2025-26

Adult Solo Dance Handbook

Adult Solo Dance

Table of Contents

General Information

Costume Requirements

The Solo Dance Series will follow all costume rules and requirements as stated for ice dance in the ~~2024~~ 2025-2026 U.S. Figure Skating Rulebook. (Rule 8020-8027).

Behavior of Competitors during Competition

The Solo Dance Series will follow all behavior of competitors requirements including the call to start rules for IJS as stated in the ~~2024~~ 2025-2026 U.S. Figure Skating Rulebook. (Rules 1320-1324)

Earbuds and headphones of any kind will <mark>not be allowed</mark> on any practice sessions or warm-ups associated with any Solo Series competition. If a skater is found to be wearing them on a practice session for the Solo Series, they are subject to be disqualified for the event.

Eligibility & Test Levels

The Adult Solo Dance test requirements can be found in ~~2024~~ 2025-2026 U.S. Figure Skating Rulebook (Rule 8215 & 8620-8741)

Please take note that the list of illegal elements on page 24, as they have been updated. These illegal elements apply to all aspects of the Solo Series, including pattern dance.

Pattern Dance still has illegal elements. Please review, they have been clarified for the ~~2024~~ 2025-2026 season.

Adult Pattern Dance has no key points. Adults perform the Pattern Dance as indicated; there is no variation dance.

Lip Synching

Lip Synching will <mark>not be permitted</mark> and will be considered a choreographic deduction by the judging panel and referee.

Planned Program Content Sheets

Skaters will not be permitted to take the ice to compete if the technical panel does not have a planned content sheet. If it is not submitted prior to the event, the organizing committee is responsible for collecting them at registration and handing them to the Technical Controller prior to the start of the event.

Warm-up times

Adult Solo Dance Bronze and Pre-Silver: 4 minutes

Adult Solo Dance Silver, Pre-Gold, Gold & Championship: 5 minutes

Well Balanced Program

Bronze

1:40 +/- 10 sec MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM		
Element	**Level**	**Requirements**
Edge Element	Base	MAX 1 1 short edge element (7 sec max) Edge must be held in position for a minimum of three seconds
Dance Spin	Base	MAX 1 Solo dance spin – min. 3 revs on 1 foot. Spin combinations and flying spins not permitted.
Step Sequences	Base	MAX 1 Circular, midline, serpentine or diagonal step sequence. Must use full ice surface. Should include a variety of steps and tuns and must include three-turns and mohawks. **NOT PERMITTED**: Stops, pattern retrogressions, loops, jumps of more than 1/2 revolutions dance spins and pirouettes.
Twizzles [Called as ChTw]	Confirmed/Not Confirmed	Twizzle – min. 1 revolution

Pre-Silver

1:50 +/- 10 sec MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM		
Element	**Level max**	**Requirements**
Edge Element	Base	MAX 1 1 short edge element (7 sec max) Edge must be held in position for a minimum of three seconds
Dance Spin	Base	MAX 1 Solo dance spin – min. 3 revs on 1 foot. Spin combinations and flying spins not permitted.
Step Sequences	Base	MAX 1 Circular, midline, serpentine or diagonal step sequence. Must use full ice surface. Should include a variety of steps and turns and must include three-turns and mohawks. **NOT PERMITTED**: Stops, pattern retrogressions, loops, jumps of more than 1/2 revolutions dance spins and pirouettes.
Solo Twizzle Series	Base	MAX 1 One solo twizzle series. At least 2 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 a step)
Choreographic Character Step Sequence	Confirmed/Not Confirmed	One choreographic character step sequence performed at any point in the program. • Must be placed around the short axis and proceed from barrier to barrier. • Must commence with a full stop at one barrier or the other.

Silver

	2:00 +/- 10 sec MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Element	**Level max**	**Requirements**
Edge Element	Level 1	MAX 2 2 short edge element (7 sec max) Edge must be held in position for a minimum of three seconds. Edge elements must have different positions.
Dance Spin	Level 1	MAX 1 Solo dance spin or solo dance combination spin – min. 3 revs on one/each foot. Flying spins not permitted.
Step Sequences	Base	MAX 1 Circular, midline, serpentine or diagonal step sequence. Must use full ice surface. Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters. **NOT PERMITTED**: Stops, pattern retrogressions, loops, jumps of more than 1/2 revolutions dance spins and pirouettes.
Solo Twizzle Series	Level 1	MAX 1 One solo twizzle series. Minimum 2 revolutions on each twizzle. At least 2 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 a step)
Choreographic Character Step Sequence	Confirmed/Not confirmed	One choreographic character step sequence performed at any point in the program. • Must be placed around the short axis and proceed from barrier to barrier. • Must commence with a full stop at one barrier or the other.

