

# 2024

## Solo Dance Series Handbook



*Last updated 2/23/2024*

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# GENERAL INFORMATION

Please read the technical portion of the handbook closely when creating programs for the 2024 season as there are some new rules that will be implemented this year. All new rules for 2024 will be underlined in all documents to outline what is new. Rules are highlighted in yellow so everyone will pay special attention to major rule changes that may have been added since the first publishing of this handbook. We will also include an overview below of some of the more important new rules in this document. Registration for the National Solo Dance Series is January 2, 2024 through April 1, 2024 @11:59 p.m.

\*Paper system may only be used for Pattern Dance. Rhythm and Free Dance must have an IJS mini system or better. (Micro systems are not permitted in the Solo Series)

Junior and Senior Free Dance starting orders will be the reverse of Rhythm Dance results for all solo series competitions and the Final.

**Please remember the following existing general rules:**

## **Invitations to National Solo Dance Final**

Following the conclusion of the season, those skaters in the solo pattern dance, combined event and shadow pattern dance events from each section that have competed in at least two Solo Dance Series competitions and meet the following criteria (specific to event type) will be invited\* to advance to the National Solo Dance Final competition (NSDF). Qualification is based on a skater/team's highest IJS score at a designated Series competition for all events. To qualify for the Final in Pattern Dance a skater must have competed in that event at 2 or more competitions, for Combined, must have competed in that event at 2 or more competitions, and Shadow must have competed in that event in 2 competitions. In other words, a skater cannot qualify in a Combined event for the Final by competing at one Series competition, and Pattern Dance at another to meet the "2 competitions" requirement.

- 1) SOLO PATTERN DANCE AND COMBINED EVENT ONLY:
  - a. Those skaters in each section who finish in the top six (6) for total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.
- 2) SHADOW PATTERN DANCE EVENT ONLY:
  - a. Those shadow pattern dance teams in each section who finish in the top three (3) for total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.

The skater's Section used when registering will remain the same throughout the Series. For Shadow Dance, the section the team will represent will be determined by the section of the skater who registers the team.

**\*Skaters will have 48 hours to register for the Solo Series Final after receiving their invitation. If the registration isn't submitted into EMS by that time, the next placed skater in that section only will replace the skater not registered. The alternate will have 24 hours to register in EMS after being notified. In the event there are no potential alternates within a Section, a skater from another Section cannot fill the spot.**

A variation of a fill-up rule may be used if less than six(6) skaters qualify to receive invitations to the NSDF at any particular level in the Series for the Solo Pattern Dance and Combined Events or if less than three (3) teams qualify to receive invitations to the NSDF in Shadow Dance events. This variation of the fill-up rule will be done at the discretion of the Program Development Committee Chair, National Vice Chair for Solo Dance and the U.S. Figure Skating Programs Manager. **This exception will not be used when skaters from more than one section could be considered as a replacement.**

### **Declining an Invitation to the Final**

Following participation in the 2024 Solo Dance Series competitions, it is expected that skaters will compete in the National Solo Dance Final upon qualification.

### **Costume Requirements**

The Solo Dance Series will follow all costume rules and requirements as stated for ice dance in the 2023-2024 U.S. Figure Skating Rulebook. (Rule 8020/8021).

### **Behavior of Competitors during Competition**

The Solo Dance Series will follow all behavior of competitors requirements including the call to start rules for IJS as stated in the 2023-2024 U.S. Figure Skating Rulebook. (Rules 1320-1324)

Earbuds and headphones of any kind will not be allowed on any practice sessions or warm-ups associated with any Solo Series competition. If a skater is found to be wearing them on a practice session for the Solo Series, they are subject to be disqualified for the event.

### **Pattern Dance Starts**

All pattern dances start on the judges' side unless directed otherwise by the published rules for each dance for the season or by the referee.

**Skating up:** Skaters may skate up one level in all events.

## **Important to Remember!**

**Eligibility & Test Levels:** For the pattern dance events, the test level is determined by a skater completing all of the pattern dance tests within that level. All skaters must either compete at their test level or one level above their highest completed dance test. All skaters who have passed the Novice/Silver level or higher Singles or Novice/Silver or higher Skating Skills test may not enter the Bronze or below pattern dance events. There are no other restrictions for the Pre-Silver and above levels as they pertain to Singles or Skating Skills tests. The NSD series will continue to have test level requirements. Participants may test during the Series season without penalty.

For the combined events please refer to the requirements for each level for details on qualifications for each level. No skater may enter an event where they have passed the corresponding Singles test two levels above the event they wish to enter. For example, if you wish to compete in Juvenile, you may not have passed the Novice/Silver Singles test.

Please take note that the list of illegal elements on page 45 as they have been updated. These illegal elements apply to all aspects of the Solo Series, including pattern dance.

Pattern Dance still has illegal elements. Please review, they have been clarified for the 2024 season.

**Free Dance:**

Crossovers in between elements:

Excessive use of crossovers will be evaluated by the judging panel. Executing more than two consecutive crossovers could result in a reduction in the Composition component.

**For all Solo Series Segments:** Lip Synching will not be permitted and will be considered a choreographic deduction by the judging panel and referee.

**Planned Program Content Sheets:** Skaters will not be permitted to take the ice to compete if the technical panel does not have a planned content sheet. If it is not submitted prior to the event, the organizing committee is responsible for collecting them at registration and handing them to the Technical Controller prior to the start of the event.

**Warm-up times:**

Pattern Dance & Shadow Dance: 3 minutes

Free Dance: Juvenile, Intermediate, Novice: 3 minutes

Junior and Senior Rhythm Dance & Free Dance: 4 minutes

**\*Special Notes:**

**Please be sure to review new requirements for levels in a Variation Dance. Key Points will only be used in the first sequence and two required turns will be used for the Variation portion. See page 24 for Variation Dance Calling Specifications.**

# Solo Pattern Dance

The solo pattern dance event is comprised of two dances at each level. The results from both dances will be combined to create a final score and overall result.

## New in 2024:

All levels will have a first dance assigned for all qualifying series competitions including the Series Final. The second dance for Bronze and higher Solo Series pattern dance events, including the Series Final, will consist of a Variation Dance. For rules on the Variation Dance, see page 24. For Preliminary and Pre-Bronze a second pattern dance will be skated as published.

## Important to Remember:

**All** music for pattern dance will be Skater's Choice. See Skater's Choice rules on page 7.

All pattern dances, except shadow, will include "Key Points" which will be part of attaining levels.

All pattern dances will use "**Solo Series Dance Steps**" for all competitors. All skaters will be using the same steps. Please refer to the pattern dance diagrams in Appendix A for the steps to be skated along with the number of sequences, tempo, Key Points, and time limits for Skater's Choice skating time following page 45.

## The following levels will be offered:

	Standard Track Test Requirements	Dances (number of sequences to be skated)
Preliminary	No test or passed preliminary & may not have passed the Novice/Silver Singles or Skills Tests.	First Dance: U.S. Dutch Waltz (3 sequences) & Second Dance: Rhythm Blues (3 sequences)
Pre-Bronze	Passed Preliminary or Pre-Bronze & may not have passed the Novice/Silver Singles or Skating Skills Tests.	First Dance: U.S. Cha Cha (3 sequences) Second Dance: Tango Fiesta (3 sequences)
Bronze	Passed Pre-Bronze or Bronze & may not have passed the Novice/Silver Singles or Skating Skills Tests.	First Dance: 10-Fox (3 sequences) Second Dance: Willow Waltz Variation Dance (2 sequences)
Pre-Silver	Passed Bronze or Pre-Silver	First Dance: 14-Step (4 sequences) Second Dance: European Waltz Variation Dance (2 sequences)
Silver	Passed Pre-Silver or Silver	First Dance: American Waltz (2 sequences) Second Dance: Tango Variation Dance (2 sequences)
Pre-Gold	Passed Silver or Pre-Gold	First Dance: Kilian (4 sequences) Second Dance: Starlight Waltz Variation Dance (1 sequence; <u>Section 1 and Variation as Section 2</u> )
Gold	Passed Pre-Gold or Gold	First Dance: Westminster Waltz (2 sequences) Second Dance: Argentine Tango Variation <u>1</u> sequence; <u>Section 1 and Variation as Section 2</u> )
International	Passed Gold or International	First Dance: Ravensburger Waltz (2 sequences) Second Dance: Tango Romantica Variation Dance ( <u>1</u> sequence; <u>Section 1 and the Variation as Section 2</u> )

## Shadow Dance

The shadow pattern dance event is comprised of one pattern dance at each level.

A team may be comprised of two skaters of any gender. Solo Dance Steps will be used as outlined in Appendix A; Pattern Dance Diagram Material.

Music is Skater's Choice and must be provided by the skaters, see page 7.

