



Technical Notification 212

Dated: July 5, 2018

Re: Junior and Senior Free Dance Test Requirements

Per Rule TR 51.06, in the event of a substantive change to any free dance requirements by the ISU, the chair of the Dance Committee will revise the affected free dance test(s) to include such change(s) as soon as practical.

As such, **effective July 9, 2018**, the requirements for the junior and senior free dance test are changed as follows:

TR 54.04 Junior Free Dance Test

General requirements outlined for the silver pattern dance test apply equally to the junior free dance test. The program presented must conform to the rules set forth for free dance. It must be moderately difficult, contain a good variety of movements, and be well composed and well placed on the ice surface. A junior free dance program must include the following required elements:

Lifts: Either one combination lift or two different types of short lifts. The combination lift (not to exceed 12 seconds) can be chosen from any combination lift. The short lifts (not to exceed seven seconds) are stationary lift, straight line lift, curve lift or rotational lift.

Spins: One dance spin or combination spin:

- a. **Spin:** Minimum three revolutions on one foot by each partner;
- b. **Combination Spin:** Minimum three revolutions on one foot by each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequence: One step sequence (in hold) (straight line or curved):

The sequence should include a variety of steps and turns and must include brackets, counters, rockers and choctaws executed by both partners.

For the step sequence in hold: One pattern retrogression is permitted, but no more. If performed, it must not exceed two measures of music. Separations are permitted provided they are no more than two arms lengths in distance and do not exceed five seconds in duration. Loops are not permitted, but a narrow loop is an acceptable shape in the retrogression. Stops are not permitted. Dance spins and pirouettes are stops. Hand-in-hand hold is not permitted with fully extended arms. The pattern of the step sequence in hold must maintain the integrity or basic shape of the chosen pattern. Some deviations in the pattern are expected in order to complete the required turns.

Synchronized Twizzles: One combination set of synchronized twizzles, minimum two revolutions in each twizzle by both partners.

Extra elements may be added without penalty.

Duration: 3:30 +/- 10 seconds to music of the skaters' choice

TR 54.05 Senior Free Dance Test

General requirements outlined for the gold pattern dance test apply equally to the senior free dance test. The program presented must conform to the rules set forth for free dance. It must be difficult, varied and display originality. Choreography, expression and utilization of space must be excellent. A senior free dance test must include the following required elements:

Lifts: Either one short lift and one combination lift or three different types of short lifts. The combination lift (not to exceed 12 seconds) can be chosen from any combination lift, but the type of short lift must be different from the type(s) of short lifts forming the combination lift. The short lifts (not to exceed seven seconds) are stationary lift, straight line lift, curve lift or rotational lift.

Spins: One dance spin or combination spin:

- a. **Spin:** Minimum three revolutions on one foot by each partner;
- b. **Combination Spin:** Minimum three revolutions on one foot by each partner for each part of the spin. There is allowed up to one-half rotation on two feet while changing to the other foot simultaneously by each partner.

Step Sequences: Two different types of step sequences:

- a. One must be a step sequence in hold (straight line or curved)
- b. One must be a combination one foot step sequence (turns performed simultaneously on one foot by each partner, not touching)

The step sequences should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles executed by both partners.

For the step sequence in hold: One pattern retrogression is permitted, but no more. If performed, it must not exceed two measures of music. Separations are permitted provided they are no more than two arms lengths in distance and do not exceed five seconds in duration. Loops are not permitted, but a narrow loop is an acceptable shape in the retrogression. Stops are not permitted. Dance spins and pirouettes are stops. Hand-in-hand hold is not permitted with fully extended arms. The pattern of the step sequence in hold must maintain the integrity or basic shape of the chosen pattern. Some deviations in the pattern are expected in order to complete the required turns.

Synchronized Twizzles: One combination set of synchronized twizzles, minimum two revolutions in each twizzle by both partners.

Extra elements may be added without penalty.

Duration: 4:00 +/- 10 seconds to music of the skaters' choice