

Rhythm Dance	RHYTHM	PATTERN DANCE REQUIREMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
JUNIOR 2:50 +/- 10 sec	Music requirements: "The Music, Dance Styles and Feeling of the 1990s". Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme as well as the Required Characteristics. Required Characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s. This season's RD is not based on the Classical, Contemporary. Folk and Ballroom styles of dance. Remixes and/or remastered music, including cover versions, is permitted. Music created via Al in the "Style of the 1990s" is also permitted. The Rhythm Dance should NOT be skated in the style of a Free Dance. The couple must use dance movements and dance holds to interpret the chosen music from this decade. Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.	1 Sequence of the Rhumba immediately followed by 1 Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time. Duration: any exact number of musical phrases. The first step of the dance must be skated on beat 1 of a musical phrase. 1RH (Steps #1-16) and 1QS (Steps #1-18) Step #1 of RH skated at the judges left side until step #16. Immediately followed by step #1 of the 1QS skated on the judges right side. Tracking between partners is optional except during Key Points 1RH must be skated in accordance with the beats per step outlined in ISU Communication 2704. 1QS must be skated in accordance with the beats per steps described in the ISU Handbook 2003. Note: variations of hold, except hand in hand, are permitted. See ISU Communication #2704 for key points. If the two Pattern Dances are not skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements not according to requirements, will receive an asterisk (*) and consequently NO value.	1 Short Lift Up to 8 seconds	1 Step Sequence Not Touching (Style B) Skated to any dance style of the prescribed dances. Pattern must be midline or diagonal Touching the ice with any part of the body is allowed, but not for longer than 5 seconds. Skated no more than 2 arm lengths apart. Not Permitted: -Retrogression -Loops Note: the entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered a retrogression Permitted: -One stop up to 5 sec (this will count as one of the permitted stops, must be performed Not Touching)	At least two twizzles for each partner. 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.) Must not be in contact between twizzles. 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 in the RD.	Music: ISU Rule 709 1c as stated except for i) per Council decision Communication 2698: Only dance music with a rhythmic beat may be used. The music may be without a rhythmic beat for up to 10 sec 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) of barrier. May also cross long axis at entry and/or exit to Style B step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted (exception applicable per individual element) Stops: After clock is started with first movement, couple 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. Separations: Must not separate except to change hold or perform Required Elements requiring separation. Max two arms lengths allowed during such separations. Change of hold and turns as transitional elements must not exceed 1 measure of music. Separations at beginning and/or end of program may be up to 10 secs in duration without restrictions on distance. Touching the ice with hand(s) is not permitted except during the Step Sequence Style B. See ISU Communication #2704 for detailed rules for the rhythm dance.



Rhythm	RHYTHM	PATTERN DANCE	CHOREOGRAPHC	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL
Dance	KULLUM	REQUIREMENT	ELEMENT	LIFIS	STEP SEQUENCE	IWIZZLES	INFORMATION
SENIOR	Music requirements:	1 Pattern Dance Type Step	1 Choreographic	1 Short	1 Step Sequence	1 Set	Music: ISU Rule 709 1c as stated
		Sequence (PSt), (Style D):	Rhythm Sequence	Lift	Not Touching (Style	of Sequential	except for i) per Council decision
2:50 +/- 10	"The Music, Dance Styles		.		В)	Twizzles	Communication 2698: Only dance
sec	and Feeling of the 1990s".	- Rhythm: skated to any dance style	Skated to any dance	Up to 8	Olerted to annual and a	A	music with a rhythmic beat may
	A	chosen from the 1990s – min 120 beats per minute, in 2/2, 2/4 or 4/4	style from the 1990s	secs	Skated to any dance	At least two twizzles for each	be used. The music may be
	Any music is possible as long as it was released,	time	-Hold(s): in contact		style of the prescribed dances.	partner.	without a rhythmic beat for up to 10 sec at the beginning of the
	either originally or as a	<u>uine</u>	including hand in		uances.	partifer.	program.
	cover version in the	- Duration: any exact number of	hand with fully		Pattern must be	Up to one step in	program.
