

2022-23 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, 2022.

2022-23	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC CHARACTER STEP
<p>ADULT GOLD SOLO FREE DANCE</p> <p>2:40 +/- 10 seconds</p>	<p>Max 3</p> <p>Two options: 1 combination edge element and 1 short edge element\</p> <p>OR</p> <p>3 different short edge elements with different positions</p> <p>Each lobe of a combination edge element must be held in position for a minimum of 3 seconds, but a combination edge element may not exceed 12 seconds</p> <p>A short edge element must be held in position for a minimum of 3 seconds, but no more than 7 seconds</p>	<p>Max 1</p> <p>Solo dance spin or solo dance combination spin – min 3 revs on one/ each foot</p> <p>Flying spins not permitted</p>	<p>Max 1</p> <p>Serpentine, circular, midline, or diagonal</p> <p>Must use full ice surface</p> <p>Should include a variety of steps and turns and must include brackets, counters, rockers and choctaws</p> <p>Not Permitted: Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle Series - 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.</p>	<p>Max 1</p> <p>One choreographic character step sequence performed at any point in the program.</p> <p>Must be placed around the short axis and proceed from barrier to barrier.</p> <p>Must commence with a full stop at one barrier or the other.</p>
<p>ADULT SILVER SOLO FREE DANCE</p> <p>2:00 +/- 10 seconds</p>	<p>Max 2</p> <p>2 short edge elements (7 sec max)</p> <p>Each edge must be held in position for a minimum of 3 seconds.</p> <p>Edge elements must have different positions</p>	<p>Max 1</p> <p>Solo dance spin or solo dance combination spin – min 3 revs on one/ each foot</p> <p>Flying spins not permitted</p>	<p>Max 1</p> <p>Circular, midline 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 retrogressions, 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>One choreographic character step sequence performed at any point in the program.</p> <p>Must be placed around the short axis and proceed from barrier to barrier.</p> <p>Must commence with a full stop at one barrier or the other.</p>
<p>ADULT BRONZE SOLO FREE DANCE</p> <p>1:40 +/- 10 seconds</p>	<p>Max 1</p> <p>1 short edge element (7 sec max)</p> <p>Edge must be held in position for a minimum of 3 seconds</p>	<p>Max 1</p> <p>Solo dance spin – min 3 revs on 1 foot</p> <p>Spin combinations and flying spins not permitted.</p>	<p>Max 1</p> <p>Circular, midline 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 retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes</p>	<p>Max 1</p> <p>Twizzle - min 1 rev</p>	

[See rule 8373 for definitions and descriptions of elements](#)

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.