



REGELBOG FOR SOLODANS
KONKURRENCEREGLER
SÆSON 2024-25

Redaktion: Dansk Skøjte Union, TU danseudvalget
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1.0 ISU REGLER

Det er træner/løbers opgave til enhver tid at ajourføre sig med ISU's nyeste opdateringer. Herunder er link til ISU's hjemmeside, hvor aktuelle dokumenter kan findes:

Special Regulations and Technical Rules for Singles & Pairs and Ice Dance:

<https://www.isu.org/isu-statutes/>

ISU solodans dokumenter:

<https://isu-skating.com/figure-skating/events/solo-ice-dance/>

Solodans er defineret som en kønsneutral disciplin.

2.0 ALDERS- OG MÆRKEKRAV

2.1 FOR DSU's MESTERSKABSRÆKKER

Række	Alderskrav	Mærker
Senior	Skal være fyldt 17 år den 01.07.2024	Gl. mærke: <u>Guld</u> Mønsterdans: <u>Senior</u> Fridans: <u>Senior</u>
Junior	Skal være fyldt 15 år den 01.07.2024 Ikke fyldt 21 år pr. den 01.07.24, født den 01.07.2003 og senere	Gl. mærke: <u>Guld</u> Mønsterdans: <u>Junior</u> Fridans: <u>Junior</u>
Advanced Novice	Skal være fyldt 13 år den 01.07.2024 Ikke fyldt 18 år pr. den 01.07.24, født den 01.07.2006 og senere	Gl. mærke: <u>Sølv</u> Mønsterdans: <u>Advanced Novice</u> Fridans: <u>Advanced Novice</u>
Intermediate Novice	Ikke fyldt 16 år pr. den 01.07.24, født den 01.07.2008 og senere	Gl. mærke: <u>Bronze</u> Mønsterdans: <u>Intermediate Novice</u> Fridans: <u>Intermediate Novice</u>
Basic Novice	Ikke fyldt 14 år pr. den 01.07.24, født den 01.07.2010 og senere	Gl. mærke: <u>Dance 2</u> Mønsterdans: <u>Basic Novice</u> Fridans: <u>Basic Novice</u>

OBS: De gamle mærker kan tages i hele sæson 2024-25. Har en løber stillet op i en række med alderssvarende mærke, kan løberen blive i denne række ind til løberen skal rykke en række op.

Der kan skiftes til de nye mærker fra august 2024. Fra sæson 2025-26 skal løbere have bestået de nye mærker for at rykke op i en ny alderssvarende række.

2.2 FOR DSU's KONKURRENCERÆKKER

Række	Alderskrav	Mønsterdans-test
Solodans K3	Ingen alderskrav. Er der mere end 10 deltager i en gruppe, deles denne i to eller flere grupper i forhold til alder	Dance 1
Solodans K2		Dance 1
Solodans K1		Dance 1

3.0 MØNSTER-, RYTMISK- OG FRIDANS KRAV

Pattern Dances and Rhythm Dances

M Groups	Basic Novice	Intermediate Novice	Advanced Novice	Junior	Senior
Elements	<p>Tango Fiesta - 2 seq. - Step A (108 beats/min)</p> <p>Rhythm Blues - 2 seq. - Step A (88 beats/min)</p>	<p>American Waltz - 2 seq. - Seq. 1: Step A & seq. 2: Step B (198 beats/min)</p> <p>Kilian - 4 seq. - Seq. 1 & 3: Step A, Seq. 2 & 4: Steps B (116 beats/min)</p>	<p>Westminster Waltz - 2 seq. - Seq. 1: Steps A & Seq. 2: Steps B (162 beats/min)</p> <p>Tango - 2 seq. - Seq. 1: Steps A, Seq. 2: Steps B (108 beats/min)</p>	<p>Skated to Social Dances and Styles of the 1950s, 1960s and 1970s. Inspiration from the high energy and entertaining dance styles from these decades:</p> <p>Paso Doble - 2 seq. - 1RF: Steps A & 2RF: Steps B (112 beats/min \pm 2 bates/min)*</p> <p>1 MiSt/DiSt</p> <p>1 SqTw</p> <p>1 Ee</p>	<p>Skated to Social Dances and Styles of the 1950s, 1960s and 1970s. Inspiration from the high energy and entertaining dance styles from these decades:</p> <p>1 ChRS</p> <p>1 PSt (min 110 beats/min)*</p> <p>1 MiSt/DiSt</p> <p>1 SqTw</p> <p>1 Ee</p>
Note to elements				*1PD Steps A and 2PD Steps B <u>either one immediately followed by the other in any order or separately</u>	*Circular pattern around the short axis starting on the referee's side with steps #8-16 and concluding with steps #26-28 in front of the referee on the short axis. Must include a Bracket, Back-Entry Rocker and Counter
No. elements	4+3	4+2	4+4	5	
Max. level	1	2	3	4	
Deduction	0,5			1,0	
Components	Ti, Pr, SS (0,7)		Ti, Pr, SS (0,93)	Co, Pr, SS (1,33)	
Factor PD	0,5	0,75	1,00		
Time				2:50 min +/- 10 sec	
Warm up	3 min - max. 8 skaters			5 min - max. 6 skaters	

Free Dance

M Groups	Basic Novice	Intermediate Novice	Advanced Novice	Junior	Senior
Elements	1 Ee 1 DSp 1 SqTw 1 ChSt - performed on the short axis*	1 Ee 1 DSp 1 SqTw 1 ChSt - performed on the long axis* 1 Ch-element**	1 Ee 1 DSp 1 SqTw 1 MiSt/DiSt/CiSt* 2 Ch-elements	2 different types Ee*/1 Ee combo 1 DSp** 1 SoTw*** 1 MiSt/DiSt/CiSt/SeSt**** 1 OFT 2 different Ch-elements	3 different types Ee/1 Ee combo + 1 Ee of different type than used in the Ee combo* 1 DSp** 1 SoTw*** 1 MiSt/DiSt/CiSt/SeSt**** 1 OFT 3 different Ch-element
Notes to elements	DSp: Flying spins or Flying entries are illegal elements				
	*Starting with a stop or skidding movement. Not permitted: Stops, pattern regressions, loops, dance spins and pirouettes, touching the ice with any other part of the body than the blades	* Starting with a stop or skidding movement. Not permitted: Stops, pattern regressions, loops, dance spins and pirouettes, touching the ice with any other part of the body than the blades **Chosen from ChSl, ChSp or ChTw	* Starting with a stop or skidding movement. Not permitted: Stops, loops	*Spiral type may be repeated in a different position **May change feet more than once ***The C feature(s) used in RD cannot be repeated in FD for level ****Not permitted: Stops, loops, retrogression(s)	*Spiral type may be repeated in a different position **May change feet more than once ***The C feature(s) used in RD cannot be repeated in FD for level ****Not permitted: Stops, loops, retrogression(s)
No. elements	4	5	5	8	10
Max. level	1	2	3	4	
Deduction	0,5			1,0	
Components	Co, Pr, SS (1,00)		Co, Pr, SS (1,33)	Co, Pr, SS (2,00)	
Time	1:30 min +/- 10 sec	1:50 min +/- 10 sec	2:20 min +/- 10 sec	3:00 min +/- 10 sec	3:30 min +/- 10 sec
Warm up	3 min - max. 8 skaters			5 min - max. 6 skaters	