Pre-Gold

		2:20 +/- 10 sec 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.
Element	**Level max**	**Requirements**
Edge Element	Level 2	MAX 2 1. One combination edge element (not to exceed 12 seconds), OR 2. Two different short edge elements (not to exceed 7 seconds each) Short edge elements must have different positions but positions with the combination edge element may be repeated.
Dance Spin	Level 2	MAX 1 Solo dance spin or solo dance combination spin – min. 3 revs on one/each foot. May change feet. Flying spins are not permitted.
Step Sequences	Level 1	MAX 1 Circular, midline, serpentine or diagonal step sequence. The step sequence must fully utilize the ice surface, should include a variety of steps and turns. Must include three-turns, mohawks, brackets and counters. **NOT PERMITTED**: Stops, pattern retrogressions, loops, jumps of more than 1/2 revolutions dance spins and pirouettes.
Solo Twizzles Series	Level 2	MAX 1 One solo twizzle series. Minimum 2 revolutions on each twizzle. Twizzles must have a different entry edge and different direction of rotation. At least 2 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 a step)
Choreographic Character Step Sequence	Confirmed/Not Confirmed	One choreographic character step sequence performed at any point in the program. • Must be placed around the short axis and proceed from barrier to barrier. • Must commence with a full stop at one barrier or the other.

Gold & Championship

2:40 +/- 10 sec
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.

Element	Level	Requirements
Edge Element	~~Level 2~~ Level 3	MAX 3 • 1 combination edge element and 1 short edge element OR • 3 different short edge elements with different positions. Each lobe of a combination edge element must be held in position for a minimum of 3 seconds, but a combination edge element may not exceed 12 seconds. A short edge element must be held in position for a minimum of 3 seconds, but no more than 7 seconds.
Dance Spin	~~Level 2~~ Level 3	MAX 1 Solo dance spin or solo dance combination spin – min. 3 revs on 1 foot. Flying spins not permitted.
Step Sequences	~~Level 1~~ Level 2	MAX 1 Circular, midline, serpentine or diagonal step sequence. Must use full ice surface. Should include a variety of steps and turns and must include brackets counters, rockers and choctaws. **NOT PERMITTED:** Stops, pattern retrogressions, loops, jumps of more than 1/2 revolutions dance spins and pirouettes.
Solo Twizzles Series	~~Level 2~~ Level 3	MAX 1 One solo twizzle series. Minimum 2 revolutions on each twizzle. Twizzles must have a different entry edge and different direction of rotation. At least 2 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 a step)
Choreographic Character Step Sequence	Confirmed/Not Confirmed	One choreographic character step sequence performed at any point in the program. • Must be placed around the short axis and proceed from barrier to barrier. • Must commence with a full stop at one barrier or the other.

