

Technische Bedingungen zur Teilnahme an Wettkämpfen im Eistanz für die Saison 2019/2020
Conditions techniques de participation aux compétitions de danse sur glace pour la Saison 2019/2020

Elite / Elite

<p>Rhythm Dance¹</p>	<p>Music from Musicals and/or Operettas - ALL selected music should be recognized as from one of the following Rhythms: Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz. The number of rhythms is not restricted. The selected music may be from the same or different Musicals and/or Operettas.</p> <p>The Pattern Dance Element, Finnstep, must be skated to the Quickstep, Charleston or Swing Rhythm, in the style of the chosen rhythm. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo: 52 two-beat measures per minute, 104 beats per minute +/- 2 beats.</p> <p>The Pattern Dance Type Step Sequence (PSt) must be skated to the same Rhythm selected for the Pattern Dance Element (Finnstep). The chosen tune may be the same as for Finnstep or different but must have the same tempo, The Tempo of the music throughout Finnstep and PSt must be constant and in accordance with the required Tempo.</p> <p>Duration: 2 min 50 sec ± 10 sec</p> <p><u>Required Elements:</u></p> <p>1 Section of Finnstep (Section 1, steps #1-33)</p> <p>1 Pattern Dance Type Step Sequence (PSt) (Style B):</p> <ul style="list-style-type: none"> - <u>Duration</u>: any exact number of musical phrases - <u>Pattern</u>: starting immediately following the Slide & Stop on step 33 of the Finnstep, concluding at the Short Axis (middle of the rink) on the Judges' side. <ul style="list-style-type: none"> • Stops - after completion of step 33, a Stop can be up to 5 seconds and is not counted as one of the permitted Stops. No additional stops are allowed during the PSt • Holds - Hand-in-Hand Hold with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of Holds and during Twizzles; • Separations – NOT permitted. • Retrogression – NOT permitted • Loops - NOT permitted • Hand in hand hold – NOT permitted with fully extended arms <p>1 Short Lift (up to 7 seconds);</p> <p>1 Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following type of pattern: Midline or Diagonal only.</p> <ul style="list-style-type: none"> • Must be skated to different Rhythm than the Pattern Dance Element and Pattern Dance Type Step Sequence. • 1 Stop permitted, up to 5 seconds • Separations - permitted, no more than 2 arm length apart. • Retrogression – NOT permitted • Loops - NOT permitted • Hand in hand hold – NOT permitted with fully extended arms <p>1 Set of Sequential Twizzles with at least two Twizzles for each partner & up to 1 step maximum between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <ul style="list-style-type: none"> • Partners must NOT touch/contact between Twizzles
--	--

¹ Gemäss den Anforderungen für die ISU Kategorie Senior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2239
Selon les critères pour la catégorie ISU Senior de ISU Communication suivante et des éventuelles clarifications en suite : 2239

Elite / Elite

<p>Free Dance²</p>	<p>Duration: 4 min ± 10 sec</p> <p><u>Required Elements:</u></p> <p>Either 1 Combination Lift (up to 12 seconds) and 1 Short Lift (Short Lift must be a different type than in the Combination Lift) or 3 different types of Short Lifts;</p> <p>1 Dance Spin or Combination Dance Spin;</p> <p>1 Step Sequence in Hold (Style B): Straight line or Curve;</p> <ul style="list-style-type: none"> • Stop – NOT permitted • Separations - permitted, no more than 2 arm length apart and must not exceed 5 seconds • 1 Retrogression – permitted, must not exceed two measures of music • Loops - NOT permitted (a narrow loop is an acceptable shape in the retrogression) • Hand in hand hold – NOT permitted with fully extended arms <p>1 One Foot Step Sequence, Not-Touching: Turns performed on one foot by each partner and must be started with the first turn at the same time</p> <p>1 Set of Synchronized Twizzles with at least two Twizzles for each partner & minimum 2 and up to maximum 4 steps between 1st and 2nd Twizzles; (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <ul style="list-style-type: none"> • Partners must touch/contact at some point between the 1st and 2nd Twizzles <p>1 Choreographic Character Step Sequence, placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier (may be in hold or not touching, touching the ice with hand(s) is allowed, distance between partners is permitted as a maximum of 4 arm length apart (4 meters)), performed anywhere in the program</p> <p>2 different Choreographic Elements out of:</p> <ul style="list-style-type: none"> - Choreographic Dance Lift (min. 3 up to 10 seconds), performed after all the other required Dance Lifts. - Choreographic Spinning Movement (both partners perform at least 2 continuous rotations in any hold, on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three, on a common axis which may be moving) performed anywhere in the program. - Choreographic Twizzling Movement composed of 2 parts (for both parts: on one foot or two feet or a combination of both, for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot), for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both) performed after the required Set of Synchronized Twizzles. - Choreographic Sliding Movement, during which both partners perform continuous controlled sliding movements on the ice at the same time on any part of the body (may be in hold or not touching, or a combination of both and may also rotate) performed anywhere in the program.
--------------------------------------	--