Free Dance			
K Groups	K1	K2	K3
FSM Set up	Basic Novice	Advanced Novice	Junior
Elements	2 PD (either Tango Canasta*, Rhythm Blues or Tango Fiesta) 1 Ee 1 DSp 1 SoTw 1 ChSt	2 PD (either Fourteenstep, Foxtrot or <u>Tango</u>) 1 Ee 1 DSp 1 SoTw 2 different Ch-elements (1 must be ChSt)	2 PD (either Starlight Waltz, Quickstep or <u>Paso Doble</u>) 2 different types Ee/1 Ee combo 1 DSp 1 SoTw 1 MiSt/DiSt/CiSt/SeSt 2 different Ch-elements
Notes to elements	DSp: Flying spins or Flying entries are illegal elements		
	*Note the diagram step #14		
No. elements	6	7	9
Max. level	1	3	4
Deduction	0,5		1,0
Components	Co, Pr, SS (1,00)	Co, Pr, SS (1,33)	Co, Pr, SS (2,00)
Time	2:30 min +/- 10 sec	3:00 min +/- 10 sec	3:30 min +/- 10 sec
Warm up	5 min - max. 6 skaters		

Mønsterdanselementet og fridansen bliver slået sammen i K-rækkerne, derfor skal der kun bruges et musikstykke – dvs. én fil.

Til mønsterdansdelen kan man vælge at bruge et af ISUs musikstykker (nr. 1-5 af den valgte rytme) eller selv finde musik med passende taktslag – plus/minus 2 taktslag per minut, eller plus/minus 3 taktslag ved vals - se diagrammerne i pkt. 4. Til fridansdelen kan man vælge musikken i henhold til de beskrevne regler ved valg af musik.

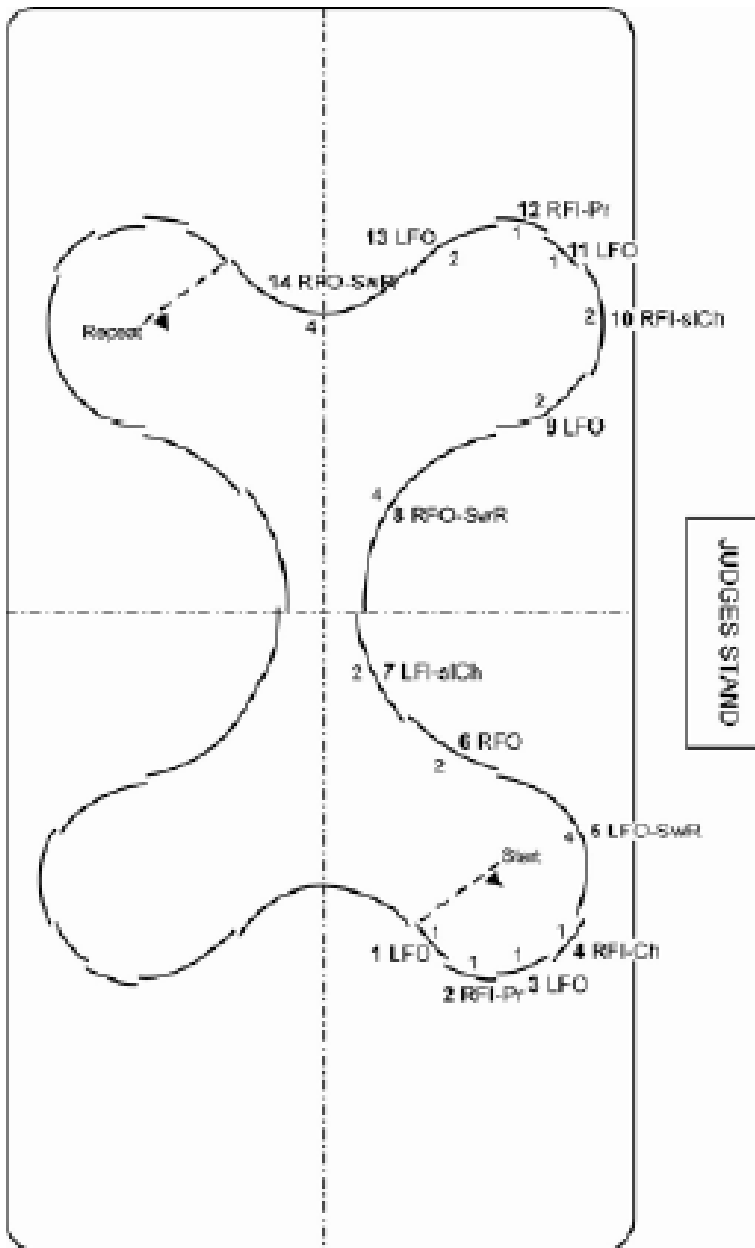
Med hensyn til skift af musik mellem mønsterdansdelen og fridansdelen, må der gerne være et genreskift, f.eks. fra en vals til disco. Dette vil ikke have nogen effekt på bedømmelsen, så længe musikken overholder de gældende regler for fridansmusik.

