

# Standard Solo Free Dance Test Requirements

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	Edge Element	Solo Dance Spin	Step Sequences	Twizzle / Twizzle Series	Choreographic Character Step	One-Foot Turns Sequence	Notes
<b>Standard and Skate United Bronze Solo Free Dance Test</b>  <u>1:30</u> +/- 10 seconds	<b>1 short edge element</b>  min. 3 seconds, not to exceed 7 seconds	<b>1 solo dance spin</b>  change of foot not permitted  min. 3 revs on 1 foot  flying spins and flying entries are not permitted	<b>1 circular, midline or diagonal</b>  must include three-turns and mohawks	<b>1 twizzle (not a series)</b>  minimum 1 rev.	n/a	n/a	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Standard and Skate United Pre-Silver Solo Free Dance Test</b>  1:50 +/- 10 seconds	<b>1 short edge element</b>  min. 3 seconds, not to exceed 7 seconds	<b>1 solo dance spin</b>  change of foot not permitted  min. 3 revs on 1 foot  flying spins and flying entries are not permitted	<b>1 circular, midline or diagonal</b>  must include three-turns, mohawks and brackets	<b>1 twizzle series</b>  minimum 1 rev. on each foot	<b>1 choreographic character step sequence</b>  must commence with a full stop (or opening pose) at one barrier or the other	n/a	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.
<b>Standard and Skate United Silver Solo Free Dance Test</b>  2:20 +/- 10 seconds	<b>2 short edge elements</b>  min. 3 seconds each, not to exceed 7 seconds each  Must have different positions	<b>1 solo dance spin</b>  min. 3 revs on 1 foot  flying spins and flying entries are not permitted	<b>1 circular, midline or diagonal</b>  must include three-turns, mohawks, brackets and counters	<b>1 twizzle series</b>  minimum 2 revs. in each twizzle  Twizzles must have a different entry edge and direction of rotation	<b>1 choreographic character step sequence</b>  must commence with a full stop (or opening pose) at one barrier or the other	<b>1 one-foot turns sequence</b>  must include rocker, bracket, counter and double twizzle in any order	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.

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Level	Edge Element	Solo Dance Spin	Step Sequences	Twizzle / Twizzle Series	Choreographic Character Step	One-Foot Turns Sequence	Notes
<b>Standard and Skate United Pre-Gold Solo Free Dance Test</b>  <u>3:00</u> +/- 10 seconds	<p><b>1</b>  <b>combo edge element</b>            or  <b>2 different short edge elements</b></p> <p>short edge elements must be min. 3 seconds each, not to exceed 7 seconds each</p> <p>combo edge element must be min. 3 seconds for short edge on each lobe, not to exceed 12 seconds</p> <p>short edge elements must have different positions, but positions within the combo edge element may be repeated</p>	<p><b>1</b>  <b>solo dance spin</b></p> <p>min. 3 revs on 1 foot</p> <p>flying spins and flying entries are not permitted</p>	<p><b>1</b>  <b>serpentine, circular, midline or diagonal</b></p> <p>must include brackets, counters, rockers and choctaws</p>	<p><b>1</b>  <b>twizzle series</b></p> <p>minimum 2 revs. in each twizzle</p> <p>twizzles must have a different entry edge and direction of rotation</p>	<p><b>1</b>  <b>choreographic character step sequence</b></p> <p>must commence with a full stop (or opening pose) at one barrier or the other</p>	<p><b>1</b>  <b>one-foot turns sequence</b></p> <p>must include rocker, bracket, counter and double twizzle in any order</p>	<p>Extra elements may be added without penalty.</p> <p>See rule 8375 for definitions and descriptions of elements.</p>

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Level	Edge Element	Solo Dance Spin	Step Sequences	Twizzle / Twizzle Series	Choreographic Character Step	One-Foot Turns Sequence	Notes
<b>Standard and Skate United Gold Solo Free Dance Test</b>  <u>3:10</u> +/- 10 seconds	<b>1 combo edge element and 1 short edge element</b>  <b>or</b>  <b>3 different short edge elements</b>  short edge elements must be min. 3 seconds each, not to exceed 7 seconds each  combo edge element must be min. 3 seconds for short edge on each lobe, not to exceed 12 seconds  short edge elements must have different positions, but positions within the combo edge element may be repeated	<b>1 solo dance spin</b>  min. 3 revs on 1 foot  flying spins and flying entries are not permitted	<b>1 serpentine, circular, midline or diagonal</b>  must include brackets, counters, rockers, choctaws and twizzles	<b>1 twizzle series</b>  minimum 2 revs. in each twizzle  twizzles must have a different entry edge and direction of rotation	<b>1 choreographic character step sequence</b>  must commence with a full stop (or opening pose) at one barrier or the other	<b>1 one-foot turns sequence</b>  must include rocker, bracket, counter and double twizzle in any order	Extra elements may be added without penalty.  See rule 8375 for definitions and descriptions of elements.

For **adult juvenile through adult senior solo free dance test** requirements, please see rule 8392.

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