The following levels will be offered:

Level	Standard Track Test Requirements	Dance (number of sequences to be skated)
Preliminary	One partner must not have passed higher than the complete Preliminary dance test.	<ul style="list-style-type: none"> <li>• Dutch Waltz (3 sequences)</li> </ul>
Pre-Bronze	One partner must not have passed higher than the complete Pre-Bronze dance test.	<ul style="list-style-type: none"> <li>• U.S. Cha Cha (3 sequences)</li> </ul>
Bronze	One partner must not have passed higher than the complete Bronze dance test.	<ul style="list-style-type: none"> <li>• Willow Waltz (3 sequences)</li> </ul>
Pre-Silver	One partner must not have passed higher than the complete PreSilver dance test.	<ul style="list-style-type: none"> <li>• 14-Step(4sequences)</li> </ul>
Silver	One partner must not have passed higher than the complete Silver dance test.	<ul style="list-style-type: none"> <li>• Tango (2 sequences)</li> </ul>
Pre-Gold	One partner must not have passed higher than the complete Pre-Gold dance test.	<ul style="list-style-type: none"> <li>• Paso Doble (3 sequences)</li> </ul>
Gold/International	Open.	<ul style="list-style-type: none"> <li>• Golden Waltz (1 sequence)</li> </ul>

## Combined Events

The combined dance event is comprised of the following two segments (as applicable by level):

- 1.) **For Juvenile, Intermediate and Novice:** one pattern dance  
**For Junior and Senior:** one solo rhythm dance
- 2.) **For Juvenile thru Senior:** one solo free dance

All music for pattern dance will be Skater's Choice. See Skater's Choice rules below.

All pattern dances will include "Key Points" which will be part of attaining levels.

All pattern dances will use "**Solo Series Steps**" for all competitors, so skaters are using the same steps. **Please refer to the pattern dance diagrams for the steps to be skated along with the number of sequences, Key Points, tempo and time limits for Skater's Choice skating time. Pattern Dance Diagrams with Key Points are in this handbook as Appendix A, pages 1-25.**

### 2024 Skaters Choice Music Rules

All music for both the pattern dance events (including Shadow Dance) and the combined events will be Skater's Choice. Each skater must upload a piece of music for each event. They must also have a backup CD labeled with the skater's name and the name of the pattern dance on hand at the event.

The music may be an original choice by the skater/coach, or they may choose and download a piece made available to them on the Solo Dance Series webpage. The music may be either vocal or orchestral and it must be within + or – two beats per minute of the required beats per minute for each dance. The chosen music must also conform to the style of music appropriate for the rhythm of the selected dance. If the chosen music does not reflect the rhythm and style of the pattern dance to be skated a music deduction may be taken. The beats per minute and maximum skating time is all included on the Pattern Dance Diagram for each dance. Music that does not conform to these rules is also subject to a deduction.

Each skater will be timed from their first movement until they stop. If the skating time exceeds the maximum allotted skating time listed on the pattern diagram Standard timing deductions will apply as outlined on the "Who's Responsible" chart in the Solo Series Handbook.

For the Variation Dance, there will also be a Maximum time listed. Please refer to the pattern diagrams.



## JUVENILE COMBINED EVENT:

Test qualifications as of April 1, 2024, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Preliminary solo or standard Preliminary partnered pattern dance test or have passed the standard solo or partnered Juvenile/Bronze free dance test. Skaters must not have passed any Pre-Silver or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Juvenile/Bronze free dance. Skaters must not have passed the Novice/Silver or higher singles tests.

### 2024 Pattern Dance Selection for Juvenile: 10-Fox\* (3 sequences)

#### Free Dance Requirements for Juvenile:

<b>Juvenile Solo Free Dance: 1:30 +/- 10 seconds</b>	
<b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</b>	
<b>Edge Elements</b>	One (1) short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
<b>Spin</b>	One (1) Dance Spin Dance Spin - A spin to be performed on the spot on one foot <u>with or without change(s) of foot by the skater.</u>  *FLYING SPINS or FLYING ENTRIES are illegal elements
<b>Choreographic Character Step Sequence</b>	One (1) Choreographic Character Step Sequence <u>performed on the short axis.</u>  <b><i>Not permitted elements:</i></b> <u>Touching the ice with any other part of the body other than the blades that would not otherwise be considered a fall or illegal,</u> stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.
<b><u>Sequential Twizzle Series</u></b>	<u>One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</u>
<b>Maximum Level</b>	<u>Up to Level 2 will be considered for all leveled elements.</u>

\* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagrams in Appendix A.

## INTERMEDIATE COMBINED EVENT:

Test qualifications as of April 1, 2024, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Bronze solo or standard Bronze partnered pattern dance test or have passed the standard solo or partnered Intermediate Pre-Silver free dance test. Skaters must not have passed any Silver or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Intermediate/Pre-Silver free dance. Skaters must not have passed the Junior/Pre-Gold or higher singles tests.

**2024 Pattern Dance Selection for Intermediate:** Foxtrot\* (3 sequences)

### Free Dance Requirements for Intermediate:

<b>Intermediate Solo Free Dance: 1:50 +/- 10 seconds</b> <b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</b>	
<b>Edge Elements</b>	Maximum of One (1) short edge element. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
<b>Spin</b>	One (1) Dance Spin Dance Spin - A spin to be performed on the spot on one foot <u>with or without change(s) of foot by the skater.</u>  *FLYING SPINS or FLYING ENTRIES <u>are illegal elements</u>
<b><u>Choreographic Character Step Sequence</u></b>	One (1) Choreographic Character Step Sequence performed on the long axis.  <b><i>Not permitted elements:</i></b> <u>Touching the ice with any other part of the body than the blades that would not otherwise be considered a fall or illegal, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.</u>
<b>Sequential Twizzle Series</b>	One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)
<b>Choreographic Element</b>	<b><u>One (1) additional chosen from:</u></b> Chosen from the following: <u>Choreographic Spinning Movement</u> <u>Choreographic Twizzling Movement (performed only after the required twizzle series)</u> <u>Choreographic Sliding Movement</u>
<b>Maximum Level</b>	<u>Up to Level 3 will be considered for all leveled elements.</u>

Note: If a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the **second** performed Choreographic Element is identified as not according to the well-balanced program requirements receives (\*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

\*For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagrams in Appendix A.

## NOVICE COMBINED EVENT:

Test qualifications as of April 1, 2024, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least one dance of the standard Silver solo or standard Silver partnered pattern dance test or have passed the standard solo or partnered Novice/Silver free dance test. Skaters must not have passed any Gold or higher solo or partnered dance tests and must not have passed any solo or partnered free dance tests higher than the Novice/Silver free dance test. Skaters must not have passed the Senior/Gold or higher singles tests.

**2024 Pattern Dance Selection for Novice:** Starlight Waltz\* (2 sequences)

### Free Dance Requirements for Novice:

<b>Novice Solo Free Dance: 2:20 +/- 10 seconds</b>	
<b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</b>	
<b>Edge Elements</b>	One (1) short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
<b>Spin</b>	One (1) Dance Spin Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  *FLYING SPINS or FLYING ENTRIES <u>are illegal elements</u>
<b>Step Sequence</b>	<b>One (1) Style B</b> Midline, Diagonal, Circular  <b>Not permitted:</b> Stops, Loops, <b>Retrogressions</b>  <b>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</b>
<b>Sequential Twizzle Series</b>	One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)
<b>Choreographic Element</b>	<b>Two (2) different from:</b> Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement (performed only after the required twizzle series) Choreographic Sliding Movement
<b>Maximum Level</b>	<u>Up to Level 4 will be considered for all leveled elements.</u>

\* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagram in Appendix A.

## JUNIOR COMBINED EVENT:

Test qualifications as of April 1, 2024, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least two dances of the standard Pre-Gold solo or standard Pre-Gold partnered pattern dance test or have passed the standard Junior/Pre-Gold solo or partnered free dance test. Skaters must not have passed any solo or partnered dance tests higher than the complete Gold dance test and must not have passed any solo or partnered free dance tests higher than the Junior/Pre-Gold free dance test.