4.0 MØNSTERDANSE DIAGRAMMER OG KEY POINTS FOR K-RÆKKERNE

Tango Canasta

1PD: Start on Judges side

2PD: Start on opposite side of the Judges

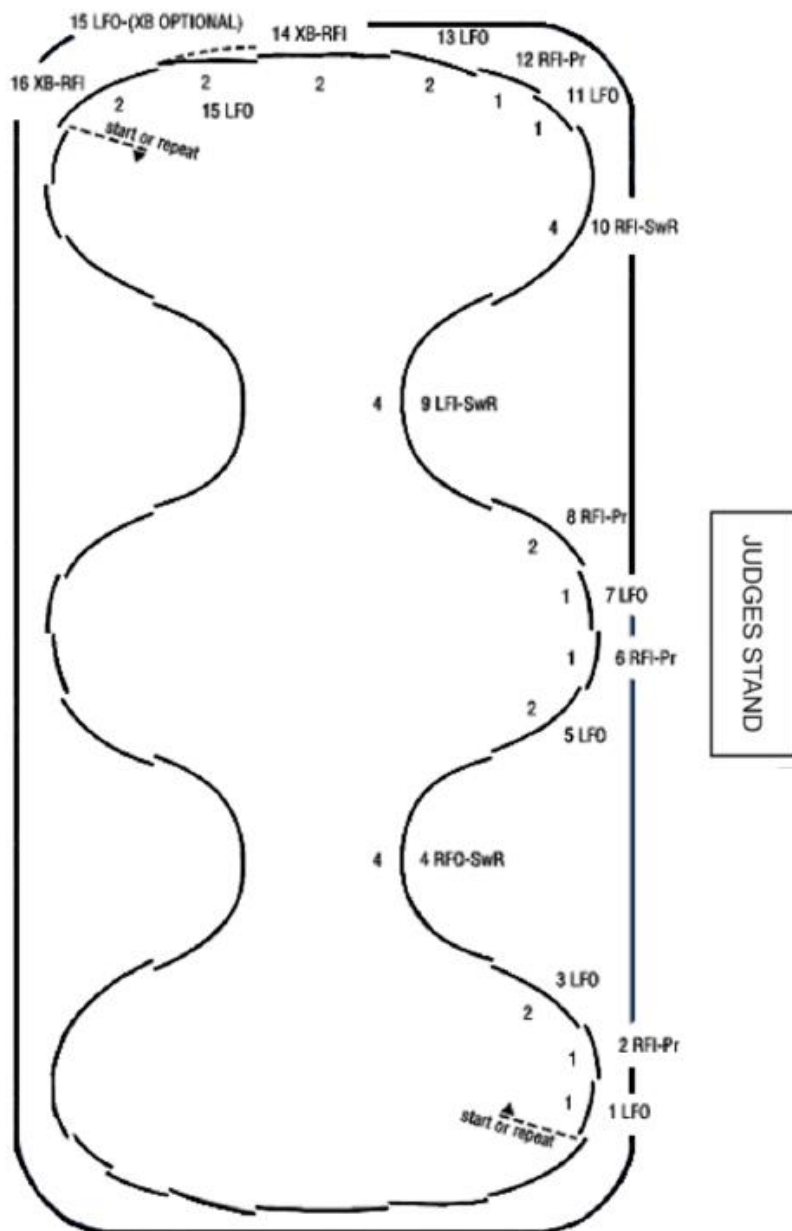


Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-14	14	1	4	7	11	13

Rhythm Blues

1PD: Start on Judges side

2PD: Start on opposite side of the Judges

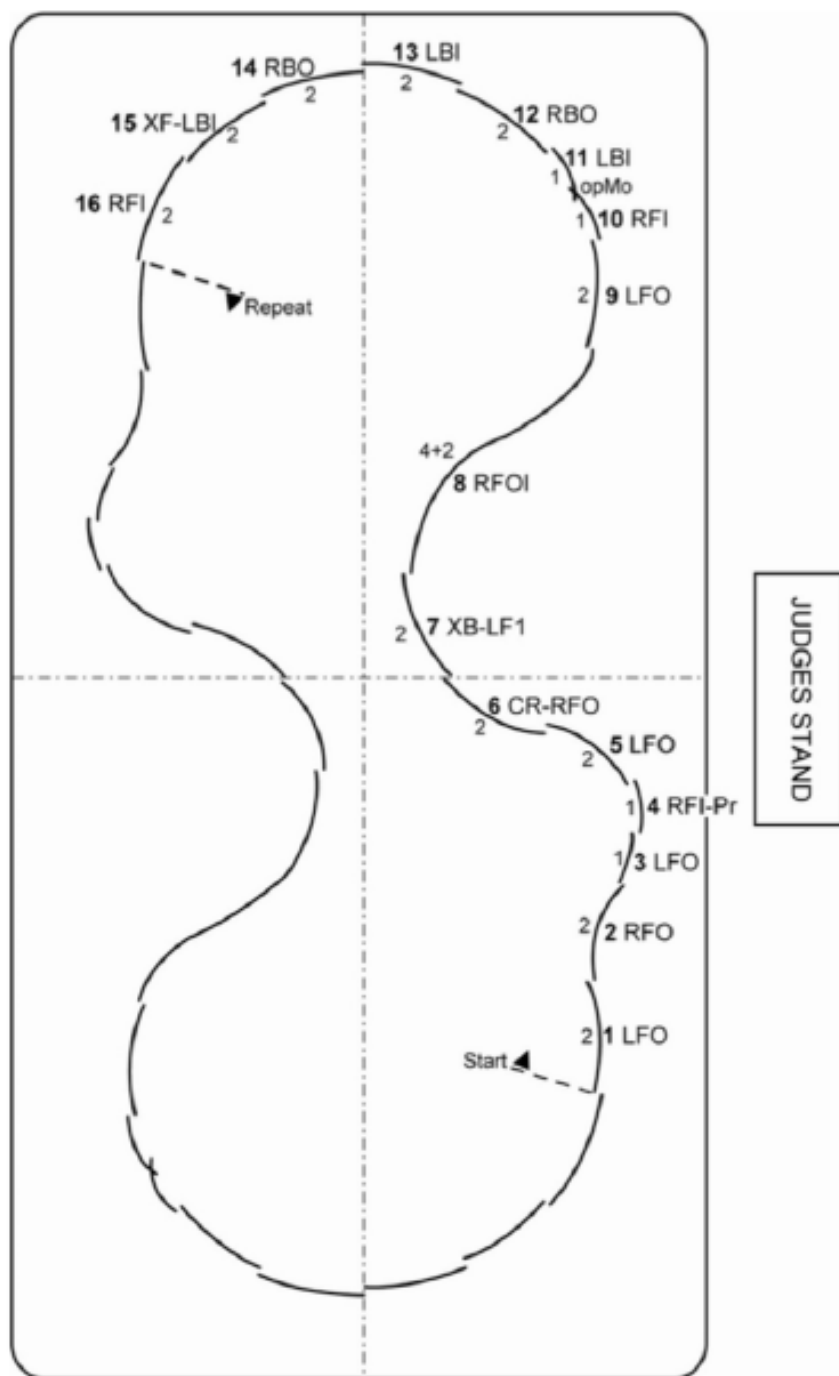


Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-16	16	2	4	8	12	14

Tango Fiesta

1PD: Start on Judges side

2PD: Start on opposite side of the Judges



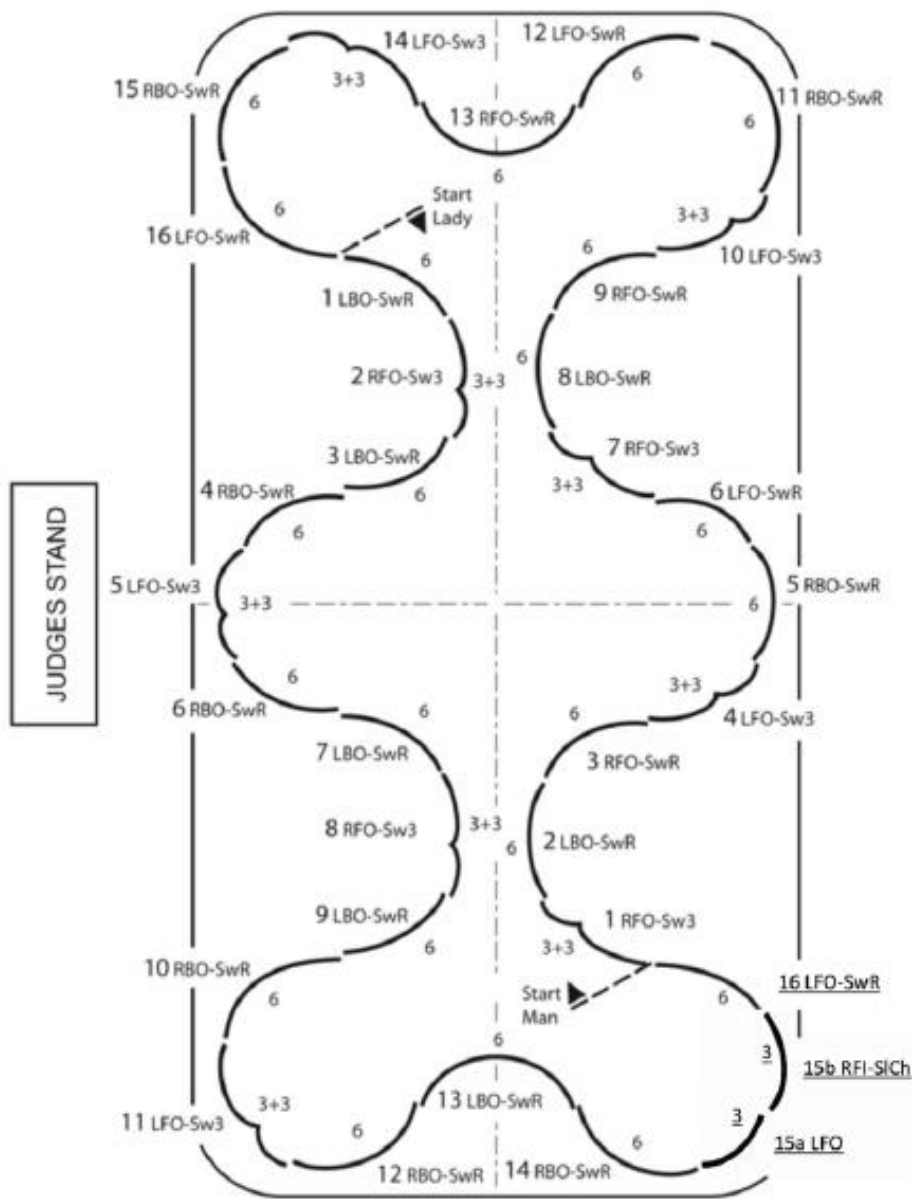
Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-16	16	2	4	8	12	14

Bemærk: All Key Points must include correct edges and timing.

American Waltz

Seq 1: Steps A (Lady) new steps #15a, 15b & 16

Seq 2: Steps B (Man)

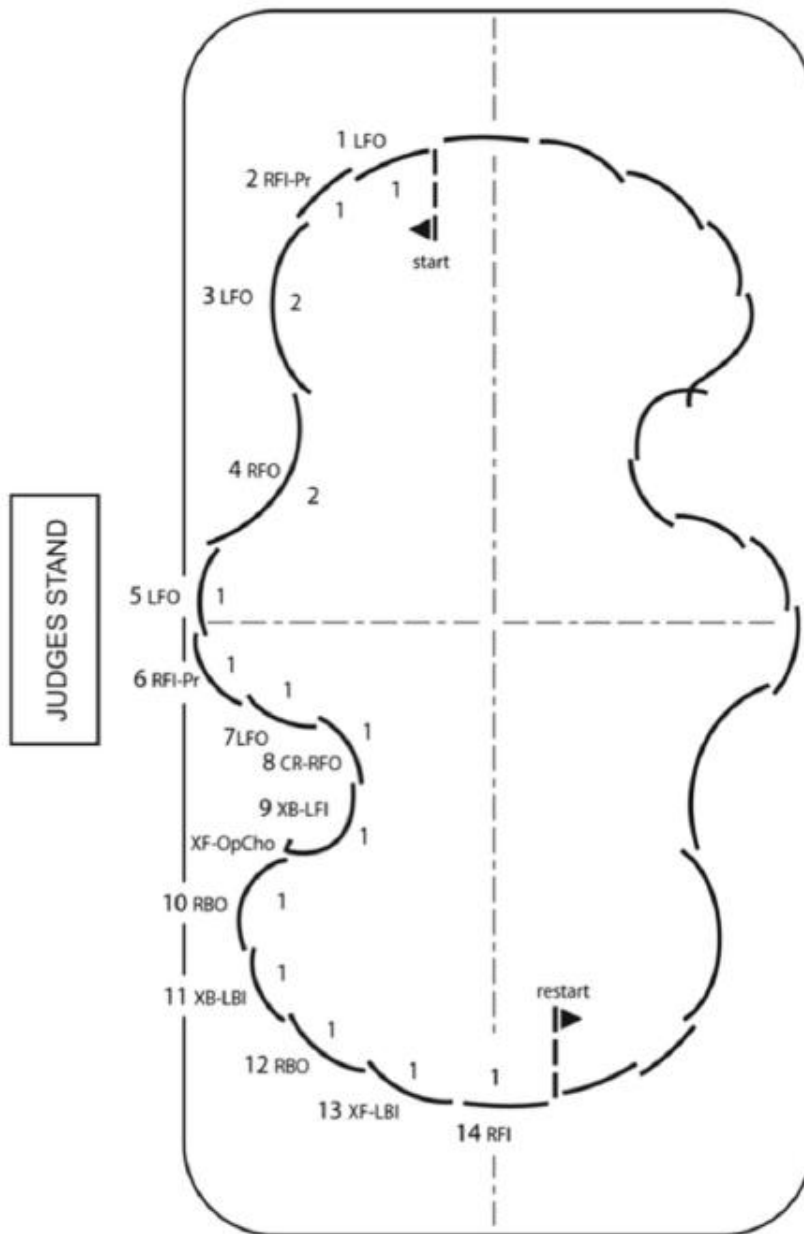


Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-16	16	2	4	8	12	14

Key Points

Seq 1	Key Point 1 Steps #7-9 (LBO-SwR, RFO-Sw3, LBO-SwR)
Key Point Features	Correct Swing Three Turn
Seq 2	Key Point 1 Steps #1-3 (RFO3, LBO-SwR, RBO-SwR)
Key Point Features	Correct Swing Three Turn

