

Short Dance	LIFTS	STEP SEQUENCES	TWIZZLES	PATTERN DANCE REQUIREMENT	Additional Information
<p align="center"><b>JUNIOR</b></p> <p align="center">2:50 +/- 10 sec</p>	<p><b>1 Short Lift</b></p> <p>Short Lifts are max 6 secs</p>	<p><b>1 Not Touching Circular* or Midline</b></p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch. The distance between the skaters should generally not be more than two arms length apart.</p> <p><b>*Notes for Not Touching Circular Step Sequence:</b></p> <p><u>In accordance with ISU Rule 603, paragraph 4, this element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</u></p> <p><u>Performing this element in the clockwise direction does not constitute a violation of ISU Rule 609, paragraph 1.d) regarding the generally constant direction of the pattern.</u></p> <p><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops are not to be included in the step sequence.</p>	<p><b>1</b></p> <p>Set of Sequential Twizzles</p> <p>Two or three twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence.</p>	<p><b>Two (2) Sequences of Blues,</b> either skated one after the other or separately.</p> <p><u>Step #1 of each Sequence must be skated on a different side of the ice surface.</u></p> <p>See ISU Communication 1721 for key points.</p> <p><b>Timing:</b></p> <p><u>The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a four measure musical phrase.</u></p> <p>Note: as per Communication 1677, paragraph 7.2, a Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 (per Pattern Dance Element) under the mark for Program Components Composition/Choreography.</p> <p><u>The Pattern Dance Elements must be skated on the Blues Rhythm, in any style of Blues. The tempo of music throughout the Pattern Dance Elements must be constant and in accordance with the required tempo of the Pattern Dance Blues, i.e. 22 measures of four beats or 88 beats per minute, plus or minus 2 beats per minute.</u></p> <p>The tempo of music throughout the Pattern Dance Elements must be constant.</p>	<p><b>Music requirements:</b></p> <p><u>Blues or Blues plus one of the following Rhythms: Swing, Hip Hop.</u></p> <p><u>Blues and Swing are described in the ISU Ice Dance Music Rhythms Booklet 1995 (Note: the description of Swing covers several different Rhythms, which are acceptable).</u></p> <p><u>Hip Hop is described in the Additions to the ISU Ice Dance Music Rhythms Booklet 1995 (see ISU Website).</u></p> <p>The concept and choreography must produce the feeling of a unified dance. The Pattern Dance Elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.</p> <p>After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. Any choreography appropriate to the music selection (including a separation of no more than two arms length apart) may be included.</p> <p>Note: as per ISU Communication 1677, paragraph 7.2, a violation of full stop restrictions must be penalized by Judges with a reduction of 0.5 (per violation) under the mark for Program Component Composition/Choreography.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the Short Dance.</p> <p>A spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted.</p> <p>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.</p> <p>Touching the ice with hand(s) is not permitted</p>

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<p style="text-align: center;"><b>SENIOR</b></p> <p style="text-align: center;">2:50 +/- 10 sec</p>	<p><b>1 Short Lift</b></p> <p>Short Lifts are max 6 secs</p>	<p><b>1 Not Touching Circular* or Midline</b></p> <p>Both partners may cross each other's tracing(s) and may switch from matching footwork to mirror and vice versa.</p> <p>The partners should remain as close together as possible, but they must not touch. The distance between the skaters should generally not be more than two arms length apart.</p> <p><b>*Notes for Not Touching Circular Step Sequence:</b></p> <p>In accordance with ISU Rule 603, paragraph 4, this element must be performed in either the clockwise or counterclockwise direction, utilizing the full width of the ice surface on the short axis of the rink.</p> <p>Performing this element in the clockwise direction does not constitute a violation of Rule 4261, paragraph 1.d) regarding the generally constant direction of the pattern.</p> <p><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops are not to be included in the step sequence.</p>	<p style="text-align: center;"><b>1</b></p> <p>Set of Sequential Twizzles</p> <p>Two or three twizzles skated simultaneously with up to one step in between twizzles.</p> <p>May be skated anywhere in the program except in the required Not Touching Step Sequence.</p>	<p><b>Senior: Two (2) Sections of Yankee Polka</b></p> <ul style="list-style-type: none"> <li>• <u>Section 1: Steps # 1-25</u></li> <li>• <u>Section 2: Steps # 26-52</u></li> </ul> <p><u>Skated one after the other, with Section 1 followed by Section 2, and with Step # 1 skated on the Judge's side.</u></p> <p>See ISU Communication 1721 for key points.</p> <p style="text-align: center;"><b>Timing:</b></p> <p><u>The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a four measure musical phrase.</u></p> <p>Note: as per Communication 1677, paragraph 7.2, a Pattern Dance Element not started on the required beat must be penalized by Judges with a reduction of 0.5 (per Pattern Dance Element) under the mark for Program Components Composition/Choreography.</p> <p><u>The Pattern Dance Elements must be skated on the Polka Rhythm, in any style of Polka. The tempo of the music throughout the Pattern Dance Elements must be constant and in accordance with the required tempo of the Pattern Dance Yankee Polka, i.e. 60 measures of two beats or 120 beats per minute, plus or minus 2 beats per minute.</u></p> <p>The tempo of music throughout the Pattern Dance Elements must be constant.</p>	<p style="text-align: center;"><b>Music requirements:</b></p> <p style="text-align: center;"><u>One to three of the following Rhythms: Polka, March, Waltz.</u></p> <p><u>(Polka, March, Waltz are described in the ISU Ice Dance Music Rhythms Booklet 1995)</u></p> <p>The concept and choreography must produce the feeling of a unified dance. The Pattern Dance Elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance so that there should not be the feeling that there are just rhythms put together without thought of how they fit together.</p> <p>After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds. During the program, <u>either</u> up to two full stops (duration must not exceed 5 seconds each) <u>or up to one full stop (duration must not exceed 10 seconds)</u> are permitted. Any choreography appropriate to the music selection (including a separation of no more than two arms length apart) may be included.</p> <p>Note: as per ISU Communication 1677, paragraph 7.2, a violation of full stop restrictions must be penalized by Judges with a reduction of 0.5 (per violation) under the mark for Program Component Composition/Choreography.</p> <p>See Rule 6090 in the U.S. Figure Skating Rulebook for detailed rules for the Short Dance.</p> <p>A spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted.</p> <p>Knelling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the Technical Panel.</p> <p>Touching the ice with hand(s) is not permitted</p>