



ANNOUNCEMENT / INVITATION COPENHAGEN DANCE CUP 2018

March 30th - April 1st, 2018
Copenhagen, Denmark



InterClub Competition

Ice Dance

ISU Categories: Senior, Junior, Advanced Novice and Basic Novice.

Non-ISU Categories: Novice, Pre-novice and Juvenile

Adults Categories: Beginner, Bronze and Silver choice of only PD or PD + FD

Solo Dance

Age Requirement: Senior, Junior, Advanced Novice and Basic Novice

Open Competition: Novice, Pre-novice and Juvenile

Adults Categories: Beginner, Bronze and Silver choice of only PD or PD + FD

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INFORMATIONS

ANNOUNCEMENT

Rødovre Skøjte- og Ishockey Klub is pleased to announce the international interclub competition COPENHAGEN DANCE CUP 2018 in Copenhagen, Denmark

GENERAL REGULATIONS

Participation in the COPENHAGEN DANCE CUP 2018 is open to all skaters who belong to an ISU Member.

The Event Organizer reserves the right to enter additional skaters in each category and to limit entries if there are too many entries registered in the categories.

TECHNICAL DATA

Place: Rødovre Skøjte Arena, Rødovre Parkvej 425, 2610 Rødovre (Copenhagen)
Main Rink – air conditioned and heated, size 30 x 60 m

ENTRIES

Citizen / Residence requirements and Clearance Procedure: In accordance with Rule 109 of ISU Regulations and all relevant ISU Communications, all skaters who do not have the nationality of the Member by which they have been entered or who, although having such nationality, have in the past represented another Member, must produce an ISU Clearance Certificate.

Entries by names must reach the Organizer latest by Thursday, March 1st, 2018.
The official entry forms must be used and sent to

Rødovre Skøjte- og Ishockey Klub
E-mail: CopenhagenDanceCups@gmail.com

The Announcement and all entry forms are also available at our website: <http://www.copenhagendancecups.dk>

ENTRY FEES

Ice Dance: EUR 115 (DKK 860) per couple
Solo Dance: EUR 85 (DKK 635) per skater.

Adults:

Entry fees for only Pattern Dances: Ice Dance EUR 70 (DKK 525) per couple and Solo Dance EUR 50 (DKK 375) per skater

Entry fees for both disciplines: Ice Dance EUR 115 (DKK 860) per couple and Solo Dance EUR 85 (DKK 635) per skater

Entry fees will not be refunded in case of withdrawals after March 1st, 2018 for any reason.

Please fill out one entry form per discipline and one payment form per club and make only one transfer of payment per club.

Any bank fee for transfer between home country and Denmark must be paid by the participating club.

These fees have to be paid by Thursday, March 1st, 2018 to Rødovre Skøjte- og Ishockey Klub

Bank: Arbejdernes Landsbank
Tårnvej 221
DK - 2610 Rødovre

Reg.:5329 Konto: 0351473
IBAN No.: DK3253290000351473
BIC/Swift Code: ALBADKKK

JUDGES AND TECHNICAL PANELS

Each participating ISU member can nominate one National/International Judge/Referee before January 12th by mail to CopenhagenDanceCup@gmail.com.

In case of too many nominated judges the organizer will draw the panels.

Judges not drawn will be informed accordingly in time before the competitions.

MUSIC AND PLANNED PROGRAM CONTENT

All competitors shall email music to CopenhagenDanceCup@gmail.com latest Friday, March 16th, 2018. Files should be named with competitor(s)'s name(s) and PD for pattern dance, SD for short dance and FD for free dance. Competitors must have a back-up cd for each program.

With the entry forms, the "Program Content Sheet" must be returned to the organizer. It is mandatory that the Program Content Sheet must be completed precisely by each skater/couple in English using the terminology listed in the respective ISU Communication and the enclosed list of required elements in Solo Dance.

DRAW

There will be an electronic draw on Wednesday, March 28th, 2018.

The starting orders will be published at our website.

There will be no draw after the short dances/pattern dances as the order of free dance will be in reversed order related to the result of the short dances/pattern dances.

JUDGING SYSTEM

The ISU Judging System will be used.

MEALS, LODGING and TRAVEL EXPENSES

The Organizer will provide accommodation and meals for the invited Officials and for one judge from each participating club during the competition.

Travel expenses will be paid to the invited officials based on economy fare.

