



2009-2010 JUNIOR & SENIOR FREE DANCE

2009-10 Free Dance Version 1.0 5/20/09 JDE

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Optional Additional Elements*	Additional Information
JUNIOR 3:30 +/- 10 sec * See Optional Additional Elements	<p style="text-align: center;">2 (see note)*</p> <p>2 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec.</p> <p>Note: 1 additional lift up to 6 secs without any requirements to level is permitted provided it is not illegal but only first 2 lifts performed will be identified for level.</p> <p style="text-align: center;">Additional lift to be considered by the judges in the Choreography component.</p>	<p style="text-align: center;">1*</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on 1 foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p style="text-align: center;">Max 2</p> <p>1 selected from Group A: midline in hold or diagonal in hold and</p> <p>1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.</p>	<p style="text-align: center;">1*</p> <p style="text-align: center;">Set of Synchronized Twizzles</p>	<p>1 additional dance spin (may be spin or combo) & additional set(s) of synchronized twizzles may be performed. First dance spin & first set of synchronized twizzles performed will be identified for level</p> <p>Additional elements not identified by Technical Panel but considered by judges in Choreography component if elements reflect character of music/dance.</p> <p>If 3rd dance spin and/or 4th lift is performed it will be considered by Technical Panel as Extra Element</p>	<p>Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Knéeing or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p style="text-align: center;">See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p style="text-align: center;"><u>Other illegal elements</u></p> <p>- Jumps of more than 1 revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>
SENIOR 4:00 +/- 10 sec * See Optional Additional Elements	<p style="text-align: center;">3 (see note)*</p> <p>3 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec.</p> <p>Note: Up to 2 additional lifts up to 6 secs each without any requirements to level is permitted provided it is not illegal but only first 3 lifts performed will be identified for level.</p> <p style="text-align: center;">Additional lifts to be considered by the judges in the Choreography component.</p>	<p style="text-align: center;">1*</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on 1 foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p style="text-align: center;">Max 2</p> <p>1 selected from Group A: midline in hold, diagonal in hold and</p> <p>1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.</p> <p>Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.</p>	<p style="text-align: center;">1*</p> <p style="text-align: center;">Set of Synchronized Twizzles</p>	<p>1 additional dance spin (may be spin or combo) & additional set(s) of synchronized twizzles may be performed. First dance spin & first set of synchronized twizzles performed will be identified for level</p> <p>Additional elements not identified by Technical Panel but considered by judges in Choreography component if elements reflect character of music/dance.</p> <p>If 3rd dance spin and/or 6th lift is performed it will be considered by Technical Panel as Extra Element</p>	<p>Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin.</p> <p>Knéeing or sliding on 2 knees is not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p style="text-align: center;">See current season's ISU Communication on music, repeated positions and illegal lifts/elements.</p> <p style="text-align: center;"><u>Other illegal elements</u></p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>