| Level | Lifts | Dance Spin | Step Sequence | Twizzles | Notes |
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| Standard and Skate United Bronze Partnered Free Dance Test $2: 15+/-10 \mathrm{sec}$ | 2 different types of Short Lifts $\max 7$ secs <br> Combination lifts not permitted. | 1 <br> Dance Spin <br> A spin skated by the couple together in any hold. <br> 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. <br> Min. 3 revs. on 1 foot by both partners | 1 Step Sequence <br> (Circular, Midline or Diagonal in Hold) <br> 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. <br> Should include a variety of steps and turns and must include three-turns and mohawks executed by both partners <br> Not Permitted Elements: <br> Stops, pattern retrogressions and loops are not permitted in the step sequence. Hand-in-hand hold not permitted with fully extended arms. <br> Dance spins and pirouettes are stops. | Max 1 <br> Synchronized Twizzle <br> At least one full rotation by each partner. <br> Synchronized twizzle may be skated anywhere in the program except in the required step sequence. | Extra elements may be added without penalty <br> See Dance Glossary for descriptions of specific elements <br> Music should adhere to Rule 8095 (E). <br> 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. <br> Touching the ice with hand(s) is not allowed <br> Illegal Elements <br> Jumps of more than one revolution except Jump Entry and/or Jump Exit <br> - Lying on the ice <br> - Illegal lift movement/pose |
| Standard and Skate United Pre-Silver Partnered Free Dance Test $\text { 2:30 +/- } 10 \mathrm{sec}$ | 2 different types of Short Lifts max 7 secs <br> Combination lifts not permitted. | A spin skated by the couple together in any hold. <br> 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. <br> 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 <br> Must utilize the full ice surface <br> Should include a variety of steps and turns and must include three-turns, mohawks and brackets executed by both partners <br> Specification to Style B: <br> Not Permitted: <br> - Stops <br> - Loops <br> - Retrogression <br> - Hand in hand hold with fully extended arms cannot be established <br> - Separations of more than two arm lengths and/or exceeding 5 seconds <br> Dance spins and pirouettes are stops. | $\begin{aligned} & \quad 1 \\ & \begin{array}{c} \text { Synchronized } \\ \text { Twizzle } \end{array} \\ & \text { Min. } 1 \text { rev. by both } \\ & \text { partners } \end{aligned}$ | Extra elements may be added without penalty <br> See Dance Glossary for descriptions of specific elements <br> Music should adhere to Rule 8095 (E). <br> 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. <br> Touching the ice with hand(s) is not allowed <br> Illegal Elements Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice <br> - Illegal lift movement/pose |