### Rhythm Dance Requirements for Junior:

<b>Junior Solo Rhythm Dance: 2:50 +/- 10 seconds</b>	
<p><b>Music Requirements:</b> The theme selected for the Rhythm Dances for both Junior and Senior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided it was originally released in the decade of the 1980s. The skater should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade.</p> <p>Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</p>	
<b>Edge Element</b>	One (1) short edge element. The edge element must be held <b>in position</b> for a minimum of three seconds but cannot exceed seven seconds.
<b>Step Sequence</b>	<p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> <li>• Skated to any tempo</li> <li>• Chosen pattern may ONLY be Midline or Diagonal</li> <li>• Touching the ice with any part of the body is allowed but not longer than 5 secs</li> <li>• Stops; up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</li> </ul> <p>Not permitted: Loop(s) or Retrogression(s)</p>
<b><u>Sequential Twizzle Series</u></b>	<p>One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p>May be skated anywhere in the program except in the required step sequence.</p>

<p><b>Pattern Dance Element</b></p>	<p>Two (2) Sequences of the Rocker Foxtrot: skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute. The first step of the dance begins on beat one of a musical phrase.</p> <p>1RF and 2RF: Steps #1-14 Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately. Step #1 of 1RF skated on the Judges left side. Step #1 of 2RF skated at the Judges right side.</p> <p>1RF must be skated using Steps A (previously Woman’s steps), in accordance with the Solo Series Dance Steps as described in the pattern dance appendix.</p> <p>2RF, must be skated using Steps B (previously Man’s steps), in accordance with the Solo Series Dance Steps as described in the pattern dance appendix.</p> <p>Crossing the Long Axis is permitted for Steps #5, #8 – 9.</p> <p>*See Pattern Dance Appendix for Key Points.</p> <p><b>Junior Solo Rhythm Dance – Continued</b></p>
<p><b>Additional Information</b></p>	<p>Vocal music is permitted and only music with an audible rhythmic beat may be used. <b>The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</b></p> <p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops in any direction that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted.</p> <p>Touching the ice with hand(s) is not permitted except during the Style B Step Sequence.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except where allowed in the Style B step sequence.</p>

**Free Dance Requirements for Junior:**

<p><b>Junior Solo Free Dance: 3:00 +/- 10 seconds</b></p> <p><b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</b></p> <p><b>Music must have a change of tempo and/or expression.</b></p>	
<b>Edge Elements</b>	<p>Two options:</p> <ol style="list-style-type: none"> <li>1) One (1) combination edge element or;</li> <li>2) Two (2) different types of short edge elements. (Spiral type may be repeated once with different positions in each)</li> </ol> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements must be held in position for 3 seconds but may not exceed 7 seconds.</p>
<b>Spin</b>	<p>One (1) Dance Spin Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.</p> <p><u>*FLYING SPINS or FLYING ENTRIES are illegal elements</u></p>
<b>Step Sequence</b>	<p>One (1) step sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>It must also be a different shape than the pattern of the Choreographic Character Step if chosen as a Choreographic Element.</p> <p><b>Not permitted:</b> stops, loops, <b>retrogressions</b> and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
<b>One Foot Turns Sequence</b>	<p>1, One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 3 and 4)</p>
<b>Solo Twizzle Series</b>	<p>One (1) solo twizzle series. At least two steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p>
<b>Choreographic Elements</b>	<p><u>Two (2) Different Choreographic Elements to be selected from the following:</u></p> <ul style="list-style-type: none"> <li>• Choreographic Character Step</li> <li>• Choreographic Sliding Movement</li> <li>• Choreographic Spinning Movement</li> <li>• Choreographic Twizzling Movement - (can only be performed after required Twizzles)</li> </ul>

## SENIOR COMBINED EVENT:

Test qualifications as of April 1, 2024, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard solo or standard partnered Gold pattern dance test or have passed the standard senior solo or partnered free dance test.

### Rhythm Dance Requirements for Senior:

<b>Senior Solo Rhythm Dance: 2:50 +/- 10 seconds</b>	
<b>Music Requirements:</b> The theme selected for the Rhythm Dances for both Junior and Senior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided it was originally released in the decade of the 1980s. The skater should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade.	
<b>Note:</b> to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.	
<b>Edge Element</b>	One (1) short edge element, but no more. The edge element must be held <b>in position</b> for a minimum of three seconds but cannot exceed seven seconds.
<b>Step Sequence</b>	One (1) Step Sequence, Style B. <ul style="list-style-type: none"><li>• Skated to any tempo</li><li>• Chosen pattern may ONLY be Midline or Diagonal</li><li>• Touching the ice with any part of the body is allowed but not longer than 5 secs</li><li>• Stops; up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</li></ul> Not permitted: Loop(s) or Retrogression(s)
<b>Sequential Twizzle Series</b>	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)  May be skated anywhere in the program except in the required step sequence, PSt or <u>ChRs</u> .

<p><b><u>Choreographic Rhythm Sequence (ChRs)</u></b></p>	<p>Choreographic Rhythm Sequence Tempo: 100 beats/minute minimum</p> <p>Performed anywhere in the program starting with the Silver Samba, A Steps (formally Woman’s steps) #9-12 skated on the left hand side of the Judges and finishing with the Slip Step Section: Steps #43b-47.</p> <p>In between the selected steps the skater may perform any step(s) and/or turn(s) and/or movement(s) echoing the style of the chosen Rhythm for the season.</p> <p>Loop - One (1) permitted  Retrogression - One (1) permitted  Stop - Not permitted</p>
<p><b>Pattern Dance Type Step Sequence (PSt)</b></p>	<p>One (1) Pattern Dance Type Step Sequence – Style D</p> <p>Rhythm: skated to any tempo</p> <p>Duration: any exact number of musical phrases</p> <p>Pattern: starting with a Stop or skidding movement on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis) is permitted within the pattern</p> <p>Stops: A stop at the start of the PSt will count as one of the permitted stops. A skidding movement to start the PSt will NOT be considered as a stop.</p> <p>Technical Requirements: Must perform four different difficult turns from the following: Back entry Rocker, Counter, Bracket and Forward Outside Mohawk. Only the first four attempted Different Difficult Turns selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.</p> <p>Not permitted:</p> <ul style="list-style-type: none"> <li>• Stop (only allowed at the beginning to indicate the start of the PSt; if a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program.</li> <li>• Retrogressions</li> </ul>
<p><b>Additional Information</b></p>	<p>Vocal music is permitted and only music with an audible rhythmic beat may be used. <b>The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</b></p>



Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to the Style B step sequence.

Loops in any direction that do not cross long axis are permitted.

Stops: After clock is started with first movement, skater must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted.

Touching the ice with hand(s) is not permitted except where allowed in Style B Step Sequence.

Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except where allowed in Style B Step Sequence.

## Free Dance Requirements for Senior:

<b>Senior Solo Free Dance: 3:10 +/- 10 seconds</b>  <b>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</b>  <b>Music must have a change of tempo and/or expression.</b>	
<b>Edge Elements</b>	<p>Two options:</p> <ol style="list-style-type: none"> <li>1) One (1) combination edge element plus one short edge element of a different type than performed in the combination.</li> </ol> <p>Or</p> <ol style="list-style-type: none"> <li>2) Three (3) different types of short edge elements. (Spiral Type maybe be repeated once with different positions in each)</li> </ol> <p>Each portion must be held in position for 3 seconds and;            Combination Edge may not exceed 12 seconds in total.            Short edge elements may not exceed 7 seconds.</p>
<b>Spin</b>	<p>One (1) Dance Spin            Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.</p> <p><i>*FLYING SPINS or FLYING ENTRIES are illegal elements</i></p>
<b>Step Sequence</b>	<p>One (1) step sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</p> <p><b><i>Not permitted elements:</i></b> stops, loops, <b>retrogressions</b> and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
<b>One Foot Turns Sequence</b>	<p>1, One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 3 and 4)</p>
<b>Solo Twizzle Series</b>	<p>One (1) solo twizzle series. At least two steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p>
<b>Choreographic Elements</b>	<p>Three (3) Different Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> <li>• Choreographic Character Step</li> <li>• Choreographic Sliding Movement</li> <li>• Choreographic Spinning Movement</li> <li>• Choreographic Twizzling Movement – (can only be performed after required Twizzles)</li> </ul>

**2024**  
**Technical Rules**  
**and Level**  
**Requirements**

## BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS

1. The Technical Panel shall identify what is performed despite what is listed on the Planned Program Content Sheet.
2. Adjustments to Levels shall apply to the Level determined according to the Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level. Movements, transitions, and/or choreography that do not fulfill the requirements for elements shall not be identified.
4. If a Fall or Interruption occurs at the attempt of any Required Element, refer to the Additional Principles of Calling for each Required Element.
5. If a Loss of Control with additional support (touchdown by free leg/foot and/or hand(s)) occurs after a Required Element has commenced and the Element continues without interruption its Level shall be reduced by 1 Level per error. Refer to the Additional Principles of Calling for these Elements: Dance Spin, Set of Twizzles, One Foot Turns Sequence. This Basic Principle does not apply to Pattern Dances, Pattern Dance Element and Step Sequences (except One Foot Turns Sequence) - refer to the Additional Principles of Calling for these elements.
6. If a program concludes with the skater starting an element within the required duration of the program (including the additional 10 seconds allowed), the element and its Level shall be identified until the Element stops completely. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
7. If a Dance Spin (FD) or an Edge Element (RD and FD) is performed in a Step Sequence when not permitted, (including PSt, Choreographic Character Step Sequence or Choreographic Rhythm Sequence) the Step Sequence will be identified with the respective level and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for Juvenile, Intermediate and Novice categories) e.g., MiSt4+ExEI, ChSt1+ExEI. It will NOT count as a Required Element.
8. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element).
9. The Technical Panel shall decide whether any feature to fulfill the Characteristics of Levels is given credit unless this feature is expressly designated as not eligible for Level in the present Communication.
10. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element (excluding Choreographic Elements), the deduction for an illegal element(s)/movement(s)/pose(s) will apply and the element will receive Basic Level if the requirements for Basic Level are fulfilled or Ignored if the minimum requirement for Basic Level is not fulfilled. The Illegal Element will still be identified. The deduction for an Illegal Element/Movement (2.0) will apply for all categories.
11. An error which does not constitute an interruption should result in a reduction of the Level by 1 grade per occurrence.
12. Complex is defined as consisting of many different and connected parts.
13. Loss of control with additional support includes stumble/touchdown by free leg/foot and/or hand.
14. A touchdown with an obvious shift of weight from the skating foot to the other foot will be considered as an interruption.
15. Each push and/or transfer of weight while on two feet is considered as a step.
16. The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the Step Sequence pattern should not be considered as a retrogression.

