

2023

Solo Dance Series Handbook



TABLE OF CONTENTS

General Information/What's New	Page 2
Solo Pattern Dances	Page 4
Shadow Dances	Page 5
Combined Events/Skaters Choice Music	Page 6
Juvenile Requirements	Page 7
Intermediate Requirements	Page 8
Novice Requirements	Page 9
Junior Requirements	Page 10
Senior Requirements	Page 13
Technical Rules/Basic Principles of Calling	Page 16
Pattern Dance Technical Rules & Definitions	Page 17
Variation Dance	Page 20
Edge Elements	Page 21
Spins	Page 27
Step Sequences	Page 30
Pattern Dance Type Step Sequence	Page 32
One Foot Turn Sequence	Page 34
Twizzles	Page 36
Choreographic Character Step Sequence	Page 38
Choreographic Rhythm Sequence (RD Only)	Page 39
Choreographic Sliding Movements	Page 40
Choreographic Spinning and Twizzling Movements	Page 41
Falls/Illegal Elements	Page 42
Appendix A; Pattern Dance Reference Material	Page 43
• Pattern Dance Diagrams with Key Points	Page 45
Appendix B; Spiral Type Edge Element Position Picture Examples	Page 67

GENERAL INFORMATION

Please read the technical portion of the handbook closely when creating programs for the 2023 season as there are some new rules that will be implemented this year. All new rules for 2023 will be underlined in all documents to outline what is new. Rules are highlighted in yellow so everyone will pay special attention to major rule changes that may have been added since the first publishing of this handbook. We will also include an overview below of some of the more important new rules in this document. Registration for the National Solo Dance Series is January 3, 2023 through April 1, 2023 @11:59 p.m.

*Paper system may only be used for Pattern Dance. Rhythm and Free Dance must have an IJS mini system or better.

Please remember the following existing general rules:

Invitations to National Solo Dance Final

Following the conclusion of the season, those skaters in the solo pattern dance, combined event and shadow pattern dance events from each section that have competed in at least two Solo Dance Series participating competitions and meet the following criteria (specific to event type) will be invited to advance to the National Solo Dance Final competition (NSDF). Qualification is based on a skater/team's highest IJS score at a designated Series competition for all events.

1) SOLO PATTERN DANCE AND COMBINED EVENT ONLY:

- a. Those skaters in each section who finish in the top six (6) for total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.

2) SHADOW PATTERN DANCE EVENT ONLY:

- a. Those shadow pattern dance teams in each section who finish in the top three (3) for total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.

A variation of a fill-up rule may be used if less than six(6) skaters qualify to receive invitations to the NSDF at any particular level in the Series for the Solo Pattern Dance and Combined Events or if less than three (3) teams qualify to receive invitations to the NSDF in Shadow Dance events. This variation of the fill-up rule will be done at the discretion of the Program Development Committee Chair, National Vice Chair for Solo Dance and the U.S. Figure Skating Programs Manager. This exception will not be used when skaters from more than one section could be considered as a replacement.

Declining an Invitation to the Final

Following participation in the 2023 Solo Dance Series competitions, it is expected that skaters will compete in the National Solo Dance Final upon qualification. **No alternates will be invited to attend under any circumstances.**

Costume Requirements

The Solo Dance Series will follow all costume rules and requirements as stated for ice dance in the 2022-2023 U.S. Figure Skating Rulebook. (Rule 8020/8021).

Behavior of Competitors during Competition

The Solo Dance Series will follow all behavior of competitors requirements including the call to start rules for IJS as stated in the 2022-2023 U.S. Figure Skating Rulebook. (Rules 1320-1324)

Earbuds and headphones of any kind will not be allowed on any practice sessions or warm-ups associated with any Solo Series competition. If a skater is found to be wearing them on a practice session for the Solo Series they are subject to be disqualified for the event.

Pattern Dance Starts

All pattern dances start on the judges' side unless directed otherwise by the published rules for each dance for the season or by the referee.

Skating up

Skaters may skate up one level in all events.

Important to Remember!

Eligibility & Test Levels: For the pattern dance events, the test level is determined by a skater completing all of the pattern dance tests within that level. All skaters must either compete at their test level or one level above their highest completed dance test. All skaters who have passed the Novice/Silver level or higher Singles or Novice/Silver or higher Skating Skills test may not enter the Bronze or below pattern dance events. There are no other restrictions for the Pre-Silver and above levels as they pertain to Singles or Skating Skills tests. The NSD series will continue to have test level requirements. Participants may test during the Series season without penalty.

For the combined events please refer to the requirements for each level for details on qualifications for each level. No skater may enter an event where they have passed the corresponding Singles test two levels above the event they wish to enter. For example, if you wish to compete in Juvenile, you may not have passed the Novice/Silver Singles test.

Elements: We have added new elements this year. In the Rhythm Dance, the Choreographic Rhythm Sequence. (pg. 39) This will be seen in the Senior Rhythm Dance. For Junior and Senior Free Dance, Choreographic Spinning Movement and Choreographic Twizzling Movement. (pg. 41)

- Please take note that the list of illegal elements. Split jumps were redefined last season and Illusions are still illegal, even if done as part of a spin.
- These illegal elements apply to all aspects of the Solo Series, including pattern dance.
- Pattern Dance still has illegal elements. Please review, they have been clarified for the 2023 season.

Rhythm Dance: Junior and Senior Rhythm Dance time increased to 2:50 +/-10 seconds

Free Dance: Juvenile Free Dance has been reduced by 10 seconds and Junior and Senior Free Dance times have been increased to be more in line with new ISU rules.

Junior-

Pattern Dance Element: One sequence of the Argentine Tango. Man's steps for Section 1 and Woman's for Section 2.

Senior-

A Pattern Like Dance Step Sequence (PST). Starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern)

Free Dance:

Crossovers in between elements:

Excessive use of crossovers will be evaluated by the judging panel. Executing more than two consecutive crossovers could result in a reduction in the Composition component.

Sequential Twizzles will now be the requirement for Intermediate and Novice Free Dance with only one step allowed between the 1st and 2nd twizzles.

For all Solo Series Segments: Lip Synching will not be permitted and will be considered a choreographic deduction by the judging panel and referee.

Planned Program Content Sheets: Skaters will not be permitted to take the ice to compete if the technical panel does not have a planned content sheet. If it is not submitted prior to the event, the organizing committee is responsible for collecting them at registration and handing them to the Technical Controller prior to the start of the event.

Solo Pattern Dance

The solo pattern dance event is comprised of two dances at each level. The results from both dances will be combined to create a final score and overall result.

New in 2023:

All levels will have one initial round dance assigned for all qualifying series competitions including the Series Final. The final round dance for Bronze and higher Solo Series pattern dance events, including the Series Final, will consist of a Variation Dance. For rules on the Variation Dance, see page 20. For Preliminary and Pre-Bronze a second pattern dance will be skated as published.

Important to Remember:

All music for pattern dance will be Skater's Choice. See Skater's Choice rules on page 6.

All pattern dances, except shadow, will include "Key Points" which will be part of attaining levels.

All pattern dances will use **"Solo Dance Steps"** for all competitors. All skaters will be using the same steps. Please refer to the pattern dance diagrams for the steps to be skated along with the number of sequences, tempo, Key Points, and time limits for Skater's Choice skating time starting on page 45.

The following levels will be offered:

	Test Requirements	Dances (number of sequences to be skated)
Preliminary	No test or passed preliminary & may not have passed the Novice/Silver Singles or Skills Tests.	Initial Round: Canasta Tango (3 sequences) & Final Round: Rhythm Blues (3 sequences)
Pre-Bronze	Passed preliminary or pre-bronze & may not have passed the Novice/Silver Singles or Skating Skills Tests.	Initial Round: Swing Dance (2 sequences) Final Round: Tango Fiesta (3 sequences)
Bronze	Passed pre-bronze or bronze & may not have passed the Novice/Silver Singles or Skating Skills Tests.	Initial Round: Willow Waltz (3 sequences) Final Round: Hickory Hoedown Variation Dance (2 sequences)
Pre-Silver	Passed bronze or pre-silver	Initial Round: European Waltz (2 sequences) Final Round: Foxtrot Variation Dance (2 sequences)
Silver	Passed pre-silver or silver	Initial Round: Tango (2 sequences) Final Round: Rocker Foxtrot Variation Dance (2 sequences)
Pre-Gold	Passed silver or pre-gold	Initial Round: Paso Doble (3 sequences) Final Round: Blues Variation Dance (2 sequences)
Gold	Passed pre-gold or gold	Initial Round: Viennese Waltz (2 sequences) Final Round: Quickstep Variation (2 sequences)
International	Passed gold or international	Initial Round: Rhumba (3 sequences) Final Round: Yankee Polka Variation Dance (1 sequence; Section 1 and the Variation as Section 2)

Shadow Dance

The shadow pattern dance event is comprised of one pattern dance at each level.

A team may be comprised of two skaters of any gender. Solo Dance Steps will be used as outlined in the Pattern Dance Diagram Handbook.

Music is Skater's Choice and must be provided by the skaters, see page 6.

The following levels will be offered:

Level	Requirement	Dance (number of sequences to be skated)
Preliminary	One partner must not have passed higher than the complete preliminary dance test.	• Rhythm Blues (3 sequences)
Pre-Bronze	One partner must not have passed higher than the complete pre-bronze dance test.	• Tango Fiesta (3 sequences)
Bronze	One partner must not have passed higher than the complete bronze dance test.	• Ten-Fox(3 sequences)
Pre-Silver	One partner must not have passed higher than the complete pre-silver dance test.	• Foxtrot (3 sequences)
Silver	One partner must not have passed higher than the complete silver dance test.	• American Waltz 2(sequences)
Pre-Gold	One partner must not have passed higher than the complete pre-gold dance test.	• Starlight Waltz (2 sequences)
Gold/International	Open.	• Midnight Blues (1 sequence)

Combined Events

The combined dance event is comprised of the following two segments (as applicable by level):

1.) **For Juvenile, Intermediate and Novice:** one pattern dance
For Junior and Senior: one solo rhythm dance

2.) **For Juvenile thru Senior:** one solo free dance

All music for pattern dance will be Skater's Choice. See Skater's Choice rules below.

All pattern dances will include "Key Points" which will be part of attaining levels.

One dance will be announced to be used for all qualifying Solo Series competitions including the Final.

All pattern dances will use **"Solo Dance Steps"** for all competitors, so skaters are using the same steps. **Please refer to the pattern dance diagrams for the steps to be skated along with the number of sequences, Key Points, tempo and time limits for Skater's Choice skating time. Pattern Dance Diagrams with Key Points are in this handbook starting on page 45.**

2023 Skaters Choice Music Rules

All music for both the pattern dance events (including Shadow Dance) and the combined events will be Skater's Choice. Each skater must upload a piece of music for each event. They must also have a backup CD labeled with the skater's name and the name of the pattern dance on hand at the event.

The music may be an original choice by the skater/coach, or they may choose and download a piece made available to them on the Solo Dance Series webpage. The music may be either vocal or orchestral and it must be within + or – two beats per minute of the required beats per minute for each dance. The chosen music must also conform to the style of music appropriate for the rhythm of the selected dance. If the chosen music does not reflect the rhythm and style of the pattern dance to be skated a music deduction may be taken. The beats per minute and maximum skating time is all included on the Pattern Dance Diagram for each dance. Music that does not conform to these rules is also subject to a deduction.

Each skater will be timed from their first movement until they stop. If the skating time exceeds the maximum allotted skating time listed on the pattern diagram Standard timing deductions will apply as outlined on the "Who's Responsible" chart in the Solo Series Handbook.

For the Variation Dance, this year there will also be a Maximum time listed. Please refer to the pattern diagrams starting on page 45.

JUVENILE COMBINED EVENT:

Test qualifications as of April 1, 2023, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Preliminary solo or standard Preliminary partnered pattern dance test or have passed the standard solo or partnered Juvenile/bronze free dance test. Skaters must not have passed any Pre-Silver or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Juvenile/Bronze free dance. Skaters must not have passed the Novice/Silver or higher singles tests.

Pattern Dance Selection for Juvenile

2023 Season: Hickory Hoedown*

Free Dance Requirements for Juvenile:

Juvenile Solo Free Dance: <u>1:30</u> +/- 10 seconds MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.	
Edge Elements	One short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Spin	One Spin but no more. Minimum of three revolutions on one foot. <u>Change of Foot</u> not permitted. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED Maximum of Level 2
Choreographic Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns and Mohawks. There are no levels, it either will be confirmed or have no value. Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle	One twizzle. (Only one twizzle on one foot is required)

* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagram on page 49.

INTERMEDIATE COMBINED EVENT:

Test qualifications as of April 1, 2023, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Bronze solo or standard Bronze partnered pattern dance test or have passed the standard solo or partnered intermediate/pre-silver free dance test. Skaters must not have passed any silver or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Intermediate/Pre-Silver free dance. Skaters must not have passed the Junior/Pre-Gold or higher singles tests.

Pattern Dance Selection for Intermediate

2023 Season: European Waltz*

Free Dance Requirements for Intermediate:

Intermediate Solo Free Dance: 1:50 +/- 10 seconds	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.	
Edge Elements	One short edge element, but no more. Short edge elements may not exceed 7 seconds.
Spin	One spin but no more. Minimum of three revolutions on one foot. <u>Change of foot</u> not permitted. Note: NO FLYING SPINS <u>or FLYING ENTRIES</u> PERMITTED Maximum of Level 2
Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as include three-turns, mohawks and brackets as examples. (See Step Sequences on page 31 for how to achieve levels) Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
<u>Sequential Twizzle Series</u>	One set of <u>sequential</u> twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (<u>Only one step between twizzles is allowed for a sequential twizzle</u>)
Choreographic Character Step	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.

* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagram on page 52.

NOVICE COMBINED EVENT:

Test qualifications as of April 1, 2023, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least one dance of the standard Silver solo or standard Silver partnered pattern dance test or have passed the standard solo or partnered Novice/Silver free dance test. Skaters must not have passed any Gold or higher solo or partnered dance tests and must not have passed any solo or partnered free dance tests higher than the Novice/Silver free dance test. Skaters must not have passed the Senior/Gold or higher singles tests.

Pattern Dance Selection for Novice

2023 Season: Blues* (3 sequences)

Free Dance Requirements for Novice:

Novice Solo Free Dance: 2:20 +/- 10 seconds	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.	
Edge Elements	Two different types of short edge elements, but no more. (Spiral type may be repeated once if in different positions in each) Short edge elements may not exceed 7 seconds.
Spin	One Spin but no more. Minimum of three revolutions on one foot. May change feet more than once. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED Maximum of Level 3
Step Sequence One Foot Turn Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as include three-turns, mohawks, brackets and counters as examples. (See Step Sequences on page 31 for how to achieve levels) One, One Foot Turn Sequence to be skated anywhere in the program. It must meet the definition of the One Foot Turn Sequence as defined on page 34. Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Sequential Twizzle Series	One set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)
Choreographic Character Step	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.

* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagram on page 57.

JUNIOR COMBINED EVENT:

Test qualifications as of April 1, 2023, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least two dances of the standard Pre-Gold solo or standard Pre-Gold partnered pattern dance test or have passed the standard Junior/Pre-Gold solo or partnered free dance test. Skaters must not have passed any solo or partnered dance tests higher than the complete Gold dance test and must not have passed any solo or partnered free dance tests higher than the Junior/Pre-Gold free dance test.

Rhythm Dance Requirements for Junior:

Junior Solo Rhythm Dance: <u>2:50</u> +/- 10 seconds	
Music Requirements: Tango plus at least one of the following Dance Styles; Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga. Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.	
Edge Element	One short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Step Sequence	Pattern must be midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns. (See Step Sequences on page 31 for how to achieve levels) <u>Note: The step sequence must be skated in a different Dance style than that of the Pattern Dance Element (Argentine Tango).</u> <u>Not permitted elements:</u> pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes. <u>Permitted:</u> One stop up to 5 seconds.
<u>Sequential Twizzle Series</u>	One set of <u>sequential</u> twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. May be skated anywhere in the program except in the required step sequence.
Pattern Dance Element	<u>Argentine Tango</u> <u>1AT - Section 1, Man's steps 1-18 & 2AT - Section 2, Woman's steps 19-31.</u> <u>Two (2) Sections of Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the Judges left side. Step #19 of 2AT skated at the Judges right side.</u> <u>Timing: The PDE must be skated in strict time to the music. The first step of the dance begins on beat one of a musical phrase. The PDE must be skated to the Tango Rhythm, with the range of tempo: 7 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute.</u> <u>Crossing the Long Axis is permitted for Steps #13 - 15</u>

	<p>For more information see the pattern diagram on page 62.</p> <p>Junior Solo Rhythm Dance – Continued</p>
Additional Information	<p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted.</p> <p>Touching the ice with hand(s) is not permitted.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel.</p>

Free Dance Requirements for Junior:

<p align="center">Junior Solo Free Dance: 3:00 +/- 10 seconds</p> <p align="center">MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p align="center">Music must have a change of tempo and/or expression.</p>	
Edge Elements	<p>Two options:</p> <ol style="list-style-type: none"> 1) One combination edge element or; 2) Two different types of short edge elements. (Spiral type may be repeated once with different positions in each) <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One Spin but no more. Minimum of three revolutions on one foot. May change feet more than once.</p> <p>Note: NO FLYING SPINS <u>or</u> FLYING ENTRIES PERMITTED</p>
Step Sequence	<p>One step sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as brackets, counters, rockers, mohawks, twizzles and Choctaws as examples. (See Step Sequences on page 31 for how to achieve levels)</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
One Foot Turn Sequence	<p>1, One Foot Turn Sequence to be skated anywhere in the program. It must meet the definition of the One Foot Turn Sequence as defined on page 34.</p>
Twizzle Series	<p>One solo twizzle series. <u>At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles.</u></p>
Choreographic Elements	<p><u>Two Choreographic Elements to be selected from the following:</u></p> <ul style="list-style-type: none"> • Choreographic Character Step • Choreographic Sliding Movement • <u>Choreographic Spinning Movement</u> • <u>Choreographic Twizzling Movement - (can only be performed after required Twizzles)</u>

SENIOR COMBINED EVENT:

Test qualifications as of April 1, 2023, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard solo or standard partnered Gold pattern dance test or have passed the standard senior solo or partnered free dance test.

