

**2023-2024 Adult Solo Free Dance Requirements** - This chart has been updated with the changes from the U.S. Figure Skating Governing Council that will go into effect July 1, 2023.

2023-24	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC CHARACTER STEP
<b>ADULT GOLD SOLO FREE DANCE</b>  <b>2:40 +/- 10 seconds</b>	<b>Max 3</b>  Two options: 1 combination edge element and 1 short edge element OR 3 different short edge elements with different positions  Each lobe of a combination edge element must be held in position for a minimum of 3 seconds, but a combination edge element may not exceed 12 seconds  A short edge element must be held in position for a minimum of 3 seconds, but may not exceed 7 seconds	<b>Max 1</b>  Solo dance spin or solo dance combination spin – minimum 3 revolutions on one/each foot  Flying spins not permitted	<b>Max 1</b>  Serpentine, circular, midline, or diagonal  Must use full ice surface  Should include a variety of steps and turns and must include brackets, counters, rockers and choctaws  <b>Not Permitted:</b> Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	<b>Max 1</b>  <b>Twizzle Series</b> - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle  No more than 3 steps are allowed between twizzles	<b>Max 1</b>  One choreographic character step sequence performed at any point in the program  Must be placed around the short axis and proceed from barrier to barrier  Must commence with a full stop at one barrier or the other
<b>ADULT PRE GOLD SOLO FREE DANCE</b>  <b>2:20 +/- 10 seconds</b>	<b>Max 2</b>  Two options: 1 combination edge element OR 2 different short edge elements with different positions  Each lobe of a combination edge element must be held in position for a minimum of 3 seconds, but a combination edge element may not exceed 12 seconds  A short edge element must be held in position for a minimum of 3 seconds, but may not exceed 7 seconds	<b>Max 1</b>  Solo dance spin or solo dance combination spin – minimum 3 revolutions on one/each foot  Flying spins not permitted	<b>Max 1</b>  Circular, midline or diagonal. Must fully utilize the ice surface  Should include a variety of steps and turns, and must include three-turns, mohawks, brackets and counters  <b>Not Permitted:</b> Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	<b>Max 1</b>  <b>Twizzle Series</b> - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle  No more than 3 steps are allowed between twizzles	<b>Max 1</b>  One choreographic character step sequence performed at any point in the program  Must be placed around the short axis and proceed from barrier to barrier  Must commence with a full stop at one barrier or the other
<b>ADULT SILVER SOLO FREE DANCE</b>  <b>2:00 +/- 10 seconds</b>	<b>Max 2</b>  2 short edge elements  Each edge must be held in position for a minimum of 3 seconds but may not exceed 7 seconds  Edge elements must have different positions	<b>Max 1</b>  Solo dance spin or solo dance combination spin – minimum 3 revolutions on one/each foot  Flying spins not permitted	<b>Max 1</b>  Circular, midline or diagonal step sequence  Must use full ice surface  Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters  <b>Not Permitted:</b> Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	<b>Max 1</b>  <b>Twizzle series</b> - Minimum 2 revolutions on each twizzle  No more than 3 steps are allowed between twizzles	<b>Max 1</b>  One choreographic character step sequence performed at any point in the program  Must be placed around the short axis and proceed from barrier to barrier  Must commence with a full stop at one barrier or the other

2023-2024	EDGE ELEMENT	SPIN	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC CHARACTER STEP
<b>ADULT PRE SILVER SOLO FREE DANCE</b>  <b>1:50 +/- 10 seconds</b>	<b>Max 1</b>  1 short edge element  Edge must be held in position for a minimum of 3 seconds but may not exceed 7 seconds	<b>Max 1</b>  Solo dance spin or solo dance combination spin – minimum 3 revolutions on one/each foot  Flying spins not permitted	<b>Max 1</b>  Circular, midline or diagonal step sequence  Must use full ice surface  Should include a variety of steps and turns and must include three-turns, mohawks and brackets  <b>Not Permitted:</b> Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	<b>Max 1</b>  <b>Twizzle series</b> - Minimum one revolution on each foot  No more than 3 steps are allowed between twizzles	<b>Max 1</b>  One choreographic character step sequence performed at any point in the program  Must be placed around the short axis and proceed from barrier to barrier  Must commence with a full stop at one barrier or the other
<b>ADULT BRONZE SOLO FREE DANCE</b>  <b>1:40 +/- 10 seconds</b>	<b>Max 1</b>  1 short edge element  Edge must be held in position for a minimum of 3 seconds but may not exceed 7 seconds	<b>Max 1</b>  Solo dance spin – minimum 3 revolutions on one foot  Spin combinations and flying spins not permitted.	<b>Max 1</b>  Circular, midline or diagonal step sequence  Must use full ice surface  Should include a variety of steps and turns and must include three-turns and mohawks  <b>Not Permitted:</b> Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	<b>Max 1</b>  Twizzle – minimum 1 revolution	n/a

See rule 8373 for definitions and descriptions of elements

This chart highlights the elements in each program. It is not meant to replace the reading of the rules in the current version of the U.S. Figure Skating Rulebook. Should this chart disagree with the current U.S. Figure Skating Rulebook in any aspect, the rulebook takes precedence.

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