# PATTERN DANCE

## DEFINITIONS

### **Change of Edge**

The visible tracing of a skate on one foot that changes from one curve and edge to a different curve and edge.

### **Edge**

The visible tracing of a skate on one foot that is on one curve.

### **Mohawk**

A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from outside edge to an outside edge or from an inside edge to an inside edge.

### **Open Mohawk**

A Mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot (examples: Man's Steps 8 and 9 and the Lady's Steps 12 and 13 in the Fourteen Step). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.

### **Closed Mohawk**

A Mohawk in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot (examples: Steps 11 and 12 of the Rocker Foxtrot). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.

### **Open Choctaw**

A Choctaw in which the free foot is placed on the ice on the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot. (example: Steps 9 and 10 of the Kilian) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.

### **Closed Choctaw**

A Choctaw in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot (example: Steps 12 and 13 in the Blues) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.

### **Cross Roll (forward/backward) (CR)**

A roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on the ice to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a “rolling movement”. Following this movement, an outside edge is required.

### **Cross Stroke (XS)**

A forward or backward step started with the feet crossed so that the impetus or power is gained from the outside edge of the foot that is becoming the free foot. (Note: The legs cross above the knees.)

### **Crossed Step In Front (XF)**

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed in front of the skating leg (note: the legs cross below the knees).

### **Crossed Step Behind (XB)**

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed behind the skating leg (note: the legs cross below the knees).

### **Swing Choctaw**

An Open or Closed Choctaw in which the free leg swings forward closely past the skating leg and then back to the skating foot to execute the turn (example: Steps 5 and 6 [first part] of the Quickstep).

### **Sequence of Pattern Dance**

The set order of the prescribed steps/turns that compose one pattern (sequence) of a Pattern Dance.

### **Slip Step**

A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg, which may be well bent or straight, while the free foot slides forward on the ice to full extension.

### **Swing Rocker or Counter**

A Swing Rocker or Counter – A type of Rocker or Counter in which the free foot swings smoothly past and close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward.

## **Swing Roll**

A short or long, forward or backward edge, held for several beats of music during which, when skating backward, the free leg lifts and then first swings forward, then backward past the skating foot, then back beside to skate the next step. When skating forward, the free leg first swings backward, then forward and then back beside to skate the next step. The swing of the leg gives the sense of a “rolling movement”.

## **Three Turn**

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The Skater turns in the direction of the curve.

## **Shadow Dance Cross Tracking**

Two skaters perform the pattern dance down the length of the rink in a side-by-side manner and then cross each other's track on the end pattern (unless otherwise prescribed) so that they are on opposite sides for the next sequence of the dance. If the skaters are on the opposite side for the next sequence, Cross Tracking should be counted towards a level. This is done for each required sequence or section of the pattern dance. “Follow the Leader” style tracking down the sides with changing the “Leader” does not count as Cross Tracking. “Follow the Leader” style tracking is allowed however on the end pattern in order to change sides.

## **Correct Turn/Correct Step**

A correct turn has a correct foot placement, clean edge in and out of the turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. A Correct Step has the correct edge from the start to the end of the step. In order to be considered correct, the turn or step must also be held for the correct number of beats as prescribed in the rules for each pattern dance. If the step or turn is correct but the timing is not, the specialist will call “timing” and a “T” will appear on the skater's protocol. A timing call does not receive the points for a correct step or turn and it will be considered the same as if it were not performed correctly from an accounting standpoint.

## **ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES**

**Key Point:** A Key Point is correctly executed when all of the related criteria are met and all of its Edges/Steps are held for the required number of beats. Key Points are technical requirements valid for one season and are published at the start of each season. A Key Point may be reviewed on video by the Technical Panel but not in slow motion. When there are only two members of the technical panel and if the call is split, the decision goes in favor of the skater.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step. (unless otherwise prescribed)

## Additional Principles of Calling

1. The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
  - a. “Yes”: meaning, “all Key Point Features are met and all Edges/Steps are held for the required number of beats”, or
  - b. “Timing”: meaning, “all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats”, or
  - c. “No”: meaning, “one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats” or the Key Point is not identified due to a fall or interruption.
2. Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
3. If a Fall or interruption occurs at the attempt or during a Pattern Dance Element and the element is resumed, the element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or ignored if the requirements for Basic Level are not met.
4. If the Pattern Dance Element is interrupted one (1) measure or less (4 or 6 beats based on the PDE) – the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details chart as: “<” to indicate an interruption of one (1) measure or less.
5. If the Pattern Dance Element is interrupted more than one (1) measure (4 or 6 beats based on the PDE) but 75% of the steps are completed, the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details chart as: “<<” to indicate an interruption of more than one measure.
6. For Pattern Dance Elements, an interruption may be but is not limited to Fall(s), missing step(s), touchdown(s), etc.

### Characteristics of Levels for Shadow Events

- Basic Level - The skaters must complete 75% of the dance to get a Basic Level for the sequence.
- Level 1 - The skaters must execute Shadow Dance Cross Tracking to get a Level 1 for the sequence or section.

### Characteristics of Levels of Levels for Solo Pattern Dances and Pattern Dance Elements for Rhythm Dance

Requirements	Basic Level	Level 1	Level 2
	The skater must complete 75% of the dance to get a Basic Level for the sequence.	The skater must complete 75% of the dance and perform one “Key Point” according to the criteria to get a Level 1 for the sequence.	Level 2 - The skater must complete 75% of the dance and perform two “Key Points” according to the criteria to get a Level 2 for the sequence.



## Solo Variation Pattern Dance

- 1) The skater will perform one sequence (or the first section of a sequence) of the pattern dance starting on the judges' side of the rink. The steps will be according to Solo Series Steps as outlined in the Pattern Dance Handbook. (not the USFS Rulebook)
- 2) The skater will then perform a pattern dance like step sequence that shall last within the total time as outlined in the pattern diagrams handbook. The first step of the variation dance will immediately follow the completion of the required sequence (or section).
- 3) The pattern must travel in the same direction as the dance and not cross the long axis other than at the end of the rink. It should look very much like a pattern dance. Looping the pattern so it crosses itself is not permitted.
- 4) The dance will end at the same place where step one of the pattern dance would be so the officials know that it's over. The ending after the variation portion is completed should be short (around 4 measures) and follow the pattern dance rules regarding illegal elements.
- 5) The music will be Skaters Choice and must obey the beats per minute rules for the dance as listed in the diagrams.
- 6) Not permitted (penalized by the judges panel) in the variation dance: Retrogressions, Spins, Stops, Jumps of ½ revolution and any Movement that would meet the criteria for a basic level Edge Element.
- 7) Key Points have been replaced with required Turns to achieve levels. Required turns can be found in Pattern Dance Diagram section of this handbook.
- 8) The skater must skate their creative variation for at least 50% of the distance from the last step of the chosen pattern dance to step 1 of that dance (the ending spot for the variation) in order to receive a Basic Level for the Variation portion of the dance.
- 9) Turns outside the prescribed pattern of the variation dance will not be considered for level.

### Characteristics of Levels for Variation Sequence for Variation Pattern Dance:

Requirements	Basic Level	Level 1	Level 2
<b>Difficult Turn Correctly Executed</b>	No more than 50% of the pattern in total may be interrupted <u>and at least 75% must be an original creation and not from an existing pattern dance or the element will receive no level.</u>	No more than 50% of the pattern in total may be interrupted  And <b><u>1 Required Turn executed correctly</u></b>	No more than <b>25%</b> of the pattern in total may be interrupted  And <b><u>2 Required Turns executed correctly</u></b>

# DANCE SPINS

Definition: A Dance Spin is a Spin performed on the spot around a central axis on one foot, with or without a change(s) of foot (feet).

