

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	Additional Information
<p>PRE-JUVENILE</p> <p>2:00 +/- 10 sec</p>	<p>Max 1</p> <p>1 type of Short Lift (max 6 secs)</p> <p>Rotational Lifts and Combination Lifts (formerly "Long Lifts") not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>1 Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spins are not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>The choreographic step sequence must fit the definition of one of the required step sequences (Circular, Midline or Diagonal), and must utilize the full ice surface.</p> <p>If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Separations to change a hold must not exceed one measure of music.</p> <p>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</p> <p>Not Permitted Elements:</p> <p>Stops, pattern regressions and loops are not to be included in the step sequence.</p> <p>If a lift is performed it will be identified and called "no value" and the judges will ignore the element.</p> <p>If a dance spin is performed it will be called and identified "no value" and the judges will consider it a stop (not permitted element).</p>	<p>Max 1 (See Note)</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>Note: If a set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called, using the criteria of ISU Communication 1331.</p> <p>The additional twizzle and steps can be considered by the judges in the program components.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (E).</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 allowed</p> <p>Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>

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<p align="center">JUVENILE</p> <p align="center">2:15 +/- 10 sec</p>	<p align="center">Max 2</p> <p>2 different types of Short Lifts (max 6 secs)</p> <p>Combination Lifts (previously “Long Lifts”) not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p align="center">Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – <u>min 3 revs. in either part by both partners</u></p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p align="center">Max 1</p> <p>The choreographic step sequence must fit the definition of one of the required step sequences (Circular, Midline or Diagonal), and must utilize the full ice surface.</p> <p>If the step sequence meets these requirements, it will be awarded a fixed base value and will only be evaluated by the judges in GOE.</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Separations to change a hold must not exceed one measure of music.</p> <p><u>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</u></p> <p align="center">Not Permitted Elements:</p> <p><u>Stops, pattern regressions and loops are not to be included in the step sequence.</u></p> <p><u>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</u></p> <p><u>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</u></p>	<p align="center">Max 1 (See Note)</p> <p>Synchronized Twizzle</p> <p>At least one full rotation by each partner.</p> <p>Note: If a set of synchronized twizzles is performed instead of the required element, a synchronized twizzle, only the first twizzle of the set will be called, using the criteria of ISU Communication 1331.</p> <p>The additional twizzle and steps can be considered by the judges in the program components.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (E).</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 <u>allowed</u></p> <p align="center">Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>
<p align="center">INTERMEDIATE</p> <p align="center">2:30 +/- 10 sec</p>	<p align="center">Max 2</p> <p>2 different types of Short Lifts (max 6 secs)</p> <p>Combination Lifts (previously “Long Lifts”) not permitted.</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p align="center">Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – <u>min 3 revs. in either part by both partners</u></p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p align="center">Max 1</p> <p>Circular, Midline or Diagonal in hold Must utilize the full ice surface</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>Must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.</p> <p><u>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</u></p> <p align="center">Not Permitted Elements:</p> <p><u>Stops, pattern regressions and loops are not to be included in the step sequence.</u></p> <p><u>If a lift is performed it will be identified and called “no value” and the judges will ignore the element.</u></p> <p><u>If a dance spin is performed it will be called and identified “no value” and the judges will consider it a stop (not permitted element).</u></p>	<p align="center">Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequence.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (E).</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 <u>allowed</u></p> <p align="center">Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>

