

Technische Bedingungen zur Teilnahme an den Wettkämpfen im Eistanzen für die Saison 2011/2012
Conditions techniques de participation pour les compétitions de danse sur glace pour les saisons 2011/2012

Elite / Elite

Saison 2011/2012

<p>Short Dance ¹</p>	<p>One to three of the following Latin American Rhythms: Cha Cha, Rhumba, Samba, Mambo, Merengue. 43 to 45 measures of four beats per minute (172-180 beats per minute). The tempo of the music throughout the Pattern Dance Elements must be constant Duration: 2 min 50 sec ± 10 sec Required Elements: 2 sequences of Rhumba (skated one after the other or not) 1 Short Lift but no more than 2 (up to 6 second) [The first performed Lift only will be identified and considered in determining the level of difficulty]; 1 Not Touching Circular Step Sequence (performed in either clockwise or anticlockwise direction); 1 Set of Sequential Twizzles with up to one step in between Twizzles. Note: The Dance Spin is not included in the list of Required Elements. 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</p>
<p>Free Dance ²</p>	<p>Duration: 4 min ± 10 sec Required Elements: - Either 2 Short Lifts (up to 6 seconds) and 1 Long Lift (up to 12 seconds) or 4 Short Lifts. [1 additional Lift up to 6 seconds is permitted but will not be considered in determining the level of difficulty]; - 1 Spin or Combination Spin [1 additional Spin or Combo Spin is permitted but only the first performed will be considered in determining the level of difficulty]; - 1 Straight Line Step Sequence in Hold: Middle or Diagonal; - 1 Curved Step Sequence in Hold: Circular or Serpentine (3 or 2 curves); - 1 Set of Synchronized Twizzles with up to three steps in between Twizzles.</p>

¹ Gemäss ISU Communication 1670 und eventuellen folgenden Ergänzungen / *selon ISU Communication 1670 et eventuelles clarifications en suite*

² Gemäss ISU Communication 1670 und eventuellen folgenden Ergänzungen / *selon ISU Communication 1670 et eventuelles clarifications en suite*

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Junioren / Juniors

Saison 2011/2012

Short Dance ³	<p>Cha Cha or Cha Cha plus one of the following Latin American Rhythms: Rhumba, Samba, Mambo, Merengue. 28 to 30 measures of four beats per minute (112-120 beats per minute). The tempo of the music throughout the Pattern Dance Elements must be constant Duration: 2 min 50 sec ± 10 sec Required Elements: 2 sequence of Cha Cha Congelado (skated one after the other) 1 Short Lift but no more than 2 (up to 6 second) [The first performed Lift only will be identified and considered in determining the level of difficulty]; 1 Not Touching Midline Step Sequence; 1 Set of Sequential Twizzles with up to one step in between Twizzles. - Note: The Dance Spin is not included in the list of Required Elements. 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</p>
Free Dance ⁴	<p>Duration: 3½ min ± 10 sec Required Elements: - Either 1 Short Lift (up to 6 seconds) and 1 Long Lift (up to 12 seconds) or 3 Short Lifts [1 additional Lift up to 6 seconds is permitted but will not be considered in determining the level of difficulty]; - 1 Spin or Combination Spin [1 additional Spin or Combo Spin is permitted but only the first performed will be considered in determining the level of difficulty]; - 1 Straight Line Step Sequence in Hold: Middle or Diagonal; - 1 Curved Step Sequence in Hold: Circular or Serpentine (3 or 2 curves); - 1 Set of Synchronized Twizzles with up to three steps in between Twizzles.</p>

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Nachwuchs / Cadets

Saison 2011/2012

Pattern Dances ⁵	European Waltz & Tango oder/ou Rocker Foxtrot & Starlight Waltz
Free Dance ⁶	<p>Duration: 3 min ± 10 sec Required Elements:</p> <ul style="list-style-type: none"> - 2 different Type of Short Lifts (up to 6 seconds) chosen from Straight Line Lift, Curve Lift or Rotational Lift [1 additional Lift up to 6 seconds is permitted but will not be considered in determining the level of difficulty]; - 1 Spin (Not a Combination Spin); - 1 Step Sequence in Hold chosen from Middle Line, Diagonal, Circular or Serpentine; - 1 Set of Synchronized Twizzles with up to three steps in between Twizzles.

Jugend / Espoirs

Saison 2011/2012

Pattern Dances ⁷	Fourteenstep & European Waltz
Free Dance ⁶	<p>Duration: 2½ min ± 10 sec Required Elements:</p> <ul style="list-style-type: none"> - 1 Short Lift (up to 6 seconds) chosen from Straight Line Lift, Curve Lift or Rotational Lift [1 additional Lift up to 6 seconds is permitted but will not be considered in determining the level of difficulty]; - 1 Step Sequence in Hold chosen from Middle Line, Diagonal, Circular or Serpentine; - 1 Set of Synchronized Twizzles with up to three steps in between Twizzles. - Note: The Dance Spin is not included in the list of Required Elements. 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

Teilnahmebedingungen für die Schweizer Meisterschaften

Die Teilnahmebedingungen für die verschiedenen Kategorien sind in den Technischen Reglementen des SEV beschrieben.

Conditions de participation pour les Championnats Suisses

Les conditions de participation pour les différentes catégories des Championnats Suisse sont décrites dans les Règlements Techniques de l'USP.

⁵ Gemäss ISU Communication 1670 / *selon ISU Communications 1670*

Für die Schweizer Meisterschaften werden die zu laufenden 2 Pattern Dances vor dem ersten offiziellen Training ausgelost / *Pour les championnat suisse les 2 pattern dances à présenter seront tirées à sort avant le premier entraînement officiel*

⁶ Gemäss ISU Communication 1649 / *selon ISU Communications 1649*

⁷ Gemäss ISU Communication 1670 / *selon ISU Communications 1670*