All Competitors, Coaches and Team Leaders have to bear their own expenses.

REGISTRATION

All Referees, Judges, Technical Panels, Competitors, Team Leaders, Coaches and representatives from each club taking part in the competitions are requested to register at the rink from 15.00 on Friday March 30th, 2018.

INSURANCE / LIABILITY

In accordance with ISU Rule 119, it is the sole obligation of each member participating in The COPENHAGEN DANCE CUP 2018 to provide medical and accident insurance for their athletes, officials and all other members of the Member's team. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious.

The Organizer assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred by competitors and officials

ACCOMODATION

The official Hotels will be

Guldsmeden Hotels

Axel

Helgolandsgade 11

Copenhagen (3 min walk from the Central Station)

Telephone + 45 3370 5752

E-mail: booking@guldsmedenhotels.com

www.guldsmedenshotels.com

Information needed for booking rooms is the code 3066035, your name, date of arrival and departure and credit card information.

The Hotel is situated 8 km from the Ice Arena

Hotel Reservations shall be made directly to the hotel either by mail or phone and using the code 3066035 for Axel then the prices will be reduced.

The hotel is situated in the very center of Copenhagen.

Trains leave from the Airport for Copenhagen Central Station every 10 minutes.

To get to the Ice Arena from the hotel take bus No. 6A towards Rødovrehallen and alight at Rødovrehallen.

The bus leaves every 10 minutes.

RESULTS

Results will be calculated in accordance with ISU Regulations 2012, Rules 352 and 353.

IJS Factors

IJS Factors in the Pattern Dance

Skating Skills	0.70
Timing	0.70
Performance	0.70
Interpretation	0.70

IJS Factors in the Short Dance for Junior and Senior

Skating Skills	0.80
Transitions/Linking Footwork/Movements	0.80
Performance/Execution	0.80
Choreography/Composition	0.80
Interpretation/Timing	0.80

IJS Factors in the Free Dance for Junior, Senior and Adults

Skating Skills	1.20
Transitions/Linking Footwork/Movements	1.20
Performance/Execution	1.20
Choreography/Composition	1.20
Interpretation/Timing	1.20

IJS Factors in the Free Dance all other groups

Skating Skills	1.00
Transitions/Linking Footwork/Movements	1.00
Performance/Execution	1.00
Composition/Choreography	1.00
Interpretation/Timing	1.00

IJS Factors for the segments

One Pattern Dance	1.00
Two Pattern Dances	0.50
Short Dance and Free Dance	1.00

Music

Vocal music is permitted in this competition unless otherwise stated.

AWARDS

There will be Victory Ceremony for Adults for participating in only Pattern Dances Saturday in the hall. All participants skating Sunday will be invited to the ice during the final Victory Ceremony.

The three best placed Competitors in each event will be announced and honored at the official Victory Ceremonies. Gold, silver and bronze medals will be presented to the medalists.

All participants will be presented with diplomas.

INFORMATION

For further information please contact:

Rødovre Skøjte- og Ishockey Klub

CopenhagenDanceCups@gmail.com

PRELIMINARY TIMETABLE:

Friday, March 30, 2018

Official Practice:

15.00 – 21.00

20.00 Judges meeting – Ice Arena

20.00 Technical Panel Meeting – Ice Arena

Saturday, March 31, 2018

Competition

08.00 Pattern and Short Dances

Practice:

18.00 – 22.00

Sunday, April 1, 2018

Competition

08.00 Free Dances

17.00 Victory Ceremony

TBA Round table discussions – Ice Arena

Please note that the time table will be updated in accordance with the final number of entries.

ICE DANCE

CATEGORIES

Junior – ISU Category

Age Requirement

has reached at least the age of fifteen (15) before July 1st 2017.

Short Dance In accordance with ISU Technical Rule Ice Dance 2016, Rules 709 and all pertinent ISU Communications.

Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.

Duration: 2 min., 50 sec., +/- 10 sec

Free Dance In accordance with ISU Technical Rules Ice Dance 2016, Rule 710. The required elements to be skated are those listed in ISU Communication 2076 and subsequent updates.

Duration: 4 min. +/- 10 sec.

Junior – ISU Category

Age Requirement

has reached at least the age of thirteen (13).

has not reached the age of nineteen (19) for ladies and twenty-one (21) for men before July 1st 2017.