² Gemäss den Anforderungen für die ISU Kategorie Senior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2239
Selon les critères pour la catégorie ISU Senior de ISU Communication suivante et des éventuelles clarifications en suite: 2239

Junioren / Juniors

Rhythm Dance³	<p>Music from Musicals and/or Operettas - ALL selected music should be recognized as from one of the following Rhythms: Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz. The number of rhythms is not restricted. The selected music may be from the same or different Musicals and/or Operettas.</p> <p>The Pattern Dance Element, Tea Time Foxtrot, must be skated to a Foxtrot Rhythm and in the style of the Foxtrot. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance: 27 four-beat measures per minute 108 beats per minute +/-2 beats.</p> <p>Duration: 2 min 50 sec ± 10 sec</p> <p><u>Required Elements:</u></p> <p>2 Section of Tea-Time Foxtrot to be skated one after the other (Section 1, steps #1-31; Section 2, steps #32-54): Section 1 followed by Section 2 with step #1 skated in front of the judges on the side of the Judges); Variation of Foxtrot Hold is permitted and prescribed Holds in Twizzles may be different as long as contact between partners is maintained.</p> <p>1 Short Lift (up to 7 seconds);</p> <p>1 Step Sequence in Hold or Not Touching or Combination of both (Style B) chosen from the following type of pattern: Midline or Diagonal only.</p> <ul style="list-style-type: none"> • Must be skated to different Rhythm than chosen for Pattern Dance Element. • 1 Stop permitted, up to 5 seconds • Separations - permitted, no more than 2 arm length apart. • Retrogression – NOT permitted • Loops - NOT permitted • Hand in hand hold – NOT permitted with fully extended arms <p>1 Set of Sequential Twizzles with at least two Twizzles for each partner & up to 1 step maximum between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <ul style="list-style-type: none"> • Must NOT be in contact between Twizzles
---------------------------------	---

³ Gemäss den Anforderungen für die ISU Kategorie Junior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2239
Selon les critères pour la catégorie ISU Junior de ISU Communication suivante et des éventuelles clarifications en suite : 2239

Junioren / Juniors

<p>Free Dance⁴</p>	<p>Duration: 3½ min ± 10 sec</p> <p><u>Required Elements:</u></p> <p>Either 1 Combination Lift (up to 12 seconds) or 2 different types of Short Lifts; 1 Dance Spin or Combination Dance Spin; 1 Step Sequence in Hold (Style B): Straight line or Curve;</p> <ul style="list-style-type: none"> • Stop – NOT permitted • Separations - permitted, no more than 2 arm length apart and must not exceed 5 seconds • 1 Retrogression – permitted, must not exceed two measures of music • Loops - NOT permitted (a narrow loop is an acceptable shape in the retrogression) • Hand in hand hold – NOT permitted with fully extended arms <p>1 One Foot Step Sequence, Not-Touching: Turns performed on one foot by each partner and must be started with the first turn at the same time</p> <p>1 Set of Synchronized Twizzles with at least two Twizzles for each partner & minimum 2 and up to maximum 4 steps between 1st and 2nd Twizzles; (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <ul style="list-style-type: none"> • Partners must touch/contact at some point between the 1st and 2nd Twizzles <p>2 different Choreographic Elements out of:</p> <ul style="list-style-type: none"> - Choreographic Character Step Sequence, placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier (may be in hold or not touching, touching the ice with hand(s) is allowed, distance between partners is permitted as a maximum of 4 arm length apart (4 meters)), performed anywhere in the program - Choreographic Dance Lift (min. 3 up to 10 seconds), performed after all the other required Dance Lifts. - Choreographic Spinning Movement (both partners perform at least 2 continuous rotations in any hold, on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three, on a common axis which may be moving) performed anywhere in the program. - Choreographic Twizzling Movement composed of 2 parts (for both parts: on one foot or two feet or a combination of both, for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot), for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both) performed after the required Set of Synchronized Twizzles. - Choreographic Sliding Movement, during which both partners perform continuous controlled sliding movements on the ice at the same time on any part of the body (may be in hold or not touching, or a combination of both and may also rotate) performed anywhere in the program
--------------------------------------	---

