

2022-2023 Adult Partnered 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, 2022.



2022-2023	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	Additional Information
<p align="center">CHAMPIONSHIP ADULT/ ADULT GOLDD/ ADULT PRE-GOLD/ MASTERS OPEN</p> <p align="center">3:10 maximum</p>	<p align="center">Max* 2</p> <p align="center">One Combination Lift (max 12 secs) or Two Different Types of Short Lifts (max 7 secs)</p>	<p align="center">Max 1</p> <p align="center">Spin or Spin Combination</p> <p align="center">Spin – min 3 revs. on one foot by both partners</p> <p align="center">Spin combination – min 3 revs. in either part by both partners</p>	<p align="center">Max 1</p> <p align="center">Choreographic Step Sequence</p> <p align="center">Chosen from circular, midline or diagonal in hold</p> <p align="center">Must use full ice surface</p> <p align="center">Serpentine and not touching types of step sequences are not permitted</p> <p align="center">Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p align="center">Any separation to change a hold must not exceed one measure of music.</p> <p align="center">If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p align="center">Not Permitted Elements:</p> <p align="center">Stops, pattern retrogressions and loops are not permitted in the step sequence.</p> <p align="center">Dance spins and pirouettes are stops</p>	<p align="center">Max 1</p> <p align="center">Synchronized Twizzle**</p> <p align="center">At least one full rotation</p> <p align="center">No stop(s) permitted before twizzle</p> <p align="center">**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.</p> <p align="center">The additional twizzle and steps can be considered by the judges in the program components.</p> <p align="center">When adult free dance is judged using the 6.0 system, 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 program component mark.</p>	<p align="center">Max 1</p> <p align="center">Chosen from: Choreographic lift, Choreographic spinning movement, Choreographic twizzling movement, Choreographic sliding movement, Choreographic character step sequence</p>	<p align="center">Required elements may be skated anywhere in the program except in the required step sequence.</p> <p align="center">Music should adhere to rule 6095 (E).</p> <p align="center">One sliding element may be executed, but it will not be called by the technical panel or evaluated by the judges for GOE.</p> <p align="center">Touching the ice with hand(s) is not allowed.</p> <p align="center">Other illegal elements</p> <p align="center">Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p align="center">Lying on the ice</p>

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.