Short Dance In accordance with ISU Technical Rule Ice Dance 2016, Rules 709 and all pertinent ISU Communications.

Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.

Duration: 2 min., 50 sec., +/- 10 sec

Free Dance In accordance with ISU Technical Rules Ice Dance 2016, Rule 710. The required elements to be skated are those listed in ISU Communication 2076 and subsequent updates.

Duration: 3 min., 30 sec., +/- 10 sec.

Advanced Novice – ISU Category

Age Requirement

has reached at least the age of ten (10).

has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before July 1st 2017.

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances are to be skated:

Group 2: # 3 Rocker Foxtrot # 9 Starlight Waltz

Couples **shall** provide their own music for the **#3 Rocker Foxtrot**

Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.

Free Dance In accordance with ISU Technical Rules Ice Dance 2016, Rule 710 and all pertinent ISU Communications.

The required elements to be performed are those listed in ISU Communication 2076 and subsequent updates.

Duration: 3 min. +/- 10 sec.

Basic Novice – ISU Category

Age Requirement has reached at least the age of ten (10).
has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before July 1st 2017.

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

#1 Fourteenstep #4 European Waltz

Couples **shall** provide their own music for the **#1 Fourteenstep**
Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.

Free Dance In accordance with ISU Technical Rules Ice Dance 2016, Rule 710 and all pertinent ISU Communications.

The required elements to be performed are those listed in ISU Communication 2076 and subsequent updates.

Duration: 2 min., 30 sec., +/- 10 sec.

Non-ISU Categories Ice Dance

In the Open competition age requirement for all groups: Has not reached the age of 29 before July 1st 2017.

Novice – Non-ISU Category

Pattern Dance in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance is to be skated:

#3 Rocker Foxtrot (4 Seq.)

Free Dance:

Technical requirements:

- a) Two different Types of Short Lifts
- b) One Set of Synchronized Twizzles
- c) One Straight Line or Curved Step Sequence in Hold
- d) One Dance Spin (CoSp is not permitted)
- e) One Choreographic Element: Choreographic Spinning Movement or Choreographic Twizzling Movement

Duration: 3.00 min., +/- 10 sec.

For Novice Free Dance, in all Required Elements, only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Pre-novice – Non-ISU Category

Pattern Dance in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance without Key Points is to be skated:

#1 Fourteenstep (4 Seq.)

Free Dance:

Technical requirements:

- a) One Short Lift
- b) One Set of Synchronized Twizzles
- c) One Straight Line Step Sequence in Hold (MiSt, DiSt)
- d) One Choreographic Element: Choreographic Spinning Movement or Choreographic Twizzling Movement

Duration: 2.30 min. +/- 10 sec.

The **Dance Spin** is not included in the list of Required Elements for the Pre-novice Free Dance. Nevertheless, a spinning movement skated 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.

For Pre-novice Free Dance, in all Required Elements, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Juvenile – Non-ISU Category

Pattern Dance in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance without Key Points is to be skated:

Rhythm Blues (4 Seq.) (See Non-ISU Dances)

Free Dance:

Technical requirements:

a) One Short Lift

b) One Set of Synchronized Twizzles

c) One Straight Line Step Sequence in Hold or not in Hold

Duration: 1.30 min. +/- 10 sec.

The **Dance Spin** is not included in the list of Required Elements for the Pre-novice Free Dance. Nevertheless, a spinning movement skated 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.

For Pre-novice Free Dance, in all Required Elements, only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

SOLO DANCE

CATEGORIES

Senior

Age Requirement

has reached the age of fifteen (15) before July 1st 2017.

Short Dance.

Rules and Rhythms in accordance with ISU Ice Dance Rules 2016 and ISU Communication 2076 and subsequent updates.

Replacing the required elements with:

- a) One Section of Rhumba steps #1-16 + #1-4
- b) One Pattern Dance Type Step Sequence in accordance with ISU Communication 2076
- c) One Short Pose (min. 3 sec.)
- d) One Midline, Diagonal, Circular or Serpentine Step Sequence Style B*
- e) One set of Sequential Twizzles (with no more than 1 step/turn between the twizzles)

Duration: 2 min.50 sec. +/- 10 sec.

