



Technical Notification 277

Dated: April 21, 2022

Re: Ice Dance – Free Dance Requirements

Under the allowance of rule 8000 on page 235 of the [2021-22 U.S. Figure Skating Rulebook](#), the Dance Development & Technical Committee is incorporating the following revisions into the novice and intermediate free dance requirements beginning with the 2022-23 season:

8432 Elements for Novice Free Dance and Novice Free Dance Test

NOVICE FREE DANCE & FREE DANCE TEST 3:00 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order	Test: Must contain the following elements in any order
TWIZZLES	Maximum of one set of <u>synchronized sequential</u> twizzles <ul style="list-style-type: none"> • At least two twizzles for each partner, with a minimum of two steps and up to four steps in between first and second twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered a step.) • Partners must be in contact at some point between first and second twizzles. • <u>At least two twizzles for each partner and must not be in contact between twizzles.</u> • <u>Up to one step between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</u> 	Same as competition requirements <ul style="list-style-type: none"> • Minimum two revolutions in each twizzle by both partners.

8442 Elements for Intermediate Free Dance and Intermediate Free Dance Test

INTERMEDIATE FREE DANCE & FREE DANCE TEST 2:30 +/- 10 seconds		
PROGRAM	Competition: Must contain the following elements in any order	Test: Must contain the following elements in any order
TWIZZLES	Maximum of one set of <u>synchronized sequential</u> twizzles <ul style="list-style-type: none"> • At least two twizzles for each partner, with a minimum of two steps and up to four steps in between first and second twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered a step.) • Partners must be in contact at some point between first and second twizzles. • <u>At least two twizzles for each partner and must not be in contact between twizzles.</u> • <u>Up to one step between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</u> 	One synchronized twizzle, <ul style="list-style-type: none"> • Minimum one revolution by both partners.

Furthermore, pending approval of the ISU Congress, the ISU will eliminate the Spin (Sp) and Combination Spin (CoSp) as separate elements for ice dance and replace them with the following element:

Dance Spin (DSp) - A spin skated by the couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.

If this change is approved by the ISU Congress, it will be adopted by U.S. Figure Skating.

For the full 2022-23 free dance requirements for senior through pre-juvenile, please visit the Competing Overview page within the Skater Journey section of the [Members Only site](#). The direct link is <https://www.usfigureskating.org/members-only/skater-journey/competing>.