



BIS

ICE DANCE TEST MANUAL

Last Updated: 13/08/2025

Rules and Regulations

1. All BIS National Tests will be organised and conducted locally after application to BIS. In exceptional circumstances, BIS will organise test sessions as and when required.
2. Only BIS Members are entitled to apply to be candidates for BIS Tests and all candidates must be fully paid-up members of BIS at the time the application is submitted, and the test skated.
3. The candidate must apply on the official BIS Test Application Form via the website. The candidate should have forwarded with the application his/her membership fee if not already paid, plus the appropriate test fee.
4. The tests candidate should submit the completed Skate UK Passport with the application fee for National Test 1.
5. Both the applicant and his/her coach should sign the test application. If the applicant is under 18 years of age, then his/her parent/guardian should sign on their behalf. PLEASE NOTE – APPLICATION CONFIRMS THAT THE CANDIDATE IS READY TO TAKE THE TEST. No coach may enter candidates for tests unless he/she has attended the relevant accredited seminar.
6. No test may be taken unless the application has been submitted, accepted and the applicable test fee paid.
7. Applications for a test must be made minimum of 28 days prior to a test date. Candidates may be called upon to skate the test at any time after the date of application. The candidate should indicate on the application form the rink at which he/she can take the test. However, a test candidate must be prepared to skate the test at another rink. If unavailable dates are known at time of application, then the candidate should indicate these dates on the test application form.
8. Tests can be transferred between rinks. Any test transfer requests can be arranged directly with the Test & Membership team at the BIS Office. Test transfers for specific test dates may be arranged but only if the receiving Test Organiser has the capacity to accommodate the test. All successful candidates of BIS Tests shall receive a certificate appropriate to the level of test passed.
9. Judges have complete control during the tests with full responsibility for ensuring that the tests run efficiently and in accordance with the rules.
10. A candidate who is given a retry for a test cannot retake this test until after the expiration of 28 days.
11. A candidate who is entered for two or more tests on one occasion will forfeit the fee if they refuse to skate all tests unless failure prohibits the next level in which case the test may be held over but will be included at the end of any outstanding lists.
12. Failure to attend to skate on the day and at the time arranged will result in cancellation of the test and forfeiture of the full test fee. However, candidates who are unable to attend due to illness or school examinations must submit a doctor's certificate or letter from the school to the BIS office prior to the test session and the test may then be held over to a future test session. Any other exceptional circumstances would need to be referred to the BIS office.

Appointment of Judges

1. All Judges of Dance tests shall be appointed by and at the discretion of BIS and must be eligible persons and current members of BIS.
2. One BIS judge will judge BIS National Tests from 1 – 5 inclusive and 2 BIS judges will judge BIS National Tests from 6 – Gold Star inclusive. However, under exceptional circumstances, all BIS Tests may be judged by one BIS judge qualified as an ISU or International Judge on the official ISU List. Approval for this must be given by the BIS Office.

General Regulations

1. All tests will be marked using BIS Test Papers.
2. Skaters may progress up any vertical channel of the BIS National Test Structure separately e.g. National PD 1 – Gold Star without holding National FD1 but National PD 1 must be passed before taking National PD 2 etc.
3. The coach must not stand on the ice during any test. Skaters must not return to their coach during a test. However, before any re-skate, communication with the coach will be permitted, but must be kept to a minimum. This will always be at the discretion of the judges.