⁴ Gemäss den Anforderungen für die ISU Kategorie Junior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2239
Selon les critères pour la catégorie ISU Junior de ISU Communication suivante et des éventuelles clarifications en suite : 2239

Nachwuchs / Cadets

Pattern Dances⁵	<p>Starlight Waltz and Quickstep; couples shall provide their own music for all Pattern Dances</p> <p>Starlight Waltz – Music: Waltz 3/4; Tempo – Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute; Set Pattern - 2 Sequences to be skated.</p> <p>Quickstep - Music: Quickstep 2/4; Tempo 56 measures of 2 beats (112 beats per minute) plus or minus 2 beats per minute; Set Pattern - 4 Sequences to be skated.</p>
Free Dance⁵	<p>Duration: 3 min ± 10 sec</p> <p><u>Required Elements:</u></p> <ul style="list-style-type: none"> 1 Short Lift (up to 7 second); 1 Spin or Combination Spin; 1 Step Sequence in Hold (Style B): Straight line or Curve; <ul style="list-style-type: none"> • Stop – NOT permitted • Separations - permitted, no more than 2 arm length apart and must not exceed 5 seconds • 1 Retrogression – permitted, must not exceed two measures of music • Loops - NOT permitted (a narrow loop is an acceptable shape in the retrogression) • Hand in hand hold – NOT permitted with fully extended arms 1 Set of Synchronized Twizzles with at least two Twizzles for each partner & minimum 2 and up to maximum 4 steps between 1st and 2nd Twizzles; (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) <ul style="list-style-type: none"> • Partners must touch/contact at some point between the 1st and 2nd Twizzles 2 different Choreographic Elements out of: <ul style="list-style-type: none"> - Choreographic Character Step Sequence, placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier (may be in hold or not touching, touching the ice with hand(s) is allowed, distance between partners is permitted as a maximum of 4 arm length apart (4 meters)), performed anywhere in the program - Choreographic Dance Lift (min. 3 up to 10 seconds), performed after all the other required Dance Lifts. - Choreographic Spinning Movement (both partners perform at least 2 continuous rotations in any hold, on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three, on a common axis which may be moving) performed anywhere in the program. - Choreographic Twizzling Movement composed of 2 parts (for both parts: on one foot or two feet or a combination of both, for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot), for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both) performed after the required Set of Synchronized Twizzles. - Choreographic Sliding Movement, during which both partners perform continuous controlled sliding movements on the ice at the same time on any part of the body (may be in hold or not touching, or a combination of both and may also rotate) performed anywhere in the program

⁵ Gemäss den Anforderungen für die ISU Kategorie Advanced Novice der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2239 & 2242
Selon les critères pour la catégorie ISU Advanced Novice des ISU Communications suivantes et des éventuelles clarifications en suite : 2239 & 2242

Jugend / Éspoirs

Pattern Dances^{6 + 7}	<p>Fourteenstep & Tango oder/ou Foxtrot and European Waltz; couples shall provide their own music for all Pattern Dances</p> <p>Fourteenstep – Music: March 4/8 or 2/4; Tempo – 56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute; Set Pattern - 4 Sequences to be skated.</p> <p>Tango – Music: Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute; Set Pattern - 2 Sequences to be skated.</p> <p>Foxtrot - Music: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute; Set Pattern - 4 Sequences to be skated.</p> <p>European Waltz – Music – Waltz 3/4; Tempo 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute; Set Pattern - 2 Sequences to be skated.</p>
Free Dance⁶	<p>Duration: 2½ min ± 10 sec</p> <p><u>Required Elements:</u></p> <ul style="list-style-type: none"> 1 Short Lift (up to 7 second); 1 Spin or Combination Spin; 1 Set of Synchronized Twizzles with at least two Twizzles for each partner & minimum 2 and up to maximum 4 steps between 1st and 2nd Twizzles; (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) <ul style="list-style-type: none"> • Partners must touch/contact at some point between the 1st and 2nd Twizzles 1 Choreographic Character Step Sequence, placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier (may be in hold or not touching, touching the ice with hand(s) is allowed, distance between partners is permitted as a maximum of 4 arm length apart (4 meters)), performed anywhere in the program 1 additional Choreographic Elements out of: <ul style="list-style-type: none"> - Choreographic Dance Lift (min. 3 up to 10 seconds), performed after all the other required Dance Lifts. - Choreographic Spinning Movement (both partners perform at least 2 continuous rotations in any hold, on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three, on a common axis which may be moving) performed anywhere in the program. - Choreographic Twizzling Movement composed of 2 parts (for both parts: on one foot or two feet or a combination of both, for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot), for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both) performed after the required Set of Synchronized Twizzles. - Choreographic Sliding Movement, during which both partners perform continuous controlled sliding movements on the ice at the same time on any part of the body (may be in hold or not touching, or a combination of both and may also rotate) performed anywhere in the program

