

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<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 seconds)</p> <p align="center">Long Lifts not permitted.</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 – min 3 revs on each foot by both partners</p>	<p align="center">Max 1</p> <p>Circular, Midline or Diagonal in hold (Must use full ice surface)</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>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 align="center">Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</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 & 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>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> <p>Lifts: No part of the costume may be used as any support in a lift which is considered for level. If this occurs, the lift will get a level according to calling specifications, and a one point deduction by the referee and judging panel will be applied.</p> <p>A chosen type of creative/difficult entry must be different for each lift to be considered for level.</p> <p>Music requirements will adhere to rule 6095(E).</p> <p>See current season's ISU Communication(s) on repeated positions, costume regulations and illegal lifts/elements</p> <p align="center">Other Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice
<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 seconds)</p> <p align="center">Long Lifts not permitted.</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 – min 3 revs on each foot by both partners</p>	<p align="center">Max 1</p> <p>Circular, Midline or Diagonal in hold Must use full ice surface</p> <p>Serpentine and Not Touching types of sequences are not permitted</p> <p>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 align="center">Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p align="center">Max 1</p> <p>Set of Synchronized Twizzles</p>	<p>Combined dance spin & 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>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> <p>Lifts: No part of the costume may be used as any support in a lift which is considered for level. If this occurs, the lift will get a level according to calling specifications, and a one point deduction by the referee and judging panel will be applied.</p> <p>A chosen type of creative/difficult entry must be different for each lift to be considered for level.</p> <p>Music requirements will adhere to rule 6095(E).</p> <p>See current season's ISU Communication(s) on repeated positions, costume regulations and illegal lifts/elements</p> <p align="center">Other Illegal Elements</p> <ul style="list-style-type: none"> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice



2011-2012 NOVICE FREE DANCE

2011-12 Free Dance Version 2.0 10/11/11 JCM

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p>NOVICE</p> <p>3:00 +/- 10 sec</p>	<p style="text-align: center;">Max 3</p> <p><u>There is a choice for the required lifts:</u></p> <p><u>Option with Long Lift</u> One Short Lift and One Long Lift.</p> <p><u>Option with Short Lifts</u> Three types of Short Lifts -only one type of Short Lift may be repeated.</p> <p style="text-align: center;">*****</p> <p>Long Lifts are max 12 secs Short Lifts are max 6 secs</p>	<p style="text-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 – min 3 revs on each foot by both partners.</p>	<p style="text-align: center;">Max 1</p> <p>Circular, Midline, Diagonal or Serpentine (two or three bold curves) in hold Must use full ice surface</p> <p>Not Touching types of sequences are not permitted</p> <p>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 style="text-align: center;">Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p style="text-align: center;">Max 1</p> <p>Set of Synchronized Twizzles</p>	<p>Combined dance spin & 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>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 style="text-align: center;">Touching the ice with hand(s) is not permitted</p> <p>Lifts: No part of the costume may be used as any support in a lift which is considered for level. If this occurs, the lift will get a level according to calling specifications, and a one point deduction by the referee and judging panel will be applied.</p> <p>A chosen type of creative/difficult entry must be different for each lift to be considered for level.</p> <p style="text-align: center;">Music requirements will adhere to rule 6095(F).</p> <p>See current season's ISU Communication(s) on repeated positions, costume regulations and illegal lifts/elements.</p> <p style="text-align: center;">Other Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice</p>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p style="text-align: center;">JUNIOR</p> <p style="text-align: center;">3:30 +/- 10 sec</p>	<p>There is a choice for the required lifts:</p> <p>Option with Long Lift - One Short Lift and One Long Lift.</p> <p>Option with Short Lifts- Three <u>different</u> types of Short Lifts</p> <p style="text-align: center;">****</p> <p>Long Lifts are max 12 secs Short Lifts are max 6 secs</p> <p>Notes:</p> <p><u>In addition, one Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lifts, is permitted.</u></p> <p>If a <u>second</u> Transitional Dance Lift is executed, it will be considered by the Technical Panel as an extra element.</p> <p>The Transitional Dance Lift is to be considered by the Judges in the Choreography component.</p>	<p style="text-align: center;">1*</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on one foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p> <p style="text-align: center;">Notes:</p> <p><u>In addition, one Transitional Dance Spin, but no more, performed optionally after the required Dance Spin, is permitted.</u></p> <p>If a <u>second</u> Transitional Dance Spin is executed, it will be considered by the Technical Panel as an extra element.</p> <p>The <u>Transitional Dance Spin</u> is to be considered by the Judges in the Choreography component.</p>	<p style="text-align: center;">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>Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p style="text-align: center;">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 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>Combined dance spin & 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>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> <p>Lifts: No part of the costume may be used as any support in a lift which is considered for level. If this occurs, the lift will get a level according to calling specifications, and a one point deduction by the referee and judging panel will be applied.</p> <p>A chosen type of creative/difficult entry must be different for each lift to be considered for level.</p> <p>Music requirements will adhere to rule 6095(F).</p> <p>See current season's ISU Communication(s) on repeated positions, costume regulations and illegal lifts/elements.</p> <p style="text-align: center;">Other Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice</p>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p style="text-align: center;">SENIOR</p> <p style="text-align: center;">4:00 +/- 10 sec</p>	<p>There is a choice for the required lifts:</p> <p>Option with Long Lift - Two Short Lifts and One Long Lift. Each Short Lift must be a different type.</p> <p>Option with Short Lifts- Four Short Lifts – only one type of Short Lift may be repeated. **** Long Lifts are max 12 secs Short Lifts are max 6 secs</p> <p style="text-align: center;">Notes:</p> <p><u>In addition, one (1) Transitional Dance Lift (up to 6 seconds), but no more, performed optionally after the required Dance Lifts, is permitted.</u></p> <p>If a second Transitional Dance Lift is executed, it will be considered by the Technical Panel as an extra element.</p> <p>The Transitional Dance Lift is to be considered by the Judges in the Choreography component.</p>	<p style="text-align: center;">1*</p> <p>Spin or Combination Spin</p> <p>Spin – min 3 revs on one foot by both partners</p> <p>Combo Spin – min 3 revs on each foot by both partners</p> <p style="text-align: center;">Notes:</p> <p><u>In addition, one Transitional Dance Spin, but no more, performed optionally after the required Dance Spin, is permitted.</u></p> <p>If a <u>second</u> Transitional Dance Spin is executed, it will be considered by the Technical Panel as an extra element.</p> <p>The Transitional Dance Spin is to be considered by the Judges in the Choreography component.</p>	<p style="text-align: center;">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>Not Permitted Elements:</p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p style="text-align: center;">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 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>Combined dance spin & 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>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> <p>Lifts: No part of the costume may be used as any support in a lift which is considered for level. If this occurs, the lift will get a level according to calling specifications, and a one point deduction by the referee and judging panel will be applied.</p> <p>A chosen type of creative/difficult entry must be different for each lift to be considered for level.</p> <p>Music requirements will adhere to rule 6095(F).</p> <p>See current season's ISU Communication(s) on repeated positions, costume regulations and illegal lifts/elements.</p> <p style="text-align: center;">Other Illegal Elements</p> <p>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Lying on the ice</p>