

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 Step 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 Step 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>The step sequence in hold will utilize the calling specifications of Style B.</p> <p>Specifications of Style B:</p> <ul style="list-style-type: none"> • <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> • Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u> • <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> • <u>Hand-in-hand hold not permitted with fully extended arms.</u> • <u>Stops NOT permitted.</u> <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>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 Step Sequence <u>in Hold or Not Touching or a combination of both. Maybe skated on the long axis or short axis (between blue lines)</u></p> <p>AND</p> <p>1 Step Sequence in Hold to be selected from Circular, Diagonal or Serpentine in Hold</p> <p>Midline step sequence <u>in hold or not touching or combination</u> to be skated as a <u>choreographic step sequence</u>. 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 <u>midline</u> step sequence will utilize the calling specifications of a <u>Choreographic Step Sequence</u>. The step sequence in hold will utilize the calling specifications of Style B. The order of performing these elements is free.</p> <p>Specifications of Style B:</p> <ul style="list-style-type: none"> • <u>Retrogression: one (1) permitted, must not exceed two measures of music.</u> • Separations permitted, <u>no more than 2 arm lengths apart and must not exceed 5 seconds.</u> • <u>Loops NOT permitted (a narrow loop is an acceptable shape in the retrogression).</u> • <u>Hand-in-hand hold not permitted with fully extended arms.</u> • <u>Stops NOT permitted.</u> <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>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 Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 6095 (E) and <u>ISU Communication #2148.</u></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><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 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