



RYTMITANSSI

17.9.2022 Pauliina Vickholm



YLEISTÄ

- **Musiikki**

- Saa olla laulettua, mutta sen täytyy olla sopivaa jäätanssiin, ei provosoivaa
- Musiikki on valittava ISU:n Jäätanssin teknisen komitean kullekin kaudelle asettamista musiikeista ja jos tempo on määritetty, sitä on noudatettava
- Ohjelman alussa musiikki voi olla ilman rytmikästä tempoa 10 sekuntia

- **Pysähdykset**

- Ohjelman alussa pari saa olla paikoillaan enintään 10 sekuntia, myös liikkeelle lähdön jälkeen.
- Ohjelman aikana 2 maksimissaan 5 sekuntin pysähdystä tai 1 maksimissaan 10 sekuntin pysähdys.
- Tanssipiruetta tai koreografista pyörivää elementtiä ei lasketa pysähdykseksi.

- **Pattern**

- On luisteltava vastapäivään ja kentän pitkä akseli on ylitettävä kummassakin päädyssä enintään 30 m päädyssä.
- Pitkän akselin saa ylittää menossa/ulostulossa askelsarjaan ja menossa kuviotanssielementtiin.
- Silmukat kaikkiin suuntiin on sallittu, paitsi kuviotanssin tyyppisessä askelsarjassa.

- **Erkaantumiset**

- Pari saa olla ohjelman alussa ja/tai lopussa 10 sekuntia, ei rajoitusta matkalle
- Otetta ei saa irrottaa paitsi otteenvaihtoa varten tai vaadittua elementtiä tehtäessä.
- Etäisyys maksimissaan kaksi käden mittaa
- Otteiden vaihdot siirtymäelementeissä saa olla maksimissaan yhden tahdin.

- **Koskeminen jäähän käsillä**

- Ei ole sallittua

- **Puvut**

- Pukujen on oltava tyylikkää ja niiden on oltava sopivat urheilukilpailuun. Puvusta ei saa tulla vaikutelmaa liiallisesti alastomuudesta tai teatraalisuudesta. Vaatetus saa kuitenkin kuvastaa valittua musiikkia.
- Miehellä tulee olla täysipituiset housut
- Naisella saa olla housut
- Tukia tai asusteita ei saa olla

RYTMI

- Junior: Tango plus at least one of the following Dance Styles – Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga
 - The Pattern Dance Element - Argentine Tango - skated to Tango rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute
- Senior: Latin Dance Styles: At Least Two (2) Different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba
 - The Pattern Dance Type Step Sequence and Step Sequence must be skated to a different Latin Style/Rhythm

ELEMENTIT – ISU Communication 2468 sivut 3 ja 4

1.2 RHYTHM DANCE – Required Elements 2022/23 – Junior/Senior

ELEMENTS	
Junior Rhythm Dance Pattern Dance Elements	<p>Two (2) Sections of the Argentine Tango: skated to Tango rhythm/style, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute.</p> <p style="margin-left: 40px;">1AT: Steps #1-18 2AT: Steps #19-31</p> <p>Two (2) Sections of Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the Judges left side. Step #19 of 2AT skated at the Judges right side.</p> <p>Note: Variation of Hold is permitted. <u>Crossing the Long Axis is permitted for Steps #13 - 15</u></p>
Senior Rhythm Dance Pattern Dance Type Step Sequence <u>Style D</u> (PSt)	<p>One (1) Pattern Dance Type Step Sequence (PSt), (Style D):</p> <p>Rhythm: skated to a different Rhythm/Style from that chosen for the Step Sequence Style B.</p> <p>Duration: any exact number of musical phrases</p> <p>Pattern: starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern)</p> <p>Stops: one (1) required at the start of the PST (this will count as one of the permitted stops)</p> <p>Holds: Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</p> <p>Technical Requirements: Must perform two different difficult turns per partner from the following: Rocker, Counter, Choctaw, Forward Outside Mohawk (Example – Woman performs Rocker and Choctaw. Man performs Counter and Forward Outside Mohawk. Only the first two attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored. The Difficult Turns from those above must not be performed at the same time by both Partners. If the Difficult Turns are performed at the same time by both Partners, both Difficult Turns are not considered for level for either partner.</p> <p>Not permitted:</p> <ul style="list-style-type: none"> - Stops (only allowed at the beginning to indicate the start of the PST, if a stop of longer than 5 seconds is used to start the PST, no other stops are permitted throughout the program. - Separations (except during Twizzles if performed as connecting choreography) - Retrogressions - Hand in hand hold – NOT permitted with established fully extended arms <p><i>The PSt is evaluated as one unit with a combined Level for both partners</i></p>
And	<p><u>Choreographic Rhythm Sequence (ChRS)</u></p> <p>Rhythm: skated to any of designated Latin Rhythm(s)/Style(s) and performed in the "style" of the chosen Rhythm</p> <p>Hold(s): in contact including Hand in Hand with Fully extended arms with the exception of permitted Separation(s)</p> <p>Pattern: -starts on the Short Axis.</p> <ul style="list-style-type: none"> - proceed 10 meters on either side of the Short Axis - proceed from barrier to barrier (The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier.) - Retrogression – permitted - Loops – permitted <p>Separation(s) - for not more than 2 arm lengths and duration not more than one measure of music are permitted</p> <p>Stop(s) – for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on number of stops as long as each one is no more than 5 secs)</p> <p><i>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element</i></p>
Dance Lift	Maximum One (1) Short Lift. Up to 7 seconds.

Step Sequence	<p>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) Specifications to Style B, Rhythm Dance:</p> <ul style="list-style-type: none"> - Must be skated to a different Rhythm/Style from that chosen for the Pattern Dance Element (Junior) and Pattern Dance Type Step Sequence (Senior). - Chosen pattern may ONLY be Midline or Diagonal - Retrogression – NOT permitted - Separations permitted, no more than 2 arm lengths - Loops NOT permitted - Hand in hand hold – NOT permitted with fully extended arms - Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) <p><i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i></p>
Sequential Twizzles	<p>One (1) Set of Sequential Twizzles At least two Twizzles for each partner and must NOT be in contact between Twizzles Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) <i>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i></p>

Esimerkkejä

- Junnut rytmitanssi

https://www.youtube.com/watch?v=k2LaDSnhu_4&list=RDCMUCbv3gsBXzlwotCt2JGySfJA&start_radio=1&rv=k2LaDSnhu_4&t=8

- Sennut rytmitanssi

<https://www.youtube.com/watch?v=GNaNjNnOAMA>

ISU:n materiaaleista lainattuja sivuja ja ISU sääntöjä/ohjeita

- ISU Communication 2484 ID Requirements with ongoing validity...
sivut 22 ja 23:
"Marking guide for Grades of Execution of Required Elements"
- Muita hyödyllisiä ISU Communicationeita 2022-2023 ovat mm. 2473 ID Scale of Values ja 2468 ID Requirements for Technical Rules season 2022/23
- ISU Communications:
<https://www.isu.org/inside-isu/isu-communications/communications>
- ISU Rules:
<https://www.isu.org/inside-isu/rules-regulations/isu-statutes-constitution-regulations-technical>
- Jäätanssin käsikirjat ja tietoja:
<https://www.isu.org/figure-skating/rules/id-handbooks-faq>