Specific Regulations

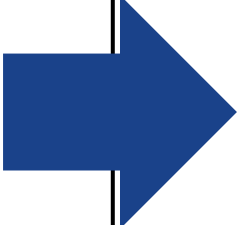
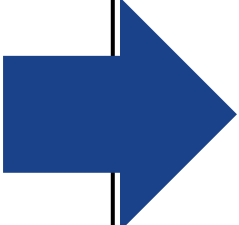
1. Small rinks: Tests sessions for National 5/Intermediate Novice and above will only be allowed on rinks of 40 metres or larger.
2. Re-skates: For a Pattern Dance test, one sequence of a Pattern Dance can be re-skated. For a Free Dance test, one re-skate is allowed of a specific required element with the music. No re-skate should be given if irrespective of any error(s), the component marks awarded are not in excess of the pass threshold for the test.
3. A short time can be taken between the judge speaking to the candidate and the re-skate being taken to allow the candidate to rectify the issue, but this should not exceed 3 minutes.
4. During a test, if the skater stops at the signal of the judge(s) because of circumstances that arise which jeopardise their safety on account of damage to their clothing or equipment or any other serious exceptional circumstances, then the skater will be permitted to recommence from the point of interruption. If the tempo or quality of the music is deficient, the skater must inform the judge and will either restart or resume from the point of the interruption. The decision as to whether the skater will restart or resume from the point of interruption is in the discretion of the judge(s). Where a skater restarts from the point of interruption, the GOEs awarded before the interruption will stand. Any resumption or restart under this paragraph will not count as a reskate.

ICE DANCE TRANSITIONAL TABLE

Old Pattern Dance Test		New Pattern Dance Test/Competitive Test		Old Free Dance Test		New Free Dance Test/Competitive Test
1		1		1		1
2		2		2		2
3		3		3		3
4		4 BN		4		4 BN
5				5		
6		5 INT		6		5 INT
7				7		
8		6 ADV NOV		8		6 ADV NOV
9		7 JNR		9		7 JNR
10		8 SNR		10		8 SNR

If a skater wishes to transfer from the National Test Pathway to the Competitive Pathway, they may transfer over to the equivalent Competitive test level via the test structure or by achieving a competitive test score at a qualifying event (subject to holding the relevant Skills level). Similarly, a skater may transfer from the Competitive Pathway to the National Test Pathway to the equivalent level.

ICE DANCE TRANSITIONAL TABLE

Old Competitive Test RD Test		New Competitive Test RD Test
Junior		Junior
Senior		Senior

Pattern Dance scores can only be used to claim for a Pattern Dance test pass, they cannot be used to claim for a Rhythm Dance test pass, only a Rhythm Dance score will achieve the test pass for a Rhythm Dance test claim.