Rhythm Dance Requirements for Senior:

Senior Solo Rhythm Dance: <u>2:50</u> +/- 10 seconds	
Music Requirements: At Least Two (2) Different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba. The Pattern Dance Type Step Sequence and Step Sequence must be skated to a different Latin Style/Rhythm. Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.	
Edge Element	One short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Step Sequence	Pattern must be midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns. (See Step Sequences on page 31 for how to achieve levels) <u>Note: The step sequence must be skated in a different style than that of the Pattern Dance Type Step Sequence.</u> Not permitted elements: pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes. Permitted: One stop up to 5 seconds.
<u>Sequential Twizzle Series</u>	One set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. May be skated anywhere in the program except in the required step sequence, PST or <u>ChRs</u> .
<u>Choreographic Rhythm Sequence (ChRs)</u>	<u>Rhythm: Skated to any of designated Latin Rhythm(s)/Style(s) and performed in the "style" of the chosen Rhythm.</u> <u>Pattern: Starts with a stop on the Short Axis, - proceed 10 meters on either side of the Short Axis - proceed from barrier to barrier (The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.)</u> <u>Permitted: Retrogression, Loops and Stop(s) for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on number of stops as long as each one is no more than 5 seconds)</u> The Choreographic Rhythm Sequence is evaluated as a Choreographic Element

<p>Pattern Dance Type Step Sequence</p> <p>(PSt)</p>	<p><u>1 Pattern Dance Type Step Sequence:</u></p> <p>Duration: any exact number of musical phrases.</p> <p>Pattern: <u>Starting with a Stop on the Short Axis</u> on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern)</p> <p>Stops: one (1) required at the start of the PST (this will count as one of the permitted stops)</p> <p>Not permitted: Stops (only allowed at the beginning to indicate the start of the PSt). If a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program, and Retrogressions are also not permitted.</p> <p>The tempo of the music of the Pattern Dance Element must remain constant throughout.</p>
<p>Additional Information</p>	<p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis) of barrier. May also cross long axis at entry and/or exit to step sequence. Loops that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel.</p> <p>Touching the ice with hand(s) is not permitted.</p>

Free Dance Requirements for Senior:

<p align="center">Senior Solo Free Dance: 3:10 +/- 10 seconds</p> <p align="center">MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p align="center">Music must have a change of tempo and/or expression.</p>	
Edge Elements	<p>Two options:</p> <p>1) One combination edge element plus one short edge element of a different type than performed in the combination.</p> <p>Or</p> <p>2) Three different types of short edge elements. (Spiral Type maybe be repeated once with different positions in each)</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One Spin but no more.</p> <p>Minimum of three revolutions on one foot. May change feet more than once.</p> <p>Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED</p>
Step Sequence	<p>One step sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as brackets, counters, rockers, mohawks, twizzles and Choctaws as examples. (See Step Sequences on page 31 for how to achieve levels)</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
One Foot Turn Sequence	<p>One, One Foot Turn Sequence to be skated anywhere in the program. It must meet the definition of the One Foot Turn Sequence as defined on page 34.</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
Twizzle Series	<p>One solo twizzle series. <u>At least two steps required between 1st and 2nd twizzles but no more than four steps between twizzles.</u></p>
Choreographic Elements	<p><u>Three Choreographic Elements to be selected from the following:</u></p> <ul style="list-style-type: none"> • Choreographic Character Step • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement – (can only be performed after required Twizzles)

2023 Solo Dance Series Technical Rules

Basic Principles of Calling

1. The Technical Panel shall identify what is performed despite what is listed on the Planned Program Content Sheet.
 2. Adjustments to Levels shall apply to the Level determined according to the Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
 3. To be given any Level, a Required Element must meet all the requirements for a Basic Level.
 4. If the element **meets the requirements for a basic level or higher** and is interrupted and the skater tries to continue the same element as a 2nd attempt to fill the time, this is ignored by the Technical Panel and Judges/Referee. (Does not apply to Step Sequences and Pattern Dances)
 5. If a program concludes with the skater performing an element, the element and its Level shall be identified until the movement stops completely.
 6. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
 7. If an Edge Element held 3 seconds or longer is performed in a Step Sequence, including a PST, Choreographic Character or Rhythm Step Sequences, whether in Rhythm Dance or Free Dance, or a Spin in a step sequence in the Free Dance, the Element will be called and will receive the abbreviation +ExEI. This indicates the element receives No Value, the deduction of -0.5 point Juv, Int, Nov & -1.0 point Jr, Sr and it will NOT count as a required element. This extra element should be placed in a separate box with the element and ExEI. (For example, after the step sequence you would see Ee+ExEI or Sp+ExEI)
- Quick Edge Element type movements, in the step sequence only, that are less than 3 seconds will be ignored.
8. Set(s) of Twizzles performed in required Step Sequences (including Pattern Dance Type Step Sequences) shall not be identified.
 9. If there is an Illegal Element/Movement during the execution of any element, (excluding choreographic elements) the element will receive Basic Level if the requirements for at least Basic Level are fulfilled. Otherwise, the element will be called No Level. The deduction for an Illegal Element/Movement (2.0) will apply.

PATTERN DANCE

DEFINITIONS

Change of Edge

The visible tracing of a skate on one foot that changes from one curve and edge to a different curve and edge.

Edge

The visible tracing of a skate on one foot that is on one curve.

Mohawk

A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from outside edge to an outside edge or from an inside edge to an inside edge.

Open Mohawk

A Mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot (example: Man's Steps 8 and 9 and the Lady's Steps 12 and 13 in the Fourteen Step). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.

Closed Mohawk

A Mohawk in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot (examples: Steps 11 and 12 of the Rocker Foxtrot). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.

Open Choctaw

A Choctaw in which the free foot is placed on the ice on the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot. The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.

Closed Choctaw

A Choctaw in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot (example: Steps 12 and 13 in the Blues) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.

Cross Roll (forward/backward) (CR)

A roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on the ice to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a "rolling movement". Following this movement, an outside edge is required.

Cross Stroke (XS)

A forward or backward step started with the feet crossed so that the impetus or power is gained from the outside edge of the foot that is becoming the free foot. (Note: The legs cross above the knees.)

Crossed Step In Front (XF)

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed in front of the skating leg (note: the legs cross below the knees).

Crossed Step Behind (XB)

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed behind the skating leg (note: the legs cross below the knees).

Swing Choctaw

An Open or Closed Choctaw in which the free leg swings forward closely past the skating leg and then back to the skating foot to execute the turn (example: Steps 5 and 6 [first part] of the Quickstep).

Sequence of Pattern Dance

The set order of the prescribed steps/turns that compose one pattern (sequence) of a Pattern Dance.

Slip Step

A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg, which may be well bent or straight, while the free foot slides forward on the ice to full extension.

Swing Rocker or Counter

A Swing Rocker or Counter – A type of Rocker or Counter in which the free foot swings smoothly past and close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward.

Swing Roll

A short or long, forward or backward edge, held for several beats of music during which, when skating backward, the free leg lifts and then first swings forward, then backward past the skating foot, then back beside to skate the next step. When skating forward, the free leg first swings backward, then forward and then back beside to skate the next step. The swing of the leg gives the sense of a “rolling movement”.

Three Turn

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The Skater turns in the direction of the curve.

Shadow Dance Cross Tracking

Two skaters perform the pattern dance down the length of the rink in a side-by-side manner and then cross each other's track on the end pattern (unless otherwise prescribed) so that they are on opposite sides for the next sequence of the dance. If the skaters are on the opposite side for the next sequence, Cross Tracking should be counted towards a level. This is done for each required sequence of the pattern dance. “Follow the Leader” style tracking down the sides with changing the “Leader” does not count as Cross Tracking. “Follow the Leader” style tracking is allowed however on the end pattern in order to change sides.

Correct Turn/Correct Step

A correct turn has a correct foot placement, clean edge in and out of the turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. A correct Step has the correct edge from the start to the end of the step. In order to be considered correct, the turn or step must also be held for the correct number of beats as prescribed in the rules for each pattern dance. If the step or turn is correct but the timing is not, the specialist will call “timing” and a “T” will appear on the skater's protocol. A timing call does not receive the points for a correct step or turn and it will be considered the same as if it were not performed correctly from an accounting standpoint.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Key Point: A Key Point is correctly executed when all of the related criteria are met and all of its Edges/Steps are held for the required number of beats. Key Points are technical requirements valid for one season and are published at the start of each season. A Key Point may be reviewed on video by the Technical Panel but not in slow motion. When there are only two members of the technical panel and if the call is split, the decision goes in favor of the skater.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step. (unless otherwise prescribed)

Additional Principles of Calling

1. If a Fall or interruption occurs at the entrance to or during a Pattern Dance Element and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
2. If a skater starts on the wrong side of the rink, the Referee must blow the whistle immediately and have them restart going the correct direction. The TC may alert the Referee by headset if the Referee doesn't notice it. If the whistle is not blown, the Technical Panel will call each pattern with no penalty to the skater.

Characteristics of Levels for Shadow Events

- Basic Level - The skaters must complete 75% of the dance to get a Basic Level for the sequence.
- Level 1 - The skaters must execute Shadow Dance Cross Tracking to get a Level 1 for the sequence.

Characteristics of Levels for all Solo Pattern Dances and Pattern Dance Elements for Rhythm Dance

- Basic Level - The skater must complete 75% of the dance to get a Basic Level for the sequence.
- Level 1 - The skater must complete 75% of the dance and perform one "Key Point" according to the criteria to get a Level 1 for the sequence.
- Level 2 - The skater must complete 75% of the dance and perform two "Key Points" according to the criteria to get a Level 2 for the sequence.

Solo Variation Pattern Dance

- 1) The skater will perform one sequence (or the first section of a sequence) of the pattern dance starting on the judges' side of the rink. The steps will be according to Solo Series Steps as outlined in the Pattern Dance Handbook. (not the USFS Rulebook)
- 2) The skater will then perform a pattern dance like step sequence that shall last within the range of the designated number of measures as outlined in the pattern diagrams handbook. The first step of the variation dance will immediately follow the completion of the required sequence (or section).
- 3) The pattern must travel in the same direction as the dance and not cross the long axis other than at the end of the rink. It should look very much like a pattern dance. Looping the pattern so it crosses itself is not permitted.
- 4) The dance will end at the same place where step one of the pattern dance would be so the officials know that it's over. The ending after the variation portion is completed should be short (around 4 measures) and follow the pattern dance rules regarding illegal elements.
- 5) The music will be Skaters Choice and must obey the beats per minute rules for the dance as listed in the diagrams.
- 6) Not permitted in the variation dance: Retrogressions, Spins, Stops, Jumps of $\frac{1}{2}$ revolution or more and any Movement that would meet the criteria to be called an Edge Element.
- 7) Key Points will be required to be considered for level above base. Key Points can be found in this handbook starting on page 43 or the Pattern Dance Diagram Handbook.
- 8) The skater must skate their creative variation for at least 50% of the distance from the last step of the chosen pattern dance to step 1 of that dance (the ending spot for the variation) in order to receive a Basic Level for the Variation portion of the dance.

EDGE ELEMENTS

Definitions

Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one lobe) in any selected position. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained.

Short Edge Elements include the following Types below:

- A. Spirals, in varied positions or an Attitude (may be repeated if position is completely different)
- B. Crouch, in varied positions ie; one leg extended to the side, back or front, on or off the ice
- C. Spread eagle
- D. Ina Bauer

***Note: Starting with the 2023 season, a simple lunge will no longer be recognized as an Edge Element and may be used as choreography throughout the Solo Series.**

Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed twelve (12) seconds in total. A change of position is not required for each part of the Combination Edge Element. A turn of no more than half a revolution is allowed between each Short Edge Element (except when attempting a twizzle as a "difficult turn as a connecting step" extra feature). A change of foot is permitted between each Short Edge Element with no more than 2 steps* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

*If there are more than 2 steps, or more than ½ revolution, (with the exception of the twizzle as a "difficult turn as a connecting step" additional feature) between each part of the Combination Edge Element, it will be called as two short edges and occupy two boxes.

Spiral Type Edge Element -

A Spiral is a position with one blade on the ice and the free leg (including knee and foot) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of ninety degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

Crouch Type Edge Element -

A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front. A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice, will be considered a Crouch Type Edge Element. A Hydroblade movement, done almost level with and parallel to the ice with the core of the body clearly positioned away from the vertical axis is also a Crouch Type Edge Element. (May not touch the ice with any other part of the body i.e.; hand, hip or the free leg. The boot of the free leg is allowed to touch the ice)

*Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as a Spread Eagle Type Edge Element.

Spread Eagle Type Edge Element -

A two-footed movement in which a skater travels along the ice with one foot on a forward edge/ tracing and the other on a matching backward edge/tracing on the same curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch or in the **second** part of a Combination Edge Element.

Ina Bauer Type Edge Element -

A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

Additional Principles of Calling for Edge Elements:

1. The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Edge Elements shall be identified as an Edge Element and classified as an Additional Element with no value and the appropriate deduction is applied. (deductions vary by level)
2. Any Edge Element(s) or part of a Combination Edge Element of a repeated **Type** shall be classified as an "Additional Element" and will receive the abbreviation* (e.g., Ee*). It indicates that the element receives No Value, the appropriate deduction is applied (deductions vary by level), it occupies a box, and it will count as an Edge Element with the exception of:
 - The second part of a Combination Edge Element composed of two Short Edge Elements on two curves forming a serpentine pattern as repeated types and positions within a Combination Edge Element are permitted.
 - Two spirals using different positions may be used if the look is completely different.
3. Any Edge Element sustained 3 seconds or longer of any Type, not according to the Required Elements for Rhythm Dance or the Well-Balanced Free Dance Program, shall be classified as an Extra Element with no value.
4. Each part of the Combination Edge Element will receive a Level or No Value if it doesn't meet the requirements for a Basic Level.
5. A brief movement, less than 3 seconds, in which an Edge Element Type is attained but is not sustained shall not be considered as an Edge Element.
6. If a Fall or interruption occurs at the entrance to the element, the Edge Element shall not be identified.
7. If a Fall or interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met. If the skater continues the same element as a 2nd attempt to fill the time, this is ignored by the Technical Panel and Judges/Referee.
8. If an Edge Element sustained for 3 seconds or longer is performed in a Step Sequence, including a PSt, Choreographic Character Step or Choreographic Rhythm Sequence, whether in Rhythm Dance or Free Dance, the Element will be called and will receive the abbreviation +ExEI. This indicates the element receives No Value, the appropriate deduction is applied (deductions vary by level), and it will NOT count as a required element. The Element, with +ExEI, should be entered into the box directly below the step sequence.
9. Inside Spread Eagles will not be considered as an Edge Element and only considered basic choreography unless it is the second part of a Combination Edge Element. Inside Spread Eagles in a full crouch however will be identified as a Crouch Type Edge Element if the crouch is clearly established with the thighs parallel to the ice.