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<p>NOVICE</p> <p>3:00 +/- 10 sec</p>	<p>Max 2</p> <p><u>One (1) Combination Lift</u> (previously "Long Lift")</p> <p><u>Or</u></p> <p><u>Two (2) different types of short lifts</u></p> <p>****</p> <p>Combination Lifts are max 12 secs Short Lifts are max 6 secs</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – <u>min 3 revs. in either part by both partners</u></p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 2</p> <p>1 No-Touch Midline Step Sequence and 1 additional from the following:</p> <p>Circular, Diagonal or Serpentine and must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.</p> <p>Both step sequences must utilize the full ice surface</p> <p><u>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</u></p> <p>Not Permitted Elements:</p> <p><u>Stops, pattern regressions and loops are not to be included in the step sequence (pattern retrogressions allowed in Style B only).</u> If a lift is performed it will be identified and called "no value" and the judges will ignore the element.</p> <p><u>If a dance spin is performed it will be called and identified "no value" and the judges will consider it a stop (not permitted element).</u></p>	<p>Max 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequences.</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (F).</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 <u>allowed</u></p> <p>Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>	
<p>JUNIOR</p> <p>3:30 +/- 10 sec</p>	<p>Lifts - Not More Than:</p> <p><u>One (1) Combination Lift</u> (previously "Long Lift")</p> <p><u>Or</u></p> <p><u>Two (2) different types of Short lifts</u></p> <p>****</p> <p>Combination Lifts are max 12 secs Short Lifts are max 6 secs</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Spin - Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – <u>min 3 revs. in either part by both partners</u></p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 2</p> <p>1 selected from Group A: Midline Diagonal</p> <p>1 selected from Group B: Circular Serpentine</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed one measure of music.</p> <p><u>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</u></p> <p>Not Permitted Elements:</p> <p><u>Stops, pattern regressions and loops are not to be included in the step sequence (pattern retrogressions allowed in Style B only).</u> If a lift is performed it will be identified and called "no value" and the judges will ignore the element.</p> <p><u>If a dance spin is performed it will be called and identified "no value" and the judges will consider it a stop (not permitted element).</u></p>	<p>Twizzles - 1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequences.</p> <p>Additional Set(s) of Synchronized Twizzles may be performed, but only the first Set of Synchronized Twizzles performed will be identified for a level.</p> <p>Additional elements not identified by Technical Panel will be considered by judges in Choreography component if elements reflect character of music/dance.</p>	<p>Choreographic Element – 1</p> <p><u>(1) Choreographic Lift</u> <u>or</u> <u>(1) Choreographic Spinning Movement</u></p> <p><u>A Choreographic Dance Lift is a Dance Lift of up to 10 (ten) seconds performed after all the other required Dance Lifts.</u></p> <p><u>A Choreographic Spinning Movement must be performed after the required Dance Spin during which both partners perform at least 2 continuous rotations:</u></p> <p>- in any hold - on one foot or two feet or one partner being elevated without being sustained, or a combination of the three - on a common axis which may be moving</p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095 (F).</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 <u>allowed</u></p> <p>Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>

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<p>SENIOR</p> <p>4:00 +/- 10 sec</p>	<p>Not More Than:</p> <p><u>One (1) Combination Lift (previously "Long Lift") and One (1) Short Lift (the type of Short Lift must be different from the type(s) of Short Lifts forming the Combination lift).</u></p> <p>Or</p> <p><u>Three (3) different Types of Short Lifts</u></p> <p>****</p> <p>Combination Lifts are max 12 secs Short Lifts are max 6 secs</p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 1</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs. on one foot by both partners</p> <p>Combo Spin – <u>min 3 revs. in either part by both partners</u></p> <p>May be skated anywhere in the program except in the required Step Sequence</p>	<p>Max 2</p> <p>1 selected from Group A: Midline Diagonal</p> <p>1 selected from Group B: Circular Serpentine</p> <p>Both to be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.</p> <p>Any separation to change a hold must not exceed one measure of music.</p> <p><u>Jumps of up to 1 revolution are permitted as long as they are not performed simultaneously.</u></p> <p>Not Permitted Elements:</p> <p><u>Stops, pattern regressions and loops are not to be included in the step sequence (pattern retrogressions allowed in Style B only).</u></p> <p><u>If a lift is performed it will be identified and called "no value" and the judges will ignore the element.</u></p> <p><u>If a dance spin is performed it will be called and identified "no value" and the judges will consider it a stop (not permitted element).</u></p>	<p>1</p> <p>Set of Synchronized Twizzles</p> <p>The required Set of Synchronized Twizzles may be skated anywhere in the program except in the required Step Sequences.</p> <p>Additional Set(s) of Synchronized Twizzles may be performed, but only the first Set of Synchronized Twizzles performed will be identified for a level.</p> <p>Additional elements not identified by Technical Panel will be considered by judges in Choreography component if elements reflect character of music/dance.</p>	<p>1</p> <p><u>(1) Choreographic Lift or (1) Choreographic Spinning Movement</u></p> <p><u>A Choreographic Dance Lift is a Dance Lift of up to 10 (ten) seconds performed after all the other required Dance Lifts.</u></p> <p><u>A Choreographic Spinning Movement must be performed after the required Dance Spin during which both partners perform at least 2 continuous rotations:</u></p> <p><u>- in any hold</u> <u>- on one foot or two feet or one partner being elevated without being sustained, or</u> <u>- on a common axis which may be moving</u></p>	<p>Combined dance spin and lift are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one dance spin.</p> <p>Music should adhere to rule 6095(F).</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 <u>allowed</u></p> <p>Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</p> <p>- Lying on the ice</p>