



## **Commission Sportive Nationale de Danse sur Glace**

### **Technical definitions**

#### **Solo ice dancer (Rule 1.1.1, paragraph c)**

A Solo ice dancer can be a man or a lady.

#### **Costumes for Pattern Dance, Short Dance, Free Dance (Rule 1.1.3, paragraph 1)**

The following restrictions apply unless otherwise announced by the Ice Dance Technical Committee in an ISU Communication, translated and published by CSNDG.

The clothing must be modest, dignified and appropriate for athletic competitions – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen.

- a) Ladies must wear a skirt. It must go around the entire waist. However there may be slits in the skirt on one or both sides up to the waist. The Ladies dress must not give the effect of excessive nudity inappropriate for an athletic sport. The surface of the body (front, back and sides) comprised between the top of the bust line (breast line/bra line) must be covered at least 50%. Men must wear full-length trousers: no tights are allowed.
- b) Accessories, used or not, and props are not permitted;
- c) The decorations on costumes must be non-detachable.

#### **Costumes for Solo Interpretive Dance (Rule 1.1.3, paragraph 2)**

- a) Costumes are not restricted but must be modest and dignified. They must not give the effect of an excessive nudity which is inappropriate for an athletic sport according the ISU Rule.
- b) Props are optional but not mandatory. The props must be used during the program (one maximum except props used as pairs). Hats, fans, necklaces, ribbons, scarf, umbrella, boas, dolls, cuddly toys, castanets, etc. are permitted. Props which might jeopardize skaters' and/or audience's safety (cutting objects, swords, fire or explosive objects, chains, etc.) or props which let on the ice traces which might bother the following skaters (water, paint, confetti, earth, sand, etc.) are not allowed. Props may not be thrown during the program. If a prop falls on the ice during the program, the Referee will apply the deduction for inappropriate costume.

#### **Solo Series of Twizzles (Rule 1.1.7, paragraph 12 c)**

At least two Twizzles by the skater with up to 3 small steps between Twizzles. Each Twizzle has to make at least one rotation on a foot.

#### **Solo Spin (Rule 1.1.7, paragraph 12 e)**

A spin performed on the spot and on one foot by the skater.

- i. Simple Solo Spin : performed on one foot,
- ii. Combination Solo Spin : a spin performed as above by the skater after which one change of foot is made and further rotations occur,
- iii. Type of basic positions in Solo Spins : same as Dance Spins (cf. ISU Rule 704).

### **Pose (Rule 1.1.7, paragraph 13 d)**

Figure hold for 3 seconds minimum (except for the Attitude with Change of Edge for which the minimum duration is 6 seconds). Examples of Types of Poses:

Attitude : balancing figure on one foot in which a skater travels forward or backward, on a curve or a straight line, with the skating leg straight or slightly bent, and the free leg being:

- elevated higher than the level of the hip, and
- in front, behind or on the side, and
- bent or straight, and
- free or held (e.g. by the knee or the blade), and
- static or moving.

Examples: “Biellmann”, free foot held above the head, etc.

NB: this Type of Pose is different from the “Attitude” defined in ISU Rule 704)

Arabesque : type of Attitude with the free leg elevated behind above the horizontal level without any help of the arm(s) or the hand(s), in the same position during the whole figure;

Crouch : A two-footed movement in which a Skater travels along the ice with both legs bent at an angle;

Ina Bauer : A two-footed movement in which the Skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing;

Lunge : A movement in which a Skater travels along the ice with one leg bent and the other leg directed behind with the boot/blade touching the ice;

Shoot the Duck : A one foot movement in which a Skater travels along the ice with one leg in a strongly bent position and the other leg directed forward parallel to the ice;

Spread Eagle : A two-footed movement in which a Skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on the same tracing.

### **Combination Pose (Rule 1.1.7, paragraph 13 e)**

Figure composed of two different Types of Poses performed one after the other, held for 3 seconds minimum each. One connecting step maximum is permitted between the two Types of Poses.

### **Synchronized Pose or Synchronized Combination Pose (Rule 1.1.7, paragraph 13 f)**

Pose or Combination Pose performed simultaneously (at the same time) by both partners. The Types of Poses of the partners can be different or the same.

### **Music for Free Dances (Rule 1.4.1, paragraph c)**

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:

- i) 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 10 seconds at the beginning or end of the program and up to 10 seconds during the program. The 10 seconds allowed during the program without audible rhythmic beat can be just near the 10 others allowed at the beginning or the end of the program.
- ii) Except for Couples Non ISU, 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.

iii) All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect.

iv) The music must be suitable for the Couple's skating skills and technical ability.