## ADDITIONAL PRINCIPLES OF CALLING FOR SPINS:

1. The first performed Dance Spin shall be identified as the Required Dance Spin, classified as Dance Spin, and given a Level, or ignored if the requirement for Basic Level are not met. Subsequent Dance Spins of three or more rotations shall be identified as Dance Spins called No Value and an **Extra** Element penalty will be applied.
2. If a Fall or Interruption occurs at the attempt of a Dance Spin before the requirements for Basic Level have been fulfilled and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after resumption.
3. If a Fall or Interruption occurs during a Dance Spin, the Dance Spin shall be identified and given a Level according to the requirements met before the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
4. A Dance Spin must be performed on the spot and not significantly traveling across the ice, or it will be considered as a Twizzle and part of the choreography.
5. A flying entry is an illegal element. A Dance Spin with a flying entry will be called a Basic Level with the illegal element deduction applied.
6. If a Skater has a touch down during the Dance Spin due to a Loss of control, or the Skater performs a push without changing feet, the Level will be reduced by one Level.
7. A Dance Spin performed in the Rhythm Dance (except in the Choreographic Rhythm Sequence) will be ignored by the Technical Panel but will be a stop by the Judging Panel.
8. A Difficult Variation shall be considered for Level when held for at least 3 continuous rotations.
9. A Jump within a Dance Spin is not permitted.

## ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

### BASIC POSITIONS IN SOLO DANCE SPINS

Basic Upright Position	Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back, or bent to the side. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.
Basic Sit Position	Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side, or back. If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions.
Basic Camel Position	Performed on one foot with skating leg straight or slightly bent and body bent forward and free leg extended or bent upward on a horizontal line or higher. If the waistline is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position.

## DIFFICULT FEATURES

### Difficult Variations of Basic Upright Positions (examples)

- a) "Biellmann" type—body upright with the heel of the boot pulled by the hand behind and above the level of the head
- b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice
- c) Split with both legs straight and the boot/skate of the free leg held up higher than the head
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade)

### Difficult Variations of Basic Sit Positions (examples)

- a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice
- b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice
- c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg
- d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg
- e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice

Note: Example e) performed right after any other Difficult Variation of Sit Position shall be considered as the same Sit Position.

### Difficult Variations of Basic Camel Positions (examples)

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length-between head and blade)
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees)
- e) Simple Camel Position

### Difficult Variations of Entries and Exits

- a) Unexpected entry without any evident preparation, an illusion is not considered unexpected.
- b) Continuous combination of complex and creative steps and/or movements performed immediately before or after the Dance Spin, small jumps up to ½ rotation allowed in exit.

## Different Direction of Spinning Rotation

- Change of spinning direction.
- At least three rotations in each direction.

### Difficult Feature – Notes:

- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variation.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for total number of rotations when performed fully, continuously, on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position
- **You will not be awarded two different Camel Difficult Variations without establishing another basic position between each Camel position.**

### Notes:

- A Dance Spin with less than three revolutions will be ignored.
- When changing direction, recentering the spin is allowed.
- A Skater may change feet more than once however no extra steps are permitted when changing feet, only changing from one foot to the other.
- **(multiple steps during the change of foot is not allowed and will create a separate spin)**

## Characteristics of Levels for Dance Spins

Basic Level	Level 1	Level 2	Level 3	Level 4
At least three rotations continuously on one foot.	<p>At least three rotations continuously on one foot</p> <ul style="list-style-type: none"> <li>One (1) Difficult Variation from any Basic Position</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Different direction of spinning rotation</li> </ul>	<p>At least three rotations continuously on one foot</p> <ul style="list-style-type: none"> <li>Two (2) different Difficult Variations from any two (2) Different Basic Positions</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>One (1) Difficult Variation from any Basic Position and different direction of spinning rotation</li> </ul>	<p>At least three rotations continuously on one foot</p> <ul style="list-style-type: none"> <li>Three (3) different Difficult Variations from any Three (3) Different Basic Positions</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li><u>Three (3) different Difficult Variations from two (2) different basic positions AND entry or exit.</u></li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Two (2) different Difficult Variations from two (2) different Basic Positions AND different direction of spinning rotation</li> </ul>	<p>At least three rotations continuously on one foot</p> <ul style="list-style-type: none"> <li>Four (4) different Difficult Variations from any Three (3) Different Basic Positions</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li><u>Three (3) different Difficult Variations from 3 different basic positions AND entry or exit.</u></li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Three (3) different Difficult Variations from three different three (3) Basic Positions AND different direction of spinning rotation</li> </ul>

# DANCE EDGE ELEMENTS

## Definitions

### Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position from one of the four (4) Types. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained.

Short Dance Edge Elements include the following **4 Types** :

- A. Spirals in varied positions or an Attitude.
- B. Crouch in varied positions ie; one leg extended to the side, back or front, on or off the ice
- C. Spread Eagle
- D. Ina Bauer

### Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed twelve (12) seconds in total. A change of position is not required for each part of the Combination Edge Element. A change of foot is permitted between each Short Edge Element with no more than 2 steps\* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

\*If there are more than 2 steps between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes.

### Spiral Type Edge Element (SpEe)

A Spiral is a position with one blade on the ice and the free leg (**including knee and foot**) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of 90 degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

### Crouch Type Edge Element (CrEe)

- A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front. (A simple Lunge is not considered as an Edge Element but choreography)
- A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice.

Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as a Spread Eagle Type Edge Element.

### **Spread Eagle Type Edge Element (SEEE)**

A two-footed movement in which a skater travels along the ice with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on the same curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch Type or the **second** part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. An inside Spread Eagle will not be considered a difficult position for difficult exit for an Edge Element.

### **Ina Bauer Type Edge Element (IBEe)**

A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

## **ADDITIONAL PRINCIPLES OF CALLING**

### **Applicable to all Edge Elements:**

1. The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Edge Elements shall be identified as an Edge Element and classified as an Extra Element with no value and the appropriate deduction is applied.
2. Any Edge Element(s) or part of a Combination Edge Element of a repeated **Type** shall be classified as **“Not According to Requirements”** and will receive the abbreviation SpEe\*. **It indicates that the element receives No Value**, it occupies a box, and it will count as an Edge Element with the exception of:
  - The second part of a Combination Edge Element composed of two Short Edge Elements on two curves forming a serpentine pattern as repeated types and positions within a Combination Edge Element are permitted.
  - Two Spiral Type Edge Elements using different positions may be used if the look is completely different.
3. Any Edge Element of a Type, not according to the Required Elements for Rhythm Dance or the Well-Balanced Free Dance Program, which fulfill the minimum requirement for Basic Level shall be classified as an element not according to the requirements, will receive the abbreviation Ee\* It indicates that the element receives No Value, it occupies a box and it will count as a Dance Edge Element(s).
4. Either part of the Combination Edge Element will be ignored if it doesn't meet the requirements for a Basic Level.
5. A chosen example of a Difficult Pose shall be considered for Level only the first time it occurs.
6. If a Fall or Interruption occurs at the attempt of an Edge Element before the requirements for Basic Level have been fulfilled and the Edge Element is resumed, the Edge Element shall be identified and given a Level according to what is executed after resumption.
7. If a Fall or Interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or ignored if the requirements for Basic Level are not met.
8. Inside Spread Eagles will not be considered as an Edge Element and only considered basic choreography unless it is the second part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. Inside Spread Eagles in a full

crouch however will be identified as a Crouch Type Edge Element if the crouch is clearly established with the thighs at least parallel to the ice.

9. Inside Spread Eagles will not be considered as a difficult exit for an Edge Element.

### **Applicable to Combination Edge Elements:**

1. If one of the Short Edge Element forming the Combination Edge Element includes an Illegal Element, the deduction for Illegal Element will apply once and the Part of the Combination Edge Element including the Illegal Element will receive a Basic Level.
2. If both Short Edge Elements forming the Combination Edge Element include an Illegal Element (same or different), the deduction for Illegal Element will apply twice and both parts of the Combination Edge will receive a Basic Level.
3. In a Combination Edge Element, if a Skater performs an Illegal Element as an Entry and/or Exit Feature (such as a Jump of more than one half revolution): the deduction for Illegal Element will apply and the first and/or second part of the Combination Edge Element will receive a Basic Level. The other part of the Edge Element will receive a Level according to the requirements met or ignored if the minimum requirements for Basic Level are not fulfilled. **The Illegal Entry or Exit may not be used to upgrade the other portion of the element.**
4. Any Difficult entry feature(s) connected with the 1<sup>st</sup> Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 2nd Edge Element in a Combination Edge Element.
5. Any Difficult exit feature(s) connected with the 2nd Edge Element and considered for Level for the chosen Type of Edge Element will also upgrade the 1st Edge Element in a Combination Edge Element.
6. If there are more than two connecting steps between the two Short Edge Elements in a Combination Edge Element the Edge elements will be called separately as two Short Edge Elements.



## ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

### Difficult Positions/Features

#### Spiral Type Difficult Positions:

- a) A Spiral with a full split (in front, back or to the side): when the legs of the skater are extended in one line with the angle between thighs about 180 degrees.
- b) A Spiral comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade);
- c) A “Biellmann”: body in any orientation (e.g., upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head.
- d) A “Kerrigan”: a spiral where the leg is extended behind with the entire boot higher than the head and the free leg held by the hand around the knee.
- e) A “135” (Fan): when skating backwards and the leg is extended in front or slightly to the side and not held by the hands, and positioned at least 135 degrees between the thighs.