Kilian



Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-14	14	1	4	7	11	13

Key Points

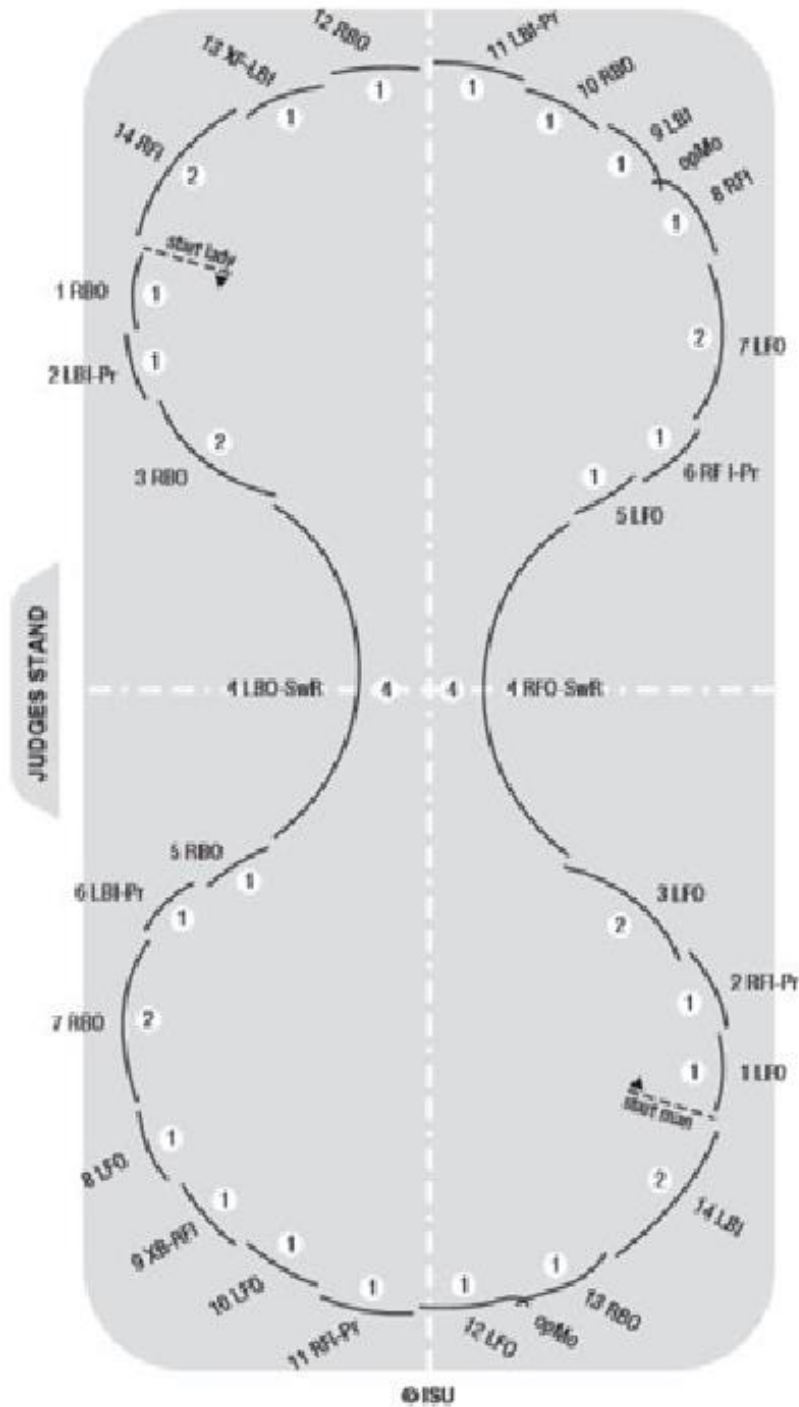
Seq 1, Seq 2, Seq 3 & Seq 4	Key Point 1 Steps #3-5 (LFO, RFO, LFO)
Key Point Features	

Fourteenstep

Only Steps A

1PD: Start on Judges side

2PD: Start on opposite side of the Judges



Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-14	14	1	4	7	11	13

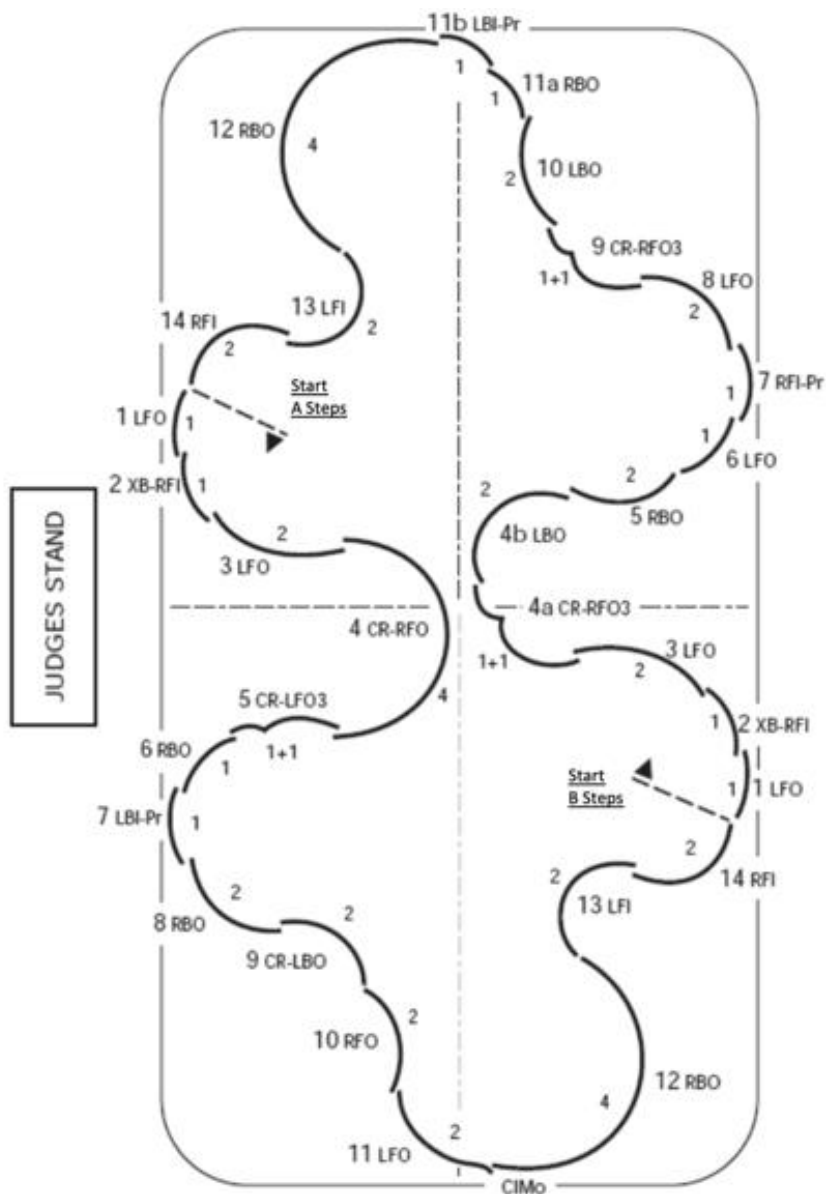
Key Points

1PD & 2 PD	Key Point 1 Steps #1-4 (RBO, LBI-Pr, RBO, LBO SwR)	Key Point 2 Steps #12-13 (LFO OpMo, RBO)
Key Point Features	Pr (#2): Not performed as a chassé	Correct turn and placement of free foot

