



**Widnes Ice Skating Club**  
**Free Skating & Dance Competition Criteria**  
 (all entrants must be a current member of WISC as of 1st February 2025)  
**Saturday 24<sup>th</sup> May 2025, 4:15pm – 6:15pm**  
 \* Closing Date – Friday 16<sup>th</sup> May 2025 at 11:59pm\*

## Dance Competition Criteria

<b>Skate Star (formerly known as Passport)</b>	
<b>Bronze</b>	Upright spin (minimum of 2 rotations) Forward or backward spiral Forward or backward alternating simple (open) chasse & slip chasse' (both directions/feet on circle) Forward progressive runs (both directions/feet – Foxtrot rhythm)
<b>Silver</b>	Forward inside twizzle movement (min 1 revolution both directions/feet) Forward outside & inside swings (both directions/feet – waltz rhythm) Forward outside 3-turn x2 with a sustained backward outside edge (both - directions/feet) Backward progressive runs (both directions/feet – Foxtrot rhythm)
<b>Gold</b>	Dance pose (on an edge) Serpentine backward simple (open) chasse' x3 (both directions/feet – waltz rhythm) Backward outside or inside swings (both directions/feet – waltz rhythm) 7 dance step sequence (swing rhythm)
<b>Platinum</b>	Forward or backward cross rolls Upright spin (min of 5 revolutions with correct entry and exit) Backward outside closed mohawk 9 dance step sequence (any rhythm)

## Pattern Dance Competition Criteria

<b>Solo Pattern Dance – Under 18's</b>	
<i>Please note Junior and Senior categories will be open aged</i>	
<b>Pre Beginner</b> Not passed Skate Star Platinum	BIS/ISU Criteria for selected Pattern Dance
<b>Beginner</b> Passed Skate Star Platinum but not qualified to enter BIS Level 1	BIS/ISU Criteria for selected Pattern Dance
<b>Juvenile</b> Min. Level 1 PD/FM/FD Max. Level 2 PD	BIS/ISU Criteria for selected Pattern Dance
<b>Basic Novice</b> Min. Level 3 PD/FM/FD	BIS/ISU Criteria for selected Pattern Dance
<b>Intermediate Novice</b> Min. Level 5 PD/FM/FD	BIS/ISU Criteria for selected Pattern Dance
<b>Advanced Novice</b> Min. Level 7 PD/FM/FD	BIS/ISU Criteria for selected Pattern Dance
<b>Junior &amp; Senior</b> <b>Suggested Min level 7 PD/FM/FD</b> , but no requirement to have achieved these.	BIS/ISU Criteria for selected Pattern Dance



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<b>Solo Pattern Dance – Over 18's</b>	
<b>PRE-BRONZE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>BRONZE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>SILVER</b>	BIS/ISU Criteria for selected Pattern Dance
<b>GOLD</b>	BIS/ISU Criteria for selected Pattern Dance
<b>MASTERS</b>	BIS/ISU Criteria for selected Pattern Dance

<b>Couples Pattern Dance – Under 18's</b>	
<b>BEGINNER</b>	BIS/ISU Criteria for selected Pattern Dance
<b>JUVENILE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>BASIC NOVICE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>INTERMEDIATE NOVICE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>ADVANCED NOVICE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>JUNIOR</b>	BIS/ISU Criteria for selected Pattern Dance
<b>SENIOR</b>	BIS/ISU Criteria for selected Pattern Dance

<b>Couples Pattern Dance – Over 18's</b>	
<b>PRE-BRONZE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>BRONZE</b>	BIS/ISU Criteria for selected Pattern Dance
<b>SILVER</b>	BIS/ISU Criteria for selected Pattern Dance
<b>GOLD</b>	BIS/ISU Criteria for selected Pattern Dance
<b>MASTERS</b>	BIS/ISU Criteria for selected Pattern Dance



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## Free Dance Competition Criteria

**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)**

<b>Pre-Beginner Solo Dance Free</b>	
Pre-Beginner Free Dance program	1 minute 30 second +/- 5 sec Program with Free choice of dance elements from Skate Star Bronze through Platinum. <b>(For Skate UK skaters not passed Skate Star Platinum)</b>

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

<b>Solo Dance Free – Over 18's</b>	
<b>Pre-Bronze to Gold</b>	Criteria's as per the "British Adult Nationals" formally known as British Adult championships. <b>Senior – Over 18's</b>



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<b>Couples Free Dance – Under 18's</b>	
<p><b>Novice</b></p> <p>Free Dance 2:00 min. +/- 10 sec. <b>Vocals may be used</b></p>	<p><b>A Well-Balanced Free Dance program must contain</b>  <b>One (1) Spin or Combination Spin</b>  <b>One (1) Combination Set of Synchronized Twizzles</b>  <b>Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence</b>  <b>And One (1) additional chosen from:</b>            Choreographic Lift.            Choreographic Spinning Movement.            Choreographic Twizzling Movement.            Choreographic Sliding Movement</p> <p>In all Required Elements (except Choreographic Element), <b>Level 1</b> is the maximum level the Advance Novice couple may receive for all required elements</p>
<p><b>Intermediate</b></p> <p>Free Dance 2:30 min. +/- 10 sec. <b>Vocals may be used</b></p>	<p><b>A Well-Balanced Free Dance Program must contain:</b>  <b>Dance Lifts: not more than one (1) Type of Short Lift</b>  <b>One (1) Spin or Combination Spin.</b>  <b>One (1) Combination Set of Synchronized Twizzles</b>  <b>Two (2) Choreographic Elements: One (1) of which must be a Choreographic Character Step Sequence</b>  <b>And One (1) additional chosen from:</b>            Choreographic Lift.            Choreographic Spinning Movement.            Choreographic Twizzling Movement.            Choreographic Sliding Movement</p> <p>In all Required Elements (except Choreographic Element), <b>Level 2</b> is the maximum level the Advance Novice couple may receive for all required elements</p>
<p><b>Advanced</b></p> <p>Free Dance 3:00 min. +/- 10 sec. <b>Vocals may be used</b></p>	<p><b>A Well-Balanced Free Dance program must contain</b>  <b>Dance Lifts: not more than one (1) Type of Short Lift</b>  <b>One (1) Spin or Combination Spin</b>  <b>One (1) Straight Line Step Sequence (Midline or Diagonal) in Hold or Curved Step Sequence (Circular or Serpentine) in Hold (Style B)</b>  <b>One (1) Combination Set of Synchronized Twizzles</b>  <b>Two (2) Different Choreographic Elements chosen from:</b>            Choreographic Lift            Choreographic Spinning Movement            Choreographic Twizzling Movement            Choreographic Sliding Movement            Choreographic Character Step Sequence</p> <p>In all Required Elements (except Choreographic Element), <b>Level 3</b> is the maximum level the Advance Novice couple may receive for all required elements</p>
<b>Couples Free Dance – Over 18's</b>	
<p><b>Pre-Bronze to Silver</b></p>	<p>Criteria's as per the "British Adult Nationals" formally known as British Adult championships.  <b>Senior – Over 18's</b></p>