

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, 2022.

2023-24	EDGE ELEMENTS	SPIN	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC CHARACTER STEP
CHAMPIONSHIP & ADULT GOLD SOLO FREE DANCE 2:40 +/- 10 seconds	Max 3 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 no more than 7 seconds	Max 1 Solo dance spin or solo dance combination spin – min 3 revs on one/ each foot Flying spins not permitted	Max 1 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 Not Permitted: Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	Max 1 Twizzle Series - Must have a different entry edge and different direction for the 2 twizzles. Minimum of 2 revolutions is required on each twizzle. No more than 3 steps are allowed between twizzles.	Max 1 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.
ADULT PRE GOLD SOLO FREE DANCE 2:20 +/- 10 seconds	Max 2 1. One combination edge element (not to exceed 12 seconds), or 2. Two different short edge element (not to exceed seven seconds each). Short edge elements must have different positions, but positions within the combination edge element may be repeated.	Max 1 Solo dance spin or solo dance combination spin, but no more • Minimum of three revolutions on one/each foot • May change feet • Flying spins are not permitted	Max 1 Circular, midline or diagonal. • The step sequence must fully utilize the ice surface, should include a variety of steps and turns, and must include three-turns, mohawks, brackets and counters. • Not permitted elements: Stops, pattern retrogressions, loops, jumps of more than one-half rotation, dance spins and pirouettes.	Max 1 Twizzle Series: Minimum two revolutions on each twizzle. No more than three steps between twizzles. Twizzles must have a different entry edge and different direction of rotation.	Max 1 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.
ADULT SILVER SOLO FREE DANCE 2:00 +/- 10 seconds	Max 2 2 short edge elements (7 sec max) Each edge must be held in position for a minimum of 3 seconds. Edge elements must have different positions	Max 1 Solo dance spin or solo dance combination spin – min 3 revs on one/ each foot Flying spins not permitted	Max 1 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. Not Permitted: Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and	Max 1 Twizzle series - min 2 revs each twizzle No more than 3 steps between twizzles	Max 1 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.

			pirouettes		
2023-2024	EDGE ELEMENT	SPIN	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC CHARACTER STEP
ADULT PRE SILVER SOLO FREE DANCE 1:50 +/- 10 seconds	Max 1 One short edge element, but no more. The edge must be held in position for a minimum of three seconds, but cannot exceed seven seconds	Max 1 One solo dance spin, but no more • Minimum of three revolutions on one foot • Spin combinations and flying spins are not permitted	Max 1 One step sequence from the following list: circular, midline or diagonal. • The step sequence must fully utilize the ice surface, should include a variety of steps and turns, and must include three-turns, mohawks and brackets. • Not permitted elements: Stops, pattern retrogressions, loops, jumps of more than one-half rotation, dance spins and pirouettes.	Max 1 One twizzle series. Minimum one revolution on each foot. No more than three steps between twizzles.	Max 1 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
ADULT BRONZE SOLO FREE DANCE 1:40 +/- 10 seconds	Max 1 1 short edge element (7 sec max) Edge must be held in position for a minimum of 3 seconds	Max 1 Solo dance spin – min 3 revs on 1 foot Spin combinations and flying spins not permitted.	Max 1 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. Not Permitted: Stops, pattern retrogressions, loops, jumps of more than ½ revolution, dance spins and pirouettes	Max 1 Twizzle - min 1 rev	

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.