

**2023-24 Free Dance Requirements** – This chart reflects the current rules in place for the 2023-24 season, which begins July 1, 2023.



Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p><b>PRE-JUVENILE</b></p> <p>2:00 +/- 10 sec</p>	<p><b>Max 1</b></p> <p>1 type of Short Lift max 7 secs</p> <p>Chosen from straight line lift, curve lift or stationary lift</p> <p><b>Rotational lifts and combination lifts not permitted.</b></p>	<p><b>Max 1</b></p> <p>1 Dance Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p><b>May change position. May not change feet.</b></p>	<p><b>Max 1</b></p> <p>Choreographic Step Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p><b>Serpentine and not touching types of sequences are not permitted</b></p> <p><b>Not Permitted Elements:</b> Stops, pattern retrogressions and loops are not permitted in the step sequence. Hand-in-hand hold not permitted with fully extended arms.</p> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>Maximum of two rotations by each partner.</p> <p>Synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 8095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p><b>Illegal Elements</b> Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice - Illegal lift movement/pose</p>
<p><b>JUVENILE</b></p> <p>2:15 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>2 different types of Short Lifts max 7 secs</p> <p><b>Combination lifts not permitted.</b></p>	<p><b>Max 1</b></p> <p>Dance Spin</p> <p>A spin skated by the couple together in any hold.</p> <p>To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.</p>	<p><b>Max 1</b></p> <p>Choreographic Step Sequence (Circular, Midline or Diagonal in Hold)</p> <p>The choreographic step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.</p> <p><b>Serpentine and not touching types of sequences are not permitted</b></p> <p><b>Not Permitted Elements:</b> Stops, pattern retrogressions and loops are not permitted in the step sequence. Hand-in-hand hold not permitted with fully extended arms.</p> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>Synchronized twizzle may be skated anywhere in the program except in the required step sequence.</p>	<p>Music should adhere to Rule 8095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p><b>Illegal Elements</b> Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice - Illegal lift movement/pose</p>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
<p><b>INTERMEDIATE</b></p> <p>2:30 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>2 different types of Short Lifts max 7 secs</p> <p><b>Combination lifts not permitted.</b></p>	<p><b>Max 1</b></p> <p>Dance Spin</p> <p>A spin skated by the couple together in any hold.</p> <p>To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.</p>	<p><b>Max 1</b></p> <p>1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or <u>Serpentine</u></p> <p>Must utilize the full ice surface</p> <p><b>Not touching types of sequences are not permitted</b></p> <p><b>Specification to Style B:</b></p> <p>Not Permitted:</p> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Loops</li> <li>- <u>Retrogression</u></li> <li>- Hand in hand hold with fully extended arms cannot be established</li> <li>- Separations of more than two arm lengths and/or exceeding 5 seconds</li> </ul> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Set of Sequential Twizzles</p> <p>At least 2 twizzles for each partner and <b>MUST NOT</b> be in contact between Twizzles.</p> <p>Up to 1 step between. Twizzles (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p>	<p>Music should adhere to Rule 8095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed</p> <p><b>Illegal Elements</b></p> <p>Jumps of more than one revolution except Jump Entry and/or Jump Exit</p> <ul style="list-style-type: none"> <li>- Lying on the ice</li> <li>- Illegal lift movement/pose</li> </ul>
<p><b>NOVICE</b></p> <p>3:00 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>2 different types of Short Lifts max 7 secs</p> <p><b>Combination lifts not permitted.</b></p>	<p><b>Max 1</b></p> <p>Dance Spin</p> <p>A spin skated by the couple together in any hold.</p> <p>To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.</p>	<p><b>Max 2</b></p> <p><b>1 Choreographic Character Step Sequence (ChSt)</b></p> <p>Choreographic Character Step Sequence: performed anywhere in program. Must be placed around short axis (within 10 meters on either side of the short axis). Must proceed from barrier to barrier. May be in hold or not touching. Touching ice with hand(s) is allowed. Distance between partners is permitted as a maximum of 2 arms lengths apart</p> <p><b>AND</b></p> <p><b>1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine</b></p> <p><b>Specification to Style B:</b></p> <p>Not Permitted:</p> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Loops</li> <li>- <u>Retrogression</u></li> <li>- Hand in hand hold with fully extended arms cannot be established</li> <li>- Separations of more than two arm lengths and/or exceeding 5 seconds</li> </ul> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Set of Sequential Twizzles</p> <p>At least 2 twizzles for each partner and <b>MUST NOT</b> be in contact between Twizzles.</p> <p>Up to 1 step between. Twizzles (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p>	<p>Music should adhere to Rule 8095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed (except during choreographic character step sequence).</p> <p><b>Illegal Elements</b></p> <p>Jumps of more than one revolution except Jump Entry and/or Jump Exit</p> <ul style="list-style-type: none"> <li>- Lying on the ice</li> <li>- Illegal lift movement/pose</li> </ul>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<p><b>JUNIOR</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>1 Combination Lift</p> <p><b>Or</b></p> <p>2 Different Types of Short Lifts</p> <p>****</p> <p>Combination Lifts – max 12 secs</p> <p>Short Lifts – max 7 secs</p> <p>The lifted partner's pose or change of pose in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combination Lift. The repeated pose or change of pose performed in the same type of lift will be considered a simple pose/change of pose for the FD.</p>	<p><b>Max 1</b></p> <p>Dance Spin</p> <p>A spin skated by the couple together in any hold.</p> <p>To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.</p>	<p><b>Max 2</b></p> <p><b>1 Step Sequence in Hold (Style B): Midline, Diagonal, Circular or Serpentine</b></p> <p><u>Pattern must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</u></p> <p>Must maintain integrity or basic shape of chosen pattern. Some deviations are expected to complete required turns, but if chosen pattern is not clearly recognizable, this will be a negative feature for incorrect pattern in the GOE.</p> <p><b>Specification to Style B:</b> Not Permitted: - Stops - Loops - <u>Retrogression</u> - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds</p> <p><b>AND</b></p> <p><b>1 One Foot Turns Sequence</b></p> <p>Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time.</p> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Set of Synchronized Twizzles</p> <p>At least two twizzles for each partner, with a min of 2 steps and up to 4 steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p> <p>Partners <u>may</u> be in contact between the 1<sup>st</sup> and 2<sup>nd</sup> twizzles.</p>	<p><b>2 Different</b></p> <p>Choreographic Lift Or Choreographic Spinning Movement Or Choreographic Assisted Jump Movement Or Choreographic Twizzling Movement Or Choreographic Sliding Movement Or Choreographic Character Step Sequence Or <u>Choreographic Hydroblading Movement</u></p> <p>See ISU Communication #2560 for definitions of choreographic elements.</p> <p>Note: Choreographic Spinning Movement, Choreographic Sliding Movement, Choreographic Assisted Jump Movement, Choreographic Character Step Sequence, and <u>Choreographic Hydroblading Movement</u> may be skated anywhere in the program. The Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 8095 (E) and ISU Communication #2560.</p> <p><b>Stops</b> After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of up to 5 seconds max. are allowed</p> <p><b>Separations</b> Number of separations to execute transitional footwork or moves is not restricted; Distance allowed is maximum 2 arms lengths during separations Durations of each separation (outside req. elements) is 5 seconds max; Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p><b>Touching Ice with Hands</b> Touching the ice with the hand(s) is not allowed (except choreographic sliding movement and choreographic character step sequence).</p> <p><b>Illegal Elements</b> Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice - Illegal lift movement/pose</p> <p><b>Costume &amp; Prop</b> See US Figure Skating Rule 8020</p>