Applicable to Combination Edge Elements:

1. A Combination Edge Element shall be identified when two Short Edge Elements are performed consecutively on two separate curves to form a serpentine-like (S-shaped) pattern or it shall be identified as a Short Edge Element if only one Edge Element Type on one lobe can be identified. The Level of each of the two Types of Edge Element shall be given separately.
2. If one of the Short Edge Element forming the Combination Edge Element includes an Illegal Element, the deduction for Illegal Element will apply once and the Part of the Combination Edge Element including the Illegal Element will receive a Basic Level.
3. If both Short Edge Elements forming the Combination Edge Element include an Illegal Element (same or different), the deduction for Illegal Element will apply twice and both parts of the Combination Pose will receive a Basic Level.
4. In a Combination Edge Element, if a skater performs an Illegal Element as an Entry and/or Exit Feature (such as a Jump of more than one half revolution): the deduction for Illegal Element will apply and the first and/or second part of the Combination Edge Elements will receive a Basic Level. The other part of the Edge Element will receive a Level according to the requirements met. Otherwise, the element will be called Basic Level if the element fulfils the requirements for Basic Level, or No Level if the minimum requirement for Basic Level are not fulfilled.
5. Any Difficult entry feature(s) connected with the 1st Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 2nd Edge Element in a Combination Edge Element.
6. Any Difficult exit feature(s) connected with the 2nd Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 1st Edge Element in a Combination Edge Element.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Difficult Positions to be Considered for Level

- a) A Split: a spiral (per the spiral definition; in front, to the side or towards the back) when leg is extended up so the legs of the skater are extended in one line with the angle between thighs about 180 degrees (may be supported by the hands).
- b) A Spiral comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade).
- c) A "Biellmann": body in any orientation (e.g. upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot or blade pulled by the hand behind and above the level of the head.
- d) A "Kerrigan": a spiral where the leg is extended behind with the entire boot higher than the head and the free leg held by the hand around the knee.
- e) A "135": when skating backwards and the leg is extended in front or slightly to the side and not held by the hands, and positioned at least 135 degrees between the thighs.
- f) An outside Ina Bauer
- g) An outside Spread Eagle
- h) Hydroblade. **The core of the body must be clearly positioned away from the vertical axis.** If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Choreographic Sliding Movement or penalized according to the rules if done in Juvenile through Novice.
- i) A Spiral/ Simple Camel Position with the free leg slightly higher than horizontal in position. This is for the Man only.

***Notes:**

- A chosen example of a Difficult Pose shall be considered for Level only the first time it occurs.
- Examples b) (full doughnut/ring) and c) (full "Biellmann") shall be considered as the same.
- Examples a) (Split) and d) (Kerrigan) shall be considered as the same.

Entry Feature: (Will upgrade by one level the second of two Short Edge Elements when done as a Combination Edge Element)

- Unexpected entry without any evident preparation.
- Difficult/transitional entry (Example; from a twizzle or jump)
- Continuous combination of two or more intricate steps and/or movement(s) performed immediately before the Edge Element. They must be clearly obvious to the Technical Panel and at least two steps/movements must be performed to be considered as a Feature. Considered for level only the first time it is performed.

Exit Feature: (Will upgrade by one level, the first of two Short Edge Elements when done as a Combination Edge Element)

- Difficult/transitional exit. (Example; directly from the position into a twizzle/difficult turn or different/difficult position or brief Edge Element Type not held for 3 seconds.
- Continuous combination of different creative and/or difficult and/or intricate steps or movements or a continuous combination of both creative and/or difficult and/or intricate step(s) with movement(s) immediately following the Edge Element. Considered for level only the first time it is performed.

Arm/Upper Body Feature:

Significant Arm Movement

- Significant and continuous movement of the arms in a manner that should enhance the music chosen and express its character. Where one arm is being used to support the free leg in position the free arm should be used continuously. Simple use of the hands only is not sufficient. Movement should start within the first second after establishing the position of the element and last until its completion.
- Additional feature for spirals, upper body (shoulder and head) turned upwards- facing up so that the line of the shoulders is at least 45 degrees past the vertical point and no additional support of the free leg.
- Additional feature for Ina Bauer, back arched back with head tilted towards the ice.

Combination Edge Element Additional Features:

A. Change of Edge (Combination Edge Elements Only)

The change of edge connecting two Edge Elements should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established within 2 seconds. If the second edge is established after 2 seconds the feature will not be considered. When the two Edge Elements are Spirals, the free leg must be held higher than the hip. No steps, touch downs or pushes are allowed during the entire element achieve the feature.

B. Difficult Turn as Connecting Step (Combination Edge Elements Only)

A difficult turn (Bracket, Counter, Twizzle (any number of rotations allowed) or Rocker) is used as a connecting step between two Short Edge Elements to form a Combination Edge Element. The turn must be identifiable to be considered as a Feature. Only one extra step, push or touch down is allowed prior to the start of the second side of the Combination Edge Element. The step may be prior to or after the difficult turn.

Characteristics of Levels for Edge Elements - Maximum Level 4

Characteristics of Basic Level

Short Edge

- An Edge Element of any **Type** established in position, on a lobe, sustained for at least 3 seconds.

Combination Edge

- For a Combination Edge Element, each part will receive a Level according to the requirements for a Level or **ignored** if it doesn't meet the requirements for a Basic Level. If the second part of the Combination Edge Element is not on a different lobe, then the second part will be called No Value **and exit features will not be considered for level.**

Characteristics of Level 1 for Edge Elements

Short Edge

- An Edge Element of any **Type** established in position, on a lobe, sustained for at least 3 seconds.

And, must have one of the following features:

- An Entry Feature is identified by the Technical Panel
- **An Exit Feature is identified by the Technical Panel**
- **Arm/Upper Body Feature is identified by the Technical Panel**

Combination Edge

- Each portion of the Combination Edge Element receives a Level 1 according to the requirements for a Level 1.

Or

- One portion of the Combination Edge Element receives a Level 1 according to the requirements for a Level 1 **and** a Combination Edge Element Additional Element Feature* is performed.

Or

- **Entry Features may be used to upgrade by one level the second half of the combination and the Exit Features maybe be used to upgrade the first half of the combination.**

Characteristics of Level 2 for Edge Elements.

Short Edge

- An Edge Element of any **Type** established in position, on a lobe, sustained for at least 3 seconds.

And, must have two of the following features:

- An Entry Feature is identified by the Technical Panel
- **An Exit Feature is identified by the Technical Panel**
- **Arm/Upper Body Feature is identified by the Technical Panel**

Or

- **A Difficult Position is sustained for 3 seconds**

Combination Edge

- Each portion of the Combination Edge Element receives a Level 2 according to the requirements for a Level 2.

Or

- One portion of the Combination Edge Element receives a Level 2 according to the requirements for a Level 2 and the other portion receives a Level 1 according to the requirements for a Level 1 **and** a Combination Edge Element Additional Element Feature* is performed.

Or

- **Entry Features may be used to upgrade by one level the second half of the combination and the Exit Features may be be used to upgrade the first half of the combination.**

Characteristics of Level 3 for Edge Elements

Short Edge

- An Edge Element of any type established in position, on a lobe, sustained for at least 3 seconds.

And, must have:

- A Difficult Position is sustained for 3 seconds

And 1 of the following features:

- An Entry Feature is identified by the Technical Panel
- An Exit Feature is identified by the Technical Panel
- Arm/Upper Body Feature is identified by the Technical Panel

Combination Edge

- Each portion of the Combination Edge Element receives a Level 3 according to the requirements for a Level 3.

Or

- One portion of the Combination Edge Element receives a Level 3 according to the requirements for a Level 3 and the other portion receives a Level 2 according to the requirements for a Level 2 **and** a Combination Edge Element Additional Element Feature* is performed.

Or

- Entry Features may be used to upgrade by one level the second half of the combination and the Exit Features maybe be used to upgrade the first half of the combination.

Characteristics of Level 4 for Short Edge Element

Short Edge

- An Edge Element of any type established in position, on a lobe, sustained for at least 3 seconds.

And, must have:

- A Difficult Position is sustained for 3 seconds

And 2 of the following features:

- An Entry Feature is identified by the Technical Panel
- An Exit Feature is identified by the Technical Panel
- Arm/Upper Body Feature is identified by the Technical Panel

Combination Edge

- Each portion of the Combination Edge Element receives a Level 4 according to the requirements for a Level 4.

Or

- One portion of the Combination Edge Element receives a Level 4 according to the requirements for a Level 4 and the other portion receives a Level 3 according to the requirements for a Level 3 **and** a Combination Edge Element Additional Element Feature* is performed.

Or

- Entry Features may be used to upgrade by one level the second half of the combination and the Exit Features maybe be used to upgrade the first half of the combination.

*Combination Edge Element Additional Features:

- A. Change of Edge is performed between Elements
- B. Difficult Turn as Connecting Step

Adjustments to level:

1. A significant deviation off the edge onto a flat; the technical panel will reduce the level by 1, (The element will still receive a Basic Level if only the requirements for a Basic Level are met).
2. A touch down, due to a loss of control, during the steps between the two parts of a Combination Edge Element will result in a reduction by one level to the second part of the element.

DANCE SPINS

Definitions

Basic Position - Upright Position, Sit Position or Camel Position.

Camel Position - Performed on one foot with skating leg straight or slightly bent and body bent forward and free leg extended or bent upward on a horizontal line or higher. If the waistline is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than approximately 120 degrees, the position shall be considered as a Sit Position

Solo Dance Spin - Spin with or without any change of foot.

Sit Position - Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side or back.

Spin - A spin performed on the spot around a central axis on one foot.

Upright Position - Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back or bent to the side.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Basic Upright Position

If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

Basic Sit Position

If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions.

Basic Camel Position

If the waist line is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

Difficult Variations of Basic Upright Position Examples

- a) "Biellmann" type – body upright with the heel of the boot pulled by the hand behind and above the level of the head;
- b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice;
- c) Split with both legs straight and the boot/skate of the free leg held up higher than the head
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade.

Difficult Variations of Basic Sit Position Examples

- a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice;
- b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice;
- c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg;
- d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg;
- e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice;
- f) Free leg directed forward, with not more than 90 degrees between thigh and shin of skating leg, and back of upper body almost parallel to the ice.

Note: Example e) performed right after any other Difficult Variation of Sit Position shall be considered as the same Difficult Variation of Sit Position.

Difficult Variations of Basic Camel Position Examples

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point;
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length between head and blade);
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head;
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees);
- e) Simple Camel Position by the man with the free leg on horizontal line or higher.

Note: Simple Camel spin by the woman shall not be considered as a Difficult Variation of Camel Position.

Additional Notes

Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) per shall be considered as the same Difficult Variation.

Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.

Rotations shall be considered for total number of rotations when performed fully, continuously, on one foot.

Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.

Additional Principles of Calling for Spins:

- The first performed Dance Spin shall be identified as the required Dance Spin, classified as Spin, and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Dance Spins of three or more rotations shall be identified as Dance Spins called No Value and an Additional Element penalty will be applied. However, if a Choreographic Element is required with Choreographic Spinning Movement as an option, this element shall be identified as Choreographic Spinning Movement anywhere in the program where it is first performed. Any subsequent Dance Spin and/or Choreographic Spinning Movement performed after the Required Dance Spin and/or Choreographic Spinning Movement shall not be identified.
- A Spin in a step sequence or the Choreographic Step Sequence in the Free Dance, will be called and will receive the abbreviation +ExEl. This indicates the element receives No Value, the deduction of -0.5 point Juv, Int, Nov & -1.0 point Jr, Sr and it will NOT count as a required element.
- In case a Spin is required and a change of foot is not permitted, the required Dance Spin performed with a change of foot shall be called as No Value but will not be considered an Additional Element unless it follows the first required Spin performed.
- If a Fall or Interruption occurs at the attempt of a Dance Spin (at the entry edge of the spinning action), the Dance Spin shall not be identified.
- If a Fall or interruption occurs during a Dance Spin the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or No Level if the requirements for Basic Level are not met, and any additional part attempted after the fall or interruption shall not be identified.
- A Spin is performed on the spot and not significantly traveling across the ice or it will be considered a Twizzle and part of the choreography.
- A Spin with a flying entry will be called as No Value as it is the wrong element.
- If a skater touches down during the Spin due to a loss of control, or the skater performs a push without changing feet, the Level will be reduced by one Level.
- A spin performed in the Rhythm Dance will be ignored by the technical panel and considered a stop by the judging panel.

Characteristics of Levels for Dance Spins – Maximum Level 2 for Juvenile and Intermediate, Level 3 for Novice and Level 4 for Junior and Senior.

Characteristics of Basic Level

- A Spin must rotate at least three revolutions for Basic Level. A Spin with less than three revolutions will be called No Value.

Characteristics of Level 1

- A Spin that rotates at least three revolutions while maintaining one Difficult Variation for three revolutions from one of the Basic Positions.

Characteristics of Level 2

- A Spin that rotates at least three revolutions while maintaining two Difficult Variations for three revolutions each from two of the Basic Positions.

Characteristics of Level 3

- A Spin that rotates at least three revolutions while maintaining three Difficult Variations for three revolutions each from three of the Basic Positions.

Characteristics of Level 4

- A Spin that rotates at least three revolutions while maintaining four Difficult Variations for three revolutions each from three of the Basic Positions.

Note: Any spin that changes direction where there are at least three revolutions in each direction can be counted as a difficult variation for a level 3 or 4 spin.

Note: Where a change of foot is permitted the skater may change feet more than once.

STEP SEQUENCES

DEFINITIONS

Bracket

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction opposite to the curve.

Choctaw

A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. Unless otherwise specified in the dance description, the free foot is placed on the ice close to the skating foot. The entry and exit edge are of equal depth.

Counter

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction opposite to the entry curve (i.e. in the direction of the exit curve).

Twizzle & Double Twizzle

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked Three Turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, the Twizzle, it becomes a Solo Spin (Pirouette).

The four (4) different types of entry edges for Twizzles are as follows:

- Forward Inside
- Forward Outside
- Backward Inside
- Backward Outside

A Double Twizzle is a Twizzle of two full rotations and required for either a level 3 or level 4.

Outside Mohawk

A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge or from an inside edge to an inside edge.

Rocker

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction of the entry curve.

Correct Turn

A correct turn has a correct foot placement, clean edge in and out of the Turn, and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes.

ADDITIONAL PRINCIPLES OF CALLING STEP SEQUENCES

- The first performed Step Sequence of a required type shall be identified as the required Step Sequence of that Type and given a Level, or No Level if the requirements for Basic Level are not met. Subsequent Step Sequences of that Type and Step Sequences of a Type not according to the Required Elements for Rhythm Dance or the Well-Balanced Free Dance program shall not be identified.
- If a Fall or interruption occurs at the entrance to or during a Step Sequence and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
- If an Edge Element held 3 seconds or longer is performed in a Step Sequence, including a PSt, Choreographic Step Sequence or Choreographic Rhythm Sequence, whether in Rhythm Dance or Free Dance, or a Spin in a step sequence in the Free Dance, the Element will be called and will receive the abbreviation +ExEI. This indicates the element receives No Value, the deduction of -0.5 point Juv, Int, Nov & -1.0 point Jr, Sr -1 and it will NOT count as a required element. (For example, after the step sequence you would see Ee+ExEI or Sp+ExEI)

Characteristics of Levels - Maximum Level 4

Basic Level: A Step Sequence not interrupted more than 50% of the pattern in total, either through stumbles, Falls or any other reason is required to receive a Basic Level.

Level 1: A Step Sequence not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason and 1 difficult correct turn is required to receive a Level 1.

Level 2: A Step Sequence not interrupted more than 25% either through Stumbles, Falls or any other reason and includes at least 3 different correct difficult turns.

Level 3: A Step Sequence where the pattern not interrupted more than 10% either through Stumbles, Falls or any other reason and includes at least 4 different correct difficult turns. Must include double twizzle.

Level 4: A Step Sequence where the pattern has no interruptions, either through Stumbles, Falls or any other reason and includes at least 5 different clean difficult turns. Must include double twizzle. Turns must be multidirectional.

Notes:

- Only the first attempt of each difficult turn will be considered for level.
- List of difficult turns for consideration: Rocker, Counter, Bracket, Twizzle for Level 1 and 2, Double Twizzle for Level 3 and 4, Outside Mohawk or Choctaw.
- Juvenile will have a Choreographic Step Sequence and will have the same requirements as a Basic Level in order for the Step Sequence to be confirmed. If more than 50% is interrupted, it will be a No Value.

PATTERN DANCE TYPE STEP SEQUENCE

Definitions

Pattern Dance Type Step Sequence (PSt)

A step sequence of steps and turns performed in a Rhythm Dance according to the requirements announced for the season.

Bracket

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction opposite to the curve.

Choctaw

A turn from one foot to the other in which the curve of the exit edge is opposite to that of the entry edge. The change of foot is from outside edge to inside edge or inside edge to outside edge. Unless otherwise specified in the dance description, the free foot is placed on the ice close to the skating foot. The entry and exit edge are of equal depth.

Counter

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction opposite to the entry curve (i.e., in the direction of the exit curve).

Outside Mohawk

A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from an outside edge to an outside edge.

Rocker

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction of the entry curve.

Twizzle

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked Three Turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, the Twizzle, it becomes a Solo Spin (Pirouette).

The four (4) different types of entry edges for Twizzles are as follows:

- Forward Inside
- Forward Outside
- Backward Inside
- Backward Outside

A Double Twizzle is a Twizzle of two full rotations

ADDITIONAL PRINCIPLES OF CALLING PATTERN DANCE TYPE STEP SEQUENCES

- The first step of the PST will immediately follow the required stop on the short axis.
- The pattern must meet the requirements for the season according to level. The basic steps should look very much like a pattern dance.
- The PST will end at the short axis on the opposite side of the rink from the start of the element.
- The music must obey the requirements as listed in the Rhythm Dance Requirements.
- Not allowed in the PST: Retrogressions, Spins, Stops and Any Movement that would meet the criteria to be considered an Edge Element, regardless of the length of time it is held. Jumps with rotation of any kind are also not permitted (small toe hops with no rotation, if appropriate for the music, are allowed).

