

2024 Solo Dance Rhythm Dance Chart

Rhythm Dance	Edge Elements	Step Sequence	Twizzles	Pattern Dance \ Choreo Element	Additional Information
Junior 2:50 +/- 10	Max 1 1 Short Edge Element	Max 1 Step Sequence Style B (midline or diagonal)	Max 1 <u>Sequential</u> twizzle series	Max 1 Rocker Foxtrot	
	Edge element must be held in position for a minimum of 3 seconds but cannot exceed 7 seconds	Skated to any tempo. Touching the ice with any part of the body is allowed but no longer than 5 seconds Not permitted elements: Loop(s) or Retrogression(s) Stops: One stop up to 5 seconds (counts as one of the permitted stops)	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). May be skated anywhere in the program except in the required step sequence.	1RF must be skated using Steps A (previously Woman's steps), in accordance with the Solo Series Dance Steps as described in the pattern dance appendix. 2RF, must be skated using Steps B (previously Man's steps), in accordance with the Solo Series Dance Steps as described in the pattern dance appendix. Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately. Step #1 of 1RF skated on the Judges left side. Step #1 of 2RF skated at the Judges right side. Timing: skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute. The first step of the dance begins on beat one of a musical phrase. Crossing the Long Axis is permitted for Steps #5, #8, #9	The theme for the season 2023/24 is "Music and Feeling of the Eighties". Any music is possible provided it was originally released in the decade of the 1980s. The skater should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade. Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. 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. 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 in any direction that do not cross long axis are permitted. 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. Touching the ice with hand(s) is not permitted except during the Style B step sequence 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 except where allowed in the Style B step sequence

2024 Solo Dance Rhythm Dance Chart

Rhythm Dance	Edge Elements	Step Sequence	Twizzles	Pattern Dance \ Choreo Element	Additional Information
Senior 2:50 +/- 10	Max 1 1 Short Edge Element	Max 1 Step Sequence Style B (midline or diagonal)	Max 1 Sequential twizzle series	Choreographic Rhythm Sequence Max 1	<p>The theme for the season 2023/24 is "Music and Feeling of the Eighties". Any music is possible provided it was originally released in the decade of the 1980s. The skater should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade. Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</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/red line) of barrier. May also cross long axis at entry and/or exit to the Style B step sequence. Loops in any direction 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 except where allowed in Style B Step Sequence.</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 except where allowed in Style B Step Sequence.</p>
	Edge element must be held in position for a minimum of 3 seconds but cannot exceed 7 seconds	<p>Skated to any tempo</p> <p>Touching the ice with any part of the body is allowed but not longer than 5 secs</p> <p>Not permitted elements: Loop(s) or Retrogression(s)</p> <p>Permitted: One stop up to 5 seconds (this will count as one of the permitted stops)</p>	<p>One (1) set of sequential twizzles. Two twizzles skated one right 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). May be skated anywhere in the program except in the required step sequence, PSt or <u>ChRs</u>.</p>	<p>Tempo: 100 beats/minute minimum.</p> <p>Performed anywhere in the program starting with the Silver Samba, A Steps (formally Woman's steps) #9-12 skated on the left hand side of the Judges and finishing with the Slip Step Section: Steps #43b-47. In between the selected steps the skater may perform any step(s) and/or turn(s) and/or movement(s) echoing the style of the chosen Rhythm for the season.</p> <p>Permitted: Loop (1), Retrogression (1) Not Permitted: Stop</p> <p>Pattern Dance Type Step Sequence - Style D Max 1</p> <p>Rhythm: skated to any tempo Duration: an exact number of phrases</p> <p>Pattern: starting with a Stop or skidding movement 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</p> <p>Stops: A stop at the start of the PST will count as one of the permitted stops. A skidding movement to start the PST will NOT be considered as a stop.</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><u>Must perform four different difficult turns from the following:</u> Back entry Rocker, Counter, Bracket and Forward Outside Mohawk. Only the first four attempted Different Difficult Turns selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.</p>	