#### Note:

- Examples b) (full doughnut/ring) and c) (full “Biellmann”) shall be considered as the same Difficult Position.
- Examples a) (Split) and d) (Kerrigan) shall be considered as the same Difficult Position.

#### Crouch Type Difficult Position:

Hydroblade: A movement done almost level with, and parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Choreographic Sliding Movement when the Choreographic Sliding Movement is an option as one of the elements to be skated or penalized if the movement violates any other rules.

#### Spread Eagle Type Difficult Position:

Any Outside Spread Eagle held in position for at least 3 seconds. (Inside Spread Eagle only considered an Edge Element when used as 2<sup>nd</sup> part of a combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle)

#### Ina Bauer Type Difficult Position:

Any Outside Ina Bauer held in position for at least 3 seconds. (An inside Ina Bauer is not considered difficult)

## Entry Features –

- a. **Continuous combination** of complex and creative steps and/or movements performed immediately before the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
- b. Difficult/transitional entry (Example; from a twizzle or jump)
- c. Unexpected entry without any evident preparation

## Exit Features –

- a) **Continuous combination** of complex and creative steps and/or movements performed immediately following the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
- b) Difficult/transitional exit (Example; directly from the position into a twizzle/difficult turn or different/difficult position or brief Edge Element Type not held for 3 seconds. No additional steps are allowed prior to the exit unless on two feet and then only a push from the skating foot is allowed.

## Arm/Upper Body Features –

- a) Significant and continuous movement of the arm/s. Where one arm is being used to support the free leg in position the free arm should be used in a significant and continuous motion. Simple use of the hands/forearms only is not sufficient. The movement must be performed for at least three seconds during the execution of the Element to be considered as a feature.
- b) Additional feature for spirals, upper body (shoulder and head) turned upwards-facing up so that the line of the shoulders is at least 45 degrees past the vertical point and no additional support of the free leg. Must be held for 3 seconds.
- c) Additional feature for Ina Bauer, back arched back with head bent back, tilted towards the ice. Must be held for 3 seconds.

## Combination Dance Edge Element Additional Features:

**Difficult Turn as a connecting step** A difficult turn as a connecting step between two Short Edge Elements to form a Combination Edge Element is defined as either, a Rocker, a Counter, Twizzle (any number of rotations allowed) or a Bracket. The turn must be identifiable to be considered as a Feature. Only one extra step, push or touch down is allowed prior to the start of the second side of the Combination Edge Element. The step may be prior to or after the difficult turn.

**Change of edge between two** Short Edge Elements: The change of edge connecting two Short Edge Elements should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established. If the second edge is established after 2 seconds the feature will not be considered.

## Characteristics of Levels for Dance Edge Element

Basic Level	Level 1	Level 2	Level 3	Level 4
An Edge Element of any Type established in position for at least 3 seconds.	An Edge Element of any Type established in position for at least 3 seconds  With one from the following :  a) Entry feature b) Exit Feature c) Arm Feature	An Edge Element of any Type established in position for at least 3 seconds.  With two from the following :  a) Entry feature b) Exit Feature c) Arm Feature  <b>OR</b>  1 Difficult Position	An Edge Element of any Type established in position for at least 3 seconds.  <u>With three of the following :</u>  a) Entry feature b) Exit Feature c) Arm Feature  <b>OR</b>  <b><u>1 Difficult Position AND 1 additional feature</u></b>	An Edge Element of any Type established in position for at least 3 seconds.  With a Difficult Position AND 2 additional features from the following :  a) Entry feature b) Exit Feature c) Arm Feature

### Notes :

- Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature.
- A Combination Edge Element Additional Feature may upgrade either one of the two parts.

### Adjustments to Level –

During an Edge Element, any significant deviation from the established edge will reduce the level by “1” by the Technical Panel. The element will still receive a Basic Level only if the requirements for a Basic Level are met.

# TWIZZLES

## Additional Principles of Calling:

1. The first Set of Twizzles shall be identified as the required Set of Twizzles and a Level given according to what is performed.
2. A second Set of Twizzles performed after the required Set of Twizzles shall be identified as a Choreographic Twizzling Movement. Subsequent Sets of Twizzles shall not be identified.
3. If a loss of control with additional support (e.g. stumble/touchdown by free leg/foot and/or hand(s)) the following will apply:
  - Any loss of control resulting in an error of up to one uncontrolled step is a stumble/touchdown – reduce by one Level.
  - More than one uncontrolled step is an Interruption and any features/rotations from this point are not considered for the Level.
4. If a Fall or Interruption occurs during any part of the Set of Twizzles and fulfill the requirement for Basic Level, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or Interruption.
5. If a Fall or Interruption occurs at the entry edge to the first Twizzle and before the requirements for Basic Level have been fulfilled and the Twizzle Element is resumed, the Twizzle Element shall be identified and given a Level according to what is executed after resumption.
6. Entry edge to either Twizzle cannot be from a stand-still, otherwise the Level will be reduced by one Level per stop.
7. If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
  - by one Level for either of the two required Twizzle
  - by two Levels for both Twizzles
8. If there is more than the maximum or less than the minimum permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.

## ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

### Twizzle Features (groups of examples)

#### Group A– (Upper Body and hands, including wrists)

1. Elbow(s) at least at level with or higher than the level of the shoulders. Elbows(s) could be above the head, at the same level as the head, or lower than the head. Hands may not be clasped or touching any part of the arms.
2. Significant continuous motion of arm(s).
3. Hands touching behind back and extended away from the body.
4. Hands touching in front, extended away from the body, with arms straight.

## **Group B– (Skating Leg and Free Leg)**

1. Coupé in front, side or behind with free foot in contact with the skating leg in at least 45 degrees open hip position
2. Holding the blade or boot of the free foot
3. Free foot crossed behind the skating foot and close to the ice
4. Free leg extended or bent with more than 45 degrees from the inner thigh to the vertical axis
5. Sit position (at least 90 degrees between the thigh and shin of the skating leg)
6. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion

## **Group C– (Entry and Exit)**

1. Third twizzle of at least 3 rotations, performed correctly, started with different entry edge from the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Solo Twizzles
2. Entry to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump).
3. Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles in Rhythm Dance and between the second and third twizzle in Rhythm Dance and Free Dance.
4. Set of Twizzles performed directly from creative and/or difficult and/or intricate or unexpected entry

## **Notes**

1. Each Feature may be performed in either Twizzle or both but will only count when done correctly the first time.
2. A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established: within the first half rotation of the Twizzle and held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
3. There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
4. If there is more than one step performed between the 2nd and 3rd Twizzle in a Set of Twizzles, the 3rd Twizzle is no longer considered for Level as a Group C feature.
5. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
6. Any change of weight when on two feet between Twizzles will be considered a step.

## Characteristics of Levels for Twizzle Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>1 rotation</b> in each of the two Twizzles.	At least <b>2 rotations</b> in each of the two Twizzles.  <b>AND</b> at least 1 Feature.  (Features must be held for one full revolution for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles.  At least <b>2 rotations</b> in each Twizzle  <b>AND</b> 2 different Features from the same or different groups.  (Features must be held for two full revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles.  At least <b>3 rotations</b> in each Twizzle  <b>AND</b> 3 different Features from two or three different groups.  (Features must be held for three revolutions for Groups A & B.)	Different entry edge and different direction of rotation for the two Twizzles.  At least <b>4 rotations</b> in each Twizzle  <b>AND</b> 4 different Features from three different groups.  (Features must be held for four revolutions for Groups A & B.)

# STEP SEQUENCES

## ADDITIONAL PRINCIPLES OF CALLING

### Applicable to Step Sequences:

1. The first performed Step Sequence of a required type shall be identified as the required Step Sequence of that Type and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Step Sequences of that Type and Step Sequences of a Type not according to the Required Elements for Rhythm Dance or Free Dance shall not be identified.
2. If a Spin(s) (FD) and/or Edge Element(s) (RD and FD) that meets the requirement for Basic Level occurs within a Step Sequence when not permitted, such Spin(s) or Edge Element(s) will be identified as an Extra Element(s) ExEI and receive a deduction, e.g. ChSt1+ExEI.
3. If a Fall or Interruption occurs at the entrance to or during a Step Sequence and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or No Level if the requirements for Basic Level are not met.
4. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straightline, circle, serpentine, diagonal etc.
5. Difficult turns will only be considered for level inside of a retrogression if the retrogression is permitted.

### Characteristics of Levels for Step Sequence Element:

Requirements	Basic Level	Level 1	Level 2	Level 3	Level 4
<b>Interruptions</b>	No more than 50% of the pattern in total	No more than 50% of the pattern in total	No more than 25% of the pattern in total	No more than 10% of the pattern in total	No interruptions
<b>Difficult Turn(s) Correctly Executed</b>		at least <b>1</b> Type of Difficult Turn	at least <b>3</b> Types of Difficult Turns	at least <b>4</b> Types of Difficult Turns	at least <b>5</b> Types of Difficult Turns
<b>Multidirectional</b>				<b>Turns Multidirectional</b>	<b>Turns Multidirectional</b>
<b>Steps/Turns</b>					<b>All Steps/Turns are 100% clean</b>

### Notes:

Only the first attempt of each difficult turn will be considered for level. List of difficult turns for consideration: Rocker, Counter, Bracket, Forward Outside Mohawk, Choctaw and Twizzle for Level 1 and 2, or Double Twizzle for Level 3 and 4.