Characteristics of Levels - Maximum Level 4

Base Level: Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason.

Level 1: Step Sequence is not interrupted more than 50% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork includes at least 1 Type of Difficult Turn skated correctly (Only the first four attempted Different Difficult Turns are considered for level).

Level 2: Step Sequence is not interrupted more than 25% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork, includes at least 2 different Types of Difficult Turns skated correctly (one of which may be a Single or Double Twizzle) (Only the first four attempted Different Difficult Turns are considered for level).

Level 3: Step Sequence is not interrupted more than 10% of the pattern in total, either through Stumbles, Falls or any other reason AND Footwork, includes at least 3 different Types of Difficult Turns skated correctly (must be "Double Twizzle" for levels 3 & 4) (Only the first four attempted Different Difficult Turns are considered for level) AND Turns are multidirectional.

Level 4: Step Sequence is not interrupted at all, either through Stumbles, Falls or any other reason AND Footwork, includes at least 4 different Types of Difficult Turns skated correctly (must be "Double Twizzle" for levels 3 & 4) (Only the first four attempted Different Difficult Turns are considered for level) AND Turns are multidirectional AND All Steps/Turns are 100% clean.

ONE FOOT TURN SEQUENCE

Definitions

One-Foot Turn Sequence

A sequence of steps performed on one foot by a skater. To be considered a One-Foot Turn Sequence the following difficult turns must be attempted: Rocker, Bracket, Counter, Double Twizzle in any order.

Bracket

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The skater turns in the direction opposite to the curve.

Counter

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction opposite to the entry curve (i.e., in the direction of the exit curve).

Rocker

A turn executed on one foot from an outside edge to an outside edge or an inside edge to an inside edge, with the exit curve on a different lobe from the entry curve. The skater turns in the direction of the entry curve.

Twizzle

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked Three Turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, the Twizzle, it becomes a Solo Spin (Pirouette).

The four (4) different types of entry edges for Twizzles are as follows:

- Forward Inside
- Forward Outside
- Backward Inside
- Backward Outside

A Double Twizzle is a Twizzle of two full rotations

ADDITIONAL PRINCIPLES OF CALLING STEP SEQUENCES

- One Foot Turn Sequence consists of Difficult Turns performed on one foot.
- Additional one foot turns and power pulls may be included.
- If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs during the One Foot Turn Sequence and continues without interruption, its Level shall be reduced by one Level per error.
- An interruption is a touchdown with an obvious shift of weight from the skating foot to the other foot.
- If a Fall or interruption occurs at the entry edge to the first difficult turn of the One Foot Turn Sequence the element is given No Level.
- If a Fall or interruption occurs during a One Foot Turn Sequence and the element is immediately resumed, the element shall be identified and given a Level according to the requirements met before the fall or interruption, or No Level if the requirements for Basic Level are not met.

Additional Definitions, Specifications to Definitions and Notes

Types of One Foot Turn Sequence Difficult turns: Bracket, Rocker, Counter, Twizzle (Twizzle with one rotation - "Single Twizzle" only counts for Level 1 and 2. "Double Twizzle" counts for Levels 1 – 4), skated on distinct and recognizable edges according to the definitions of the turns.

Note: An error in any part of a turn will result in the turn not being considered for the Level. This also applies to an error in any part of a Twizzle or "Double Twizzle", the entire Twizzle is not considered towards the Level. As an example - If the skater includes a "Double Twizzle" as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not considered even as a "Single Twizzle".

Characteristics of Levels - Maximum Level 4

Base Level: At least 2 different Types of One Foot Turn Sequence turns are attempted.

Level 1: 1 Type of One Foot Turn Sequence turn is skated correctly and only the first attempt of the Difficult Turn is considered for Level.

Level 2: 2 different Types of One Foot Turn Sequence turns are skated correctly and only the first attempt of the Difficult Turn is considered for Level.

Level 3: 3 different Types of One Foot Turn Sequence turns (Twizzle must be done with at least two rotations - "Double Twizzle") are skated correctly and only the first attempt of the Difficult Turn is considered for Level.

Level 4: ALL 4 different Types of One Foot Turn Sequence turns (Twizzle must be done with at least two rotations - "Double Twizzle") are skated correctly and only the first attempt of the Difficult Turn is considered for Level.

TWIZZLES

Definitions

Dance Jump

A small jump not more than 1/2 a revolution, with no toe assist, used to change foot or direction.

Pirouette

A Spinning movement performed on one foot on the spot.

Twizzle & Double Twizzle

A traveling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. The weight remains on the skating foot with the free foot in any position during the turn then placed beside the skating foot to skate the next step. A series of checked Three Turns is not acceptable as this does not constitute a continuous action. If the traveling action stops during the execution, the Twizzle, it becomes a Solo Spin (Pirouette);

The four (4) different types of entry edges for Twizzles are as follows:

Forward Inside
Forward Outside
Backward Inside
Backward Outside

A Double Twizzle is a Twizzle of two full rotations

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Twizzle Features (groups of examples)

Group A – (Upper Body and hands, including wrists)

- Elbow(s) at least at level with or higher than the level of the shoulders. Elbows(s) could be above the head, at the same level as the head, or lower than the head. Hands may not be clasped or touching any part of the arms.
- Hands touching behind back and extended away from the body.
- Hands touching in front, extended away from the body, with arms straight.
- Significant continuous motion of arm(s) through entire twizzle.

Group B – (Skating Leg and Free Leg)

- Holding the blade or boot of the free foot.
- Coupe in front, side or behind with the free foot in contact with the skating leg in at least 45 degrees open hip position.
- Free foot crossed behind the skating foot and close to the ice.
- Free leg held out below the knee in front or behind not touching the skating leg in at least 45 degrees open hip position
- Sit position (at least 90 degrees between the thigh and shin of the skating leg).

Group C – (Entry and Exit)

- Entrance to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump).
- A third Twizzle of at least 3 rotations, performed correctly, started with a different entry edge than the first two Twizzles for all levels and preceded by a maximum of one step.
- For Juvenile, A second Twizzle of at least 3 rotations, performed correctly, started with a different entry edge than the first twizzle and preceded by a maximum of one step,
- Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles. (or 2nd and a 3rd twizzle for Jr and Sr Free Dance)
- Set of Twizzles performed directly from creative and/or difficult and/or intricate or unexpected entry.

Notes

The Feature may be performed in either Twizzle or both but will only count when done correctly the first time. A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established:

within the first half rotation of the Twizzle, and;

held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).

There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.

Any change of weight when on two feet between Twizzles will be considered a step.

Additional Principles of Calling:

The first performed set of Twizzles shall be identified as the required Set of Twizzle Series in Junior/Senior Free Dance and given a Level, or No Level if the requirements for Basic Level are not met. The first Set of Twizzling Movements performed after the required Twizzle Series shall be identified as Choreographic Twizzling Movement. Subsequent Twizzle Series shall not be identified.

Adjustments to Levels

- If the skater puts their foot down for a quick touch down, or uncontrolled steps of up to two steps, the TS will reduce the level by 1.
- If the skater loses control and puts their foot/feet down for more than two uncontrolled steps it will be considered an interruption and the TS will stop counting revolutions and evaluate the element up to that point of interruption.
- If the skater falls, the set or Twizzles will be given the Level achieved prior to the fall.
- If there is a full stop before the first Twizzle, the Level of the set of Twizzles shall be reduced by one Level.
- If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
 - by one Level if one of the two Twizzles becomes a Pirouette or checked Three Turn
 - by two Levels if both of the two Twizzles becomes a Pirouettes or checked Three Turn
- If there is more than one step between Twizzles in a Set of Sequential Twizzles or less than two or more than four steps in a Twizzle series, the Level of the Set of Twizzles shall be reduced by 1 Level.

Characteristics of Levels for Twizzles - Maximum of Level 4

Basic Level: At least one rotation in each of the two Twizzles*.

Level 1: At least two rotations in each of the two Twizzles* and one Feature. (Features must be held for one full revolution for Groups A & B.)

Level 2: At least two rotations in each of the two Twizzles* and two different Features from the same or different groups. Each of the two twizzles must have a different entry edge and direction of rotation. (Features must be held for two full revolutions for Groups A & B.)

Level 3: At least three rotations in each Twizzle * and three different Features from two or three different groups. Each of the two twizzles must have a different entry edge and direction of rotation. (Features must be held for three revolutions for Groups A & B.)

Level 4: At least four rotations in each Twizzle * and four different Features from three different groups. Each of the two twizzles must have a different entry edge and direction of rotation. (Features must be held for four revolutions for Groups A & B.)

**This does not apply to Juvenile as only one Twizzle is required. Juvenile will have the code of pSoTw to reflect the lower base value of a Twizzle vs. as set of Twizzles.*

Choreographic Character Step

Definitions

Choreographic Character Step Sequence

Performed anywhere in the program, a Step Sequence that must be placed around the Short Axis and proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.

Short Axis

A straight line that divides the ice surface into two halves crosswise. (The Red Line)

Additional Principles of Calling Choreographic Elements

Only the first performed Choreographic Character Step shall be identified as the required Choreographic Element. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.

The Choreographic Step Sequence must begin with the skater coming to a full stop within two meters (6 feet) of the barrier on either side of the rink on the red line. A stop is not required to show the ending of the element.

A skater may start the Choreographic Step Sequence from their opening pose which would count as the stop prior to the element as long as it meets the requirements of barrier to barrier.

The pattern of the Choreographic Character Step Sequence may vary from the Short Axis up to 10 meters on either side of the Short Axis. (between the blue lines) If it travels beyond the allowable distance, the judges panel will reflect this in their GOE.

As long as the Choreographic Character Step Sequence can be identified (along the Short Axis from barrier to barrier), any stops, pattern retrogressions, loops, etc. are allowed. Stops must not be longer than 5 seconds.

Spins are not permitted within the Choreographic Character Step Sequence. If one is performed it will be called No Level and occupy a box. If the required Spin has already been performed it will be identified as a Spin No Level and an Additional Element penalty will be applied.

Quick edge elements under three seconds and/or sliding type movements that would not be considered a fall may be executed during the Character Step and will be ignored by the technical panel.

If an Edge Element held 3 seconds or longer is performed in the Character Step it will be called and will receive the abbreviation +ExEl. This indicates the element receives No Value, the deduction of -1 point and it will NOT count as a required element.

Touching the ice with any part (or parts) of the body with controlled movements are allowed. (example: on two knees, using both hands, etc) - Touching the barrier at the start or finish of the Choreographic Character Step Sequence is also permitted.

Characteristics of Levels Character Step Sequence (Confirmed or No Value)

Choreographic Character Step Sequence shall be identified when the skater comes to a full stop on the short axis on either side of the rink (Red Line) and performs steps around the short axis from barrier to barrier. When the skater is within two meters (6 feet) of the opposite barrier the element will be confirmed.

If the skater does not clearly go from barrier to barrier within two meters (6 feet) of each barrier, the element will be called No Value or not identified.

Choreographic Rhythm Sequence

Definitions

Choreographic Rhythm Sequence

Performed anywhere in the program, a Step Sequence that must be placed around the Short Axis and proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.

Short Axis

A straight line that divides the ice surface into two halves crosswise.
(The Red Line)

Additional Principles of Calling Choreographic Elements

Only the first performed Choreographic Rhythm Sequence shall be identified in a Rhythm Dance. Subsequent Choreographic Rhythm Sequences will not be identified and considered as choreography by the Judges panel and be subjected to possible choreographic violations.

The Choreographic Rhythm Sequence must begin with the skater coming to a full stop within two meters (6 feet) of the barrier on either side of the rink on the red line. A stop is not required to show the ending of the element.

A skater may start the Choreographic Rhythm Sequence from their opening pose which would count as the stop prior to the element as long as it meets the requirements of barrier to barrier.

The pattern of the Choreographic Rhythm Sequence may vary from the Short Axis up to 10 meters on either side of the Short Axis. (between the blue lines) If it travels beyond the allowable distance, the judges panel will reflect this in their GOE.

As long as the Choreographic Rhythm Sequence can be identified (along the Short Axis from barrier to barrier), any stops, pattern retrogressions, loops, etc. are allowed. Stops must not be longer than 5 seconds.

Quick edge elements under three seconds will be ignored by the technical panel. If an Edge Element held 3 seconds or longer is performed in the Choreographic Rhythm Sequence it will be called and will receive the abbreviation +ExEI. This indicates the element receives No Value, the deduction of -1 point and it will NOT count as a required element.

Characteristics of Levels Rhythm Sequence (Confirmed or No Value)

Choreographic Rhythm Sequence shall be identified when the skater comes to a full stop on the short axis on either side of the rink (Red Line) and performs steps around the short axis from barrier to barrier. When the skater is close to the opposite barrier the element will be confirmed. The skater must be within two meters, (6 feet) of each barrier.

If the skater does not clearly go from barrier to barrier within two meters (6 feet) of each barrier, the element will be called No Value or not identified.

Choreographic Sliding Movement

Definitions

Choreographic Sliding Movement: performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds.

The following requirements apply:

- Continuous **controlled** sliding movement on any part of the body.
- May rotate and no time restriction.
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Fall and a deduction for Fall/Illegal Element is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall.

Additional Principles of Calling Choreographic Sliding Elements

Only the first performed Choreographic Sliding movement shall be identified as the required Choreographic Element. Subsequent Choreographic Sliding Movements will not be identified and considered as choreography by the Judges panel unless it can be considered as a fall.

Note* The hydroblade position will be considered an edge element when done only on the blade(s) and is on an edge. (part of the boot of the non-weight supporting leg may touch the ice) If another part of the body is on the ice, ie; a hand or knee the free leg, then it will be called as a Choreographic Sliding Movement. A simple lunge will not be considered a Choreographic Sliding Movement. A lunge with more than the free foot (boot) dragging behind will be considered a Choreographic Sliding Movement.

Characteristics of Levels Choreographic Sliding Movement (Confirmed or No Value)

Choreographic Character Sliding Movement shall be identified at the attempt of the element and confirmed when the skater executes a controlled sliding movement on the ice for 2 seconds or longer.

If the skater does not execute the Choreographic Sliding Movement in a **controlled** manner the element will receive No Value.

Choreographic Spinning Movement

Definitions – Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling. Only the first performed Choreographic Spinning movement shall be identified as the required Choreographic Element. Subsequent Choreographic Spinning Movements will not be identified and considered as choreography by the Judges panel.

The following requirements apply:

- On two feet or, alternate feet or, one foot and one knee / boot (but not two knees)
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Can be moving or stationary
- May not meet the requirements for a Dance Spin (3 revolutions on the spot on one foot)

Characteristics of Levels Choreographic Spinning Movement (Confirmed or No Value)

Choreographic Spinning Movement shall be identified at the attempt of the element and confirmed when the skater executes at least 3 full rotations which may be stationary or travelling and meets the above requirements.

If the skater does not execute the Choreographic Spinning Movement according to the requirements, the element will be ignored.

Choreographic Twizzling Movement

Choreographic Twizzling Movement: twizzling movement performed **after the required Set of Twizzles**, composed of 2 parts. Only the first performed Choreographic Twizzling movement shall be identified as the required Choreographic Element. Subsequent Choreographic Twizzling Movements will not be identified and considered as choreography by the Judges panel.

The following requirements apply:

- For the first part: on one foot and at least 2 continuous rotations must be performed and must travel (cannot be on the spot)
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement, **must be traveling**. May be on one or two feet or a combination of both.
- May not meet the requirements for a Dance Spin (3 revolutions on the spot on one foot) 1st

Characteristics of Levels Choreographic Twizzling Movement (Confirmed or No Value)

Choreographic Twizzling Movement shall be identified at the attempt of the element and confirmed when the skater executes both parts of the element and meets the above requirements.

If the skater does not execute the Choreographic Twizzling Movement according to the requirements, the element will be ignored.

Illegal Elements and Movements/Falls:

Fall

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

Any element containing an illegal element will be called a level base if it meets the criteria for a base or no value if it does not meet the requirements for a base.

Illegal Elements and Movements

The following elements and movements are illegal in all Solo Series Events:

- Jumps of more than one-half (1/2) revolution
- Two or more consecutive 1/2 revolution jumps
- Split Jumps with a toe assisted take off. (A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.)
- Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.
- Illusions
- Lying on the ice

Note: Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

Illegal Elements and Movements in Shadow, Pattern and Variation Dance

In addition to the above, the following elements and movements are illegal during any opening or exit choreography to a pattern or Variation Dance:

- Any movement that would meet the criteria to be called an Edge Element regardless of how long it is held. (pivots are permitted)
- Spins over 3 revolutions (pivots are permitted)

The purpose of these additional rules is to keep the look and feel of the opening and exit the same as a pattern dance. Steps and turns used in typical pattern dances should be used rather than moves seen in a Free Dance.



