

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 7 secs</p> <p>Chosen from straight line lift, curve lift or stationary lift</p> <p>Rotational lifts and 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>1 Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination 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>Choreographic Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner. Maximum of two rotations by each partner.</p> <p>The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</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> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
<p>JUVENILE</p> <p>2:15 +/- 10 sec</p>	<p>Max 2</p> <p>2 different types of Short Lifts max 7 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>Combination 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>Choreographic Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p>Serpentine and not touching types of sequences are not permitted</p> <p>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>The required synchronized twizzle may be skated anywhere in the program except in the required step sequence.</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> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

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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 7 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>Combination 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>Not Permitted Elements:</p> <p>Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p>Dance spins and pirouettes are stops.</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>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> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose
<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 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 2</p> <p>1 Midline Not Touching Step Sequence AND</p> <p>1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold</p> <p>Midline not touching step sequence to be skated as a not touching step sequence. Other step sequence to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>For U.S. NOVICE ONLY, the not touching step sequence will utilize the calling specifications of Style A. The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free.</p> <p>Not Permitted Elements:</p> <p>Style A Step Sequence:</p> <ul style="list-style-type: none"> - Stops, pattern retrogressions and loops are not permitted <p>Style B Step Sequence:</p> <ul style="list-style-type: none"> - Stops and loops are not permitted - One pattern retrogression is permitted, but no more. If performed, the retrogression must not exceed two measures of music. A narrow loop is an acceptable shape in the retrogression. <p>Dance spins and pirouettes are stops.</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>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> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

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<p>JUNIOR</p> <p>3:30 +/- 10 sec</p>	<p>Max 2 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 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1 Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>1 Step Sequence in Hold (Style A): Midline, Diagonal, Circular <u>or</u> Serpentine</p> <p>To be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Not Permitted Elements:</p> <p>Style A Step Sequence:</p> <ul style="list-style-type: none"> - Stops, pattern retrogressions and loops are not permitted. - Separations are not permitted <u>except to change hold - no more than two arm lengths apart and must not exceed one measure of music.</u> <p>Dance spins and pirouettes are stops.</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>2 Different</p> <p>(1) Choreographic Dance Lift Or (1) Choreographic Spinning Movement Or (1) Choreographic Twizzling Movement</p> <p><u>Note: Choreographic spinning movement may be skated anywhere in the program. The choreographic dance lift and choreographic twizzling movement are to be performed after its respective required element</u></p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Violations of Choreography Restrictions</p> <ul style="list-style-type: none"> - 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>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose

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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(s) forming the combination lift).</p> <p>Or</p> <p>Three (3) Different Types of Short Lifts</p> <p>****</p> <p>Combination lifts - max 12 secs Short lifts - max 7 secs</p> <p>May be skated anywhere in the program except in the required step sequences</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combination spin – min 3 revs. in either part by both partners</p> <p>May be skated anywhere in the program except in the required step sequences</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>Notes: The first performed step sequence will be called using Style A specifications and the second with Style B specifications.</p> <p>Not Permitted Elements:</p> <p>Style A Step Sequence:</p> <ul style="list-style-type: none"> - Stops, pattern retrogressions and loops are not permitted. - Separations are not permitted <u>except to change hold - no more than two arm lengths apart and must not exceed one measure of music</u> <p>Style B Step Sequence:</p> <ul style="list-style-type: none"> - Stops are not permitted. - One pattern retrogression is permitted, but no more. If performed, it must not exceed two measures of music. A narrow loop is an acceptable shape in the retrogression. - Separations are permitted provided they are no more than two arm lengths in distance and do not exceed five seconds in duration. 	<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>2 Different</p> <p>(1) Choreographic Dance Lift Or (1) Choreographic Spinning Movement Or (1) Choreographic Twizzling Movement</p> <p><u>Note: Choreographic spinning movement may be skated anywhere in the program. The choreographic dance lift and choreographic twizzling movement are to be performed after its respective required element</u></p>	<p>Music should adhere to Rule 6095 (E).</p> <p>Violations of Choreography Restrictions</p> <ul style="list-style-type: none"> - 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>Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice - Illegal Lift Movement/Pose