	1990s and fulfills the	musical phrases.	extended arms with		midline or diagonal	between	Pattern: Must proceed in
	Rhythm/Theme as well as	acica. p.iacce.	exception of permitted			twizzles. (Each	generally constant direction and
	the Required	- Pattern: Circular Shape	separation		Touching the ice with	push and/or	must cross long axis of ice
	Characteristics.	1. Starting with walk around 3 turns			any part of the body is	transfer of	surface once at each end of rink
		movement around a common axis of	-Pattern: both		allowed, but not for	weight while on	within no more than 30 meters
	<u>Required</u>	at least two rotations by both	partners perform		longer than 5	two feet between	(short axis) of barrier. May also
	Characteristics: High	partners on the judges' side and	steps/mvmts around		seconds.	twizzles is	cross long axis at entry and/or
	energy and crowd	crossing the short axis during any of	short axis & must		Cleate d use uses the su	considered as a	exit to Style B step sequence and
	pleasing, demonstrating the essence of the 1990s.	these movements. The first rotation must be performed face to face, any	proceed barrier to barrier – fulfilled when		Skated no more than 2 arm lengths apart.	step.)	at entry to pattern dance element. Loops that do not cross long axis
	the essence of the 1990s.	partner may skate fwd or bkw. No	at least one partner is		z anni lengtiis apart.	Must not be in	are permitted (exception
	This season's RD is not	restriction of holds for 2 nd rotation.	not more than 2		Not Permitted:	contact between	applicable per individual element)
	based on the Classical,	2. Con't incl 4 different difficult turns	meters from barrier		-Retrogression	twizzles	applicable per marriadar element,
	Contemporary. Folk and	Concluding when couple closes			-Loops		Stops: After clock is started with
	Ballroom styles of dance.	circular shape in front of Referee at	- Separation:			The "C"	first movement, couple must not
	-	short axis by performing Helicopter	1 permitted for not		Note: the entry and/or	feature(s)	remain in one place for more than
	Remixes and/or	movement (refer to #2704)	more than 2 arm		exit edge of a Difficult	attempted in	10 secs at beginning and/or end
	remastered music,		lengths and no more		Turn resulting in a	the RD cannot	of program. During program: 2 full
	including cover versions,	- Holds: Must remain in contact at all	than 5 secs.		temporary deviation in	be repeated in	stops up to 5 secs or 1 full stop
	is permitted. <u>Music</u> created via AI in the	times, even during changes of Holds (except when performing Twizzles as	-Stop: only 1 at		the direction of travel for the step sequence	the FD for Level and will be	up to 10 secs permitted.
	"Style of the 1990s" is	connecting Choreography)	beginning, during, or		pattern should not be	ignored by the	Separations: Must not separate
	also permitted.	connecting Choreography)	end for no more than		considered a	Technical	except to change hold or perform
	aico porrintida.	-Technical Requirements: Must	5 secs (will count as		retrogression	Panel. This	Required Elements requiring
	The Rhythm Dance	perform 2 different difficult turns per	one of the permitted			applies even if	separation. Max two arms lengths
	should NOT be skated	partner from: Back entry Rocker,	stops) A stop at the		Permitted:	the features	allowed during such separations.
	in the style of a Free	Counter, <u>Back Entry Bracket</u> & Fwd	beginning or end will		-One stop up to 5 sec	were not given	Change of hold and turns as
	Dance. The couple must	Outside C-Step	be considered part of		(this will count as one	credit in the	transitional elements must not
	use dance movements	All 6 1/55	the element.		of the permitted stops,	RD.	exceed 1 measure of music.
	and dance holds to	-Timing: All performed different	Performing		must be performed		Separations at beginning and/or
	interpret the chosen music from this decade.	difficult turns for level no more than 2 beats for entry edge & 2 beats for	steps/mvmts around each partner during		Not Touching)		end of program may be up to 10 secs in duration without
	music nom uns decade.	exit edge	stop is not considered				restrictions on distance.
	Note: to comply with	onit ougo	as a retrogression.				100thotions on distance.
	ethical values of sports,	- Not permitted: stops, separations	as a ronogroupion.				Touching the ice with hand(s) is
	any music chosen for ice	(except during twizzles),	Not Permitted:				not permitted except during the
	dance competitions must	retrogressions, hand-in-hand hold	-Loop(s)				Step Sequence Style B.
	not include aggressive	with fully extended arms, loops	-Retrogression(s)				
	and/or offensive lyrics.						See ISU Communication #2704
							for detailed rules for the rhythm
							dance