2023 Pattern Dance Reference Materials

Definitions

Diagrams with Key Points

Definitions:

- Correct Edge:** Correct Edge means that the Edge is clean for the **whole** duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).
- Correct Turn:** Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.
- Correct Placement:** The foot must be placed on the ice as described in the definition of the turn.
- Solo Dance Steps:** The required steps for solo dance will be the same for all competitors. Depending on The dance, the woman's, man's or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Dance Steps to be skated for each dance.

Shadow Dance Cross Tracking:

Two skaters perform the pattern dance down the length of the rink in a side-by-side manner and then cross each other's track on the end pattern (unless otherwise prescribed) so that they are on opposite sides for the next sequence of the dance. If the skaters are on the opposite side for the next sequence, Cross Tracking should be counted towards a level. This is done for each required sequence of the pattern dance. "Follow the Leader" style tracking down the sides with changing the "Leader" does not count as Cross Tracking. "Follow the Leader" style tracking is allowed however on the end pattern in order to change sides.

Illegal Elements and Movements:

The following elements and movements are illegal in all Solo Series Events:

- Jumps of more than one-half (1/2) revolution
- Two or more consecutive 1/2 revolution jumps
- Split Jumps with a toe assisted take off. (A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.)
- Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.
- Illusions
- Lying on the ice

Note: Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

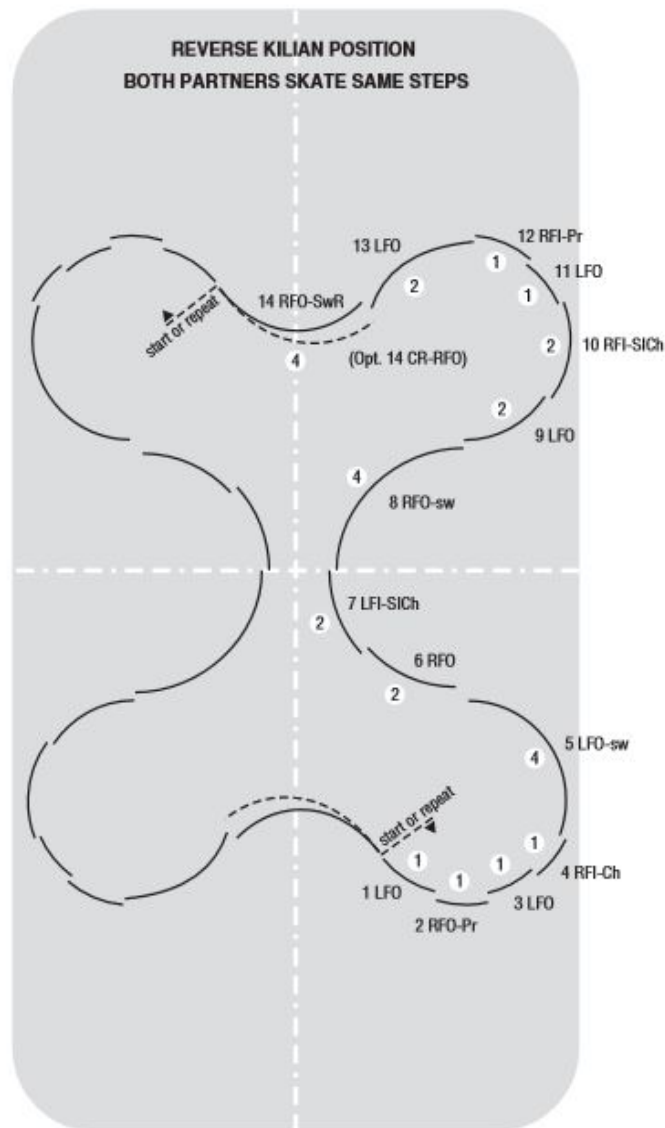
Illegal Elements and Movements in Shadow, Pattern and Variation Dance

In addition to the above, the following elements and movements are illegal during any opening or exit choreography to a pattern or Variation Dance:

- Any movement that would meet the criteria to be called an Edge Element regardless of how long it is held. (pivots are permitted)
- Spins over 3 revolutions (pivots are permitted)

Tango Canasta – 2023 Preliminary Initial Round Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Canasta Tango – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:15.8 Maximum Pattern Time: 0:16.5 Maximum Overall Time: 1:25

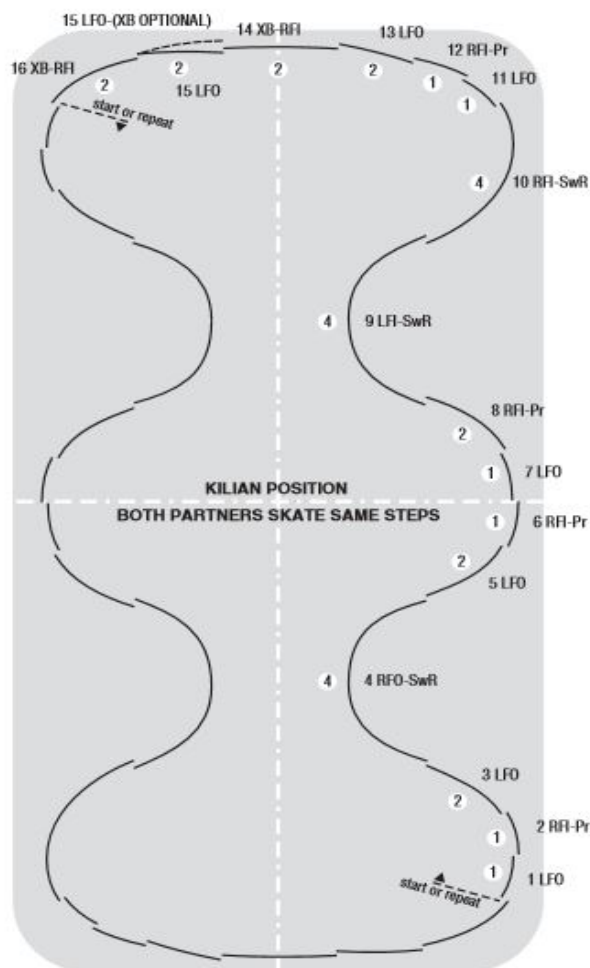
Key Point 1: Step 5, LFO Swing Roll – Bullet Point: Correct Edge

Key Point 2: Step 10, RFI Slide Chasse – Bullet Point: Free Foot Must Pass Skating Foot

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	13

Rhythm Blues – 2023 Preliminary Final Round Dance and Preliminary Shadow Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Rhythm Blues – RPD3

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:21.3 Maximum Pattern Time: 0:22.3 Maximum Overall Time: 1:30

2023 Shadow Dance: Cross Tracking Between Steps 11 and 16

Key Points do not apply to Shadow Dance

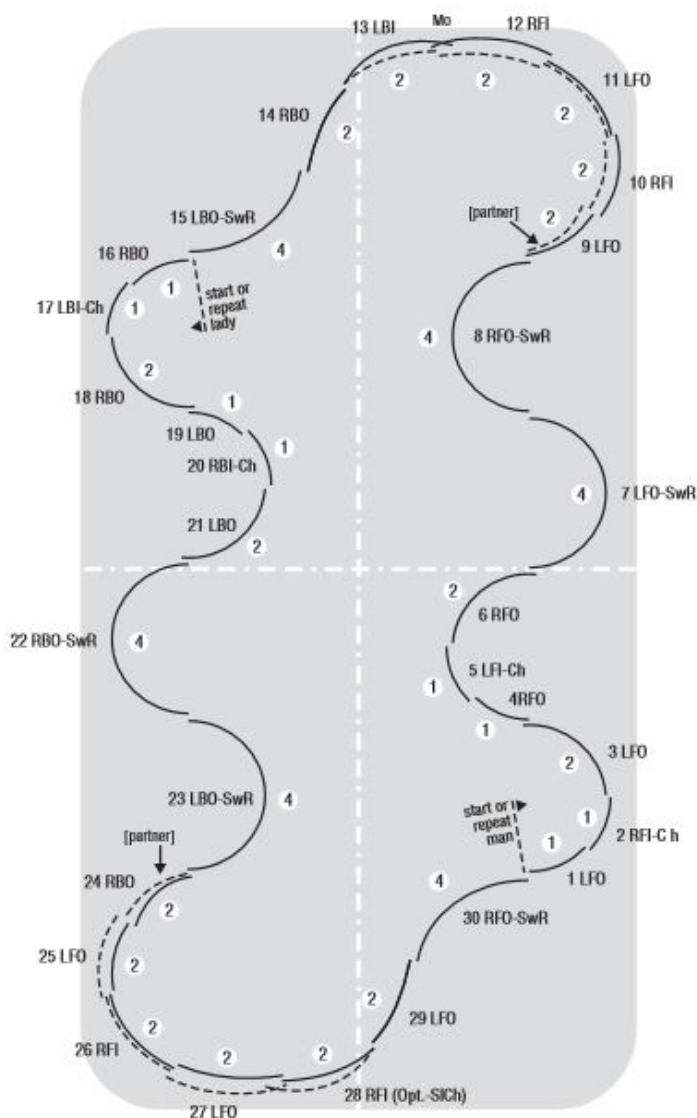
Key Point 1: Step 9, LFI Swing Roll – Bullet Point: Correct Edge

Key Point 2: Step 14, Cross Behind RFI – Bullet Point: Correct Cross Behind

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

Swing Dance – 2023 Pre-Bronze Initial Round Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Swing Dance – RPD2

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 4 beats

Minimum Pattern Time: 0:39.2 - Maximum Pattern Time: 0:40.9 - Maximum Overall Time: 1:45

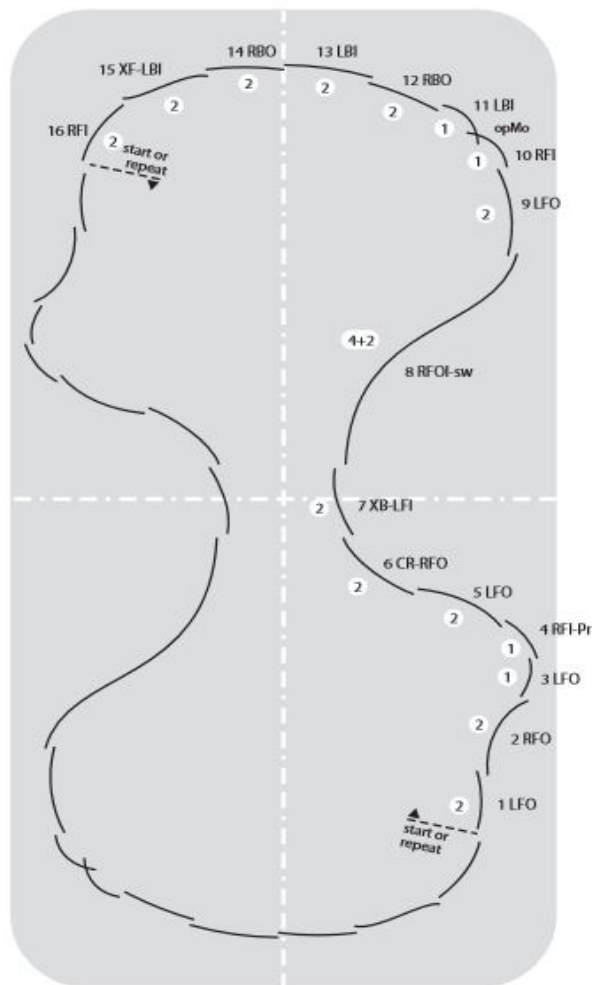
Key Point 1: Steps 27 & 28, LFO/RFI Slide Chasse – Bullet Point: Correct Edges

Key Point 2: Steps 12 & 13, Open Mohawk – Bullet Point: Correct Foot Placement

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-30	30	4	8	12	16	18	22	24	28

Tango Fiesta – 2023 Pre-Bronze Final Dance and Pre-Bronze Shadow Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



*US Tango Fiesta for Pattern Dance and ISU Tango Fiesta for Shadow - TF

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:17.5 Maximum Pattern Time: 0:18.1 Maximum Overall Time: 1:30

2023 Shadow Dance Cross Tracking Between Steps 12 and 16

Key Points do not apply to Shadow Dance

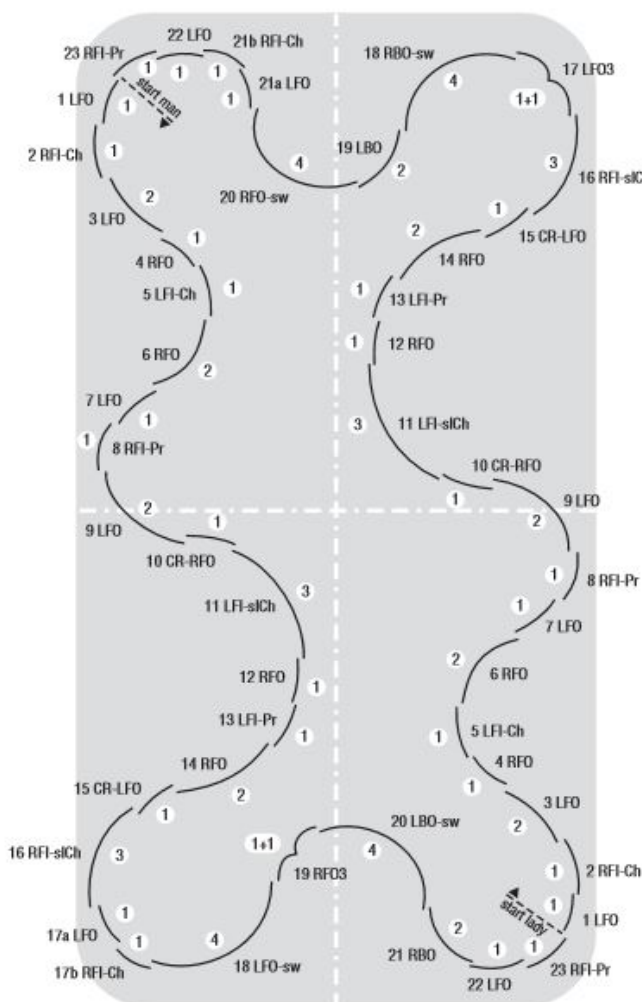
Key Point 1: Steps 1 & 2, LFO and RFO - Bullet Point: Correct Edges

Key Point 2: Step 8, RFO to RFI Change Edge Swing Roll – Bullet Point: Correct Edges

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

U.S. Hickory Hoedown - 2023 Juvenile Combined Dance and Bronze Variation Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Hickory Hoedown – HH for variation dance RPD2

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 10 of 4 beats

Minimum Pattern Time: 0:22.6 - Maximum Pattern Time: 0:23.5 - Maximum Overall Time: 1:50

2023 Variation Dance: 2 sequences – 1 Hickory Hoedown Sequence and 1 Variation Sequence. One time around the rink. Maximum Overall Time 1:50

Key Point 1: Steps 7-9 LFO,RFI,LFO, Progressive - Bullet Point: Correct Edges

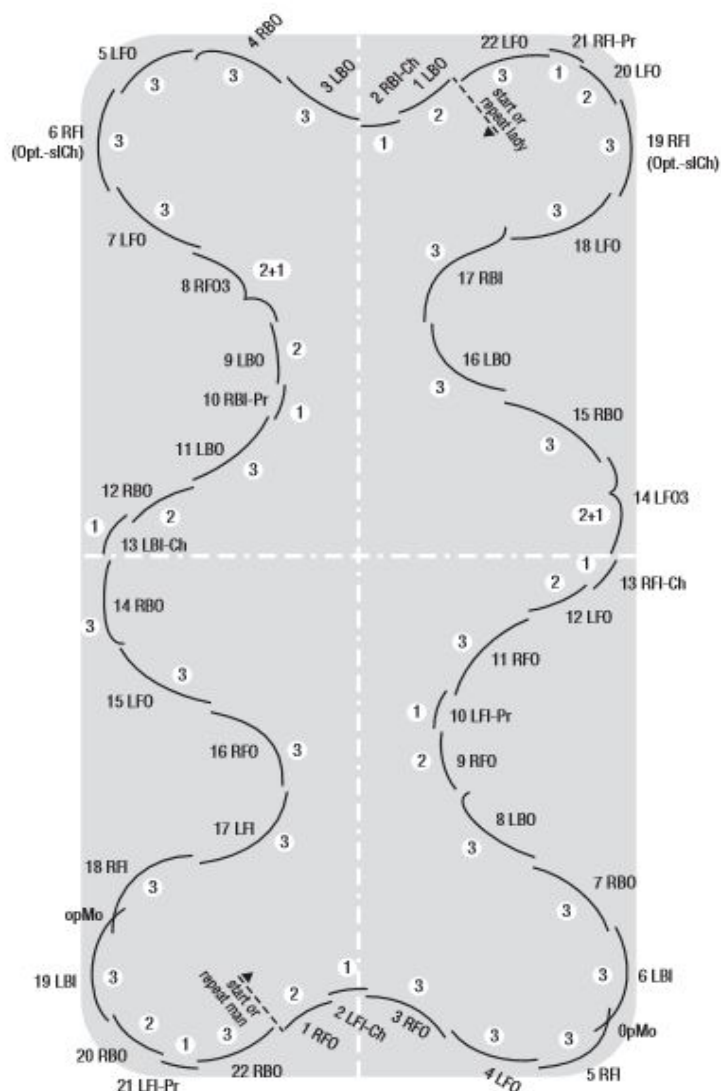
Key Point 2: Steps 19 & 20, LBO, RFO Swing Roll – Bullet Point: Correct Edges

