

BULLES DE TROYES – ICE DANCE RULES KIDS

ICE DANCE in general : When dances are skated in couple, each couple consists of a man and a lady.

1. PATTERN DANCES

The boy skates the man's pattern, the girl skates the lady's pattern.

A dancer can enter any other category with a different partner.

All couples may register in 2 consecutive categories with the same partner :

Poussin+Benjamin or Benjamin+Minime or Minime+Cadet, or Cadet+Junior, or Junior+Espoir, but not Espoir+Senior.

Kids Senior Dance	Pattern Dance	Starlight Waltz (2 sequences) Midnight Blues (2 sequences)
Kids Espoir Dance	Pattern Dance	Starlight Waltz (2 sequences) Paso Doble (3 sequences)
Kids Junior Dance	Pattern Dance	European Waltz (2 sequences) Tango (2 sequences)
Kids Cadet Dance	Pattern Dance	Fourteen Step (3 sequences) American Waltz (2 sequences)
Kids Minime Dance	Pattern Dance	Ten fox (3 sequences) Willow Waltz (3 sequences)
Kids Benjamin Dance	Pattern Dance	Golden Skaters Waltz (3 sequences) Riverside Rhumba (3 sequences)
Kids Poussin Dance	Pattern Dance	Canasta Tango (4 sequences) Dutch Waltz (3 sequences)

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

Factors in each dance for Program Components are:

- Skating Skills 0,75
- Performances 0,50
- Interpretation 0,50
- Timing 0,75

Dancers shall provide their own music on the following conditions .:

- The music must be chosen in accordance with the required tempo of Pattern Dances plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- Vocal music is NOT allowed.
- The chosen tunes should be in the same style as the official ISU Ice Dance music (io ballroom music, classical music,...)
- The chosen music may be a tune from the ISU official Ice Dance music.

Tempo specification for the Pattern Dance music chosen by the dancers (as per ISU and NISA Rules):

- Senior** : - Midnight Blues 88 BPM (22 measures of 4 beats)
 - Starlight Waltz 174 BPM (29 measures of 6 beats)
- Espoir** : - Starlight Waltz 174 BPM (29 measures of 6 beats)
 - Paso Doble 112 BPM (28 measures of 4 beats or 56 measures of 2 beats)
- Junior** : - European Waltz 135 BPM (45 measures of 3 beats)
 - Tango 108 BPM (27 measures of 4 beats)
- Cadet** : - Fourteenstep 112 BPM (28 measures of 4 beats or 56 measures of 2 beats)
 - American Waltz 198 BPM (33 measures of 6 beats)
- Minime** : - Tenfox 100 BPM (25 measures of 4 beats)
 - Willow Waltz 135 BPM (45 measures of 3 beats),
- Benjamin** : - Golden Skaters Waltz 162 BPM (27 measures of 6 beats)
 - Riverside Rhumba 104 BPM (26 measures of 4 beats)
- Poussin** : - Canasta Tango 108 BPM (27 measures of 4 beats)
 - Dutch Waltz 135 BPM (45 measures of 3 beats)

The Tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.

The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase.

The dancers shall furnish their own competition music in accordance with these rules.

**The music for Pattern Dances will be send to the organizer per email prior to the competition and latest by closing date of registrations.
Music on CD's will not be accepted for Pattern dances.**

The Pattern Dances will be judged without Key Points.

2. SHORT DANCE

SENIOR & ESPOIR SHORT DANCE: Skaters signing up for this category will compete against other skaters at the SENIOR Short dance level. (Recommended for gold level or above ice dancers).

JUNIOR SHORT DANCE: Skaters signing up for this category will compete against other at the Adult Short dance level. (Recommended for silver level or above ice dancers).

The composition of the Short Dance in the season 2016/2017 is as follows:

Blues plus any number of the following rhythms: Swing, Hip Hop.

Blues and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995. (Note; the description of Swing covers several different Rhythms, which are acceptable).

Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website).

Note: To comply with the ethical values of sports, Hip-Hop music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Specifications Short Dance :

The concept and choreography must produce the feeling of a unified dance.

The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.

Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 per Pattern Dance Element under the mark for Program Components, Music may be vocal.

Required Short Dance Elements:

• **Pattern Dance Elements**

Two (2) Sequences of Blues, either skated one after the other or separately. Step #1 of each Sequence must be skated on a different side of the ice surface. Specifications: - The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003. - Rule 708 paragraph 1 applies with the following alterations: - subparagraph d) – Timing: first sentence reads “The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase. - Step #1 of each Pattern Dance Blues must be skated on a different side of the ice surface.