Pattern Dance/Rhythm Dance Test Requirements

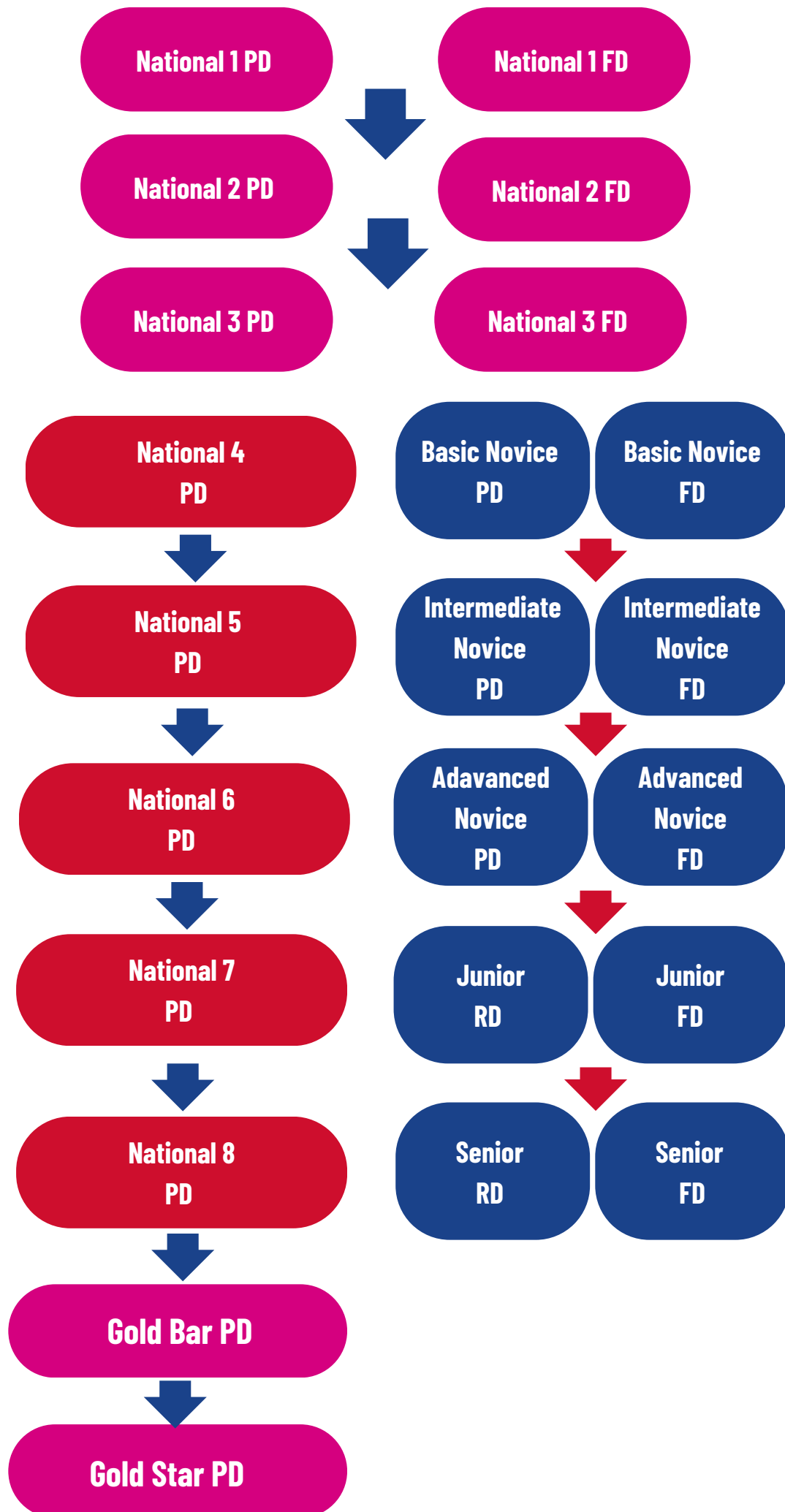
1. Warm up duration:
 - a. National 1-6 and Basic Novice to Intermediate Novice inclusive = 3 minutes.
 - b. National 7- Gold Star and Advanced Novice to Senior inclusive = 5 minutes.

*Rhythm Dance Warm Up Times for Both Junior and Senior will also be 5 minutes
2. Pattern Dance tests MUST be skated to the official ISU Ice Dance music, tunes 1-5, warmup music to be used must be ISU tune 6 where appropriate.
3. Each Pattern and Rhythm Dance will be assessed by the Judge(s) using GOE and Components. The Components used to assess Pattern Dance tests will be Skating Skills, Presentation and Timing. Each sequence of the dance will be assessed with a separate GOE. The Component score will be assessed on the overall test. For Rhythm Dance tests the components will be Composition, Presentation and Skating Skills.
4. Where the skater has a choice of Pattern Dances to skate, as prescribed below, the skater will advise the judges which Pattern Dances they have chosen at the start of the test.
5. Where the Pattern Dances are stated to be announced as prescribed below, they will be published on the BIS website at the start of each season, with a prescribed cross-over period for existing tests that are pending.
6. For National RD 7 and 8, a skater may opt to skate a Rhythm Dance using the immediately preceding season's rules at a test session within the first 2 months' of the new season commencing. For example, a skater may use the 2023-2024 criteria in a test taken up to and including the 1st September 2024. The skater must inform the BIS office via email to test.membership@iceskating.org.uk when making the test application if this is the case.
7. For the National RD 7 and 8, the skater must advise the judges, at the start of the test, the order of the required elements they intend to perform.
8. If a skater does not include all of the required elements, as per the criteria below, ISU criteria or BIS solo dance criteria (as appropriate), the outcome of the test shall be a retry.