***Key Points may be placed in any order, anywhere within the Variation Sequence.**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-23	23	2	6	9	12	14	17	18	21

U.S. Willow Waltz – 2023 Bronze Initial Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Willow Waltz – W

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.1 - Maximum Pattern Time: 0:23.8 - Maximum Overall Time: 1:50

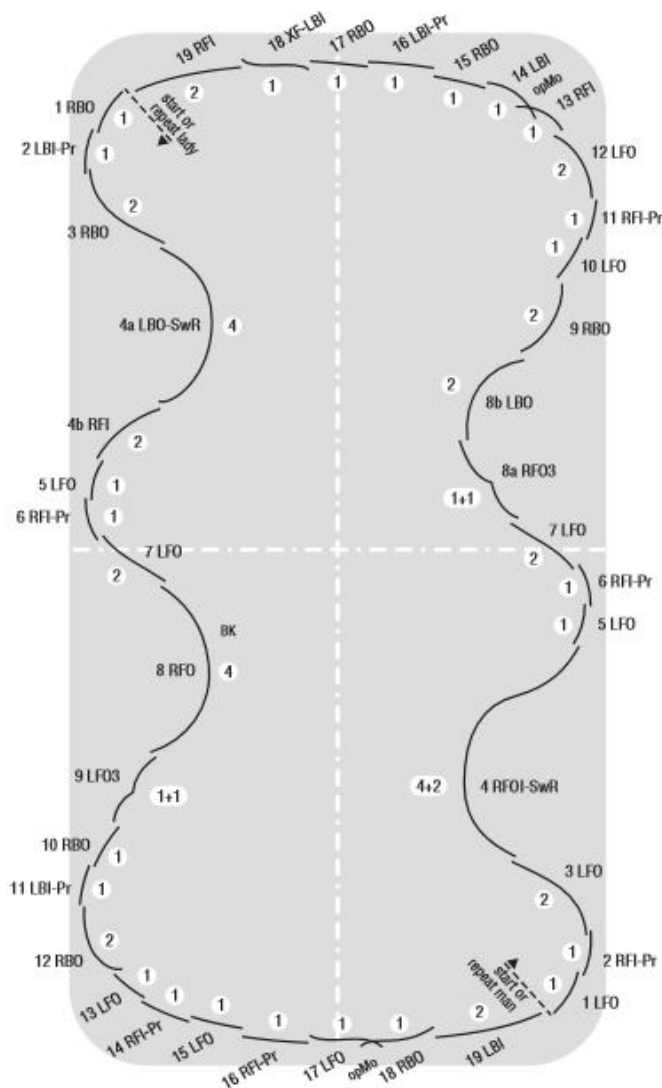
Key Point 1: Step 8, RFO Three Turn – Bullet Point: Correct Edges

Key Point 2: Steps 18 & 19: Open Mohawk - Bullet Point: Correct Turn

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-22	22	2	6	9	11	13	17	18	20

U.S. Ten-Fox – 2023 Shadow Dance Only

Set Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Ten-Fox - TF

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:18.8 - Maximum Pattern Time: 0:19.6 - Maximum Overall Time: 1:40

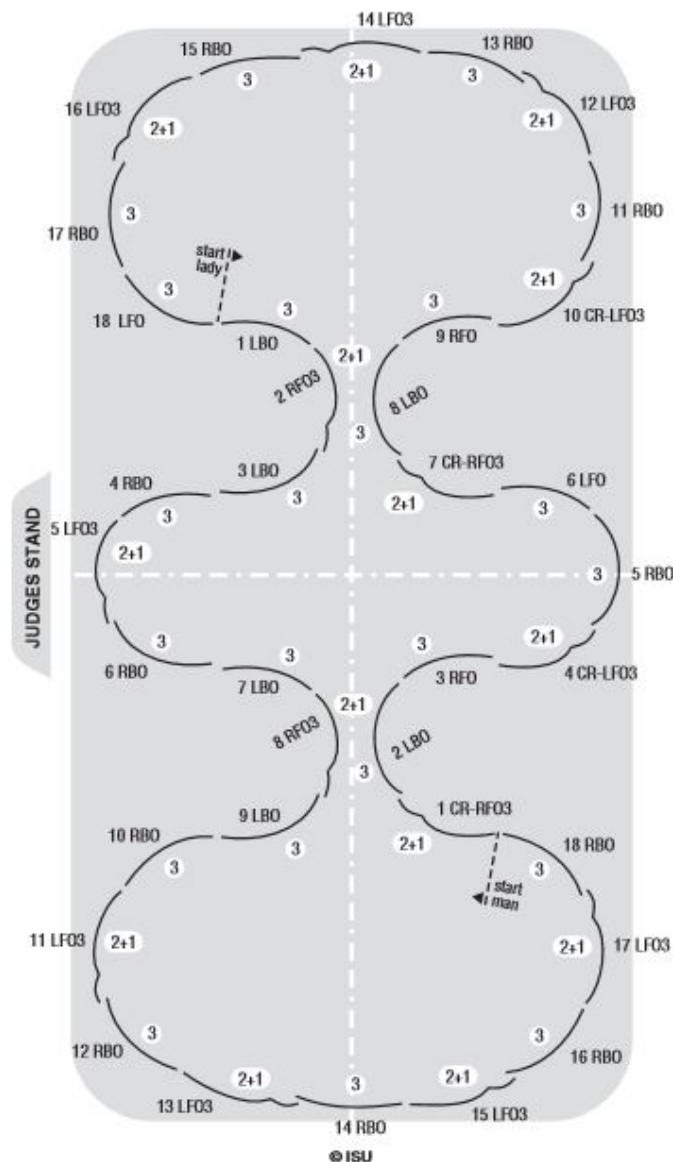
Shadow Dance Cross Tracking Between Steps 13 -19

Key Points do not apply to Shadow Dance

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-19	19	2	5	8	10	11	14	15	17

European Waltz – Pre-Silver Initial Dance and Intermediate Combined Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



European Waltz - EW

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.6. - Maximum Pattern Time: 0:24.4. - Maximum Overall Time: 1:20

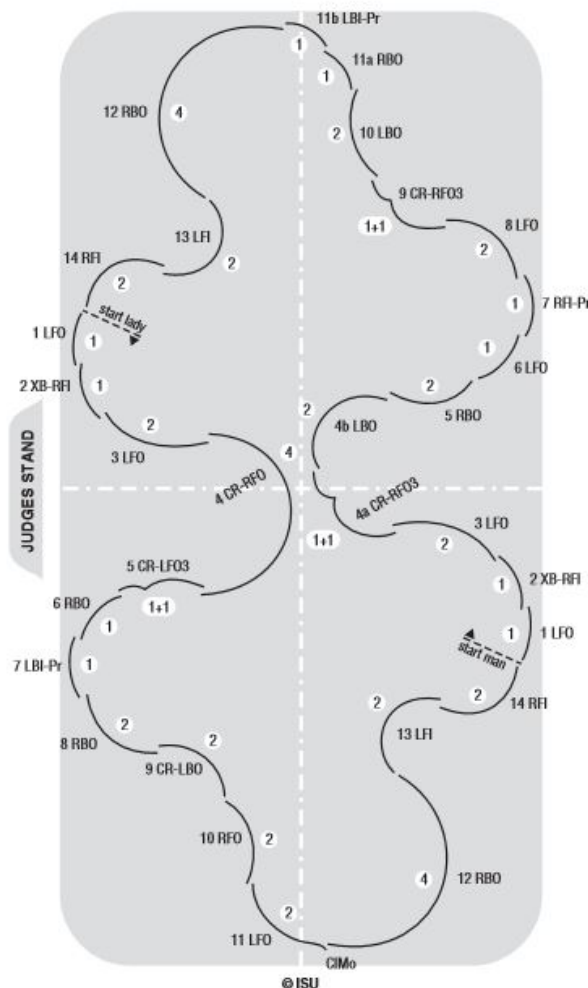
Key Point 1: Step 2, RFO Three Turn - Bullet Point: Correct Turn

Key Point 2: Step 11, LFO Three Turn – Bullet Point: Correct Turn

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-18	18	2	5	7	9	11	14	14	16

Foxtrot – 2023 Pre-Silver Variation Dance and Pre-Silver Shadow Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Foxtrot – RPD3 for variation dance RPD2

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:16.5 Maximum Pattern Time: 0:17.1 Maximum Overall Time: 1:30

2023 Variation Dance: 2 sequences – 1 Foxtrot Sequence and 1 Variation Sequence

One time around the rink. Maximum Overall Time 1:30

Key Point 1: Steps 3 & 4, LFO to RFO Cross Roll - Bullet Point: Correct Edges

Key Point 2: Steps 11 & 12, LFO to RBO Closed Mohawk – Bullet Point: Correct Turn

***Key Points may be placed in any order, anywhere within the Variation Sequence.**

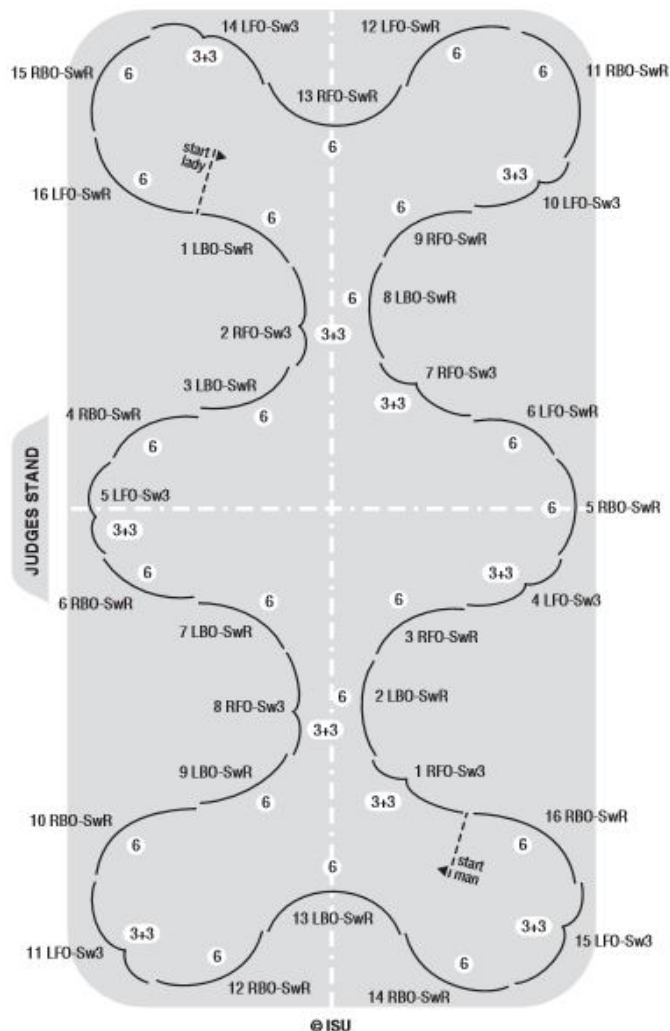
Shadow Dance Cross Tracking Between Steps 11 -14

Key Points do not apply to Shadow Dance

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	12

American Waltz – 2023 Silver Shadow Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



American Waltz - AW

Traditional: 2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 6 beats

Minimum Pattern Time: 0:28.8 Maximum Pattern Time: 0:29.4 Maximum Overall Time: 1:35

2023 Shadow Dance Cross Tracking Between Steps 12 and 14

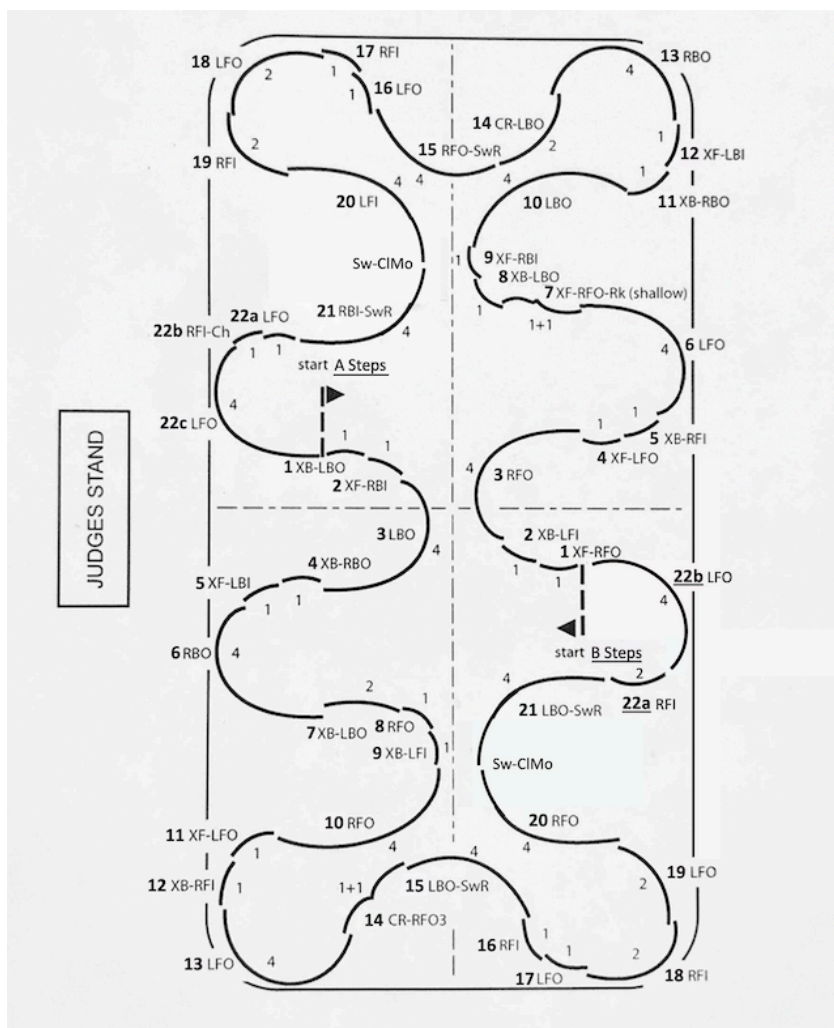
Key Points do not apply to Shadow Dance

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

Tango – 2023 Silver Initial Dance

Optional Pattern Dance –

Solo Series Steps: Sequence 1 Women's Steps (A), Sequence 2 Man's Steps (B)



Tango – TA

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 13 of 4 beats

Minimum Pattern Time: 0:28.4. - Maximum Pattern Time: 0:29.4. - Maximum Overall Time: 1:35

Sequence 1 (Steps A, Women's Steps)

Key Point 1: Step 14, RFO Cross Three Turn – Bullet Point: Correct Turn

Key Point 2: Step 20 & 21, Swing Closed Outside Mohawk - Bullet Point: Correct Edges

Sequence 2 (Steps B, Man's Steps)

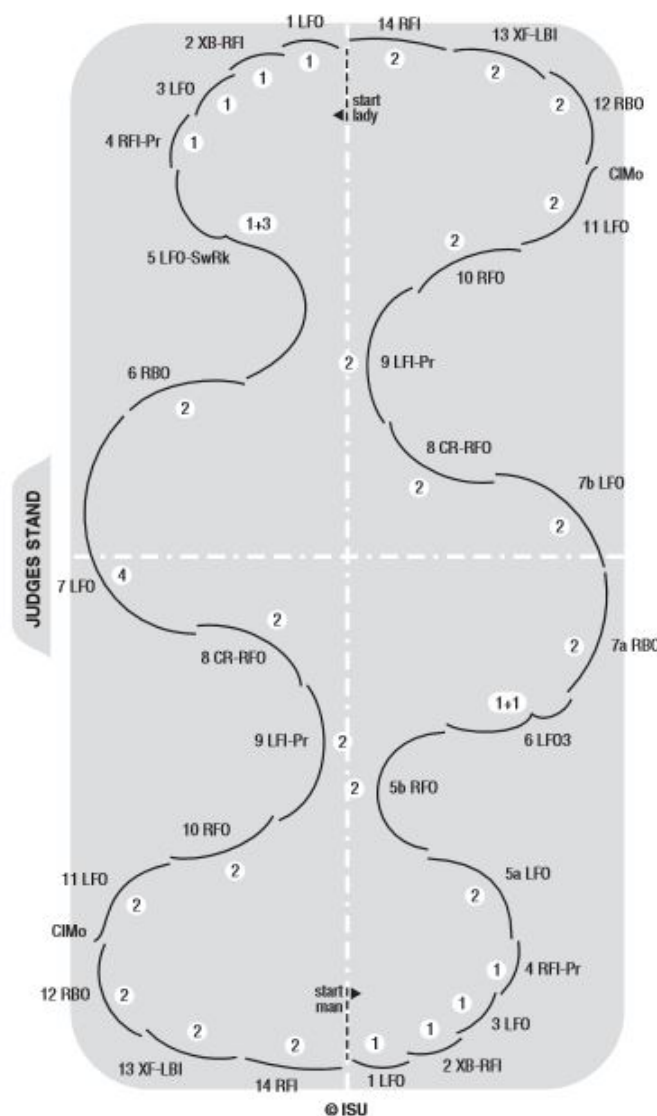
Key Point 1: Step 7, XF-RFO-Rk - Bullet Points: Correct Edges & Turn

