

| Rhythm Dance | RHYTHM | PATTERN DANCE REQUIREMENT | LIFTS | STEP SEQUENCE | TWIZZLES | ADDITIONAL INFORMATION |
|--------------------------------------|---|---|---|---|---|---|
| JUNIOR 2:50 +/- 10 sec | <p>Music requirements:</p> <p><u>"The Music, Dance Styles and Feeling of the 1990s".</u></p> <p>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.</p> <p>Required Characteristics: <u>High energy and crowd pleasing, demonstrating the essence of the 1990s.</u></p> <p>This season's RD is not based on the Classical, Contemporary, Folk and Ballroom styles of dance.</p> <p>Remixes and/or remastered music, including cover versions, is permitted. <u>Music created via AI in the "Style of the 1990s" is also permitted.</u></p> <p>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.</p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p> | <p>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.</p> <p>Duration: any exact number of musical phrases.</p> <p>The first step of the dance must be skated on beat 1 of a musical phrase.</p> <p><u>1RH (Steps #1-16) and 1QS (Steps #1-18)</u></p> <p><u>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.</u></p> <p><u>Tracking between partners is optional except during Key Points</u></p> <p><u>1RH must be skated in accordance with the beats per step outlined in ISU Communication 2704.</u> <u>1QS must be skated in accordance with the beats per steps described in the ISU Handbook 2003.</u></p> <p>Note: variations of hold, except hand in hand, are permitted.</p> <p>See ISU Communication #2704 for key points.</p> <p><u>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.</u></p> | <p>1 Short Lift</p> <p>Up to 8 seconds</p> | <p>1 Step Sequence Not Touching (Style B)</p> <p>Skated to any dance style of the prescribed dances.</p> <p>Pattern must be midline or diagonal</p> <p>Touching the ice with any part of the body is allowed, but not for longer than 5 seconds.</p> <p>Skated no more than 2 arm lengths apart.</p> <p>Not Permitted: -Retrogression -Loops</p> <p>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</p> <p>Permitted: -One stop up to 5 sec (this will count as one of the permitted stops, must be performed Not Touching)</p> | <p>1 Set of Sequential Twizzles</p> <p>At least two twizzles for each partner.</p> <p>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.)</p> <p>Must not be in contact between twizzles.</p> <p>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.</p> | <p>Music: ISU Rule 709 1c as stated except for i) per Council decision Communication 2698: <i>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.</i></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) 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)</p> <p>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.</p> <p>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.</p> <p>Touching the ice with hand(s) is not permitted except during the Step Sequence Style B.</p> <p>See ISU Communication #2704 for detailed rules for the rhythm dance.</p> |

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| SENIOR 2:50 +/- 10 sec | <p>Music requirements:</p> <p><u>"The Music, Dance Styles and Feeling of the 1990s".</u></p> <p>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.</p> <p>Required Characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s.</p> <p>This season's RD is not based on the Classical, Contemporary, Folk and Ballroom styles of dance.</p> <p>Remixes and/or remastered music, including cover versions, is permitted. <u>Music created via AI in the "Style of the 1990s" is also permitted.</u></p> <p>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.</p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p> | <p>1 Pattern Dance Type Step Sequence (PSt), (Style D):</p> <p>- Rhythm: skated to any dance style chosen from the 1990s – min 120 beats per minute, in 2/2, 2/4 or 4/4 time</p> <p>- Duration: any exact number of musical phrases.</p> <p>- Pattern: <u>Circular Shape</u> 1. Starting with walk around 3 turns movement around a common axis of at least two rotations by both partners on the judges' side and crossing the short axis during any of these movements. The first rotation must be performed face to face, any partner may skate fwd or bkw. No restriction of holds for 2nd rotation. 2. Con't incl 4 different difficult turns 3. Concluding when couple closes circular shape in front of Referee at short axis by performing Helicopter movement (refer to #2704)</p> <p>- Holds: Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</p> <p>- Technical Requirements: Must perform 2 different difficult turns per partner from: Back entry Rocker, Counter, <u>Back Entry Bracket</u> & Fwd Outside C-Step</p> <p>- Timing: All performed different difficult turns for level no more than 2 beats for entry edge & 2 beats for exit edge</p> <p>- Not permitted: stops, separations (except during twizzles), retrogressions, hand-in-hand hold with fully extended arms, loops</p> | <p>1 Choreographic Rhythm Sequence</p> <p>Skated to any dance style from the 1990s</p> <p>- Hold(s): in contact including hand in hand with fully extended arms with exception of permitted separation</p> <p>- Pattern: both partners perform steps/mvmts around short axis & must proceed barrier to barrier – fulfilled when at least one partner is not more than 2 meters from barrier</p> <p>- Separation: 1 permitted for not more than 2 arm lengths and no more than 5 secs.</p> <p>- Stop: only 1 at beginning, during, or end for no more than 5 secs (will count as one of the permitted stops) A stop at the beginning or end will be considered part of the element. Performing steps/mvmts around each partner during stop is not considered as a retrogression.</p> <p>Not Permitted: -Loop(s) -Retrogression(s)</p> | <p>1 Short Lift</p> <p>Up to 8 secs</p> | <p>1 Step Sequence Not Touching (Style B)</p> <p>Skated to any dance style of the prescribed dances.</p> <p>Pattern must be midline or diagonal</p> <p>Touching the ice with any part of the body is allowed, but not for longer than 5 seconds.</p> <p>Skated no more than 2 arm lengths apart.</p> <p>Not Permitted: -Retrogression -Loops</p> <p>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</p> <p>Permitted: -One stop up to 5 sec (this will count as one of the permitted stops, must be performed Not Touching)</p> | <p>1 Set of Sequential Twizzles</p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. 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