

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>1 Combination Lift</p> <p>Or</p> <p>2 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 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</p> <p>1 Combination Lift</p> <p>Or</p> <p>2 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><u>1 Step Sequence in Hold (Style B):</u> Midline, Diagonal, Circular or 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>Specification to Style B: <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u></p> <p><u>Separations permitted, no more than 2 arm lengths apart and must not exceed 5 seconds.</u></p> <p><u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u></p> <p><u>Hand-in-hand hold not permitted with fully extended arms.</u></p> <p><u>Stops NOT permitted.</u></p> <p>AND</p> <p><u>1 Combination One Foot Step Sequence</u></p> <p><u>Turns performed simultaneously on one foot by each partner not touching</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination</u> Set of Synchronized Twizzles</p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>May be skated anywhere in the program except in the required step sequences.</p>	<p>2 Different</p> <p>Choreographic Dance Lift Or Choreographic Spinning Movement Or Choreographic Twizzling Movement Or <u>Choreographic Sliding Movement</u> Or <u>Choreographic Character Step Sequence</u></p> <p>See ISU Communication #2148 for definitions of choreographic elements.</p> <p>Note: <u>Choreographic Spinning Movement, Choreographic Sliding Movement and Choreographic Character Step Sequence</u> may be skated anywhere in the program. The <u>Choreographic Dance Lift and Choreographic Twizzling Movement</u> are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 6095 (E) and ISU Communication #2148.</p> <p>Stops After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of 5 seconds max. are allowed</p> <p>Separations Number of separations to execute transitional footwork or moves is not restricted;</p> <p>Distance allowed is maximum 2 arms length during separations;</p> <p>Durations of each separation (outside Req. Elements) is 5 seconds max;</p> <p>Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p>Touching Ice with Hands Touching the ice with the hand(s) is not allowed (<u>except Choreographic Sliding Movement</u>).</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>SENIOR</p> <p>4:00 +/- 10 sec</p>	<p>Max 3</p> <p>1 Short Lift and 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>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><u>1 Step Sequence in Hold (Style B):</u> Midline, Diagonal, Circular or 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>Specification to Style B: <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u></p> <p>Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u></p> <p><u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u></p> <p><u>Hand-in-hand hold not permitted with fully extended arms.</u></p> <p><u>Stops NOT permitted.</u></p> <p>AND</p> <p><u>1 Combination One Foot Step Sequence</u></p> <p><u>Turns performed simultaneously on one foot by each partner not touching</u></p> <p>Dance spins and pirouettes are stops.</p>	<p>Max 1</p> <p><u>Combination Set of Synchronized Twizzles</u></p> <p>At least two Twizzles for each partner, with up to 3 steps maximum between Twizzles. <u>Partners may be in hold during connecting steps.</u></p> <p>May be skated anywhere in the program except in the required step sequences.</p>	<p>3 Different</p> <p><u>1 of which must be a Choreographic Character Step Sequence</u></p> <p><u>2 additional chosen from:</u></p> <p>Choreographic Dance Lift Or Choreographic Spinning Movement Or Choreographic Twizzling Movement Or <u>Choreographic Sliding Movement</u></p> <p>See ISU Communication #2148 for definitions of choreographic elements.</p> <p>Note: <u>Choreographic Spinning Movement, Choreographic Sliding Movement and Choreographic Character Step Sequence</u> may be skated anywhere in the program. The <u>Choreographic Dance Lift and Choreographic Twizzling Movement</u> are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 6095 (E) and ISU Communication #2148.</p> <p>Stops After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of 5 seconds max. are allowed</p> <p>Separations Number of separations to execute transitional footwork or moves is not restricted;</p> <p>Distance allowed is maximum 2 arms length during separations;</p> <p>Durations of each separation (outside Req. Elements) is 5 seconds max;</p> <p>Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p>Touching Ice with Hands Touching the ice with the hand(s) is not allowed (<u>except Choreographic Sliding Movement</u>).</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