



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

Dance Competition Criteria

Skate Star (formerly known as Passport)	
Bronze	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)
Silver	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)
Gold	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)
Platinum	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

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



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

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

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

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

Solo Dance Free – Under 18's	
Beginner to Advanced Novice	Criteria's as per BIS national opens solo dance 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) 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. 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 3) 1 (one) One Foot Step Sequence 4) 1 (one) Dance Spin. Spin or Combination spin permitted 5) 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 6) 2 (two) Choreographic elements chosen from the following <ol style="list-style-type: none"> a. Choreographic Spinning movement b. Choreographic Sliding movement c. 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	
Pre-Bronze to Gold	Criteria's as per the "British Adult Nationals" formally known as British Adult championships. Senior – Over 18's



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Couples Free Dance – Under 18's	
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
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	
Pre-Bronze to Silver	Criteria's as per the "British Adult Nationals" formally known as British Adult championships. Senior – Over 18's