## PATTERN DANCE TYPE STEP SEQUENCE (PST)

### ADDITIONAL PRINCIPLES OF CALLING PATTERN DANCE TYPE STEP SEQUENCES

1. The first step of the PSt will begin immediately after the required stop or skidding movement on the short axis in Seniors. (A stop will count as one of the permitted stops, however skidding movement will not count as a stop)
2. The pattern must meet the requirements for the season according to level. The basic steps should look very much like a Pattern Dance.
3. The PSt will end at the location designated in the Rhythm Dance requirements.
4. The following four different Difficult Turns will be considered for level: Back Entry Rocker, Counter, Bracket, Forward Outside Mohawk. Only the first attempt will be considered for level.
5. The music must obey the requirements as listed in the Rhythm Dance Requirements.
6. **If an Edge Element(s) that meets the requirement for Basic Level occurs within a PSt when not permitted, it will be identified as an Extra Element(s) ExEI and receive a deduction, e.g. PSt2+ExEI.**
7. \*Not permitted in the PSt:
  - Retrogressions, Spins, Stops (other than a stop to start the PSt) and
  - Jumps (small toe hops with no rotation, if appropriate for the music, are allowed)

\*Note – Not Permitted movements are penalized by the judging panel, not the technical panel.

### Characteristics of Levels for Pattern Dance Step Sequence Element:

Requirements	Basic Level	Level 1	Level 2	Level 3	Level 4
<b>Interruptions</b>	No more than 50% of the pattern in total	No more than 50% of the pattern in total	No more than 25% of the pattern in total	No more than 10% of the pattern in total	100 % with no interruptions
<b>Difficult Turn Correctly Executed</b>		Includes <b>1 Difficult Turn</b>	Includes <b>2 Difficult Turns</b>	Includes <b>3 Difficult Turns</b>	Includes <b>4 Difficult Turns</b>
<b>Steps/Turns</b>					<b>All Steps/Turns are 100% clean</b>



# ONE FOOT TURNS SEQUENCE

## ADDITIONAL PRINCIPLES OF CALLING:

1. One Foot Turns Sequence consists of Difficult Turns performed on one foot.
2. Additional one foot turns and power-pulls may be included.
3. If a loss of control with additional support occurs during the One Foot Turns Sequence and continues without interruption, its Level shall be reduced by one Level per error.
4. A Touchdown is an interruption with an obvious shift of weight from the skating foot to the other foot.
5. If a Fall or Interruption occurs during a One Foot Turns Sequence and the Element is immediately resumed, the element shall be identified and given a Level according to the requirements met **before** the Fall or Interruption, or ignored if the requirements for Basic Level are not met.

## Additional Definitions, Specifications to Definitions and Notes

Types of One Foot Turn Sequence Difficult turns: Bracket, Rocker, Counter, Twizzle (Twizzle with one rotation- "Single Twizzle" only counts for Level 1 and 2. "Double Twizzle" counts for Levels 1–4), skated on distinct and recognizable edges according to the definitions of the turns.

### Notes:

An error in any part of a turn will result in the turn not being considered for the Level. This also applies to an error in any part of a Twizzle or "Double Twizzle", the entire Twizzle is not considered towards the Level. As an example-If the skater includes a "Double Twizzle" as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not considered even as a "Single Twizzle".

## Characteristics of Levels for One Foot Turns Sequence Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>1 Type</b> of One Foot Turn is executed	<b>1 Type</b> of One Foot Turns correctly executed	<b>2 different Types</b> of One Foot Turns correctly executed	<b>3 different Types</b> of One Foot Turns correctly executed	<b>ALL 4 different</b> Types of One Foot Turns correctly executed  AND  All Turns are 100% clean

# DEFINITIONS OF CHOREOGRAPHIC ELEMENTS:

## **Choreographic Spinning Movement:**

Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling

The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee / boot (but not two knees)
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot)

## **Choreographic Twizzling Movement:**

A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of 2 parts and the following requirements apply:

- for both parts: on one foot or two feet or a combination of both and must travel
- for the first part: at least 2 continuous rotations must be performed
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement

## **Choreographic Character Step Sequence**

The following requirements apply:

- Performed anywhere in the program
- Must begin with **a stop or skidding movement and** the skater coming within two meters (6feet) of the barrier on either side of the rink. (opening pose may count as the start if it meets the requirements)
- Must be placed around either the Short Axis or Long Axis, the pattern must be different than the chosen Style B Step Sequence and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.  
**Note:** Juvenile are required to use the Short Axis and Intermediate are required to use the Long Axis.
- **Except for Juvenile and Intermediate Free Dance**, touching the ice with any part (or parts) of the body with controlled movements is allowed in the Character Step Sequence only. (example on two knees. Using both hands, etc). **If done in Juvenile or Intermediate Free Dance, the appropriate penalty will apply (Fall, Illegal, Not Permitted)**

## **Choreographic Rhythm Sequence (Senior RD – For Season 2023-2024)**

The following requirements apply:

- Performed anywhere in the program starting with Silver Samba Steps A, #9-12 (previously Woman's Steps), skated on the lefthand side of the Judges and finishing with the Slip Step Section: Steps #43b-47.
- In between the selected Steps the Skater may perform any step(s) and/or turn(s) and/or movement(s) echoing the style of the chosen Rhythm for the season.

- One (1) Loop and one (1) retrogression are permitted
- Stop(s) are not permitted

### **Additional Principles of Calling - Choreographic Character Step Sequence/Choreographic Rhythm Sequence:**

- Touching the barrier at the start or finish is permitted. (ChSt only)
- Must begin with a stop or skidding movement near one of the barriers. (ChSt only)
- A stop is not required to show the ending of the element.
- A skater may start from their opening pose which would count as the stop prior to the element as long as it meets the requirements of barrier to barrier.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted. (ChSt only)
- Dance Spins (ChSt) and Edge Elements (ChSt and ChRs) are not permitted. If a Dance Spin or Edge Element is performed and meets the criteria for a Basic Level, the Step Sequence will be identified, confirmed if the requirements are met, and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for all Juvenile, Intermediate and Novice categories) e.g., ChSt1+ExEl. The Dance Spin or Dance Edge Element will NOT count as a Required Element.

### **Choreographic Sliding Movement:**

Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is required.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel. Ie: on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

## **ADDITIONAL PRINCIPLES OF CALLING – ALL CHOREOGRAPHIC ELEMENTS**

1. Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
2. Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.
3. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any Choreographic Element, the deduction for an illegal element(s) / movement(s) / pose(s) will apply and the element will receive No Value.

## **HOW TO IDENTIFY AND CONFIRM CHOREOGRAPHIC ELEMENTS**

A minimum requirement has been determined for each Choreographic Element. A Choreographic element is confirmed as soon as the (other) requirement(s) for the element is/are reached (see chart on page 44).

- Should the minimum requirement not be reached, the element will be ignored and will not block a box.
- Should the element be confirmed but does not meet the following requirements, it receives the "!" symbol which means the GOE is not higher than -1 (Refer to the Symbols Chart)

Choreographic Element	Minimum Requirement to be Confirmed	! applied when:	Additional Principals of Calling
Choreographic Spinning Movement	A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling without interruption.	N/A	<ul style="list-style-type: none"> <li>- May be performed anywhere in the program.</li> <li>- Subsequent Spinning Movements shall not be identified.</li> <li>- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot)</li> </ul>
Choreographic Character Step Sequence	Perform steps around the short or long axis and must proceed from barrier to barrier.	Performed but more than 2 meters from either barrier. Or a retrogression is performed. <b>(or stop and/or touching the ice for Juvenile and Intermediate levels)</b>	<ul style="list-style-type: none"> <li>- May be performed anywhere in the program.</li> <li>- Subsequent Character Step Sequence(s) and Choreographic Rhythm Sequence (s) shall not be identified.</li> </ul>
Choreographic Rhythm Sequence	Performed anywhere in the program starting with A Step #9-12 (formerly Woman's Steps), skated on the lefthand side of the Judges and finishing with the Slip Step Section: Steps #43b-47	If an error causes the skater to miss any of the required steps. Or, more than 1 loop, more than 1 retrogression or if a stop is performed	Ignore element if steps #9-12 and/or steps 43b-47 are not skated and not as a result of an error.
Choreographic Sliding Movement	Execute sliding movement on the ice for at least 2 seconds.	There is a loss of control that is not considered a fall.	<p>A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is involved.</p> <ul style="list-style-type: none"> <li>- If the Choreographic Sliding Movement does not fulfill the requirements (and therefore not identified) and the skater has performed "touching the ice with any part of the body" (as an example, on two knees), the Tech Panel will call a Fall.</li> <li>- Basic lunges do not fulfil the minimum requirement and will be ignored.</li> <li>- Subsequent sliding movements, which are identified as an Illegal Element/Movement and/or a Fall shall be called as such but not as an Extra Element (ChSI)</li> </ul>
Choreographic Twizzling Movements	Perform at least 2 continuous travelling rotations in both the first part and second parts..	Performed with more than 3 steps in between twizzling movements.	<ul style="list-style-type: none"> <li>- Must be performed after the required Set of Twizzles.</li> <li>- Subsequent Twizzling Movements shall not be identified.</li> <li>- If the requirements for a Basic Level spin are met, the Twizzling Movement will be ignored and the Spin will be called.</li> </ul>