2025-2026 Technical Rules and Level Requirements

Basic Principles of Calling Applicable to all Required Elements

1. The Technical Panel shall identify what is performed despite what is listed on the Planned Program Content Sheet.
2. Adjustments to Levels shall apply to the Level determined according to the Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level. Movements, transitions, and/or choreography that do not fulfill the requirements for elements shall not be identified.
4. If a Fall or Interruption occurs at the attempt of any Required Element, refer to the Additional Principles of Calling for each Required Element.
5. If a Loss of Control with additional support (touchdown by free leg/foot and/or hand(s)) occurs after a Required Element has commenced and the Element continues without interruption its Level shall be reduced by 1 Level per error. Refer to the Additional Principles of Calling for these Elements: Dance Spin, Set of Twizzles, One Foot Turns Sequence. This Basic Principle does not apply to Pattern Dances, Pattern Dance Element and Step Sequences (except One Foot Turns Sequence) - refer to the Additional Principles of Calling for these elements.
6. If a program concludes with the skater starting an element within the required duration of the program (including the additional 10 seconds allowed), the element and its Level shall be identified until the Element stops completely. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
7. If a Dance Spin (FD) or an Edge Element is performed in a Step Sequence when not permitted, (including PSt, Choreographic Character Step Sequence) the Step Sequence will be identified with the respective level and the Extra Element will be added and a deduction of -0.5 for Adult categories} e.g., MiSt4+ExEl, ChSt1+ExEl. It will NOT count as a Required Element.
8. If a Dance Spin is performed in a Step Sequence, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element).
9. The Technical Panel shall decide whether any feature to fulfill the Characteristics of Levels is given credit unless this feature is expressly designated as not eligible for Level in the present Communication.
10. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element (excluding Choreographic Elements), the deduction for an illegal element(s)/movement(s)/pose(s) will apply and the element will receive Basic Level if the requirements for Basic Level are fulfilled or ignored if the minimum requirement for Basic Level is not fulfilled. The Illegal Element will still be identified. The deduction for an Illegal Element/Movement (2.0) will apply for all categories.
11. An error which does not constitute an interruption should result in a reduction of the Level by 1 grade per occurrence.
12. Complex is defined as consisting of many different and connected parts.
13. Loss of control with additional support includes stumble/touchdown by free leg/foot and/or hand.
14. A touchdown with an obvious shift of weight from the skating foot to the other foot will be considered as an interruption.

15. Each push and/or transfer of weight while on two feet is considered as a step.
16. The entry 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 as a retrogression.

Pattern Dance

For Pattern Dances judged under IJS the following criteria must be met:

No Level	Less than 50% of the pattern is skated
Level Base	Greater than 50% of the pattern is skated
Level 1	Greater than 75% of the pattern is skated

Definitions

Change of Edge	The visible tracing of a skate on one foot that changes from one curve and edge to a different curve and edge.
Edge	The visible tracing of a skate on one foot that is on one curve.
Mohawk	A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from outside edge to an outside edge or from an inside edge to an inside edge.
Open Mohawk	A Mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot (examples: Man's Steps 8 and 9 and the Lady's Steps 12 and 13 in the Fourteen Step). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible
Closed Mohawk	A Mohawk in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot (examples: Steps 11 and 12 of the Rocker Foxtrot). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.
Open Choctaw	A Choctaw in which the free foot is placed on the ice on the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot. (example: Steps 9 and 10 of the Kilian) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.
Closed Choctaw	A Choctaw in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot (example: Steps 12 and 13 in the Blues) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.
Cross Roll (forward/backward) (CR)	A roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on the ice to the next outside curve. At the same time, the body weight transfers from one

	outside curve to the new outside curve to create a "rolling movement". Following this movement, an outside edge is required.
Cross Stroke (XS)	A forward or backward step started with the feet crossed so that the impetus or power is gained from the outside edge of the foot that is becoming the free foot. (Note: The legs cross above the knees.)
Crossed Step in Front (XF)	A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed in front of the skating leg (note: the legs cross below the knees).
Crossed Step Behind (XB)	A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed behind the skating leg (note: the legs cross below the knees).
Swing Choctaw	An Open or Closed Choctaw in which the free leg swings forward closely past the skating leg and then back to the skating foot to execute the turn (example: Steps 5 and 6 [first part] of the Quickstep).
Sequence of Pattern Dance	The set order of the prescribed steps/turns that compose one pattern (sequence) of a Pattern Dance.
Slip Step	A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg, which may be well bent or straight, while the free foot slides forward on the ice to full extension.
Swing Rocker or Counter	A Swing Rocker or Counter – A type of Rocker or Counter in which the free foot swings smoothly past and close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward.
Swing Roll	A short or long, forward or backward edge, held for several beats of music during which, when skating backward, the free leg lifts and then first swings forward, then backward past the skating foot, then back beside to skate the next step. When skating forward, the free leg first swings backward, then forward and then back beside to skate the next step. The swing of the leg gives the sense of a "rolling movement".
Three Turn	A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The Skater turns in the direction of the curve.
Correct Turn/Correct Step	A correct turn has a correct foot placement, clean edge in and out of the turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. A Correct Step has the correct edge from the start to the end of the step. In order to be considered correct, the turn or step must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

Dance Spins

Definition: A Dance Spin is a Spin performed on the spot around a central axis on one foot, with or without a change(s) of foot (feet).

