



2008-2009 JUVENILE-NOVICE FREE DANCE

	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts (max 6 seconds) Long Lifts not permitted</p>	<p>Max 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>Max 1</p> <p>Circular, Midline or Diagonal in hold Must use full ice surface Serpentine and Not Touching Midline sequence are <u>not</u> permitted</p> <p>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>Max 1</p> <p>Synchronized Twizzle</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><u>Lifts-see ISU Communication 1496 on repeated positions and illegal lifts/elements.</u></p> <p><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>- Kneeling on 2 knees on the ice.</p> <p>- Lying on the ice</p>
<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts are max 6 sec. Long Lifts not permitted</p>	<p>Max 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>Max 1</p> <p>Circular, Midline or Diagonal in hold Must use full ice surface Serpentine and Not Touching Midline sequence are <u>not</u> permitted</p> <p>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>Max 1</p> <p>Set of Synchronized Twizzles</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><u>Lifts-see ISU Communication 1496 on repeated positions and illegal lifts/elements.</u></p> <p><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>- Kneeling on 2 knees on the ice.</p> <p>- Lying on the ice</p>
<p>NOVICE</p> <p>3:00 +/- 10 sec</p>	<p>Max 3</p> <p>3 different types of lifts. One may be a Long lift (max 12 sec) Short lifts (max 6 sec.)</p>	<p>Max 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>Max 1</p> <p>Circular, Midline, Diagonal or Serpentine (2 or 3 bold curves) in hold Must use full ice surface Not Touching Midline sequence <u>not</u> permitted</p> <p>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>Max 1</p> <p>Set of Synchronized Twizzles</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><u>Lifts-see ISU Communication 1496 on repeated positions and illegal lifts/elements.</u></p> <p><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>- Kneeling on 2 knees on the ice.</p> <p>- Lying on the ice</p>