• **One (1) Not Touching Midline or Diagonal or Circular Step Sequence**

• **Dance Lift: not more than one (1) Short Dance Lift**

• **One Set of Sequential Twizzles**

• **Dance Spin (optional)**

The Pattern Dance Elements must be skated on the Blues Rhythm.

• The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.

• The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on the 1st strong beat of a musical phrase.

• Step #1 of each Pattern Dance Blues must be skated on a different side of the ice surface.

The Not Touching Step Sequence must be skated on one of the other rhythms: either Swing or Hip Hop.

Dance Lift : not more than one (1) Short Lift

One Set of Sequential Twizzles

Dance Spin

The Dance Spin is not a Required Element in a Short Dance.

Nevertheless, a Dance Spin or spinning movement skated outside the Step Sequence by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted.

A couple may choose to use this movement as part of their choreography.

The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

The Dance Spin performed in the Not Touching Step Sequence shall be considered by the Judges as a Stop, which will be considered as a Not Permitted Element.

Special requirements :

• The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline, Diagonal or Circular Step Sequence,
- ♣ performing the Not Touching Circular Step Sequence in the clockwise direction,
- ♣ performing one loop crossing the Long Axis to connect the two Pattern Dance Elements
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. Any choreography appropriate to the music selection (including a separation of no more than two arms-length apart) is permitted.
- For season 2016/17, if the Hip Hop is chosen by a couple as one of the rhythms for the Short Dance the following exception to Rule 709 paragraph 1.j) will apply:
Touching the ice with the hand(s) is permitted while skating to this rhythm
Note: Touching the ice with the hand(s) is allowed if choreographed to enhance the character of the Hip-Hop and does not meet the definition of the fall.
- Music for Blues and Swing is described in the ISU Ice Dance Music Rhythms Booklet 1995 (Note: the description of Swing covers several different Rhythms, which are acceptable).
Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website).
- To comply with the ethical values of sports, Hip-Hop music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Key points and Key points features for Pattern Dance Elements :

- Blues Sequence with Step # 1 on the Judges' side (1BL)
 - Key Point 1 Lady & Man Steps #5-7 (RBO,LFO, CRRFO-SwR)
 - Key Point 2 Lady Steps #12 & 13 (LFI ClCho, RBO)
 - Key Point 3 Man Steps #12 & 13 (LFI ClCho, RBO)
 - Key Point Features
 1. Correct Edges
 2. Correct Turn
 3. ClCho: correct placement of the free foot
- Blues Sequence with Step # 1 on the Judges' opposite side (2BL)
 - Key Point 1 Lady & Man Steps #5-7 (RBO, LFO, CRRFO-SwR)
 - Key Point 2 Lady Steps #12 & 13 (LFI ClCho, RBO)
 - Key Point 3 Man Steps #12 & 13 (LFI ClCho, RBO)
 - Key Point Features
 1. Correct Edges
 2. Correct Turn
 3. ClCho: correct placement of the free foot

Duration: maximum two (2) minutes and 50 seconds, but may be less.

Multiplying factors for the Program Components are:

Skating Skills 0.80

Transitions/Linking Footwork/Movements 0.80

Performance/Execution 0.80

Composition/Choreography 0.80

Interpretation/Timing 0.80

The music for Short Dance will be send to the organizer per email prior to the competition and latest by closing date of registrations.

Music on CD's will not be accepted for Short dance.

3. FREE DANCE

General Requirements for Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications.

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c).

Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.
The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

SENIOR Free Dance

The requirements for a well-balanced program are the same as for Gold Free Dance

ESPOIR Free Dance

The requirements for a well-balanced program are:

- A maximum of two (2) different dance lifts,
1 short lift with a maximum duration of 7 sec. and
1 long lift with a maximum duration of 12 seconds; **OR** three (3) different types of short lifts with a maximum duration of 7 sec..
- A maximum of one (1) Dance Spin, with optional positions. A simple spin with no change of foot consisting of at least three (3) rotations for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.
- A maximum of one (1) Diagonal Step Sequence in hold, Style A.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED

Duration: Maximum 3 minutes and 10 seconds, but may be less.

Factors in the Free Dance

The panel's points for each Program component are multiplied by a factor of 1,2

JUNIOR Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) short lift with a maximum duration of 7 sec.
- A maximum of one (1) Circular Step Sequence in hold, Style A
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
- A maximum of one (1) Dance Spin , spin or combination Spin.

VOCAL MUSIC MAY BE USED

Duration: Maximum 2 minutes and 40 seconds, but may be less.

Factors in the Free Dance

The panel's points for each Program Component are multiplied by a factor of 1,2

CADET Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) dance short lift, with a maximum duration of 7 sec.
- A maximum of one (1) Diagonal in hold Step Sequence Style B.
- A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.

