

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCE	TWIZZLES	Additional Information
<p><b>JUVENILE</b></p> <p>2:15 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>2 different types of Short Lifts (max 6 secs)</p> <p><b>Long Lifts not permitted</b></p>	<p><b>Max 1</b></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><b>Max 1</b></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 <b>not</b> 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><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p><b>Max 1 (See Note)</b></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 permitted</p> <p><b>Other Illegal Elements</b></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><b>INTERMEDIATE</b></p> <p>2:30 +/- 10 sec</p>	<p><b>Max 2</b></p> <p>2 different types of Short Lifts (max 6 secs)</p> <p><b>Long Lifts not permitted</b></p>	<p><b>Max 1</b></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><b>Max 1</b></p> <p>Circular, Midline or Diagonal in hold Must utilize the full ice surface</p> <p>Serpentine and Not Touching types of sequences are <b>not</b> 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><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p><b>Max 1</b></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 permitted</p> <p><b>Other Illegal Elements</b></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>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES **	TWIZZLES	Additional Information
<p><b>NOVICE</b></p> <p>3:00 +/- 10 sec</p>	<p><b>Max 3</b></p> <p><b>There is a choice for the required lifts:</b></p> <p><b>Option with Long Lift</b> One Short Lift and One Long Lift.</p> <p><b>Option with Short Lifts</b> Three types of Short Lifts – only one type of Short Lift may be repeated.</p> <p>*****</p> <p>Long Lifts are max 12 secs Short Lifts are max 6 secs</p>	<p><b>Max 1</b></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><b>Max 2</b></p> <p><u>1 No-Touch Midline Step Sequence and 1 additional from the following:</u></p> <p><u>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.</u></p> <p><u>Both step sequences must utilize the full ice surface</u></p> <p><b>Not Permitted Elements:</b> Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p> <p><b>**Pending approval at Governing Council Meeting</b></p>	<p><b>Max 1</b></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 (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 permitted</p> <p><b>Other Illegal Elements</b></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><b>JUNIOR</b></p> <p>3:30 +/- 10 sec</p>	<p><b>Not More Than:</b></p> <p>One (1) Short Lift and one (1) Long Lift</p> <p><b>Or</b></p> <p>Three (3) different types of Short Lifts</p> <p>****</p> <p>Long Lifts are max 12 secs Short Lifts are max 6 secs</p> <p><b>Notes:</b></p> <p>In addition, one (1) Choreographic Dance Lift may be performed.</p> <p>A Choreographic Dance Lift is a Dance Lift of up to 10 (ten) seconds performed after all the other required Dance Lifts. The Choreographic Dance Lift will be awarded a fixed Base Value and evaluated by the Judges in Grade of Execution only.</p> <p>If a second Choreographic Dance Lift is executed, it will be considered by the Technical Panel as an extra element.</p>	<p><b>1*</b></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><b>*Notes:</b></p> <p>In addition, one Transitional Dance Spin, but no more, performed optionally after the required Dance Spin, is permitted.</p> <p>If a second 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><b>Max 2</b></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><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p><b>1*</b></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>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 permitted</p> <p><b>Other Illegal Elements</b></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>

Free Dance	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	Additional Information
<p><b>SENIOR</b></p> <p>4:00 +/- 10 sec</p>	<p><b>Not More Than:</b></p> <p>Two (2) different Types of Short Lifts and One (1) Long Lift.</p> <p><b>Or</b></p> <p>Four (4) Short Lifts chosen from at least three different types.</p> <p>****</p> <p>Long Lifts are max 12 secs Short Lifts are max 6 secs</p> <p><b>Notes:</b></p> <p>In addition, one (1) Choreographic Dance Lift may be performed.</p> <p>A Choreographic Dance Lift is a Dance Lift of up to 10 (ten) seconds performed after all the other required Dance Lifts. The Choreographic Dance Lift will be awarded a fixed Base Value and evaluated by the Judges in Grade of Execution only.</p> <p>If a second Choreographic Dance Lift is executed, it will be considered by the Technical Panel as an extra element.</p>	<p><b>1*</b></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><b>*Notes:</b></p> <p>In addition, one Transitional Dance Spin, but no more, performed optionally after the required Dance Spin, is permitted.</p> <p>If a second 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><b>Max 2</b></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><b>Not Permitted Elements:</b></p> <p>Dance lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regressions and loops.</p>	<p><b>1*</b></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>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 permitted</p> <p><b>Other Illegal Elements</b></p> <ul style="list-style-type: none"> <li>- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners.</li> <li>- Lying on the ice</li> </ul>