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| Standard and Skate United Silver Partnered Free Dance Test $\text { 3:00 +/- } 10 \mathrm{sec}$ | 2 different types of Short Lifts max 7 secs <br> Combination lifts not permitted. | A spin skated by the couple together in any hold. <br> 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. | 1 Choreographic Character Step Sequence (ChSt) <br> 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 $\underline{2}$ arms lengths apart <br> AND <br> 1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine <br> Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters executed by both partners <br> Specification to Style B: <br> Not Permitted: <br> - Stops <br> - Loops <br> - Retrogression <br> - Hand-in-hand hold with fully extended arms cannot be established <br> - Separations of more than two arm lengths and/or exceeding 5 seconds | Min. 2 revs. in each twizzle by both partners <br> At least 2 twizzles for each partner and MUST NOT be in contact between Twizzles. <br> 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 <br> See Dance Glossary for descriptions of specific elements <br> Music should adhere to Rule 8095 (E). <br> 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. <br> Touching the ice with hand(s) is not allowed (except during choreographic character step sequence). <br> Illegal Elements 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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| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Standard and Skate United Pre-Gold Partnered Free Dance Test $\begin{gathered} 3: 30 \\ +/-10 \mathrm{sec} \end{gathered}$ | 1 Combination Lift <br> Or <br> 2 Different Types of Short Lifts **** <br> Combination Lifts max 12 secs <br> Short Lifts max 7 secs | 1 <br> Dance Spin <br> A spin skated by the couple together in any hold. <br> 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. | 1 Step Sequence in Hold (Style B) <br> Midline, Diagonal, Circular or Serpentine <br> Should include a variety of steps and turns and must include brackets, counters, rockers and choctaws executed by both partners <br> Specification to Style B: <br> Not Permitted: <br> - Stops <br> - Loops <br> - Retrogression <br> - Hand-in-hand hold with fully extended arms cannot be established <br> - Separations of more than two arm lengths and/or exceeding 5 seconds <br> Dance spins and pirouettes are stops. <br> AND <br> 1 <br> One-Foot Turns Sequence, Not Touching <br> 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. | 1 <br> Set of <br> Synchronized Twizzles <br> Min. 2 revs. in each twizzle by both partners <br> At least two twizzles for each partner, with a min of 2 steps and up to 4 steps between $1^{\text {st }}$ and $2^{\text {nd }}$ twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step) <br> Partners may be in contact between the $1^{\text {st }}$ and $2^{\text {nd }}$ twizzles. | Not required but may be performed without penalty | Extra elements may be added without penalty <br> See Dance Glossary for descriptions of specific elements <br> Music should adhere to Rule 8095 (E) <br> Stops <br> After clock started, couple must not remain on one place for more than 10 seconds <br> During program: unlimited full stops of up to 5 seconds max. are allowed <br> Separations <br> Number of separations to execute transitional footwork or moves is not restricted; <br> Distance allowed is maximum 2 arms lengths during separations (except during choreographic character step sequence); <br> Durations of each separation (outside req. elements) is 5 seconds max; <br> Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation. <br> Touching Ice with Hands Touching the ice with the hand(s) is not allowed (except in choreographic sliding movement and choreographic character step sequence). <br> Illegal Elements <br> - Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice <br> - Illegal lift movement/pose |


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| Standard and Skate United Gold Partnered Free Dance Test $\begin{gathered} 4: 00 \\ +/-10 \mathrm{sec} \end{gathered}$ | 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). <br> Or <br> 3 Different Types of Short Lifts $\qquad$ <br> Combination lifts - max 12 secs <br> Short lifts - max 7 secs | 1 <br> Dance Spin <br> A spin skated by the couple together in any hold. <br> 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. | 1 Step Sequence in Hold (Style B) <br> Midline, Diagonal, Circular or Serpentine <br> Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles executed by both partners <br> Specification to Style B: <br> Not Permitted: <br> - Stops <br> - Loops <br> - Retrogression <br> - Hand-in-hand hold with fully extended arms cannot be established <br> - Separations of more than two arm lengths and/or exceeding 5 seconds <br> Dance spins and pirouettes are stops. <br> AND <br> 1 <br> One-Foot Turns Sequence, Not Touching <br> 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. | 1 <br> Set of <br> Synchronized <br> Twizzles <br> Min. 2 revs. in each twizzle by both partners <br> At least 2 twizzles for each partner, with a $\min$ of 2 steps and up to 4 steps between 1 st and $2^{\text {nd }}$ twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step) <br> Partners may be in contact between the $1^{\text {st }}$ and $2^{\text {nd }}$ twizzles. | Not required but may be performed without penalty | Extra elements may be added without penalty <br> See Dance Glossary for descriptions of specific elements <br> Music should adhere to Rule 8095 (E) <br> Stops <br> After clock started, couple must not remain on one place for more than 10 seconds <br> During program: unlimited full stops of up to 5 seconds max. are allowed <br> Separations <br> Number of separations to execute transitional footwork or moves is not restricted; <br> Distance allowed is maximum 2 arms lengths during separations (except during choreographic character step sequence); <br> Durations of each separation (outside req. elements) is 5 seconds max; <br> Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation. <br> Touching Ice with Hands <br> Touching the ice with the hand(s) is not allowed (except in choreographic sliding movement and choreographic character step sequence). <br> Illegal Elements <br> - Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice <br> - Illegal lift movement/pose |

For adult pre-bronze through adult gold partnered free dance test requirements, please see rules 8350-8354.

