

2024 Solo Dance Free Dance Chart

| Free Dance | Edge Elements | Dance Spins | Step Sequence | Twizzles | Choreo Elements | Additional Information |
|--|--|---|--|---|--|---|
| Juvenile 1:30 +/- 10 Max level 2 for leveled elements | Max 1 1 short edge element | Max 1 1 Dance Spin Max Level 2 | Max 1 <u>Choreographic Character Step Sequence</u> | Max 1 <u>Sequential Twizzle Series</u> | | MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM |
| | The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds | A spin to be performed on the spot on one foot with or without change(s) of foot by the skater No flying spin or flying entry - <u>illegal element if performed</u> | One (1) Choreographic Character Step Sequence performed on the <u>short axis</u> . Not permitted elements: Touching the ice with any other part of the body other than the blades that would not otherwise be considered a fall or illegal, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes. | One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) | | |
| Intermediate 1:50 +/- 10 Max level 3 for leveled elements | Max 1 1 short edge element | Max 1 1 Dance Spin | Max 1 <u>Choreographic Character Step Sequence</u> | Max 1 One set of sequential twizzles | Max 1 Choreographic Element | MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM |
| | The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds. | A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. No flying spin or flying entry - <u>illegal element if performed</u> | One (1) Choreographic Character Step Sequence performed on the long axis. Not permitted elements: Touching the ice with any other part of the body other than the blades that would not otherwise be considered a fall or illegal, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes. | 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 | One (1) additional chosen from: • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) • Choreographic Sliding Movement | |
| Novice 2:20 +/- 10 Max Level 4 for leveled elements | Max 1 1 short edge element | Max 1 1 Dance Spin | Max 1 One (1) step sequence, Style B (Midline, Diagonal, Circular) | Max 1 One set of sequential twizzles | Max 2 <u>Choreographic Element</u> | MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM |
| | The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds. | A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. No flying spin or flying entry - <u>illegal element if performed</u> | The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Not permitted elements: stops, loops, <u>retrogressions</u> | Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) | Two (2) different from: • Choreographic Character Step • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) • Choreographic Sliding Movement | |

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| Free Dance | Edge Elements | Dance Spins | Step Sequence | Twizzles | Choreo Elements | Additional Information |
|------------------------------|---|---|---|--|---|---|
| Junior 3:00 +/- 10 | Max 2 1 combination edge element OR 2 Short Edge Elements | Max 1 1 Dance Spin | Max 2 One (1) step sequence, Style B (serpentine, circular, midline, diagonal) | Max 1 One solo twizzle series | Max 2 Choreographic Elements | MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM Music must have a change of tempo and/or expression |
| | Two different types of short edge elements, but no more. (Spiral type may be repeated once with different positions in each) Combination Edge may not exceed 12 seconds in total. Short edge elements must be held in position for 3 seconds but may not exceed 7 seconds. | A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. No flying spin or flying entry - <u>illegal element if performed</u> | It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element Not permitted elements: stops, loops, <u>retrogressions</u> , and jumps of more than one-half rotation, dance spins, and pirouettes. <div style="border: 1px solid black; padding: 2px; text-align: center;">One (1) - One Foot Turn Sequence</div> To be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 3 and 4) | At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) | Two (2) different to be selected from the following: • Choreographic Character Step • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) | |
| Senior 3:10 +/- 10 | Max 3 1 combination edge element and 1 short edge element of a different type than performed in the combination OR 3 different types of Short Edge Elements | Max 1 1 Dance Spin | Max 2 One (1) step sequence, Style B (serpentine, circular, midline, diagonal) | Max 1 One solo twizzle series. | Max 3 Choreographic Elements | MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM Music must have a change of tempo and/or expression |
| | For short edge elements, Spiral type may be repeated once with different positions in each Each portion must be held in position for 3 seconds Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds. | A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. No flying spin or flying entry - <u>illegal element if performed</u> | It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element. Not permitted elements: stops, loops, <u>retrogressions</u> , and jumps of more than one-half rotation, dance spins, and pirouettes. <div style="border: 1px solid black; padding: 2px; text-align: center;">One (1) - One Foot Turn Sequence</div> To be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 3 and 4) | At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) | Three (3) different from: • Choreographic Character Step • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) • Choreographic Sliding Movement | |