VOCAL MUSIC MAY BE USED

Duration: Maximum 2 minutes, but may be less.

Factors in the Free Dance

The panel's points for each Program Component are multiplied by a factor of 1,2

The music for Free Dance will be send to the organizer per email prior to the competition and latest by closing date of registrations.

Music on CD's will not be accepted for Free Dance.

BULLES DE TROYES – SOLO ICE DANCE RULES

1. PATTERN DANCES

The boy skates the man's pattern, the girl skates the lady's pattern.

All solo dancers may register in 2 consecutive categories :

Poussin+Benjamin or Benjamin+Minime or Minime+Cadet, or Cadet+Junior, or Junior+Espoir, but not Espoir+Senior.

Solo SENIOR Dance	Pattern Dance	Starlight Waltz (2 sequences) Midnight Blues (2 sequences)
Solo ESPOIR Dance	Pattern Dance	Starlight Waltz (2 sequences) Paso Doble (3 sequences)
Solo JUNIOR Dance	Pattern Dance	European Waltz (2 sequences) Tango (3 sequences)
Solo CADET Dance	Pattern Dance	Fourteen Step (3 sequences) American Waltz (2 sequences)
Solo MINIME Dance	Pattern Dance	Ten fox (3 sequences) Willow Waltz (3 sequences)
Solo BENJAMIN Dance	Pattern Dance	Golden Skaters Waltz (3 sequences) Riverside Rhumba (3 sequences)
Solo POUSSIN Dance	Pattern Dance	Canasta Tango (4 sequences) Dutch Waltz (3 sequences)

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order.

Factors in each dance for Program Components are:

- Skating Skills 0,75
- Performances 0,50
- Interpretation 0,50
- Timing 0,75

Dancers shall provide their own music on the following conditions .:

- The music must be chosen in accordance with the required tempo of Pattern Dances plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- Vocal music is NOT allowed.
- The chosen tunes should be in the same style as the official ISU Ice Dance music (io ballroom music, classical music,...)
- The chosen music may be a tune from the ISU official Ice Dance music.

Tempo specification for the Pattern Dance music chosen by the dancers (as per ISU and NISA Rules):

- SENIOR** : - Midnight Blues 88 BPM (22 measures of 4 beats)
 - Starlight Waltz 174 BPM (29 measures of 6 beats)
- ESPOIR** : - Starlight Waltz 174 BPM (29 measures of 6 beats)
 - Paso Doble 112 BPM (28 measures of 4 beats or 56 measures of 2 beats)
- JUNIOR** : - European Waltz 135 BPM (45 measures of 3 beats)
 - Tango 108 BPM (27 measures of 4 beats)
- CADET** : - Fourteenstep 112 BPM (28 measures of 4 beats or 56 measures of 2 beats)
 - American Waltz 198 BPM (33 measures of 6 beats)
- MINIME** : - Tenfox 100 BPM (25 measures of 4 beats)
 - Willow Waltz 135 BPM (45 measures of 3 beats),
- BENJAMIN** : - Golden Skaters Waltz 162 BPM (27 measures of 6 beats)
 - Riverside Rhumba 104 BPM (26 measures of 4 beats)
- POUSSIN** : - Canasta Tango 108 BPM (27 measures of 4 beats)
 - Dutch Waltz 135 BPM (45 measures of 3 beats)

The Tempo throughout the required sequences must be constant and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.

The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase.

The dancers shall furnish their own competition music in accordance with these rules.

**The music for Pattern Dances will be send to the organizer per email prior to the competition and latest by closing date of registrations.
Music on CD's will not be accepted for Pattern dances.**

The Pattern Dances will be judged without Key Points.

2. SOLO SHORT DANCE

SENIOR & ESPOIR SOLO SHORT DANCE: Skaters signing up for this category will compete against other skaters at the SENIOR & ESPOIR Short dance level. (Recommended for gold level or above ice dancers).

JUNIOR SOLO SHORT DANCE: Skaters signing up for this category will compete against other at the JUNIOR Short dance level. (Recommended for silver level or above ice dancers).

The composition of the Short Dance in the season 2016/2017 is as follows:

Blues plus any number of the following rhythms: Swing, Hip Hop.

Blues and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995. (Note; the description of Swing covers several different Rhythms, which are acceptable).

Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website).

Note: To comply with the ethical values of sports, Hip-Hop music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Specifications Short Dance :

The concept and choreography must produce the feeling of a unified dance.

The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.

Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 per Pattern Dance Element under the mark for Program Components, Music may be vocal.

Required Short Dance Elements:

• Pattern Dance Elements

Two (2) Sequences of Blues, either skated one after the other or separately.