A Dance Spin is not a Required Element but may be included as a choreographic element

Free Dance

Technical requirements:

- a) One straight line step sequences (sMiSt or sDiSt)
- b) One curved step sequences (sCiSt or sSeSt)
- c) One set of Twizzles (sSTw) (with no more than 3 steps/turns between the twizzles)
- d) One long pose (sLoPo) (min. 3 sec. in each pose)
- e) One short pose (sShPo) (min. 3 sec. if a difficult variation then different from d)
- f) One spin (sSp or sCoSp) (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)

Duration: 3.00 min. +/- 10 sec.

Junior

Age Requirement

has not reached the age of nineteen (19) for ladies and twenty-one (21) for men before July 1st 2017.

Short Dance.

Rules and Rhythms in accordance with ISU Ice Dance Rules 2016 and ISU Communication 2076 and subsequent updates.

Replacing the required elements with:

- a) Two Sections of Cha Cha Congolado skated one after the other, Section 1 followed by Section 2 with Step #1 skated on the Judges' opposite side.
- b) One Short Pose (min. 3 sec.)
- c) One Midline, Diagonal, Circular or Serpentine Step Sequence Style B*
- d) One set of Sequential Twizzles (with no more than 1 step/turn between the twizzles)

Duration: 2 min.50 sec. +/- 10 sec.

A Dance Spin is not a Required Element but may be included as a choreographic element

Free Dance

Technical requirements:

- a) One straight line step sequences (sMiSt or sDiSt)
- b) One curved step sequences (sCiSt or sSeSt)
- c) One set of Twizzles (sSTw) (with no more than 3 steps/turns between the twizzles)
- d) One long pose (sLoPo) (min. 3 sec. in each pose)
- e) One short pose (sShPo) (min. 3 sec. if a difficult variation then different from d)
- f) One spin (sSp or sCoSp) (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)

Duration: 3.00 min. +/- 10 sec.

Advanced Novice

Age Requirement

has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before July 1st 2017.

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances are to be skated:

Group 2: # 3 Rocker Foxtrot # 9 Starlight Waltz

Skaters **shall** provide their own music for the **#3 Rocker Foxtrot**

Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.

Free Dance:

Technical requirements:

- a) One straight line or curved step sequences (sMiSt, sDiSt, sCiSt or sSeSt)
- b) One set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One long pose (sLoPo) (min. 3 sec. in each pose)
- d) One short pose (sShPo) (min. 3 sec. if a difficult variation then different from c)
- e) One spin (free of choice) (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)

Duration: 2.30 min. +/- 10 sec

In all required elements only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Basic Novice

Age Requirement

has not reached the age of fifteen (15) for Girls and seventeen (17) for Boys before July 1st 2017.

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

#1 Fourteenstep #4 European Waltz

Skaters **shall** provide their own music for the **#1 Fourteenstep**

Rhythms, required elements and guidelines are those listed in ISU Communication 2076 and subsequent updates.

Free Dance:

Technical requirements:

- a) One straight line or curved step sequences (sMiSt, sDiSt, sCiSt or sSeSt)
- b) One set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One long pose (sLoPo) (min. 3 sec. in each pose)
- d) One spin (sSp min. 3 revolutions)(sCoSp is not permitted)

Duration: 2.00 min. +/- 10 sec

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Solo Dance – Open Competition

In the Open competition age requirement for all groups: Has not reached the age of 29 before July 1st 2017.

Novice

Test requirements for Danish skaters: Solo Dance Bronze

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance are to be skated:

#2 Foxtrot (4 Seq.)

Free Dance:

Technical requirements:

- a) One straight line or curved step sequences (sMiSt, sDiSt, sCiSt or sSeSt)
- b) One set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One long pose (sLoPo) (min. 3 sec. in each pose)
- d) One spin (free of choice) (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)

Duration: 2.00 min. +/- 10 sec.

In all required elements only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Pre-novice

Test requirements for Danish skaters: Solo Dance 2

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance without Key Points is to be skated:

Golden Skaters Waltz (4 Seq.) (See Non-ISU Dances)

Free Dance:

Technical requirements:

- a) One straight line step sequence (sMiSt or sDiSt)
- b) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One short pose (sShPo) (min. 3 sec. if a difficult variation then different from c)
- d) One spin (free of choice) (sSp min. 3 revolutions and sCoSp min. 3 revolutions on each foot)

Duration: 2.00 min. +/- 10 sec.