Free Dance Test Requirements

1. Warm up duration:
 - a. National 1-6 and Basic Novice to Intermediate Novice inclusive = 3 minutes.
 - b. National 7- Gold Star and Advanced Novice to Senior inclusive = 5 minutes.
2. Each Free Dance test will be assessed by the Judge(s) using GOE and Components. The Components used to assess the test will be Skating Skills, Presentation and Composition. Each element performed will be assessed with a separate GOE. The Component score will be assessed on the overall test.
3. The skater must advise the judges, at the start of the test, the order of the required elements they intend to perform.
4. For National FD 4-8, a skater may opt to skate a program using the immediately preceding season's rules at a test session within the first 2 months' of the new season commencing. For example, a skater may use the 2023-2024 criteria in a test taken up to and including the 1st September 2024. The skater must inform the BIS office when making the test application if this is the case.
5. If a skater does not include all of the required elements, as per the criteria below, ISU criteria or BIS solo dance criteria (as appropriate), the outcome of the test shall be a retry.

Ice Dance Pathway Structure



Test Requirements

NATIONAL 1

NATIONAL PATTERN DANCE

REQUIREMENTS

Both of the following Pattern Dances must be skated:

- Novice Foxtrot (2 seq).
- Rhythm Blues (2 seq).

PASS REQUIREMENTS

- No element received a GOE of lower than -2 after any re-skate.
- Each Program Component must receive a minimum score of 1.25.

FREE DANCE

REQUIREMENTS

Programme Length:

1 minute 30 seconds +/- 5 secs.

Skaters should demonstrate a well-balanced program by performing the following elements:

1. One (1) Dance Spin.
2. One (1) set of Sequential Twizzles – 1 rotation in each twizzle.
3. One (1) Choreographic Element chosen from the following:
 - Choreographic Character Step Sequence
 - Choreographic Spinning Movement.
 - Choreographic Twizzling Movement.
 - Choreographic Sliding Movement.
 - Choreographic Hydroblading Movement.
 - Choreographic Edge Element

PASS REQUIREMENTS

- The Combined GOE must be no lower than -3.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 1.50.

Test Requirements

NATIONAL 2

NATIONAL PATTERN DANCE

REQUIREMENTS

Both of the following Pattern Dances must be skated:

- Dutch Waltz (2 seq).
- Canasta Tango (2 seq).

PASS REQUIREMENTS

- No element received a GOE of lower than -2 after any re-skate.
- Each Program Component must receive a minimum score of 1.50.

FREE DANCE

REQUIREMENTS

Programme Length: 1 minute 30 seconds +/- 5 secs.

Skaters should demonstrate a well-balanced program by performing the following elements:

1. One (1) Dance Spin.
2. One (1) set of Sequential Twizzles - 1 rotation in each twizzle.
3. Two (2) Choreographic Element chosen from the following:
 - Choreographic Character Step Sequence
 - Choreographic Spinning Movement.
 - Choreographic Twizzling Movement.
 - Choreographic Sliding Movement.
 - Choreographic Hydroblading Movement.
 - Choreographic Edge Element

PASS REQUIREMENTS

- The Combined GOE must be no lower than -3.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 1.75.

Test Requirements

NATIONAL 3

NATIONAL PATTERN DANCE

REQUIREMENTS

Both of the following Pattern Dances must be skated:

- Festival Cha Cha (2 seq).
- Fiesta Tango (2 seq).

PASS REQUIREMENTS

- No element received a GOE of lower than -2 after any re-skate.
- Each Program Component must receive a minimum score of 1.75.

FREE DANCE

REQUIREMENTS

Programme Length: 1 minute 30 seconds +/- 5 secs.

