

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	Additional Information
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p>	<p>Max 1</p> <p>1 type of Short Lift (max 6 secs)</p> <p>Rotational Lifts and Combination Lifts (formerly Long Lifts) not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>1 Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spins are not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>The choreographic step sequence must fit the definition of one of the required step sequences (Circular, Midline or Diagonal), and must utilize the full ice surface.</p> <p>If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Separations to change a hold must not exceed one measure of music.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern regressions and loops are not to be included in the step sequence.</p> <p>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</p> <p>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</p>	<p>Max 1 (See Note)</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>Note: If a set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called, using the criteria of ISU Communication 1331.</p> <p>The additional twizzle and steps can be considered by the judges in the program components.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</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>
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts (max 6 secs)</p> <p>Combination Lifts not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>The choreographic step sequence must fit the definition of one of the required step sequences (Circular, Midline or Diagonal), and must utilize the full ice surface.</p> <p>If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Separations to change a hold must not exceed one measure of music.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern regressions and loops are not to be included in the step sequence.</p> <p>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</p> <p>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</p>	<p>Max 1 (See Note)</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>Note: If a set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called, using the criteria of ISU Communication 1331.</p> <p>The additional twizzle and steps can be considered by the judges in the program components.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</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>

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<p>INTERMEDIATE</p> <p>2:30 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts (max 6 secs)</p> <p>Combination Lifts not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Circular, Midline or Diagonal in hold Must utilize the full ice surface</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Must 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 one measure of music.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern regressions and loops are not to be included in the step sequence.</p> <p>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</p> <p>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</p> <p><u>The step sequence will utilize the calling specifications of Style B.</u></p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequence.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</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>
<p>NOVICE</p> <p>3:00 +/- 10 sec</p>	<p>Max 2</p> <p>One (1) Combination Lift</p> <p>Or</p> <p>Two (2) different types of short lifts *****</p> <p>Combination Lifts - max 12 secs Short Lifts - max 6 secs</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 2</p> <p><u>1 selected from Group A: Midline or Diagonal</u></p> <p><u>1 selected from Group B: Circular or Serpentine</u></p> <p><u>Group A to be skated as a non-touching step sequence. Group B to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</u></p> <p><u>For U.S. NOVICE ONLY- The Not touching sequence will utilize the calling specifications of Style A. The In Hold sequence will utilize the calling specifications of Style B. The order of performing these elements are free.</u></p> <p>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>Style A Step Sequence: - Stops, pattern regressions and loops are not permitted</p> <p>Style B Step Sequence: - <u>Stops and loops are not permitted.</u> - <u>More than 1 Pattern retrogression or more than 2 measures of music in duration are not permitted</u></p> <p>If a lift or dance spin is performed they will be identified and called “no value” and the judges will ignore the element (not permitted element).</p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequence.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (F).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p>Illegal Elements</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>

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<p>JUNIOR</p> <p>3:30 +/- 10 sec</p>	<p>Max 2</p> <p>One (1) Combination Lift</p> <p>Or</p> <p>Two (2) different types of Short lifts</p> <p>****</p> <p>Combination Lifts - max 12 secs</p> <p>Short Lifts – max 6 secs</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 2</p> <p>1 selected from Group A: Midline Diagonal</p> <p>1 selected from Group B: Circular Serpentine</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</p> <p>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</p> <p>Style A Step Sequence: - <u>Stops, pattern regressions and loops are not permitted</u></p> <p>Style B Step Sequence: - <u>Stops and loops are not permitted.</u> - <u>More than 1 Pattern retrogression or more than 2 measures of music in duration are not permitted</u></p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequences.</p> <p>*Additional Set(s) of Synchronized Twizzles may be performed, but only the first Set of Synchronized Twizzles performed will be identified for a level.</p> <p>Additional elements not identified by Technical Panel will be considered by judges in Choreography component if elements reflect character of music/dance.</p>	<p>Max 1</p> <p>(1) Choreographic Lift Or (1) Choreographic Spinning Movement Or (1) <u>Choreographic Twizzling Movement</u></p> <p>A Choreographic Dance Lift is a Dance Lift of up to 10 (ten) seconds performed after all the other required Dance Lifts.</p> <p>A Choreographic Spinning Movement must be performed after the required Dance Spin during which both partners perform at least 2 continuous rotations: - in any hold - on one foot or two feet or one partner being elevated without being sustained, or a combination of the three - on a common axis which may be moving</p> <p><u>A Choreographic Twizzling Movement must be performed after the required set of Twizzles composed of 2 parts.</u> - <u>both parts: on one or two feet or a combination of both</u> - <u>for 1st part: at least 2 continuous rotations performed simultaneously and both partners must travel</u> - <u>for 2nd part: at least 1 of the partners has to perform at least 1 continuous rotations and one or both partners can be on the spot or travelling or a combination of both.</u></p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (F).</p> <p>Violations of Choreography Restrictions</p> <p>- Separations longer than 5 sec, separations at the beginning and/or end of the program may be up to 10 sec - After the start of the program, the Couple must not remain in one place longer than 10 sec. During the program, stops up to 5 sec are permitted. - Touching of the ice with the hand(s) is not permitted. - Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice</p>

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<p>SENIOR</p> <p>4:00 +/- 10 sec</p>	<p>Max 3</p> <p>One (1) Short Lift and One (1) Combination Lift (the type of Short Lift must be different from the type(s) of short lift forming the Combination lift).</p> <p>Or</p> <p>Three (3) different Types of Short Lifts</p> <p>****</p> <p>Combination Lifts are max 12 secs Short Lifts are max 6 secs</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 2</p> <p>1 selected from Group A: Midline Diagonal</p> <p>1 selected from Group B: Circular Serpentine</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</p> <p>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</p> <p>Style A Step Sequence: <u>- Stops, pattern regressions and loops are not permitted</u></p> <p>Style B Step Sequence: <u>- Stops and loops are not permitted.</u> <u>- More than 1 Pattern retrogression or more than 2 measures of music in duration are not permitted</u></p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequences.</p> <p>* Set(s) of Synchronized Twizzles may be performed, but only the first Set of Synchronized Twizzles performed will be identified for a level.</p> <p>Additional elements not identified by Technical Panel will be considered by judges in Choreography component if elements reflect character of music/dance.</p>	<p>Max 1</p> <p>(1) Choreographic Lift Or (1) Choreographic Spinning Movement Or <u>(1) Choreographic Twizzling Movement</u></p> <p>A Choreographic Dance Lift is a Dance Lift of up to 10 (ten) seconds performed after all the other required Dance Lifts.</p> <p>A Choreographic Spinning Movement must be performed after the required Dance Spin during which both partners perform at least 2 continuous rotations: - in any hold - on one foot or two feet or one partner being elevated without being sustained, or a combination of the three - on a common axis which may be moving</p> <p><u>A Choreographic Twizzling Movement must be performed after the required set of Twizzles composed of 2 parts.</u> <u>- both parts: on one or two feet or a combination of both</u> <u>- for 1st part: at least 2 continuous rotations performed simultaneously and both partners must travel</u> <u>- for 2nd part: at least 1 of the partners has to perform at least 1 continuous rotations and one or both partners can be on the spot or travelling or a combination of both.</u></p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (F).</p> <p>Violations of Choreography Restrictions</p> <p>- Separations longer than 5 sec, separations at the beginning and/or end of the program may be up to 10 sec - After the start of the program, the Couple must not remain in one place longer than 10 sec. During the program, stops up to 5 sec are permitted. - Touching of the ice with the hand(s) is not permitted. - Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice</p>