Additional Principles of Calling for Spins

1. The first performed Dance Spin shall be identified as the Required Dance Spin, classified as Dance Spin, and given a Level, or ignored if the requirement for Basic Level are not met. Subsequent Dance Spins of three or more rotations shall be identified as Dance Spins called No Value and an Extra Element penalty will be applied.
2. If a Fall or Interruption occurs at the attempt of a Dance Spin before the requirements for Basic Level have been fulfilled and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after resumption.
3. If a Fall or Interruption occurs during a Dance Spin, the Dance Spin shall be identified and given a Level according to the requirements met before the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
4. A Dance Spin must be performed on the spot and not significantly traveling across the ice, or it will be considered as a Twizzle and part of the choreography.
5. A flying entry is an illegal element. A Dance Spin with a flying entry will be called a Basic Level with the illegal element deduction applied.
6. If a Skater has a touch down during the Dance Spin due to a Loss of control, or the Skater performs a push without changing feet, the Level will be reduced by one Level.
7. A Difficult Variation shall be considered for Level when held for at least 2 continuous rotations.
8. A Jump within a Dance Spin is not permitted. A Dance Spin with a jump will be called a Basic Level with the illegal element deduction applied.

Additional Definitions, Specifications and Notes

Basic Positions in Solo Dance Spins

Basic Upright Position	Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back, or bent to the side. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.
Basic Sit Position	Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side, or back. If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions.
Basic Camel Position	Performed on one foot with skating leg straight or slightly bent and body bent forward, and free leg extended or bent upward on a horizontal line or higher. If the waistline is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line, the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

Difficult Features

NB: The following is a list of examples for the basic spin positions. Other variations may be used to increase the level of the spin. To be considered difficult for level the variation must require increased strength, flexibility or effects the balance and the spin MUST have at least one basic position and meet the minimum rotational requirements.

Difficult Variations of a Basic Upright Position (examples)
a) "Biellmann" type–body upright with the heel of the boot pulled by the hand behind and at least at above the level of the head.
b) Full layback: Layback with upper body significantly arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice.
c) Split with both legs straight and the boot/skate of the free leg held up higher than the head.
d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade)

Difficult Variations of a Basic Sit Position (examples)
a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice.
b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice.
c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg.
d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg.
e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice.

Difficult Variations of a Basic Camel Position (examples)
a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point.
b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length-between head and blade)
c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head.
d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees)
e) Simple Camel Position

Difficult Variations of Entries and Exits (examples)
a) Unexpected entry without any evident preparation, an illusion can be is not considered unexpected.
b) Continuous combination of complex and creative steps and/or movements performed immediately before or after the Dance Spin, small jumps up to ½ rotation allowed in exit.

Different Direction of Spinning Rotation
• Change of spinning direction.
• At least three rotations in each direction.

Difficult Feature

- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variation.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for total number of rotations when performed fully, continuously, on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.
- You will not be awarded two different Camel Difficult Variations without establishing another basic position between each Camel position.

Notes:

- A Dance Spin with less than three revolutions will be ignored.
- When changing direction, recentering the spin is allowed.
- A Skater may change feet more than once however no extra steps are permitted when changing feet, only changing from one foot to the other.
  - multiple steps during the change of foot are not allowed and will create a separate spin.

Characteristics of Levels for Dance Spins

Basic Level	Level 1	Level 2	Level 3
Bronze, Pre-Silver	**Silver**	**Pre-Gold**	**Gold & Championship**
At least three rotations continuously on one foot, in a recognizable position.	At least three rotations continuously on one foot, in the basic position.	At least three rotations continuously on one foot, in the basic position. • One difficult variation from any basic position OR • Different direction of spinning direction.	At least three rotations continuously on one foot, in the basic position. • Two difficult variations from two basic positions • One difficult variation from any basic position AND entry/exit OR • One difficult variation from any basic position and different direction of spinning direction.

Dance Edge Elements

Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position from one of the four (4) Types. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained.

Short Dance Edge Elements include the following 4 Types:

    A. Spirals in varied positions or an Attitude.
    B. Crouch in varied positions ie; one leg extended to the side, back or front, on or off the ice.
    C. Spread Eagle
    D. Ina Bauer

Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed twelve (12) seconds in total. A change of position is not required for each part of the Combination Edge Element. A change of foot is permitted between each Short Edge Element with no more than 2 steps* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

*If there are more than 2 steps between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes.