Skaters should demonstrate a well-balanced program by performing the following elements:

1. One (1) Dance Spin.
2. One (1) set of Sequential Twizzles - 1 rotation in each twizzle.
3. Two (2) Choreographic Elements:
 - One (1) of which must be a Choreographic Character Step Sequence, and
 - One (1) other Choreographic Element chosen from the following:
 - Choreographic Character Step Sequence
 - Choreographic Spinning Movement.
 - Choreographic Twizzling Movement.
 - Choreographic Sliding Movement.
 - Choreographic Hydroblading Movement.
 - Choreographic Edge Element

PASS REQUIREMENTS

- The combined GOE must be no lower than -3.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.00.

Test Requirements

NATIONAL 4

IMPORTANT

If skaters wish to compete in open competitions, national qualifiers and national championships, skaters must choose the Competitive Pattern Dance pathway.

If skaters are testing for recreational purposes, they also have the option of the National Test pathway.

NATIONAL PATTERN DANCE

REQUIREMENTS

Two (2) of the following Pattern Dances must be skated, chosen by the skater:

- Golden Skaters Waltz (2 seq).
- Canadian Cha Cha (2 seq).
- Riverside Rhumba (2 seq).
- Hickory Hoedown (2 seq).
- Festival Quickstep (2 seq).

PASS REQUIREMENTS

- The combined GOE must be no lower than -3.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.25.

COMPETITIVE PATTERN DANCE - BASIC NOVICE

REQUIREMENTS

Two (2) Pattern Dances must be skated, in accordance with those specified for the current season as published by the BIS Ice Dance TAC.

PASS REQUIREMENTS

- The combined GOE must be no lower than -3.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.25.

FREE DANCE

REQUIREMENTS

The skater must perform a Free Dance according to the Basic Novice criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.

PASS REQUIREMENTS

- The combined GOE must be no lower than -3.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.50.

Test Requirements

NATIONAL 5

IMPORTANT

If skaters wish to compete in open competitions, national qualifiers and national championships, skaters must choose the Competitive Pattern Dance pathway.

If skaters are testing for recreational purposes, they also have the option of the National Test pathway.

NATIONAL PATTERN DANCE

REQUIREMENTS

Two (2) of the following Pattern Dances must be skated, chosen by the skater:

- Willow Waltz (2 seq).
- Swing Dance (2 seq).
- Foxtrot (4 seq).
- 14 Step (4 seq).
- Novice Waltz (2 seq).

PASS REQUIREMENTS

- The combined GOE must be no lower than -2.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.75.

COMPETITIVE PATTERN DANCE - INTERMEDIATE NOVICE

REQUIREMENTS

Two (2) Pattern Dances must be skated, in accordance with those specified for the current season as published by the BIS Ice Dance TAC.

PASS REQUIREMENTS

- The combined GOE must be no lower than -2.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.75.

FREE DANCE

REQUIREMENTS

The skater must perform a Free Dance according to the Intermediate Novice criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.

PASS REQUIREMENTS

- The combined GOE must be no lower than -2.
- No element received a GOE of lower than -4.
- Each Program Component must receive a minimum score of 2.75.

Test Requirements

NATIONAL 6

IMPORTANT

If skaters wish to compete in open competitions, national qualifiers and national championships, skaters must choose the Competitive Pattern Dance pathway.

If skaters are testing for recreational purposes, they also have the option of the National Test pathway.

NATIONAL PATTERN DANCE

REQUIREMENTS	PASS REQUIREMENTS
Two (2) of the following Pattern Dances must be skated, chosen by the skater: • 22 Step (3 seq). • Rocker Foxtrot (4 seq). • European Waltz (2 seq). • Blues (2 seq).	• The combined GOE must be no lower than -1. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 3.50.

COMPETITIVE PATTERN DANCE - ADVANCED NOVICE

REQUIREMENTS	PASS REQUIREMENTS
Two (2) Pattern Dances must be skated, in accordance with those specified for the current season as published by the BIS Ice Dance TAC.	• The combined GOE must be no lower than -2. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 3.50.

