



2008-2009 JUNIOR & SENIOR FREE DANCE

2008-09 Free Dance Version 2.0 7/07/08 JDE

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Optional Additional Elements*	Additional Information
JUNIOR 3:30 +/- 10 sec * See Optional Additional Elements	Max 3 3 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec.	Max 1* Combination Spin min 3 revs on each foot by both partners.	Max 2 1 selected from Group A: midline in hold or diagonal in hold and 1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold 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 1measure of music. Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.	Max 1* Set of Synchronized Twizzles	1 additional dance spin (may be spin or combo) & additional set(s) of synchronized twizzles may be performed. Additional elements not identified by Technical Panel but considered by judges in Linking Footwork/ Movements component. If 3 rd dance spin is performed it will be considered by Technical Panel as Extra Element	Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin. <u>Lifts</u> -see ISU Communication 1496 on repeated positions and illegal lifts/elements. <u>Other illegal elements</u> - Jumps of more than 1 revolution or jumps of one revolution skated at the same time by both partners. - Kneeling on 2 knees on the ice. - Lying on the ice
SENIOR 4:00 +/- 10 sec * See Optional Additional Elements	4 (see note) 4 different types of lifts. 1 may be a Long lift (max 12 sec) Short lifts are max 6 sec. Note: 1 additional lift up to 6 secs without any requirements to level is permitted but only first 4 lifts performed will be identified for level. Additional lift to be considered by the judges in the Choreography mark.	Max 1* Combination Spin min 3 revs on each foot by both partners.	Max 2 1 selected from Group A: midline in hold, diagonal in hold and 1 selected from Group B: circular in hold or serpentine (2 or 3 bold curves) in hold 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 1measure of music. Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression & loops not to be included in step sequences.	Max 1* Set of Synchronized Twizzles	1 additional dance spin (may be spin or combo) & additional set(s) of synchronized twizzles may be performed. Additional elements not identified by Technical Panel but considered by judges in Linking Footwork/ Movements component. If 3 rd dance spin and/or 6 th lift is performed it will be considered by Technical Panel as Extra Element	Combined dance spin & lift permitted but are to be counted as separate elements: i.e. as 1 of the permitted lifts and 1 dance spin. <u>Lifts</u> -see ISU Communication 1496 on repeated positions and illegal lifts/elements. <u>Other illegal elements</u> - Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners. - Kneeling on 2 knees on the ice. - Lying on the ice