Foxtrot

1PD: Steps A

2PD: Steps B



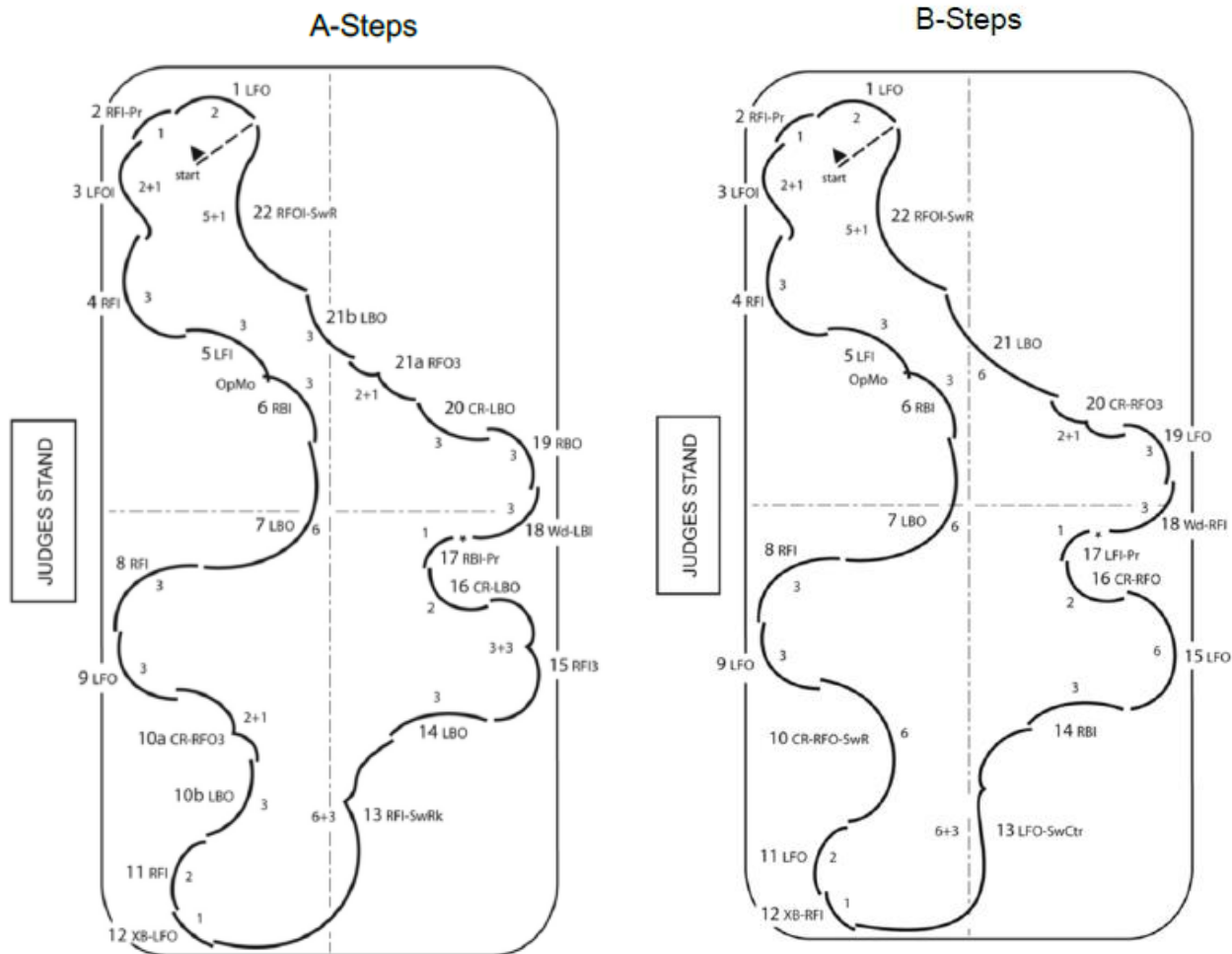
Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-14	14	1	4	7	11	13

Key Points

1PD	Key Point 1 Steps #11-12 (LFO CIMo, RBO)	Key Point 2 Steps #13-14 (LFI, RFI)
Key Point Features	Correct turn and placement of free foot	
2PD	Key Point 1 Steps #9-10 (CR-RFO3, LBO)	Key Point 2 Steps #13-14 (LFI, RFI)
Key Point Features	Correct turn	

