

This chart reflects the rules currently in place for the 2023-24 season. Underlined changes are in effect for tests taken on or after July 1, 2023.

Level	Lifts	Dance Spin	Step Sequence	Twizzles	Notes
Standard and Skate United Bronze Partnered Free Dance Test 2:15 +/- 10 sec	2 different types of Short Lifts max 7 secs Combination lifts not permitted.	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.  Min. 3 revs. on 1 foot by both partners	1 Step Sequence (Circular, Midline or Diagonal in Hold)  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  Not Permitted Elements:  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.	Max 1  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  Illegal Elements  Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice
Standard and Skate United Pre-Silver Partnered Free Dance Test  2:30 +/- 10 sec	2 different types of Short Lifts max 7 secs  Combination lifts not permitted.	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.  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  Specification to Style 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.	Synchronized Twizzle  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  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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Level	Lifts	Dance Spin	Step Sequence	Twizzles	Notes
Standard and Skate United	2 different types of Short Lifts max 7 secs	1 Dance Spin	1 Choreographic Character Step Sequence (ChSt)  Choreographic Character Step Sequence: performed anywhere in	1 Set of Sequential	Extra elements may be added without penalty
Silver Partnered Free Dance Test	Combination lifts not permitted.	A spin skated by the couple together in any hold.	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)	<b>Twizzles</b> Min. 2 revs. in each	See Dance Glossary for descriptions of specific elements
3:00 +/- 10 sec		To be performed on the spot around a	is allowed. Distance between partners is permitted as a maximum of <u>2</u> arms lengths apart	twizzle by both partners	Music should adhere to Rule 8095 (E).
		common axis on one foot with or without change(s) of foot by one or both partners.	AND  1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine	At least 2 twizzles for each partner and MUST NOT be in contact between	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.
			Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters executed by both partners	Twizzles.  Up to 1 step between. Twizzles (Each push	Touching the ice with hand(s) is not allowed (except during choreographic character step sequence).
			Specification to Style B: Not Permitted: - Stops	and/or transfer of weight while on two feet between twizzles is considered as a	Illegal Elements Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice
			- Loops - <u>Retrogression</u> - Hand-in-hand hold with fully extended arms cannot be established	step)	- Illegal lift movement/pose
			- Separations of more than two arm lengths and/or exceeding 5 seconds  Dance spins and pirouettes are stops.		



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Level	Lifts	Dance Spin	Step Sequences	Twizzles	Choreographic Elements	Notes
Standard and Skate United Pre-Gold	1 Combination Lift  Or	1 Dance Spin	1 Step Sequence in Hold (Style B) Midline, Diagonal, Circular or Serpentine	1 Set of Synchronized Twizzles	Not required but may be performed without penalty	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific
Pre-Gold Partnered Free Dance Test  3:30 +/- 10 sec	2 Different Types of Short Lifts  ****  Combination Lifts - max 12 secs  Short Lifts - max 7 secs	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.	Should include a variety of steps and turns and must include brackets, counters, rockers and choctaws executed by both partners  Specification to Style 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.  AND  1  One-Foot Turns Sequence, Not Touching  Difficult turns performed on one foot by each partner and must be started with the first difficult turns do not have to be performed at the same time.	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 1st and 2nd 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 1st and 2nd twizzles.	without penalty	elements  Music should adhere to Rule 8095 (E)  Stops  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  Separations  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.  Touching Ice with Hands Touching the ice with the hand(s) is not allowed (except in choreographic sliding movement and choreographic character step sequence).  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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Level	Lifts	Dance Spin	Step Sequences	Twizzles	Choreographic Elements	Notes
Standard and Skate United Gold Partnered Free Dance Test  4:00 +/- 10 sec	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).  Or  3 Different Types of Short Lifts  ****  Combination lifts - max 12 secs  Short lifts - max 7 secs	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.	1 Step Sequence in Hold (Style B) Midline, Diagonal, Circular or Serpentine  Should include a variety of steps and turns and must include brackets, counters, rockers, choctaws and twizzles executed by both partners  Specification to Style 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.  AND  1  One-Foot Turns Sequence, Not Touching  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.	Set of Synchronized Twizzles  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 1st and 2nd 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 1st and 2nd 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)  Stops  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  Separations  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.  Touching Ice with Hands  Touching the ice with the hand(s) is not allowed (except in choreographic sliding movement and choreographic character step sequence).  Illegal Elements  - Jumps of more than one revolution except Jump Entry and/or Jump Exit  - Lying on the ice  - Illegal lift movement/pose

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