Spiral Type Edge Element (SpEe)

A Spiral is a position with one blade on the ice and the free leg (including knee and foot) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of 90 degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

Crouch Type Edge Element (CrEe)

- A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front.
- A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice.
- A lunge can be considered for a Crouth Type Edge Element (CrEe)

Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as a Spread Eagle Type Edge Element.

Spread Eagle Type Edge Element (SEEe)

A two-footed movement in which a skater travels along the ice with one foot on a forward edge/ tracing and the other on a matching backward edge/tracing on the same curve. An inside Spread Eagle will not be considered a difficult position for difficult exit for an Edge Element.

A Spread Eagle Type Edge Element can be performed on an outside OR inside edge.

Ina Bauer Type Edge Element (IBEe)

A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

Additional Principles of Calling

Applicable to all Edge Elements:

1. The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level or ignored if the requirements for Basic Level are not met. Subsequent Edge Elements shall be identified as an Edge Element and classified as an Extra Element with no value and the appropriate deduction is applied.
2. Any Edge Element(s) or part of a Combination Edge Element of a repeated **Type** shall be classified as "Not According to Requirements" and will receive the abbreviation SpEe*. It indicates that the element receives No Value, it occupies a box, and it will count as an Edge Element, with the exception of:
   - The second part of a Combination Edge Element composed of two Short Edge Elements on two curves forming a serpentine pattern as repeated types and positions within a Combination Edge Element are permitted.
   - Two Spiral Type Edge Elements using different positions may be used if the look is completely different.
3. Any Edge Element of a Type, not according to the Required Elements for the Well-Balanced Free Dance Program, which fulfill the minimum requirement for Basic Level shall be classified as an element not according to the requirements, will receive the abbreviation Ee* It indicates that the element receives No Value, it occupies a box and it will count as a Dance Edge Element(s).
4. Either part of the Combination Edge Element will be ignored if it doesn't meet the requirements for a Basic Level.
5. A chosen example of a Difficult Pose shall be considered for Level only the first time it occurs.
6. If a Fall or Interruption occurs at the attempt of an Edge Element before the requirements for Basic Level have been fulfilled and the Edge Element is resumed, the Edge Element shall be identified and given a Level according to what is executed after resumption.
7. If a Fall or Interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or ignored if the requirements for Basic Level are not met.
8. Inside Spread Eagles will not be considered as a difficult exit for an Edge Element.

Applicable to Combination Edge Elements:

1. If one of the Short Edge Element forming the Combination Edge Element includes an Illegal Element, the deduction for Illegal Element will apply once and the Part of the Combination Edge Element including the Illegal Element will receive a Basic Level.
2. If both Short Edge Elements forming the Combination Edge Element include an Illegal Element (same or different), the deduction for Illegal Element will apply twice and both parts of the Combination Edge will receive a Basic Level.
3. In a Combination Edge Element, if a Skater performs an Illegal Element as an Entry and/or Exit Feature (such as a Jump of more than one half revolution): the deduction for Illegal Element will apply and the first and/or second part of the Combination Edge Element will receive a Basic Level. The other part of the Edge Element will receive a Level according to the requirements met or ignored if the minimum requirements for Basic Level are not fulfilled. The Illegal Entrance or Exit may not be used to upgrade the other portion of the element.
4. Any Difficult entry feature(s) connected with the 1st Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 2nd Edge Element in a Combination Edge Element.
5. Any Difficult exit feature(s) connected with the 2nd Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 1st Edge Element in a Combination Edge Element.
6. If there are more than two connecting steps between the two Short Edge Elements in a Combination Edge Element the Edge elements will be called separately as two Short Edge Elements.

Additional Definitions, Specifications and Notes

Difficult Positions/Features

All Position/Features must be held for 3 seconds to be considered for level.

Spiral Type Difficult Positions:

a) A Spiral with a full split (in front, back or to the side): when the legs of the skater are extended in one line with the angle between thighs about 180 degrees.
b) A Spiral comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade);
c) A "Biellmann": body in any orientation (e.g., upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head.
d) A "Kerrigan": a spiral where the leg is extended behind with the entire boot higher than the head and the free leg held by the hand around the knee.
e) A "135" (Fan): when skating backwards and the leg is extended in front or slightly to the side and not held by the hands and positioned at least 135 degrees between the thighs.