Westminster Waltz

Seq 1: Steps A
Seq 2: Steps B



Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-22	22	2	6	11	17	20

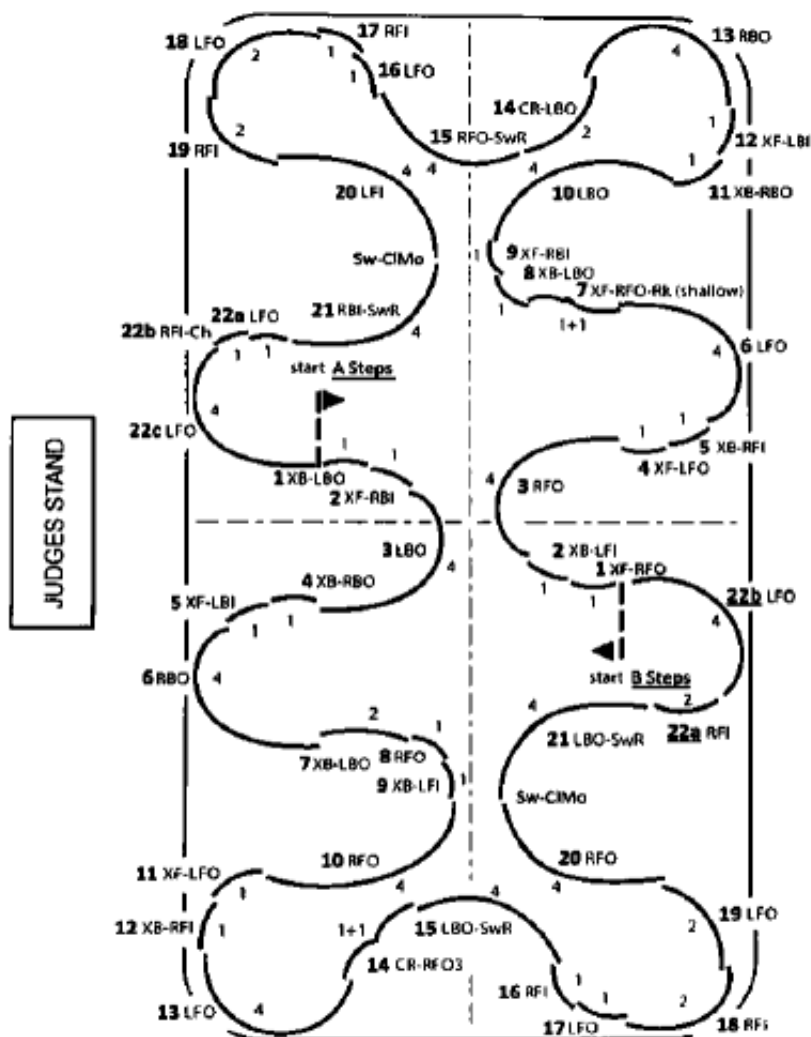
Key Points

Seq 1	Key Point 1 Steps #5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Steps #16-19 (CR-LBO, RBI-Pr, Wide LBI, RBO)
Key Point Features	Correct turn	Correct Cross Roll
Seq 2	Key Point 1 Steps #5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Steps #16-19 (CR-LBO, RBI-Pr, Wide LBI, RBO)
Key Point Features	Correct turn	Correct Cross Roll

Tango

Seq 1: Steps A

Seq 2: Steps B



Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-22	22	2	6	11	17	20

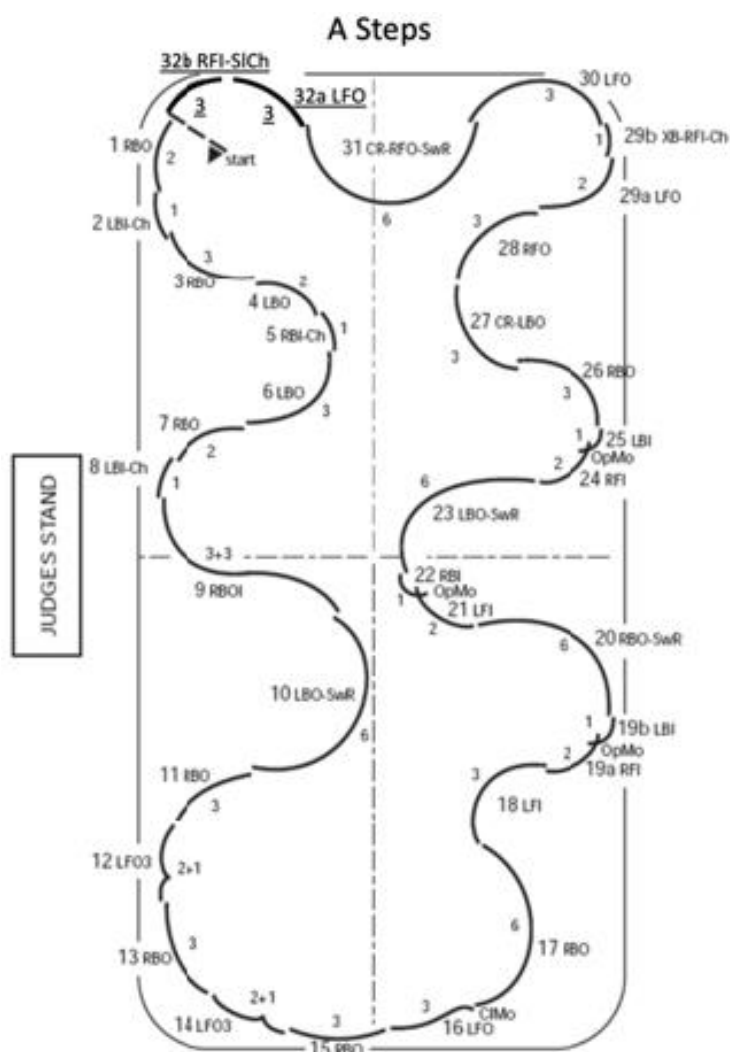
Key Points

Seq 1/1PD	Key Point 1 Steps #13-15 (LFO, CR-RFO3, LBO-SwR)	Key Point 2 Steps #20-21 (RFO Sw-CIMo, LBO-SwR)
Key Point Features	Correct turn Correct placement of free foot	Correct turn Correct placement of free foot
Seq 2/2PD	Key Point 1 Steps #7 (XF-RFO-Rk)	Key Point 2 Steps #20-21 (LFI Sw-CIMo, RBI-SwR)
Key Point Features	Correct turn	Correct turn Correct placement of free foot