Key Point 2: Step 20 & 21, Swing Closed Inside Mohawk - Bullet Point: Correct Edges

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-22	22	2	6	9	11	13	17	18	20

Rocker Foxtrot – 2023 Silver Variation Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Rocker Foxtrot – RPD3 for Variation RPD2

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beat

Minimum Pattern Time: 0:15.8 Maximum Pattern Time: 0:16.5 - Maximum Overall Time: 1:30

2023 Variation Dance: 2 sequences – 1 Rocker Sequence and 1 Variation Sequence
One time around the rink. Maximum Overall Time 1:30

Key Point 1: Step 5, LFO Swing Rocker to LBO - Bullet Point: Correct Turn

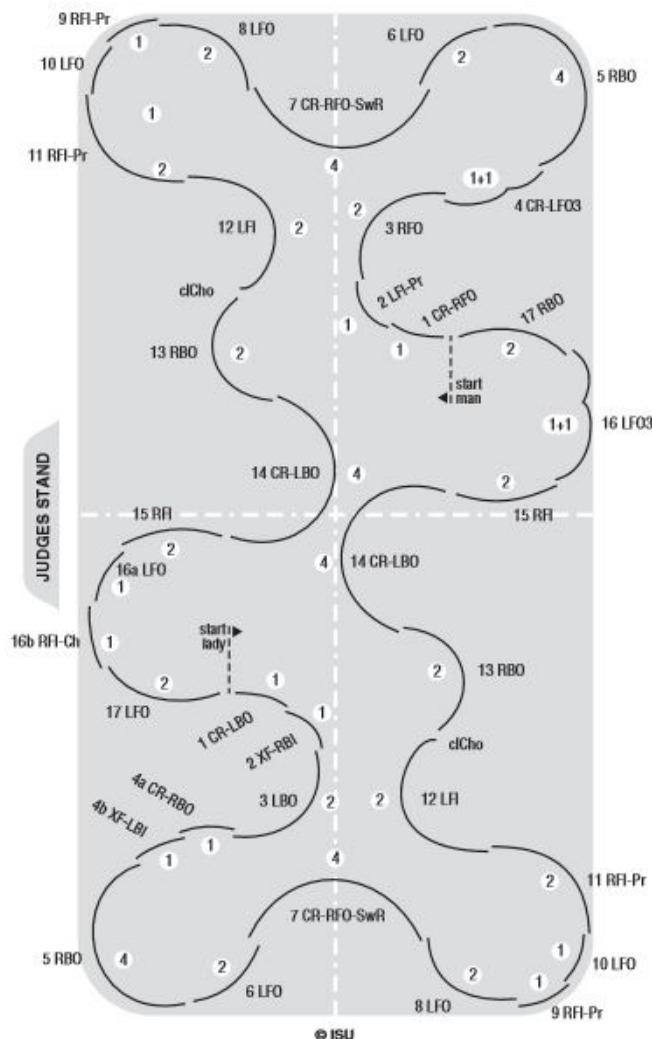
Key Point 2: Steps 8,9,10, Cross RFO,LFI,RFO Progressive – Bullet Point: Correct Edges

***Key Points may be placed in any order, anywhere within the Variation Sequence.**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	12

Blues - 2023 Novice Combined and Pre-Gold Variation Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate Woman's Steps



Blues – BL for variation dance RPD2

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 9 of 4 beats

Minimum Pattern Time: 0:24 Maximum Pattern Time: 0:25.2 Maximum Overall Time: 2:00

2023 Variation Dance: 2 sequences – 1 Blues Sequence and 1 Variation Sequence
One time around the rink. Maximum Overall Time 2:00

***Key Points may be placed in any order, anywhere within the Variation Sequence.**

Key Point 1: Steps 5,6,7, RBO,LFO,RFO Cross Swing Roll – Bullet Point: Correct Edges

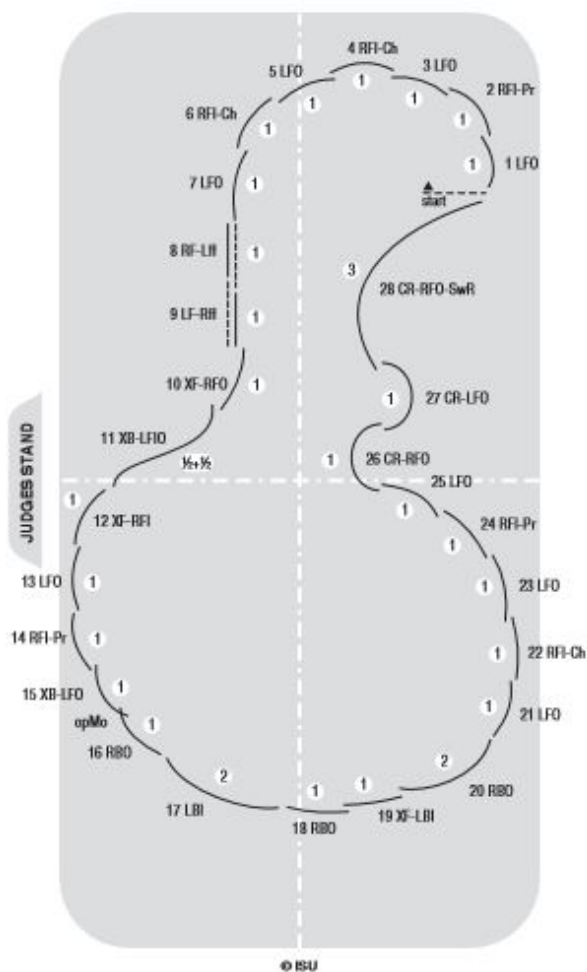
Key Point 2: Steps 12 & 13, LFI to RBO Closed Choctaw - Bullet Point: Correct Turn

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-17	17	2	4	7	9	10	13	14	15

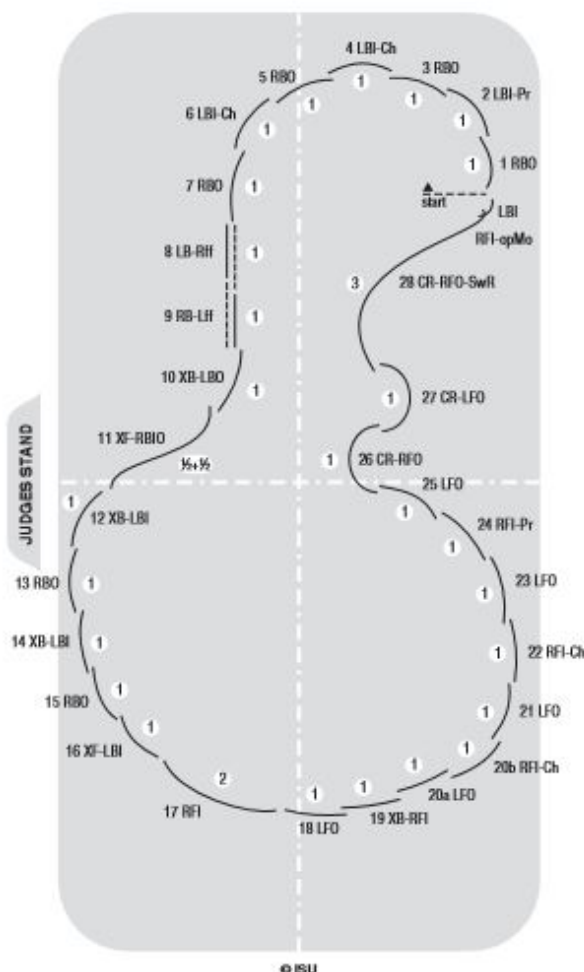
Paso Doble – 2023 Pre-Gold Initial Dance

Optional Pattern Dance

Solo Series Steps: Pattern 1 Woman's Steps, Pattern 2 Man's Steps, Pattern 3 Woman's Steps



Man's steps



Woman's steps

Paso Doble - PD

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:16.8. - Maximum Pattern Time: 0:17.5 - Maximum Overall Time: 1:25

- Note:** On **pattern 1**, the skater will skate step 28 as a Cross Swing Roll instead of mohawk to prepare for the man's steps and on **pattern 2**, the skater will perform the mohawk on step 28 to prepare for the Woman's steps. **Pattern 3**, the skater will perform the mohawk again at the end of the dance.

Key Point 1: Step 11, Inside to Outside Change of Edge (Pattern 1 & 3 Back, Pattern 2 Forward)
-Bullet Point: Correct Edges

Key Point 2: Steps 26 & 27, Cross Right and Left FO Cross Roll – Bullet Point: Correct Edges

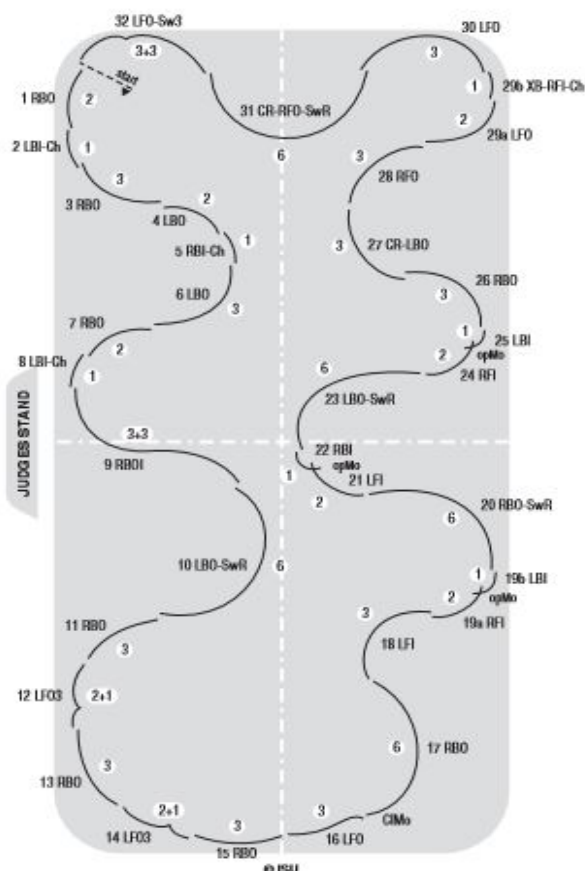
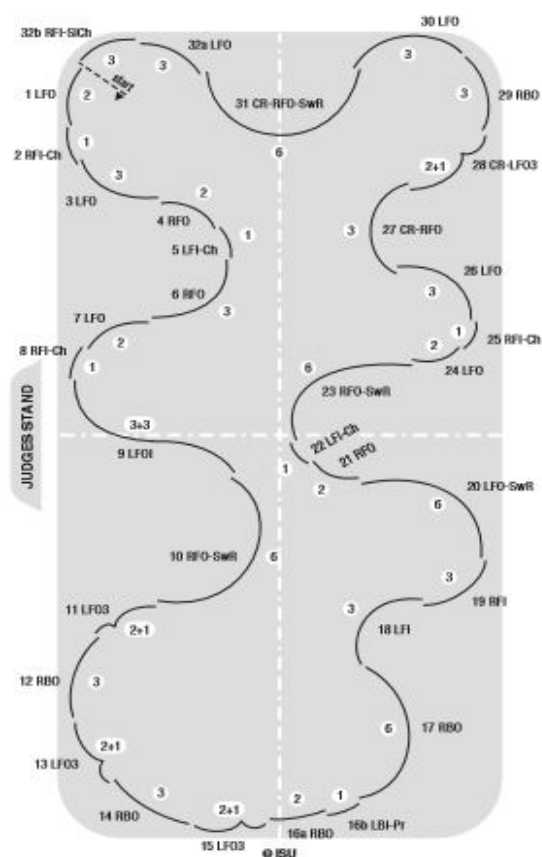
Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-28	28	3	7	11	14	17	21	22	25

Starlight Waltz - 2023 Pre-Gold Shadow Dance

Set Pattern Dance – Solo Series Steps: Pattern 1 Woman's Steps, Pattern 2 Man's Steps

Man's Steps

Woman's Steps



Starlight Waltz – SW

Traditional: 2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 17 of 6 beats

Minimum Pattern Time: 0:34.8 - Maximum Pattern Time: 0:35.6 - Maximum Overall Time: 1:45

Note: On **pattern 1**, the skater will skate step 32b instead of the 3 turn to prepare for the man's steps and on **pattern 2**, the skater will perform the 3 turn on step 32 at the end of the dance

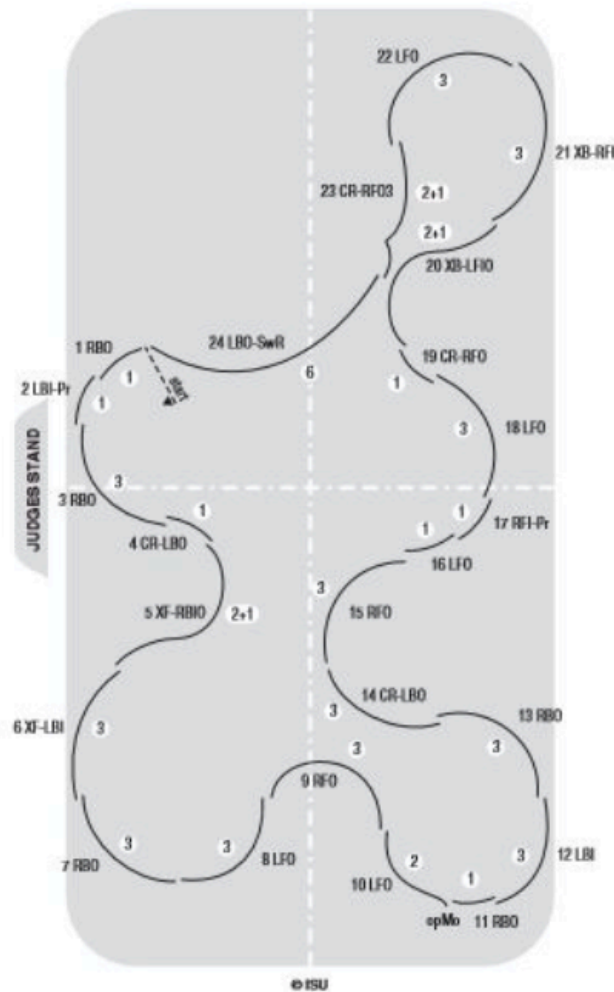
Cross Tracking: Section 1 Between Steps 13 and 17, Section 2 Between Steps 30 and 32
Key Points do not apply to Shadow Dance

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 st Section	1-18	18	2	4	7	9	10	13	14	15
2 nd Section	19-32	15	2	4	6	8	9	11	12	14

Viennese Waltz – 2023 Gold Initial Dance

Optional Pattern Dance - Solo Series Steps: All Competitors Skate Woman's Steps

Woman's Steps



Viennese Waltz -RPD2

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 10 of 6 beats

Minimum Pattern Time: 0:22.8. - Maximum Pattern Time: 0:23.4. - Maximum Overall Time: 1:25

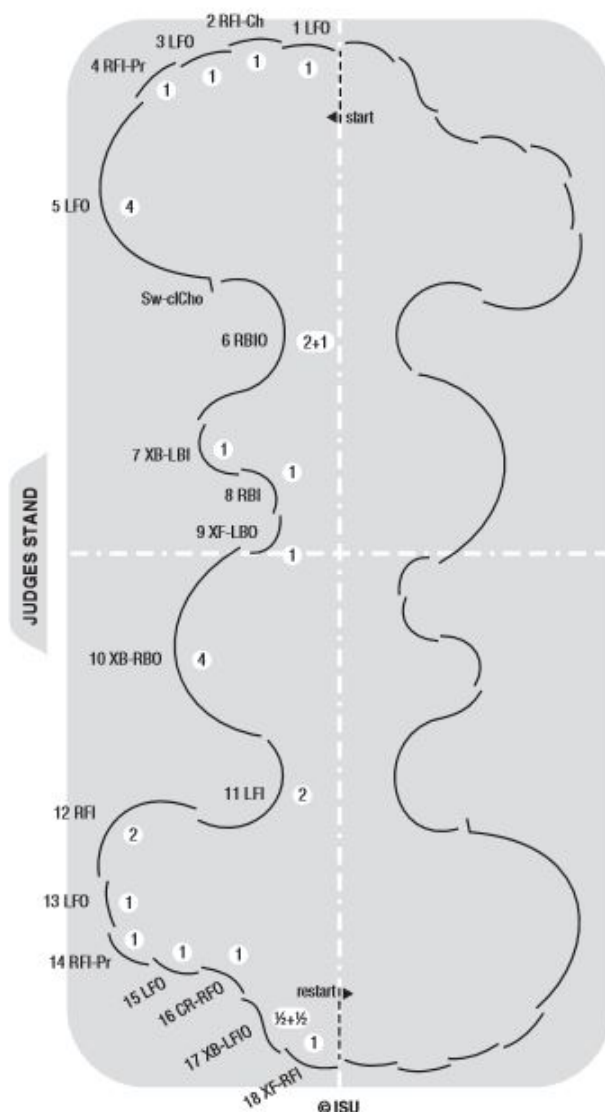
Key Point 1: Steps 10 & 11, LFO to RBO Open Mohawk – Bullet Point: Correct Turn