Note:

*   Examples b) (full doughnut/ring) and c) (full "Biellmann) shall be considered as the same Difficult Position.
*   Examples a) (Split) and d) (Kerrigan) shall be considered as the same Difficult Position.

Crouch Type Difficult Position:

Hydroblade: A movement done almost level with, and parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be penalized if the movement violates any other rules.

Spread Eagle Type Difficult Position:

Any Spread Eagle held in position for at least 3 seconds.

Ina Bauer Type Difficult Position:

Any Outside Ina Bauer held in position for at least 3 seconds. (An inside Ina Bauer is not considered difficult)

Entry Features

a) Continuous combination of complex and creative steps and/or movements performed immediately before the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
b) Difficult/transitional entry (Example: from a twizzle or jump)
c) Unexpected entry without any evident preparation

Exit Features

a) Continuous combination of complex and creative steps and/or movements performed immediately following the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
b) Difficult/transitional exit (Example: directly from the position into a twizzle/difficult turn or different/difficult position or brief Edge Element Type not held for 3 seconds. No additional steps are allowed prior to the exit unless on two feet and then only a push from the skating foot is allowed.

Arm/Upper Body Features

a) Significant and continuous movement of the arm/s. Where one arm is being used to support the free leg in position, the free arm should be used in a significant and continuous motion. Simple use of the hands/forearms only is not sufficient. The movement must be performed for at least three seconds during the execution of the Element to be considered as a feature.
b) Additional feature for spirals, upper body (shoulder and head) turned upwards-facing up so that the line of the shoulders is at least 45 degrees past the vertical point and no additional support of the free leg. Must be held for 3 seconds.
c) Additional feature for Ina Bauer, back arched back with head bent back, tilted towards the ice. Must be held for 3 seconds.

Combination Dance Edge Element Additional Features:

Difficult Turn as a connecting step A difficult turn as a connecting step between two Short Edge Elements to form a Combination Edge Element is defined as either, a Rocker, a Counter, Twizzle (any number of rotations allowed) or a Bracket. The turn must be identifiable to be considered as a Feature.

Only one extra step, push or touch down is allowed prior to the start of the second side of the Combination Edge Element. The step may be prior to or after the difficult turn.

Change of edge between two Short Edge Elements: The change of edge connecting two Short Edge Elements should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established. If the second edge is established after 2 seconds, the feature will not be considered.

Characteristics of Levels for Dance Edge Elements

Level Base	Level 1	Level 2	Level 3
Pre-Bronze, Bronze, Pre-Silver	**Silver**	**Pre-Gold**	**Gold & Championship**
An Edge Element of any Type established in position for at least 3 seconds.	An Edge Element of any Type established in position for at least 3 seconds, with one from the following: a) Entry feature b) Exit Feature c) Arm Feature	An Edge Element of any Type established in position for at least 3 seconds, with two from the following: a) Entry feature b) Exit Feature c) Arm Feature Each part of a combination edge element may be upgraded with an Entry or Exit feature. A combination edge element additional feature may upgrade either one or two parts.	An Edge Element of any Type established in position for at least 3 seconds, with two from the following: d) Entry feature e) Exit Feature Arm Feature OR 1 difficult position AND 1 additional feature Each part of a combination edge element may be upgraded with an Entry or Exit feature. A combination edge element additional feature may upgrade either one or two parts.

Notes:

- Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.
- A Combination Edge Element Additional Feature may upgrade either one of the two parts.

Adjustments to Level

During an Edge Element, any significant deviation from the established edge will reduce the level by "1" by the Technical Panel. The element will still receive a Basic Level only if the requirements for a Basic Level are met.

Twizzles

Additional Principles of Calling:

