

# Partnered Free Dance Test Requirements

This chart was updated July 8, 2024, to include the adult partnered free dance test requirements, which are no longer in the rulebook.



Level	Lifts	Dance Spin	Step Sequence	Twizzles	Notes
<b>Standard and Skate United Bronze</b>  2:25 maximum	<b>2 different types of Short Lifts</b> max 8 secs  <b>Combination lifts not permitted.</b>	<b>1 Dance Spin</b>  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners.  Min. 3 revs. on 1 foot by both partners	<b>1 Step Sequence (Circular, Midline or Diagonal in Hold)</b>  The 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.  Should include a variety of steps and turns and must include three-turns and mohawks executed by both partners  <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.	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  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>Standard and Skate United Pre-Silver Partnered Free Dance Test</b>  2:40 maximum	<b>2 different types of Short Lifts</b> max 8 secs  <b>Combination lifts not permitted.</b>	<b>1 Dance Spin</b>  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners.  Min. 3 revs. on 1 foot by both partners	1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine  Must utilize the full ice surface  Should include a variety of steps and turns and must include three-turns, mohawks and brackets executed by both partners  <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>1 Synchronized Twizzle</b>  Min. 1 rev. by both partners	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  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

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<b>Standard and Skate United Silver</b>  3:10 maximum	<b>2 different types of Short Lifts</b> max 8 secs  <b>Combination lifts not permitted.</b>	1 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 with or without change(s) of foot by one or both partners.	<b>1 Choreographic Character Step Sequence (ChSt)</b>  Choreographic Character Step Sequence: performed anywhere in program. Must be placed around short axis (within 10 meters on either side of the short axis). Must proceed from barrier to barrier. May be in hold or not touching. Touching ice with hand(s) is allowed. Distance between partners is permitted as a maximum of 2 arms lengths apart  <b>AND</b>  <b>1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine</b>  Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters executed by both partners  <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>1 Set of Sequential Twizzles</b>  Min. 2 revs. in each twizzle by both partners  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)	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  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

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<b>Standard and Skate United Pre-Gold</b>  3:40 maximum	<b>1 Combination Lift</b>  <b>Or</b>  <b>2 Different Types of Short Lifts</b>  ****  Combination Lifts – max 13 secs  Short Lifts – max 8 secs	<b>1 Dance Spin</b>  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners.	<b>1 Step Sequence In Hold (Style B)</b> <b>Midline, Diagonal, Circular or Serpentine</b>  Should include a variety of steps and turns and must include brackets, counters, rockers and choctaws executed by both partners  <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, Not Touching</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>1 Set of Synchronized Twizzles</b>  Min. 2 revs. in each twizzle by both partners  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.	Not required but may be performed without penalty  Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  Music should adhere to Rule 8095 (E)  <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 (except during choreographic character step sequence);  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 in 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	

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<b>Standard and Skate United Gold</b>  4:10 maximum	<b>1 Short Lift and 1 Combination Lift</b> (the type of short lift must be different from the type(s) of short lift(s) forming the combination lift).  <b>Or</b>  <b>3 Different Types of Short Lifts</b>  ***** Combination lifts - max 13 secs  Short lifts - max 8 secs	<b>1 Dance Spin</b>  A spin skated by the couple together in any hold.  To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners.	<b>1 Step Sequence In Hold (Style B)</b> <b>Midline, Diagonal, Circular or Serpentine</b>  Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles executed by both partners  <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, Not Touching</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>1 Set of Synchronized Twizzles</b>  Min. 2 revs. in each twizzle by both partners  At least 2 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.	Not required but may be performed without penalty  Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  Music should adhere to Rule 8095 (E)  <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 (except during choreographic character step sequence);  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 in 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	

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<b>Adult Pre-Bronze</b>  1:40 maximum	<b>1 Dance Spin</b>  Hold and position optional with a minimum of 2 revs.  Either one or both partners may be on two feet.	<b>1 Step Sequence (Circular, Midline or Diagonal in Hold)</b>  In dance hold and covering at least one-half of the ice surface  Should include a variety of steps and turns and must include three-turns and mohawks (C steps) executed by both partners	Additional elements may be performed without penalty	See Dance Glossary for descriptions of specific elements  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>Adult Bronze</b>  2:00 maximum	<b>1 Dance Spin</b>  Hold and position optional with a minimum of 2 revs. on one foot by each partner simultaneously	<b>1 Step Sequence (Circular, Midline or Diagonal in Hold)</b>  In dance hold and covering at least three-quarters of the ice surface  Should include a variety of steps and turns and must include three-turns and mohawks (C steps) executed by both partners	<b>1 Additional Element</b> chosen from  <b>Short Lift</b> (not to exceed 8 seconds) Stationary, Straight Line, Curve or Rotational Combination lifts are not permitted  <b>Or</b> <b>Synchronized Twizzles</b> Either synchronized twizzles or series of synchronized twizzles. Min. 1 rev. by both partners simultaneously	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  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

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<b>Adult Silver</b>  2:40 maximum	<b>1 Dance Spin</b>  Selected from the following types:  Spin: Min. 2 revs. on one foot by each partner  Spin Combination: Min. 2 revs. on one foot by each partner for each part of spin. Max. one-half rev. on two feet while changing feet simultaneously by each partner.	<b>1 Step Sequence (Circular, Midline or Diagonal in Hold)</b>  In dance hold and utilizing the full ice surface  Should include a variety of steps and turns and must include three-turns and mohawks (C steps) executed by both partners.	<b>1 Synchronized Twizzles</b>  Either synchronized twizzles or series of synchronized twizzles.  Min. 1 rev. by both partners simultaneously for each twizzle	<b>1 Additional Element</b> chosen from  <b>Short Lift</b> (not to exceed 8 seconds) Stationary, Straight Line, Curve or Rotational Combination lifts are not permitted  <b>Or</b> <b>Dance Spin</b> Different type from required spin (i.e. if 1 changed feet, other must not change feet)  <b>Or</b> <b>Synchronized Twizzles</b> Either synchronized twizzles or series of synchronized twizzles. Min. 1 rev. by both partners simultaneously for each twizzle. Must differ either in number or direction of rotations and/or in entry edge from required twizzle element performed.	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  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

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<b>Adult Gold</b>  3:10 maximum	<b>2 Lifts</b>  Either 1 combination lift or 2 different types of short lifts.  Combination lift not to exceed 13 seconds.  Short lifts not to exceed 8 seconds each chosen from Stationary, Straight Line, Curve or Rotational	<b>1 Dance Spin</b>  Selected from the following types:  Spin: Min. 3 revs. on one foot by each partner  Spin Combination: Min. 3 revs. on one foot by each partner for each part of spin. Max. one-half rev. on two feet while changing feet simultaneously by each partner.	<b>1 Step Sequence (Circular, Midline or Diagonal in Hold)</b>  In dance hold and utilizing the full ice surface  Should include a variety of steps and turns and must include three-turns and mohawks (C steps) and brackets executed by both partners.	<b>1 Synchronized Twizzles</b>  Either synchronized twizzles or series of synchronized twizzles.  Min. 1 rev. by both partners simultaneously for each twizzle	Extra elements may be added without penalty See Dance Glossary for descriptions of specific elements  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

Test Requirements Only