Starlight Waltz

1PD: Steps #1-17

2PD: Steps #18-32b



Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-32	32	4	8	16	24	29

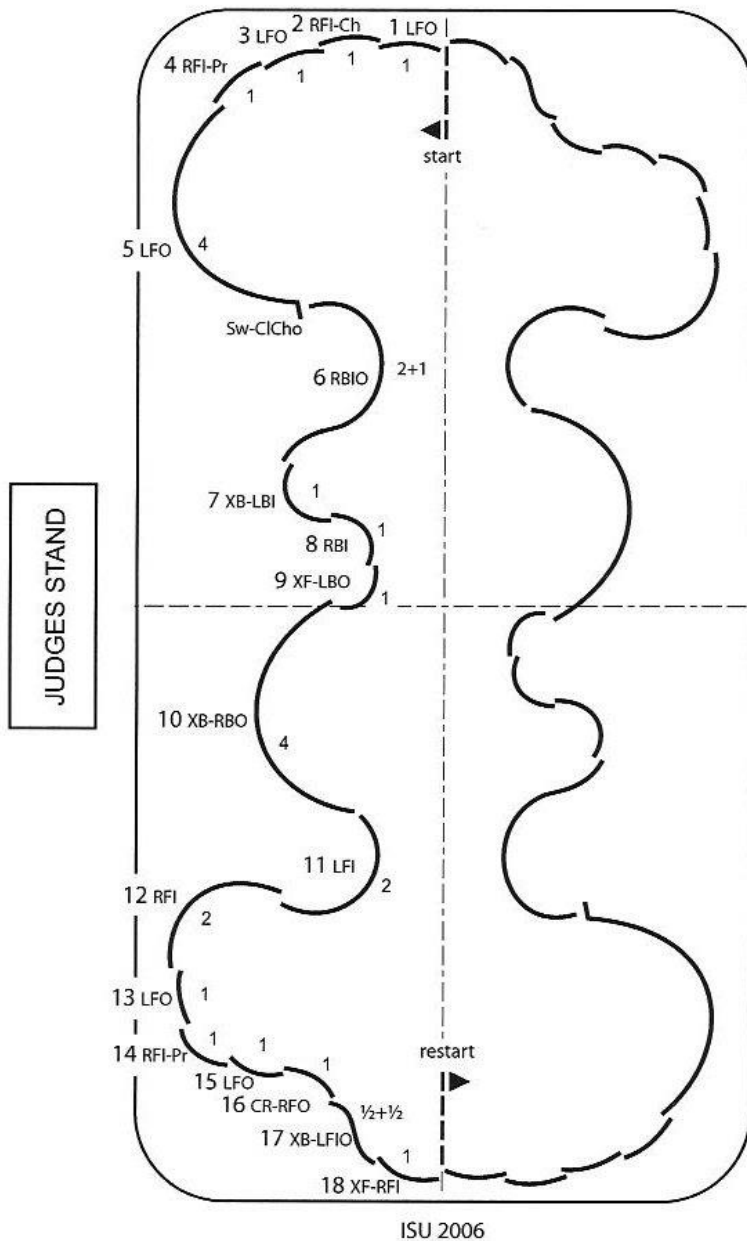
Key Points

1PD	Key Point 1 Steps #9-10 (RBOI, LBO-SwR)	Key Point 2 Steps #12-13 (LFO3, RBO)	Key Point 3 Steps #16-17 (LFO CIMo, RBO)
Key Point Features	Correct change of edge	Correct turn	Correct turn Correct placement of free foot
2PD	Key Point 1 Steps #21-22 (LFI OpMo, RBI)	Key Point 2 Steps #27-28 (CR- LBO, RFO)	Key Point 3 Steps #31 (CR-RFO- SwR)
Key Point Features	Correct turn Correct placement of free foot		Correct swing movement

Quickstep

1PD: Start on Judges side

2PD: Start on opposite side of the Judges

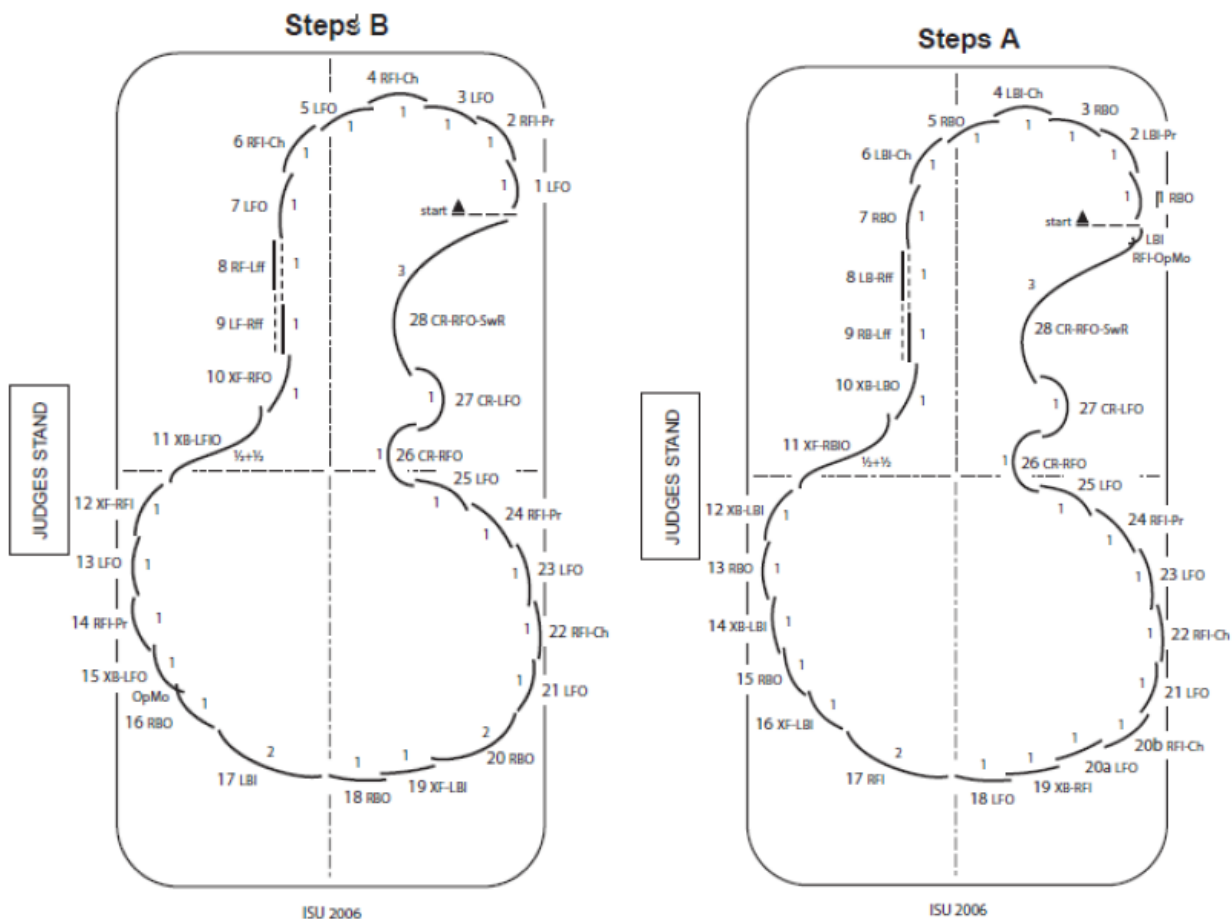


Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-18	18	2	5	9	14	16

Key Points

1PD & 2PD	Key Point 1 Steps #5-6 (LFO Sw-CICho, RBIO)	Key Point 2 Steps #11-12 (LFI, RFI)	Key Point 3 Steps #16-17 (CR-RFO, XB-LFIO)
Key Point Features	Correct turn Correct placement of free foot		Correct placement of free foot Correct change of edge

Paso Doble



Section	Steps	No. of steps	10%	25%	50%	75%	90%
1 sequence	1-28	28	3	7	14	21	25

Key Points

Seq 1/ 1PD Steps A	Key Point 1 Steps #5-7 (RBO, LBI-Ch, RBO)	Key Point 2 Steps #11-12 (XF-RBIO, XB- LBI)	Key Point 3 Steps #18-22 (LFO, XB-RFI, LFO, RFI-Ch, LFO, RFI-Ch)	Key Point 4 Step #28 (CR- RFO-SwR, RFI OpMo)
Key Point Features		Correct placement of free foot	Correct foot placement	Correct cross and turn
Seq 2/ 2PD Steps B	Key Point 1 Steps #5-7 (LBO, RFI-Ch, LFO)	Key Point 2 Steps #15-16 (XB-LFO OpMo, RBO)	Key Point 3 Steps #18-22 (RBO, XF-LBI, RBO, LFO, RFI-Ch)	Key Point 4 Step #28 (CR- RFO-SwR)
Key Point Features		Correct turn	Correct foot placement	Correct cross

K3: Der bruges Key Point 1-3.