1. The first Set of Twizzles shall be identified as the required Set of Twizzles and a Level given according to what is performed.
2. Additional sets of Twizzles performed after the required Set of Twizzles shall not be identified.
3. If a loss of control with additional support (e.g. stumble/touchdown by free leg/foot and/or hand(s)) the following will apply:
   - Any loss of control resulting in an error of up to one uncontrolled step is a stumble/touchdown – reduce by one Level.
   - More than one uncontrolled step is an Interruption and any features/rotations from this point are not considered for the Level.
4. If a Fall or Interruption occurs during any part of the Set of Twizzles and fulfill the requirement for Basic Level, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or Interruption.
5. If a Fall or Interruption occurs at the entry edge to the first Twizzle and before the requirements for Basic Level have been fulfilled and the Twizzle Element is resumed, the Twizzle Element shall be identified and given a Level according to what is executed after resumption.
6. Entry edge to either Twizzle cannot be from a stand-still, otherwise the Level will be reduced by one Level per stop.
7. If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
   - by one Level for either of the two required Twizzle
   - by two Levels for both Twizzles
8. If there is more than the maximum or less than the minimum permitted number of steps between the required Set of Twizzles, the Level shall be reduced by 1 Level. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.
9. <u>For Adult Bronze Twizzles the confirmed twizzle will be called by the Technical Specialist as a Choreographic Twizzle (ChTw) and will be confirmed or not confirmed.</u>

Twizzle Features (groups of examples)

Group A (Upper Body and hands, including wrists)

1. Elbow(s) at least at level with or higher than the level of the shoulders. Elbows(s) could be above the head, at the same level as the head, or lower than the head. Hands may not be clasped or touching any part of the arms.
2. Significant continuous motion of arm(s).
3. Hands touching behind back and extended away from the body. Hands touching in front, extended away from the body, with arms straight.

Group B (Skating Leg and Free Leg)

1. Coupé in front, side or behind with free foot in contact with the skating leg in at least 45 degrees open hip position.

2. Holding the blade or boot of the free foot.
3. Free foot crossed behind the skating foot and close to the ice.
4. Free leg extended or bent with more than 45 degrees from the inner thigh to the vertical axis.
5. Sit position (at least 90 degrees between the thigh and shin of the skating leg).
6. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

Group C (Entry and Exit)

1. Third twizzle of at least 3 rotations, performed correctly, started with different entry edge from the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Solo Twizzles
2. Entry to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump).
3. Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles.
4. Set of Twizzles performed directly from creative and/or difficult and/or intricate or unexpected entry.

Notes

1. Each Feature maybe performed in either Twizzle or both but will only count when done correctly the first time.
2. A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established: within the first half rotation of the Twizzle and held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2).
3. There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
4. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
5. Any change of weight when on two feet between Twizzles will be considered a step.

Basic Level	Level 1	Level 2	Level 3
Bronze, Pre-Silver	**Silver**	**Pre-Gold**	**Gold & Championship**
At least **1 rotation** in each of the two Twizzles.	At least **2 rotations** in each of the two Twizzles. **AND** at least 1 Feature (Features must be held for one full revolution for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles. At least **2 rotations** in each Twizzle **AND** 2 different Features (Features must be held for two full revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles. At least **3 rotations** in each Twizzle **AND** 3 different Features (Features must be held for three full revolutions for Groups A & B.)

Step Sequences

Addition Principles of Calling

Applicable to Step Sequences:

1. The first performed Step Sequence of a required type shall be identified as the required Step Sequence of that Type and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Step Sequences of that Type and Step Sequences of a Type not according to the Required Elements shall not be identified.
2. If a Spin(s) and/or Edge Element(s) that meets the requirement for Basic Level occurs within a Step Sequence when not permitted, such Spin(s) or Edge Element(s) will be identified as an Extra Element(s) ExEl and receive a deduction, e.g. ChSt1+ExEl.
3. If a Fall or Interruption occurs at the entrance to or during a Step Sequence and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
4. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straight line, circle, serpentine, diagonal etc.

Characteristics of Levels for Step Sequence Element

Requirements	Basic Level	Level 1	Level 2
	Bronze, Pre-Silver & Silver	**Pre-Gold**	**Gold & Championship**
Interruptions	No more than 50% of the pattern in total	No more than 25% of the pattern in total	No more than 25% of the pattern in total
Difficult turn correctly executed			At least **1** type of Difficult Turn
Steps/Turns		50% of the steps/turns must be clean	50% of the steps/turns must be clean

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program.
- Must begin with a stop or skidding movement and the skater coming within two meters (6 feet) of the barrier on either side of the rink. (opening pose may count as the start if it meets the requirements)
- Must be placed on the Short Axis, the pattern must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters (6 feet) from the barrier on each side.