Key Point 2: Steps 16, 17, 18, LFO,RFI,LFO, Forward Progressive - Bullet Point: Correct Timing

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-24	24	2	6	10	12	14	18	19	22

Quickstep - 2023 Gold Variation Dance

Set Pattern Dance - Solo Series Steps: All Competitors Skate Same Steps



Quickstep – RPD2

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:14.7 - Maximum Pattern Time: 0:15.3 - Maximum Overall Time: 1:20

2023 Variation Dance: 2 sequences – 1 Quickstep Sequence and 1 Variation Sequence
One time around the rink. Maximum Overall Time 1:20

Key Point 1: Steps 5 & 6, LFO Swing Closed Choctaw - Bullet Point: Correct Turn

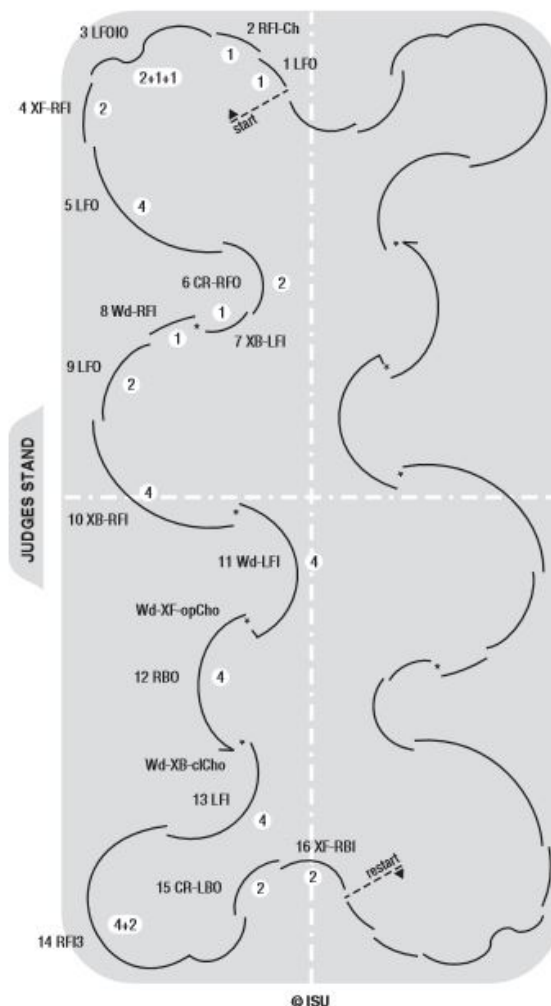
Key Point 2: Step 17, Cross Behind LFI to LFO Change of Edge – Bullet Point: Correct Edges

***Key Points may be placed in any order, anywhere within the Variation Sequence.**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-18	18	2	5	7	9	11	14	14	16

Rhumba – 2023 International Initial Dance

Optional Pattern Dance - Solo Series Steps: All Competitors Skate Same Steps



Rhumba – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 11 of 4 beats

Minimum Pattern Time: 0:14.8 Maximum Pattern Time: 0:15.2 Maximum Overall Time: 1:20

Key Point 1: Steps 11 & 12, Wide Left Forward Inside Open Choctaw -Bullet Points: Correct Turn

Key Point 2: Steps 15 & 16, CR-LBO, XF RBI – Bullet Point: Correct Timing

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

Set Pattern Dance - Solo Series Steps: All Competitors Skate Woman's Steps except Steps 23 & 24. **The man's Steps will be skated for steps 23 & 24, changing back to Woman's Steps on Step 25.**
(See following page for man's steps)

The diagram illustrates the 2017-2018 ISU Junior Grand Prix of Figure Skating competition format. It shows a sequence of 26 events (numbered 1 to 26) arranged in a circular path around a central area. The events are:

- 1. LFI
- 2. RFO
- 3a. LFI-XFt3
- 3b. RFO-XFt3
- 4. XB-LBOI
- 5. RBO
- 6. LBI-Pr
- 7. RBOI3
- 8. LFI-Pr
- 9. Wd-RFI/RFI3
- 10. LFO
- 11a. RFI-Pr
- 11b. LFO3
- 12. XF-LBI-Tw1
- 13. LFO
- 14. CR-RFO-SwR
- 15. LF03
- 16. RBO
- 17. CR-LBO3/LFI-InBa/LFI3
- 18. XF-RBI
- 19. RBOtW1/RBO
- 20. LFO
- 21. RFI-Pr
- 22. LFO
- 23. RFI-Rk/RBI/RBI3/RFO3
- 24. LBI
- 25. RBO
- 26a. XCut LBI
- 26b. RBO-SwR

The diagram also includes a 'JUDGES STAND' label and a 'Start' arrow pointing to event 1.

Traditional: 1 sequence required for Solo Dance Series Competition
Number of Measures per Pattern: 18 of 4 beats

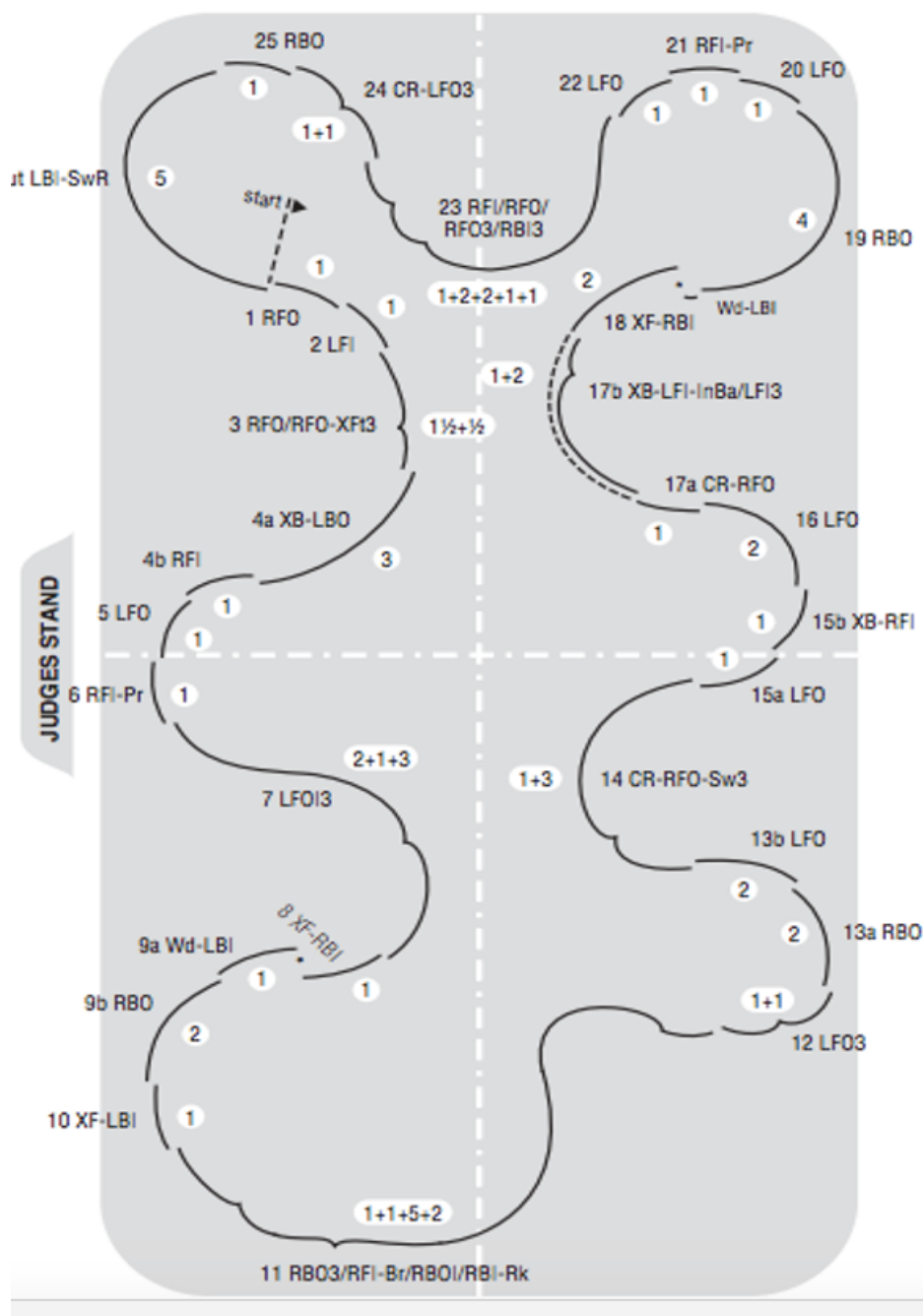
2023 Shadow Dance Only

***Note: Step 23 Spiral Not Required and Free Leg Position Optional**

Midnight Blues Man's Steps- 2023 Gold/International Shadow Dance

The man's Steps will be skated for steps 23 & 24, changing back to Woman's Steps on Step 25.

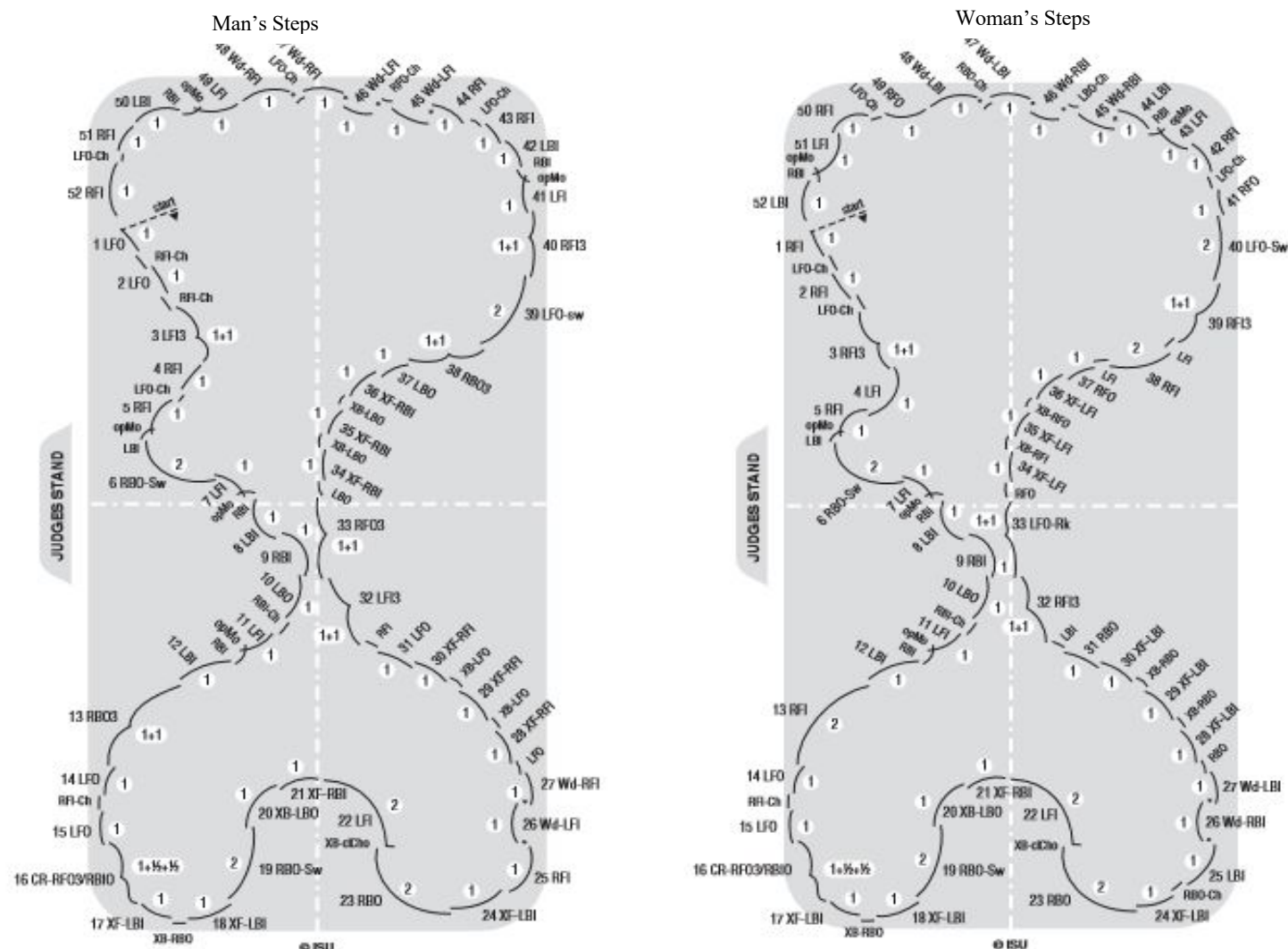
Man's Steps



Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 st Section	1-13	13	2	4	6	7	8	10	11	12
2 nd Section	14-26	13	2	4	6	7	8	10	11	12

Yankee Polka – 2023 International Variation Dance

Optional Pattern Dance – All competitors skate Woman's Steps 1-25



Yankee Polka - YP

Number of Measures per Pattern: 32 of 4 beats (may exceed this but only count 32 for timing)

Minimum Pattern Time: 0:31.5 - Maximum Pattern Time: 0:32.5. – Maximum Overall Time 1:30

2023 Variation Dance: 1 sequence – Section 1 of the Yankee Polka followed by Section 2, the Variation Sequence. The Variation Sequence should have a minimum of 8 measures of 4 beats, but may have more, up to the maximum overall time allowed. 1 time around the rink.

Key Points:

Section One:

Key Point 1: Step 16 CR-RFO3, RBIO - Bullet Point: Correct Turn, Correct Change of Edge

Key Point 2: Steps 22 & 23, Left Forward Cross Behind Choctaw - Bullet Points: Correct Turn

Variation Section:




Key Point 1: Steps 33 LFO Rocker - Bullet Point: Correct Turn

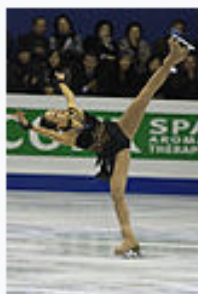
Key Point 2: Step 39-40 RFI-3, LFO Swing - Bullet Point: Correct Turn, Correct Edges

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 st Section	1-25	25	3	6	10	13	15	19	20	23

Appendix B

Spiral Type Edge Element – Different Positions

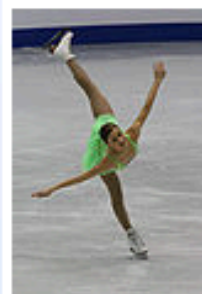
Charlotte	A Charlotte is a variation in which the torso is dropped down forward toward the skating leg and the free leg is lifted behind in a near-split position	
135 OR Fan Spiral	A fan spiral is a back outside edge spiral held with the free leg held unsupported to the skater's front or side. Ideally, this position should be held with both legs straight, although less flexible skaters attempt to compensate for a lack of strength or flexibility by not fully extending the free leg or bending the skating leg.	
Kerrigan Spiral	A Kerrigan spiral is a high-leg outside spiral performed with one hand supporting the knee of the free leg. This position is named after Nancy Kerrigan.	



Fan/135

Arabesque Spiral

An **arabesque spiral** is the basic spiral position. The free leg is extended behind the body above hip height (at least a 90 degree angle). Some skaters are able to achieve vertical split position (170- 180 degrees) with this position.



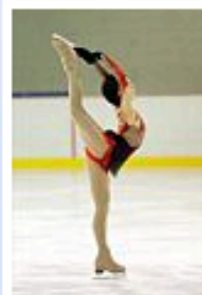
Catch Foot Spiral

A spiral where the free leg is held with one or both hands. A **catch-foot spiral** does not refer to any single position, but generally refers to any spiral with the skate of the free leg being held in one or both hands. Catchfoot spirals include:



Biellmann Spiral

A Biellmann spiral is a variation of a catch foot where the free leg is pulled up higher than the head. This position requires extreme flexibility.



Cross Grab Spiral

A cross grab is a catch-foot spiral where the skate of the free leg grasped from behind by the opposite hand



Kerrigan spiral
(Front view)
(Mao Asada)



Kerrigan spiral
(Side view)
(Joannie Rochette)



Variation on Kerrigan spiral
(Caroline Zhang)