Step #1 of each Sequence must be skated on a different side of the ice surface. Specifications:

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003. - Rule 708 paragraph 1 applies with the following alterations: - subparagraph d) –

Timing: first sentence reads “The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

- Step #1 of each Pattern Dance Blues must be skated on a different side of the ice surface.

• One (1) Midline, Diagonal or Circular Step Sequence

• Dance Attitude: not more than one (1) Attitude (Eagle, Ina Bauer, Spiral, etc...)

• One Set of Sequential Twizzles

• Spin (optional)

The Pattern Dance Elements must be skated on the Blues Rhythm.

• The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Blues, i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute.

• The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on the 1st strong beat of a musical phrase.

• Step #1 of each Pattern Dance Blues must be skated on a different side of the ice surface.

The Step Sequence must be skated on one of the other rhythms: either Swing or Hip Hop.

Dance Attitude : not more than one (1) Attitude, which must be held for minimum 3 and maximum 6 seconds.

One Set of Sequential Twizzles

Spin

The Spin is not a Required Element in a Short Dance.

Nevertheless, a Spin or spinning movement skated outside the Step Sequence on one foot (or two feet) with any number of rotations is permitted.

A dancer may choose to use this movement as part of the choreography.

The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

The Spin performed in the Step Sequence shall be considered by the Judges as a Stop, which will be considered as a Not Permitted Element.

Special requirements :

• The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Midline, Diagonal or Circular Step Sequence,
- ♣ performing the Circular Step Sequence in the clockwise direction,
- ♣ performing one loop crossing the Long Axis to connect the two Pattern Dance Elements
- After the clock is started with the first movement, the Dancer must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. Any choreography appropriate to the music selection is permitted.
- For season 2016/17, if the Hip Hop is chosen by a dancer as one of the rhythms for the Short Dance the following exception will apply:
Touching the ice with the hand(s) is permitted while skating to this rhythm
- Note: Touching the ice with the hand(s) is allowed if choreographed to enhance the character of the Hip-Hop and does not meet the definition of the fall.
- Music for Blues and Swing is described in the ISU Ice Dance Music Rhythms Booklet 1995 (Note: the description of Swing covers several different Rhythms, which are acceptable). Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website).
- To comply with the ethical values of sports, Hip-Hop music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Duration: maximum two (2) minutes and 50 seconds, but may be less.

Multiplying factors for the Program Components are:

Skating Skills 0.80

Transitions/Linking Footwork/Movements 0.80

Performance/Execution 0.80

Composition/Choreography 0.80

Interpretation/Timing 0.80

The music for Solo Short Dance will be send to the organizer per email prior to the competition and latest by closing date of registrations.

Music on CD's will not be accepted for Short dance.

Solo Free Dance

General Requirements for Solo Free Dance

The following are the Requirements for Music for Solo Free Dance

Music that does not adhere to these descriptions will be severely penalized.

The music for Solo Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.
The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- The music must be suitable for the Solo Dancer's skating skills and technical ability.

Solo Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Solo SENIOR & ESPOIR Free Dance

The requirements for a well-balanced program are:

- A maximum of two (2) different dance Attitudes (Eagle, Ina Bauer, Spiral, etc...), duration minimum 3sec, maximum 6 seconds
- A maximum of one (1) Spin, a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot.
- A maximum of one (1) Diagonal Step Sequence.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED

Duration: Maximum 3 minutes and 10 seconds, but may be less.

Factors in the Free Dance

The panel's points for each Program component are multiplied by a factor of 1,2

Solo JUNIOR Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) dance Attitude (Eagle, Ina Bauer, Spiral, etc...), duration minimum 3sec, maximum 6 seconds.
- A maximum of one (1) Spin , a Combination Spin without change of foot consisting of at least three (3) rotations in each position.
- A maximum of one (1) Circular Step Sequence
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

VOCAL MUSIC MAY BE USED

Duration: Maximum 2 minutes and 40 seconds, but may be less.

Factors in the Free Dance

The panel's points for each Program Component are multiplied by a factor of 1,2

Solo CADET Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) dance Attitudes (Eagle, Ina Bauer, Spiral, etc...), duration minimum 3sec, maximum 6 seconds.
- A maximum of one (1) Diagonal OR Midline Step Sequence.
- A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions.

VOCAL MUSIC MAY BE USED

Duration: Maximum 2 minutes, but may be less.

Factors in the Free Dance

The panel's points for each Program Component are multiplied by a factor of 1,2

The music for Solo Free Dance will be send to the organizer per email prior to the competition and latest by closing date of registrations.

Music on CD's will not be accepted for Solo Free Dance.