movement. Choreographic Sliding Movement In all Required Elements (except Choreographic Element), Level 1 is the maximum level the Advance Novice couple may receive for all required elements



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

Couples Free Dance - Over 18's Due to no current criteria available for adult couples we have resorted back to last years BAC criteria. £20 Per Entry	
BEGINNER Skaters must not have passed BIS Level 2 Pattern Dance or Free Dance Test	Equivalent to Bronze Free Dance Couples must perform a well-balanced program that may contain: a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. Note that only a maximum Level 1 lift will be counted. b. A maximum of one (1) Diagonal Step Sequence in Hold, Style b c. maximum of one (1) Dance Spin (No combination). VOCAL MUSIC MAY BE USED The maximum time is 2 minutes, but may be less.
SENIOR Skaters must have a minimum test level of level 2 Pattern or Free Dance Test	Equivalent to Silver Free Dance Couples must perform a well-balanced program that may contain: a. maximum of one (1) Short Lift, with a maximum duration of 7 sec. And only a maximum Level 2 lift will be counted. b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B. c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between. d. A maximum of one (1) Dance Spin (Spin or Combination Spin). VOCAL MUSIC MAY BE USED. The maximum time is 2 minutes and 40 seconds, but may be less.



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The Important Bits

The closing date for this competition is Sunday 27th January 2019

To comply with our insurance, all competitors must be Widnes Ice Skating Club members. Current annual membership re-starts on the 01/02/2019. You must have renewed by this date to ensure you can enter the competition.

Please consult the specific competition criteria and discuss with your Coach before entering and complete an entry form for each competitor. Entries will be accepted on a first come, first served basis. Entries must be received by closing date; **late entries will not be accepted**. All applications forms need to be filled in on our online booking system. If you need any support in this please do not hesitate to ask any of the committee members. The online form should be compatible with all modern internet devices.

Test level: Competition level is the highest grade/test passed as of the entry deadline date in the discipline the skater is entering. Entrants may skate at a level above that for which they qualify, but they may not skate down in any event. **You may only enter one category in your respected discipline, providing you meet the criteria for that level.** You may enter multiple disciplines. E.g. figure skating & dance. Entries will be confirmed by email as soon as possible after the closing date (please make sure we have an email address). Once the draw has been completed the skating order will be emailed directly to all competitors.

MUSIC: The official competition music must be emailed in MP3 or Mp4 format to music.wisc@gmail.com. Your entry will not be accepted without your accompanying music. Music is only required for those performing a programme. Label all music with the following:

Name of skater, category they are skating in. E.g. Phil Jones, Elements free skate Level 3

The length of track and the name of the skater's coach just need to be mentioned in the email. We would appreciate it if you could also provide a contact number in case we need to call you regarding any music related issues and best time to contact.

Age restrictions/requirements: All skaters will be placed into age groups where it does not state an open age category. Juniors will compete separately to adults. Juniors up to the age of 18, Adults from the age of 18 and above. Skaters 16 and above may choose to skate in the Adult categories, but they may not enter the Junior categories if doing so.

Please note: the club refers to juniors under 18 and seniors over 18, but for the purpose of categories Juniors and seniors refers to the level of ability. So we have labelled sections as over 18's or under 18's

REFUND POLICY: Entry fees will not be refunded after entry deadline unless the event is cancelled. In the case of withdrawal entry fees cannot be refunded or transferred to another skater.

LIABILITY: Widnes Ice Skating Club and Planet Ice Widnes accept no responsibility for injury or damage sustained to any participant or their property in this competition.

Children are the responsibility of parents during the competition. Parents are permitted to enter the changing rooms to support their children getting ready, but can we ask that if you do not need to be in the changing facilities, please vacate and wait outside. Ideally the changing rooms are to apply figure skates and last-minute items to costumes. If you need to fully change can we respectfully ask that you use the toilet cubicle in each changing room.

Payment Method

Electronically by BACS:

Account Name: Widnes Ice Skating Club
Account number: 45693757
Sort code: 60-13-20
(Natwest Widnes Branch)
Payment Reference is Skaters Name and competition date. e.g. Skate Name 29/04
If paying electronically email form to comp.wisc@gmail.com

In person at the rink:

Please hand directly to **Ken Jennions or Bee Collier**
(See club notice board)
(payment may be made by cash or cheque)

By post to:

(WISC Competition)
57 Forfar Road
Tuebrook, Liverpool. L13 8DX
(postal applications by cheque only please, **no cash**)
Cheques should be made payable to:
Widnes Ice Skating Club

Check List to validate your competition entry	✓
WISC Member	
New WISC Member (membership form completed / fee included/sent)	
Music emailed in MP3 format to music.wisc@gmail.com	
Competition entry fee included / sent	
Have you checked your entry against the criteria	
Coaches approval	

Enter competition online using the online form at

www.wisc.uk