In all required elements only features up to **Level 3** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Juvenile

Test requirements for Danish skaters: Solo Dance 1

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

One (1) Pattern Dance without Key Points is to be skated:

Rhythm Blues (4 Seq.) (See Non-ISU Dances)

Free Dance:

Technical requirements:

- a) One straight line step sequence (sMiSt or sDiSt)
- b) One Set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One short pose (sShPo) (min. 3 sec.)
- d) One spin (sSp) (min. 3 revolutions) (sCoSp is not permitted)

Duration: 1.30 min. +/- 10 sec

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

ADULTS

In the Adults competition age requirement for all groups are: Has reached the age of 28 by July 1st 2017.

In the Adult competition it is possible to choose to compete in pattern dances only or pattern dance + free dance.

Ice Dance Silver

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

#5 American Waltz (2 Seq.)

#16 Paso Doble (3 Seq.)

Couples **shall** provide their own music for the **#16 Paso Doble** 112 beats per minute $\pm$ 2 beats per minute

Free Dance

Technical requirements:

- a) One Short Lift (max. 7 sec.)
- b) One Set of Synchronized Twizzles (up to 3 steps between)
- c) One Step Sequence in Hold (free of choice) (Style B)
- d) One Dance Spin (Sp or CoSp)

Duration: Maximum 2.40 min.

Bronze

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

#2 Foxtrot (2 Seq.)

#4 European Waltz (2 Seq.)

Couples **shall** provide their own music for the **#2 Foxtrot** 100 beats per minute $\pm$ 2 beats per minute

Free Dance

Technical requirements:

- a) One Short Lift (max. 7 sec.)
- b) One Straight Line Step Sequence in Hold (MiSt, DiSt) (Style B)
- c) One Dance Spin (Sp or CoSp)

Duration: Maximum 2.00 min.

Beginners

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

Swing Dance (2 Seq.) (See Non-ISU Dances)

Golden Skaters Waltz (2 Seq.) (See Non-ISU Dances)

Couples **shall** provide their own music for the **Swing Dance** 104 beats per minute $\pm$ 2 beats per minute

Free Dance

Technical requirements:

- a) One Short Lift (max 7 sec.)
- b) One Straight Line Step Sequence in Hold (MiSt, DiSt) (Style B)
- c) One Dance Spin (Sp or CoSp)

Duration: Maximum 2.00 min.

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

Solo Dance Silver

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 and all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

#5 American Waltz (2 Seq.)

#16 Paso Doble (3 Seq.)

Skaters **shall** provide their own music for the **#16 Paso Doble** 112 beats per minute $\pm$ 2 beats per minute

Free Dance:

Technical requirements:

- a) One step sequences (free of choice)
- b) One set of Twizzles (sSTw) (with no more than 3 steps between the twizzles)
- c) One long pose (sLoPo) (min. 3 sec. in each pose)
- d) One spin (free of choice) (sSp min. 3 revolutions or sCoSp min. 3 revolutions on each foot)

Duration: Maximum 2.40 min.

Bronze

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

#2 Foxtrot (2 Seq.)

#4 European Waltz (2 Seq.)

Couples **shall** provide their own music for the **#2 Foxtrot** 100 beats per minute $\pm$ 2 beats per minute

Free Dance:

Technical requirements:

- a) One straight line step sequences (sMiSt or sDiSt)
- b) One short pose (sShPo) (max. 7 sec.)
- c) One spin (free of choice) (sSp min. 3 revolutions or sCoSp min. 3 revolutions on each foot)

Duration: Maximum 2.00 min.

Beginners

Pattern Dances in accordance with ISU Technical Rules Ice Dance 2016, Rules 707, 708 all pertinent ISU Communications.

Two (2) Pattern Dances without Key Points are to be skated:

Swing Dance (2 Seq.) (See Non-ISU Dances)

Golden Skaters Waltz (2 Seq.) (See Non-ISU Dances)

Skaters **shall** provide their own music for the **Swing Dance** 104 beats per minute $\pm$ 2 beats per minute

Free Dance:

Technical requirements:

- a) One straight line step sequences (sMiSt or sDiSt)
- b) One short pose (sShPo) (max 7 sec.)
- c) One spin (free of choice) (sSp min. 3 revolutions or sCoSp min. 3 revolutions on each foot)

Duration: Maximum 2.00 min.

In all required elements only features up to **Level 2** will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.