FREE DANCE

REQUIREMENTS	PASS REQUIREMENTS
The skater must perform a Free Dance according to the Advanced Novice criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.	• The combined GOE must be no lower than -1. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 3.50.

Test Requirements

NATIONAL 7

IMPORTANT

If skaters wish to compete in open competitions, national qualifiers and national championships, skaters must choose the Competitive Pattern Dance pathway.

If skaters are testing for recreational purposes, they also have the option of the National Test pathway.

NATIONAL PATTERN DANCE

REQUIREMENTS	PASS REQUIREMENTS
Two (2) of the following Pattern Dances must be skated, chosen by the skater: • Silver Samba (2 seq). • American Waltz (2 seq). • Tango (2 seq). • Kilian (4 seq). • Quickstep (2 seq).	• The combined GOE must be no lower than 0. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 4.25.

COMPETITIVE PATTERN DANCE - JUNIOR

REQUIREMENTS	PASS REQUIREMENTS
The skater must perform a Rhythm Dance according to the Junior criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.	• The combined GOE must be no lower than -1. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 4.25.

FREE DANCE

REQUIREMENTS	PASS REQUIREMENTS
The skater must perform a Free Dance according to the Junior criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.	• The combined GOE must be no lower than 0. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 4.25.

Test Requirements

NATIONAL 8

IMPORTANT

If skaters wish to compete in open competitions, national qualifiers and national championships, skaters must choose the Competitive Pattern Dance pathway.

If skaters are testing for recreational purposes, they also have the option of the National Test pathway.

NATIONAL PATTERN DANCE

REQUIREMENTS	PASS REQUIREMENTS
Two (2) of the following Pattern Dances must be skated, chosen by the skater: • Argentine Tango (2 seq). • Starlight Waltz (2 seq). • Paso Doble (3 seq). • Rhumba (4 seq). • Cha Cha Congelado (2 seq).	• The combined GOE must be no lower than +1. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 5.00.

COMPETITIVE PATTERN DANCE - SENIOR

REQUIREMENTS	PASS REQUIREMENTS
The skater must perform a Rhythm Dance according to the Senior criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.	• The combined GOE must be no lower than 0. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 5.00.

FREE DANCE

REQUIREMENTS	PASS REQUIREMENTS
The skater must perform a Free Dance according to the Senior criteria in accordance with the ISU requirements of the current season if skating as a couple, or the ISU International Solo Ice Dance Criteria of the current season if skating as a solo skater.	• The combined GOE must be no lower than +1. • No element received a GOE of lower than -4. • Each Program Component must receive a minimum score of 5.00.

Test Requirements

GOLD BAR

NATIONAL PATTERN DANCE

REQUIREMENTS

Two (2) of the following Pattern Dances must be skated, chosen by the skater:

- Westminster Waltz (2 seq).
- Viennese Waltz (2 seq).
- Yankee Polka (2 seq).
- Tango Romantica (2 seq).
- Teatime Foxtrot (2 seq).

PASS REQUIREMENTS

- The combined GOE must be no lower than +1.
- No element received a GOE of lower than 0.
- Each Program Component must receive a minimum score of 5.50.

GOLD STAR

NATIONAL PATTERN DANCE

REQUIREMENTS

Two (2) of the following Pattern Dances must be skated, chosen by the skater:

- Ravensburger Waltz (2 seq).
- Finnstep (2 seq).
- Midnight Blues (2 seq).
- Golden Waltz (2 seq).
- Austrian Waltz (2 seq).

PASS REQUIREMENTS

- The combined GOE must be no lower than +2.
- No element received a GOE of lower than 0.
- Each Program Component must receive a minimum score of 6.00.

ICE DANCE DEFINITIONS

Please refer to Rules 701-706 of the ISU Special Regulations & Technical Rules, as are amended from time to time.