

2018-19 Adult Solo Free Dance Requirements - This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2018.



2018-19	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	DANCE STOPS
<p>ADULT GOLD SOLO FREE DANCE</p> <p>2:40 +/- 10 seconds</p>	<p>Max 3</p> <p>1 combination edge element (12 sec max)</p> <p>2 different short edge elements (6 sec max)</p> <p>Each <u>portion</u> must be held <u>in position</u> for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Choreographic dance spin <u>or</u> <u>choreographic dance combination spin*</u> – min 3 revs on one/<u>each</u> foot</p> <p>Flying spins not permitted</p>	<p>Max 2</p> <p>2 different step sequences, 1 from Group A and 1 from Group B</p> <p>Group A – Straight line (midline or diagonal)</p> <p>Group B – Curved (circular or serpentine)</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 2</p> <p>Twizzle Series A - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 3 steps are allowed between twizzles. Twizzles must be different than those used in Twizzle Series B.</p> <p>Twizzle Series B - Must have 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 1 step is allowed between twizzles. Twizzles must be different than those used in Twizzle Series A.</p> <p><u>When judged with IJS:</u> <u>The first attempted set of twizzles will be evaluated as the Series A by the technical panel.</u></p>	<p>Max 1</p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six seconds.</u></p> <p>The stops must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
<p>ADULT SILVER SOLO FREE DANCE</p> <p>2:00 +/- 10 seconds</p>	<p>Max 2</p> <p>2 short edge elements (6 sec max)</p> <p>Each edge must be held <u>in position</u> for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Choreographic dance spin <u>or</u> <u>choreographic dance combination spin*</u> – min 3 revs on one/<u>each</u> foot</p> <p>Flying spins not permitted</p>	<p>Max 1</p> <p>Midline, circular, or diagonal step sequence</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters.</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle series - min 2 revs each twizzle</p> <p>No more than 3 steps between twizzles</p>	<p>Max 1</p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six seconds.</u></p> <p>The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>
<p>ADULT BRONZE SOLO FREE DANCE</p> <p>1:40 +/- 10 seconds</p>	<p>Max 1</p> <p>1 short edge element (6 sec max)</p> <p>Edge must be held <u>in position</u> for a minimum of 3 seconds</p>	<p>Max 1</p> <p>Choreographic dance spin* – min 3 revs on 1 foot</p> <p>Spin combinations and flying spins not permitted.</p>	<p>Max 1</p> <p>Midline, circular, or diagonal step sequence</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include three-turns and mohawks.</p> <p>Not Permitted: Stops, pattern regressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle - min 1 rev</p>	<p>Max 1</p> <p>Full stop to express the character of the music, <u>must be at least three seconds, but not to exceed six seconds.</u></p> <p>The stop must come at least 10 seconds after the start of the program and at least 10 seconds before the end of the program.</p>

* A choreographic dance spin is on one foot only and may include any number of changes of position. A choreographic dance combination spin must have a change of foot and may include any number of positions on either foot. This element should relate to the music and enhance the overall program.

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.