



2010-2011 ADULT FREE DANCE

2010-11 Adult Free Dance Version 2.0 8/12/10 JCM

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p style="text-align: center;">Max 2</p> <p>2 different types of lifts.</p> <p>One (1) may be a Long lift (max 12 sec)</p> <p>Short lifts are max 6 sec.</p> <p style="text-align: center;">Championship Adult/Adult Gold/ Adult Pre-Gold/ Masters Open</p> <p style="text-align: center;">3:10 max</p> <p><u>**The following events are IJS at Adult Nationals only: Championship Adult, Adult Gold & Masters Open</u></p>	<p style="text-align: center;">Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on 1 foot</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p style="text-align: center;">Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on 1 foot</p> <p>Combo Spin – min 3 revs on each foot by both partners</p>	<p style="text-align: center;">Max 1</p> <p>Circular, Midline or Diagonal in hold</p> <p>Must use full ice surface</p> <p>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 one 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 sequence.</p>	<p style="text-align: center;">Max 1*</p> <p>Synchronized Twizzle</p> <p>At least 1 full rotation</p> <p>No stop(s) permitted before first twizzle</p> <p>*If 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>When adult free dance is judged using the <u>6.0 system</u>, the judges shall consider the first twizzle in the set of synchronized twizzles for the Technical mark and the second twizzle of the series shall be included in the determination of the presentation mark.</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>Kneeling or sliding on 2 knees <u>and/or sitting on the ice</u> are not permitted. It will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.</p> <p><u>Lifts: No part of the costume may be used as any support in a lift which is considered for level. If this occurs the lift will get a level according to calling specifications and a 1 point deduction by the referee and judging panel will be applied.</u></p> <p><u>A chosen type of creative/difficult entry must be different for each lift to be considered for level.</u></p> <p>See current season's ISU Communication on, repeated positions, costume regulations and illegal lifts/elements</p> <p><u>Music requirements will adhere to rule 4271(F).</u></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>