

**2025-26 Free Dance Requirements** – This chart reflects the current rules in place for the 2025-26 season, which begins July 1, 2025.



Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<b>PRE-JUVENILE</b>  2:00 +/- 10 sec	<b>Max 1</b>  1 type of Short Lift max 8 secs  Chosen from straight line lift, curve lift or stationary lift  <b>Rotational lifts and combination lifts not permitted.</b>	<b>Max 1</b>  1 Dance Spin  Spin – min 3 revs. on one foot by both partners  <b>May change position. May not change feet.</b>	<b>Max 1</b>  Choreographic Step Sequence (Circular, Midline or Diagonal in Hold)  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.  <b>Serpentine and not touching types of sequences are not permitted</b>  <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.  Dance spins and pirouettes are stops.	<b>Max 1</b>  Synchronized Twizzle  At least one full rotation by each partner.  Maximum of two rotations by each partner.  Synchronized twizzle may be skated anywhere in the program except in the required step sequence.	Music should adhere to Rule 8095 (E).  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.  Touching the ice with hand(s) is not allowed  <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
<b>JUVENILE</b>  2:15 +/- 10 sec	<b>Max 2</b>  2 different types of Short Lifts max 8 secs  <b>Combination lifts not permitted.</b>	<b>Max 1</b>  Dance Spin  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	<b>Max 1</b>  Choreographic Step Sequence (Circular, Midline or Diagonal in Hold)  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.  <b>Serpentine and not touching types of sequences are not permitted</b>  <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.  Dance spins and pirouettes are stops.	<b>Max 1</b>  Synchronized Twizzle  At least one full rotation by each partner.  Synchronized twizzle may be skated anywhere in the program except in the required step sequence.	Music should adhere to Rule 8095 (E).  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.  Touching the ice with hand(s) is not allowed  <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

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
<b>INTERMEDIATE</b>  2:30 +/- 10 sec	<b>Max 2</b>  2 different types of Short Lifts max 8 secs  <b>Combination lifts not permitted.</b>	<b>Max 1</b>  Dance Spin  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	<b>Max 1</b>  1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or <u>Serpentine</u>  Must utilize the full ice surface  <b>Not touching types of sequences are not permitted</b>  <b>Specification to Style B:</b>  Not Permitted: - Stops - Loops - Retrogression - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds  Dance spins and pirouettes are stops.	<b>Max 1</b>  Set of Sequential Twizzles  At least 2 twizzles for each partner and <b>MUST NOT</b> be in contact between Twizzles.  Up to 1 step between. Twizzles (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)	Music should adhere to Rule 8095 (E).  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.  Touching the ice with hand(s) is not allowed  <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

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<b>NOVICE</b>  3:00 +/- 10 sec	<b>Max 2</b>  2 different types of Short Lifts max 8 secs  <b>Combination lifts not permitted.</b>	<b>Max 1</b>  Dance Spin  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	<b>Max 1</b>  <b>1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine</b>  <b>Specification to Style B:</b> Not Permitted: - Stops - Loops - Retrogression - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds  Dance spins and pirouettes are stops.	<b>Max 1</b>  Set of Sequential Twizzles  At least 2 twizzles for each partner and <b>MUST NOT</b> be in contact between twizzles.  Up to 1 step between. Twizzles (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)	<b>Max 1</b>  <u>Choreographic Spinning Movement</u> Or <u>Choreographic Twizzling Movement</u> Or <u>Choreographic Sliding Movement</u> Or Choreographic Character Step Sequence  See ISU Communication #2700 for definitions of choreographic elements.  Note: Choreographic Character Step Sequence must be performed around the short axis for novice.  <b><u>The type of choreographic element attempted in the Pattern Dance "Quickstep + Choreographic Element" cannot be repeated in the Free Dance. A repeated Choreographic Element will receive the "!" symbol.</u></b>	Music should adhere to Rule 8095 (E).  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.  Touching the ice with hand(s) is not allowed (except during choreographic character step sequence).  <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

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<b>JUNIOR</b>  3:30 +/- 10 sec	<b>Max 2</b>  1 Combination Lift  <b>Or</b>  2 Different Types of Short Lifts  *****  Combination Lifts – max 13 secs  Short Lifts – max 8 secs  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.	<b>Max 1</b>  Dance Spin  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	<b>Max 2</b>  <b>1 Step Sequence in Hold (Style B): Midline, Diagonal, Circular or Serpentine</b>  Pattern must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.  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.  <b>Specification to Style B:</b> Not Permitted: - Stops - Loops - Retrogression - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds  Dance spins and pirouettes are stops.  <b>AND</b>  <b>1 One Foot Turns Sequence</b>  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.	<b>Max 1</b>  Set of Synchronized Twizzles  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)  Partners may be in contact between the 1 <sup>st</sup> and 2 <sup>nd</sup> twizzles.  <b>The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</b>	<b>2 Different</b>  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 Choreographic Hydroblading Movement  Note: Choreographic Spinning Movement, Choreographic Sliding Movement, Choreographic Assisted Jump Movement, Choreographic Character Step Sequence, and Choreographic Hydroblading Movement may be skated anywhere in the program. The Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.	Music should adhere to Rule 8095 (E) and ISU Communication #2704.  <b>Stops</b> After clock started, couple must not remain on one place for more than 10 seconds  During program: unlimited full stops of up to 5 seconds max. are allowed  <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.  <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).  <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  <b>Costume &amp; Prop</b> See US Figure Skating Rule 8020

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT	ADDITIONAL INFORMATION
<b>SENIOR</b>  4:00 +/- 10 sec	<b>Max 3</b>  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).  <b>Or</b>  3 Different Types of Short Lifts  *****  Combination lifts – max 13 secs  Short lifts - max 8 secs  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.	<b>Max 1</b>  Dance Spin  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	<b>Max 2</b>  <b>1 Step Sequence in Hold (Style B):</b> <b>Midline, Diagonal, Circular or Serpentine</b>  Pattern must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.  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.  <b>Specification to Style B:</b> Not Permitted: - Stops - Loops - Retrogression - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds  Dance spins and pirouettes are stops.  <b>AND</b>  <b>1 One Foot Turns Sequence</b>  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.	<b>Max 1</b>  Set of Synchronized Twizzles  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)  Partners may be in contact between the 1 <sup>st</sup> and 2 <sup>nd</sup> twizzles.  <b>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</b>	<b>3 Different</b>  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 Choreographic Hydroblading Movement  See ISU Communication #2630 for definitions of choreographic elements.  Note: Choreographic Spinning Movement, Choreographic Sliding Movement, Choreographic Assisted Jump Movement, Choreographic Character Step Sequence, and Choreographic Hydroblading Movement may be skated anywhere in the program. The Choreographic Dance Lift and Choreographic Twizzling Movement are to be performed after its respective required element.	Music should adhere to Rule 8095 (E) and ISU Communication #2704.  <b>Stops</b> After clock started, couple must not remain on one place for more than 10 seconds  During program: unlimited full stops of up to 5 seconds max. are allowed  <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.  <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).  <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  <b>Costume &amp; Prop</b> See US Figure Skating Rule 8020