

3rd Dec 2019



FIDO 2020

CATEGORIES AND REQUIREMENTS

ICE DANCE COUPLES

JUNIOR	ISU Communication 2239
ADVANCED NOVICE	ISU Communication 2242
INTERMEDIATE NOVICE	ISU Communication 2242
BASIC NOVICE	ISU Communication 2242

SOLO DANCE AGE REQUIREMENTS

In solo dance categories shall be used the ISU communication rules 2239 (junior, senior) or 2242 (novice), except the requirements as follows:

SENIOR

Rhythm dance 2:50 min +/- 10 sec

- One section of Finnstep
- Short Pose 3-7 seconds
- Step Sequence
- Sequential Twizzles

Free dance 4:00 min +/- 10 sec

A well-balanced Free dance program must contain:

- One Short Pose 3-7 seconds
- One Long Pose with one leg, two curves and two difficult and different positions 7-12 seconds

- One Spin or Combination Spin
- One Straight Line Step Sequence or Curved Step Sequence
- One One-Foot Step Sequence
- One Combination Set of Synchronized Twizzles
- One Choreographic Character Step Sequence and Two Additional Choreographic Elements chosen from:
 - Choreographic Short Pose 3-7 seconds
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement

JUNIOR

Age requirement: has not reached the age of nineteen (19) before July 1st 2019

Rhythm dance 2:50 min +/- 10 sec

- Two sections of Tea-Time Foxtrot
- Short Pose 3-7 seconds
- Step Sequence
- Sequential Twizzles

Free dance 3:30 min +/- 10 sec

A well-balanced Free dance program must contain:

- One Long Pose with one leg, two curves and two difficult and different positions 7-12 seconds
- One Spin or Combination Spin
- One Straight Line Step Sequence or Curved Step Sequence
- One One-Foot Step Sequence
- One Combination Set of Synchronized Twizzles
- Two Different Choreographic Elements chosen from:
 - Choreographic Short Pose 3-7 seconds
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement
 - Choreographic Character Step Sequence

ADVANCED NOVICE

Age requirement: has not reached the age of fifteen (15) before July 1st 2019

The following Two Pattern Dances are to be skated:

- Starlight Waltz and Quickstep

Free dance 3:00 min +/- 10 sec

A well-balanced Free dance program must contain:

- Long Pose with one leg, two curves and two difficult and different 7-12 seconds
- One Spin or Combination Spin
- One Straight Line Step Sequence or Curved Step Sequence
- One Combination Set of Synchronized Twizzles
- Two Different Choreographic Elements chosen from:
 - Choreographic Short Pose 3-7 seconds
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement
 - Choreographic Character Step Sequence

INTERMEDIATE NOVICE

Age requirement: has not reached the age of fifteen (15) before July 1st 2019

Two Pattern Dances are to be skated from the following two groups:

- Group 2: Fourteen Step and Tango
- Group 3: Foxtrot and European Waltz

Free dance 2:30 min +/- 10 sec

A well-balanced Free dance program must contain:

- Long Pose 7-12 seconds
- One Spin or Combination Spin
- One Combination Set of Synchronized Twizzles
- One Choreographic Character Step Sequence
- One Choreographic Element chosen from:
 - Choreographic Short Pose 3-7 seconds
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement
 - Choreographic Sliding Movement

BASIC NOVICE

Age requirement: has not reached the age of thirteen (13) before July 1st 2019

Two pattern dances are to be skated from the following:

- Fourteen Step, Willow Waltz and Tango Canasta

Free dance 2:00 min +/- 10 sec

A well-balanced Free dance program must contain:

- One Spin or Combination Spin
- One Combination Set of Synchronized Twizzles
- One Choreographic Character Step Sequence
- One Choreographic Element chosen from:
 - Choreographic Short Pose 3-7 seconds

- Choreographic Spinning Movement
- Choreographic Twizzling Movement
- Choreographic Sliding Movement

ICE DANCE & SOLO DANCE: OPEN COMPETITION

Finnish evaluation judging system

BEGINNER COUPLES

Age requirement: has not reached the age of seventeen (17) before July 1st 2019

The following Two Pattern Dances are to be skated:

- Dutch Waltz and Canasta Tango

Free dance max 1:30 min

A well-balanced Free dance program must contain:

- One Spin or Combination Spin
- One Set of Synchronized Twizzles
- One Choreographic Step Sequence
- One Short Pose hand in hand 3-7 seconds

SOLO BEGINNERS

Age requirement: has not reached the age of seventeen (17) before July 1st 2019

The following Two Pattern Dances are to be skated:

- Dutch Waltz and Canasta Tango

Free dance max 1:30 min

A well-balanced Free dance program must contain:

- One Spin or Combination Spin
- One Set of Synchronized Twizzles
- One Choreographic Step Sequence
- One Short Pose 3-7 seconds