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<p><b>SENIOR</b></p> <p>4:00 +/- 10 sec</p>	<p><b>Max 3</b></p> <p>1 Short Lift and 1 Combination Lift (the type of short lift must be different from the type(s) of short lift(s) forming the combination lift).</p> <p><b>Or</b></p> <p>3 Different Types of Short Lifts</p> <p>****</p> <p>Combination lifts – max 12 secs</p> <p>Short lifts - max 7 secs</p> <p>The lifted partner's pose or change of pose in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combination Lift. The repeated pose or change of pose performed in the same type of lift will be considered a simple pose/change of pose for the FD.</p>	<p><b>Max 1</b></p> <p>Dance Spin</p> <p>A spin skated by the couple together in any hold.</p> <p>To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.</p>	<p><b>1 Step Sequence in Hold (Style B):</b> <b>Midline, Diagonal, Circular or Serpentine</b></p> <p><u>Pattern must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</u></p> <p>Must maintain integrity or basic shape of chosen pattern. Some deviations are expected to complete required turns, but if chosen pattern is not clearly recognizable, this will be a negative feature for incorrect pattern in the GOE.</p> <p><b>Specification to Style B:</b> Not Permitted: - Stops - Loops - <u>Retrogression</u> - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds</p> <p><b>AND</b></p> <p><b>1 One Foot Turns Sequence</b></p> <p>Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time.</p> <p>Dance spins and pirouettes are stops.</p>	<p><b>Max 1</b></p> <p>Set of Synchronized Twizzles</p> <p>At least two twizzles for each partner, with a min of 2 steps and up to 4 steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p> <p>Partners <u>may</u> be in contact between the 1<sup>st</sup> and 2<sup>nd</sup> twizzles.</p>	<p><b>3 Different</b></p> <p>Choreographic Lift Or Choreographic Spinning Movement Or Choreographic Assisted Jump Movement Or Choreographic Twizzling Movement Or Choreographic Sliding Movement Or Choreographic Character Step Sequence Or <u>Choreographic Hydroblading Movement</u></p> <p>See ISU Communication #2560 for definitions of choreographic elements.</p> <p>Note: Choreographic Spinning Movement, Choreographic Sliding Movement, Choreographic Assisted Jump Movement, Choreographic Character Step Sequence, and <u>Choreographic Hydroblading Movement</u> may be skated anywhere in the program. The Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.</p>	<p>Music should adhere to Rule 8095 (E) and ISU Communication #2560.</p> <p><b>Stops</b> After clock started, couple must not remain on one place for more than 10 seconds</p> <p>During program: unlimited full stops of up to 5 seconds max. are allowed</p> <p><b>Separations</b> Number of separations to execute transitional footwork or moves is not restricted; Distance allowed is maximum 2 arms lengths during separations (except during choreographic character step sequence); Durations of each separation (outside req. elements) is 5 seconds max; Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</p> <p><b>Touching Ice with Hands</b> Touching the ice with the hand(s) is not allowed (except choreographic sliding movement and choreographic character step sequence).</p> <p><b>Illegal Elements</b> - Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice - Illegal lift movement/pose</p> <p><b>Costume &amp; Prop</b> See US Figure Skating Rule 8020</p>