Additional Principles of Calling:

- Touching the barrier at the start or finish is permitted. (ChSt only)
- Must begin with a stop or skidding movement near one of the barriers. (ChSt only)
- A stop is not required to show the ending of the element.
- A skater may start from their opening pose which would count as the stop prior to the element as long as it meets the requirements of barrier to barrier.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted. (ChSt only)
- <u>Dance Spins (ChSt) and Edge Elements (ChSt and ChRs) are not permitted. If a Dance Spin or Edge Element is performed and meets the criteria for a Basic Level, the Step Sequence will be identified, confirmed if the requirements are met, and the Extra Element will be added and a deduction -0.5 for all Adult categories) e.g., ChSt1+ExEl</u>. The Dance Spin or Dance Edge Element will NOT count as a Required Element.

Additional Principles of Calling – All Choreographic Elements

1. Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
2. Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.
3. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any Choreographic Element, the deduction for an illegal element(s)/movement(s)/pose(s) will apply and the element will receive No Value.

How to Identify and Confirm Choreographic Elements

A minimum requirement has been determined for each Choreographic Element. A Choreographic element is confirmed as soon as the (other) requirement(s) for the element is/are reached (see chart on page 23).

- Should the minimum requirement not be reached, the element will be ignored and will not block a box.
- Should the element be confirmed but does not meet the following requirements, it receives the "!" symbol which means the GOE is not higher than -1 (Refer to the Symbols Chart below)

Choreographic Element	Minimum Requirement to be Confirmed	! applied when	Additional Principles of Calling
Choreographic Character Step Sequence	Perform steps around the short axis and must proceed from barrier to barrier	• Performed but more than 2 meters from either barrier. • Or a retrogression is performed.	• May be performed anywhere in the program. • Subsequent Character Step Sequence shall not be identified.

Symbol	Action	Explanation
>	-0.5 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 0.5 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEl	-0.5 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Free Dance to such element "ExEl" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEl and receives a deduction : ChSt1+ExEl
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g. SeSt instead of MiSt/DiSt/CiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element -0.5 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Data Operator pushes the respective button "Fall in Element" and a deduction of -0.5 will apply per each Fall
!	Choreo Element is identified and does not fulfill all requirements.	• If a Choreographic Element is identified and does not fulfill all the requirements, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart.

Illegal Elements and Movements/Falls:

Fall

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

Illegal Elements / Movements / Poses

The following elements and movements are illegal in all Solo Series Events:

- Jumps of more than one-half (1/2) revolution.
- Two or more consecutive 1/2 revolution jumps.
- Split Jumps with a toe assisted take off. (A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.)
- Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.
- Illusions of more than 1 rotation. (no more than one "up and down")
- Flying Dance Spins or Flying Entries to Dance Spins.
- Lying on the ice.

Note: Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

Note:

Any element containing an illegal element/movement/pose will be called Basic Level if it meets the criteria for Basic Level. If the Element does not meet the requirement for Basic Level, the Element is ignored and the deduction for an Illegal Element/Movement/Pose will apply. Choreographic Elements containing an Illegal Element/Movement/Pose will be called No Value.

Appendix A

Spiral Type Edge Element – Different Positions

Charlotte	A Charlotte is a variation in which the torso is dropped forward toward the skating leg and the free leg is lifted behind in a near-split position	
135 or "Fan" spiral	A fan spiral is a back outside edge spiral held with the free leg held supported or unsupported to the skaters front or side. Ideally this position should be held with both legs straight, although less flexible skaters attempt to compensate for a lack of strength or flexibility by not fully extending the free leg or bending the skating leg.	
Kerrigan Spiral	A Kerrigan spiral is a high-leg outside spiral performed with one hand supporting the knee of the free leg. This position is named after Nancy Kerrigan	
Arabesque Spiral	An arabesque spiral is the basic spiral position. The free leg is extended behind the body above hip height (at least a 90-degree angle). Some skaters are able to achieve vertical split position (170-180 degrees) with this position.	
Catch Foot Spiral	A spiral where the free leg is held with one or both hands. A catch-foot spiral does not refer to any single position, but generally refers to any spiral with the skate of the free leg being held in one or both hands.	
Biellmann Spiral	A Biellmann spiral is a variation of a catch foot spiral where the free leg is pulled up higher than the head.	

	This position requires extreme flexibility.	
Cross Grab Spiral	A cross grab spiral is a catch-foot spiral where the skate of the free leg is grasped from behind by the opposite (skating) hand.	

Special thanks to Stephanie Hao Gant for permission to use her photos!