⁶ Gemäss den Anforderungen für die ISU Kategorie Intermediate Novice der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2239 & 2242
Selon les critères pour la catégorie ISU Intermediate Novice des ISU Communications suivantes et des éventuelles clarifications en suite : 2239 & 2242

⁷ Für die Swiss Cups und die Schweizermeisterschaften Jugend werden die zu laufenden 2 Pattern Dances im Voraus bestimmt und bekannt gegeben
Pour les Swiss Cups et les championnats suisses Éspoirs les 2 pattern dances à présenter seront déterminées et annoncées à l'avance

Mini / Minimes

Pattern Dances^{8 + 9}	<p>2 from Fourteenstep, Willow Waltz & Tango Canasta; couples shall provide their own music for all Pattern Dances</p> <p>Fourteenstep – Music: March 4/8 or 2/4; Tempo – 56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute; Set Pattern - 4 Sequences to be skated.</p> <p>Willow Waltz – Music: Waltz 3/4; Tempo (the same as “European Waltz”) 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute; Set Pattern - 2 Sequences to be skated.</p> <p>Tango Canasta – Music: Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute; Set Pattern - 3 Sequences to be skated.</p>
Free Dance¹⁰	<p>Duration: 2 min ± 10 sec</p> <p><u>Required Elements:</u></p> <p>1 Spin or Combination Spin;</p> <p>1 Set of Synchronized Twizzles with at least two Twizzles for each partner & minimum 2 and up to maximum 4 steps between 1st and 2nd Twizzles; (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <ul style="list-style-type: none"> Partners must touch/contact at some point between the 1st and 2nd Twizzles <p>1 Choreographic Character Step Sequence, placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier (may be in hold or not touching, touching the ice with hand(s) is allowed, distance between partners is permitted as a maximum of 4 arms lengths apart (4 meters)), performed anywhere in the program</p> <p>1 additional Choreographic Elements out of:</p> <ul style="list-style-type: none"> Choreographic Dance Lift (min. 3 up to 10 seconds), performed after all the other required Dance Lifts. Choreographic Spinning Movement (both partners perform at least 2 continuous rotations in any hold, on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three, on a common axis which may be moving) performed anywhere in the program. Choreographic Twizzling Movement composed of 2 parts (for both parts: on one foot or two feet or a combination of both, for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot), for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both) performed after the required Set of Synchronized Twizzles. Choreographic Sliding Movement, during which both partners perform continuous controlled sliding movements on the ice at the same time on any part of the body (may be in hold or not touching, or a combination of both and may also rotate) performed anywhere in the program

⁸ Gemäss den Anforderungen für die ISU Kategorie Basic Novice der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2239 & 2242
Selon les critères pour la catégorie ISU Basic Novice des ISU Communications suivantes et des éventuelles clarifications en suite : 2239 & 2242

⁹ Für die Swiss Cups und die Schweizermeisterschaften Mini werden die zu laufenden 2 Pattern Dances im Voraus bestimmt und bekannt gegeben
Pour les Swiss Cups et les championnats suisses Minimes les 2 pattern dances à présenter seront déterminées et annoncées à l'avance

¹⁰ Gemäss den Anforderungen für die ISU Kategorie Basic Novice der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2239 & 2242
Selon les critères pour la catégorie ISU Basic Novice des ISU Communications suivantes et des éventuelles clarifications en suite : 2239 & 2242