**Last updated 2/23/2024**

### EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER

Symbol	Action	Explanation
<	Reduce by 1 Level : interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details per Skater chart as : "<" to indicate an interruption of one (1) measure or less. Example: Yes,Yes – Level 2 becomes Level 1.
<<	Reduce by 2 Levels : interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details per Skater chart as : "<<" to indicate an interruption of more than one (1) measure . Example: Yes,Yes – Level 2 becomes Level Base.
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEI	-1.0 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEI" will be added and the element receives a deduction.  <u>For example:</u> <u>If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receives a deduction : ChSt1+ExEI</u>
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*)  If an incorrect element is performed not according to the requirements (e.g. CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element  -1.0 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Date Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall
!	Choreo Element is identified and does not fulfill are requirements.	- If a Choreographic Element is identified and does not fulfill all the requirements, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart.  - If the Pattern of both the Step Sequence and ChSt are exactly the same (DiSt and Diagonal ChSt) Jr/Sr.

# Illegal Elements and Movements/Falls:

## Fall

A fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

## Illegal Elements / Movements /Poses

The following elements and movements are illegal in all Solo Series Events:

- Jumps of more than one-half (1/2) revolution.
- Two or more consecutive 1/2 revolution jumps.
- Split Jumps with a toe assisted take off. (A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.)
- Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.
- Illusions of more than 1 rotation. (no more than one "up and down")
- Flying Dance Spins or Flying Entries to Dance Spins.
- Lying on the ice (except where permitted).

Note: Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

## Illegal Elements and Movements in Shadow, Pattern and Variation Dance

In addition to the above, the following elements and movements are illegal during any opening or exit choreography to a pattern or Variation Dance:

- Any Edge Element that would meet at least the criteria for a basic level.
- Spins over 3 revolutions.

The purpose of these additional rules is to keep the look and feel of the opening and exit the same as a pattern dance. Steps and turns used in typical pattern dances should be used rather than moves seen in a Free Dance.

### Note:

Any element containing an illegal element/movement/pose will be called Basic Level if it meets the criteria for Basic Level. If the Element does not meet the requirement for Basic Level, the Element is ignored and the deduction for an Illegal Element/Movement/Pose will apply. Choreographic Elements containing an Illegal Element/Movement/Pose will be called No Value.

## Appendix A



# 2024 Pattern Dance Reference Materials

**Definitions**

**Diagrams with Key Points**



## **Definitions:**

### **Correct Edge:**

Correct Edge means that the Edge is clean for the **whole** duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

### **Correct Turn:**

Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

### **Correct Foot Placement:**

The foot must be placed on the ice as described in the definition of the turn.

### **Solo Series Dance Steps:**

The required steps for solo dance will be the same for all competitors. Depending on the dance, the woman's, man's or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Series Dance Steps to be skated for each dance.

### **A Steps:**

This refers to steps that are marked as "A Steps" or "Woman's" on the pattern dance diagram.

### **B Steps:**

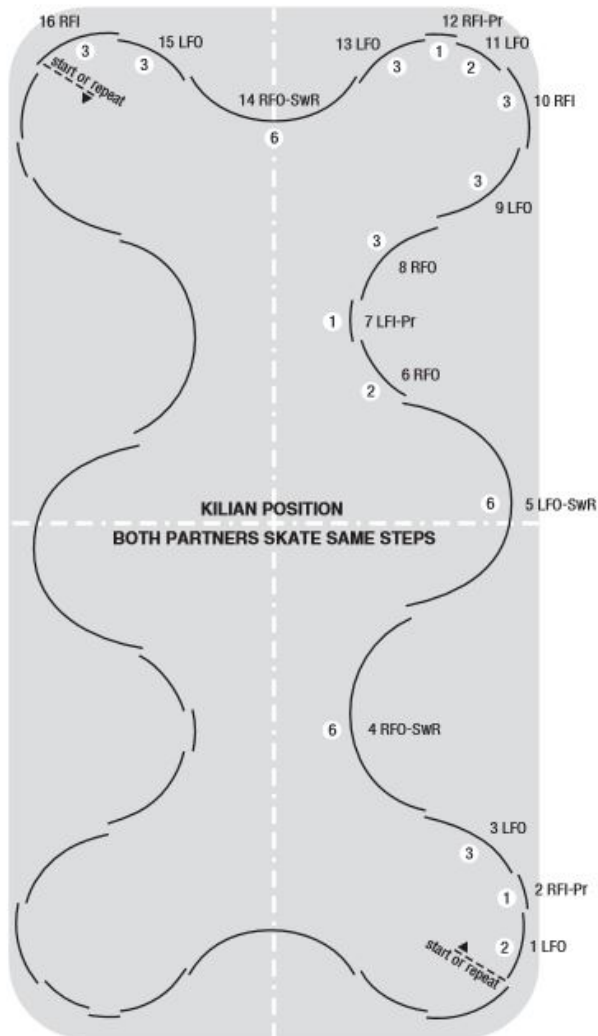
This refers to steps that are marked as "B Steps" or "Man's" on the pattern dance diagram.

### **Shadow Dance Cross Tracking:**

Two skaters perform the pattern dance down the length of the rink in a side-by-side manner and then cross each other's track on the end pattern (unless otherwise prescribed) so that they are on opposite sides for the next sequence of the dance. If the skaters are on the opposite side for the next sequence, Cross Tracking should be counted towards a level. This is done for each required sequence or section of the pattern dance. "Follow the Leader" style tracking down the sides with changing the "Leader" does not count as Cross Tracking. "Follow the Leader" style tracking is allowed however on the end pattern in order to change sides.

# U.S. Dutch Waltz - 2024 Preliminary First Dance & Preliminary Shadow\*

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



## Dutch Waltz RPD3 for Prelim & USDW for Shadow

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 6 beats

Minimum Pattern Time: 0:20.6 - Maximum Pattern Time: 0:21.2 - Maximum Overall Time: 1:30

### \*2024 Shadow Dance: Cross Tracking Between Steps 11 and 16

**Key Points do not apply to Shadow Dance**

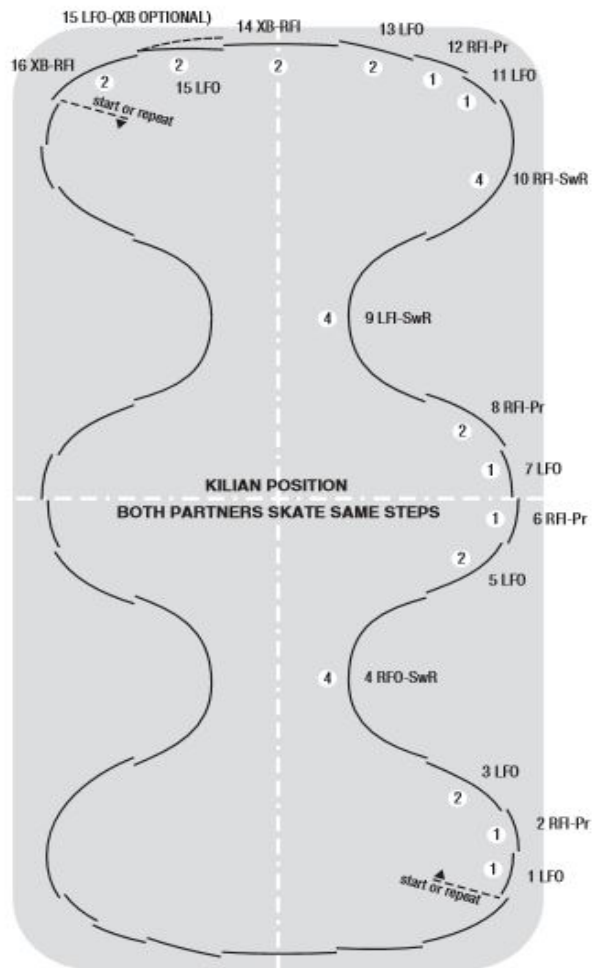
**Key Point 1:** Steps 1-3, LFO/RFI/LFO Progressive - Bullet Point: Correct Timing

**Key Point 2:** Step 14, RFO Swing Roll – Bullet Point: Correct Edge

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

# Rhythm Blues – 2024 Preliminary Second Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



## Rhythm Blues – RPD3

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

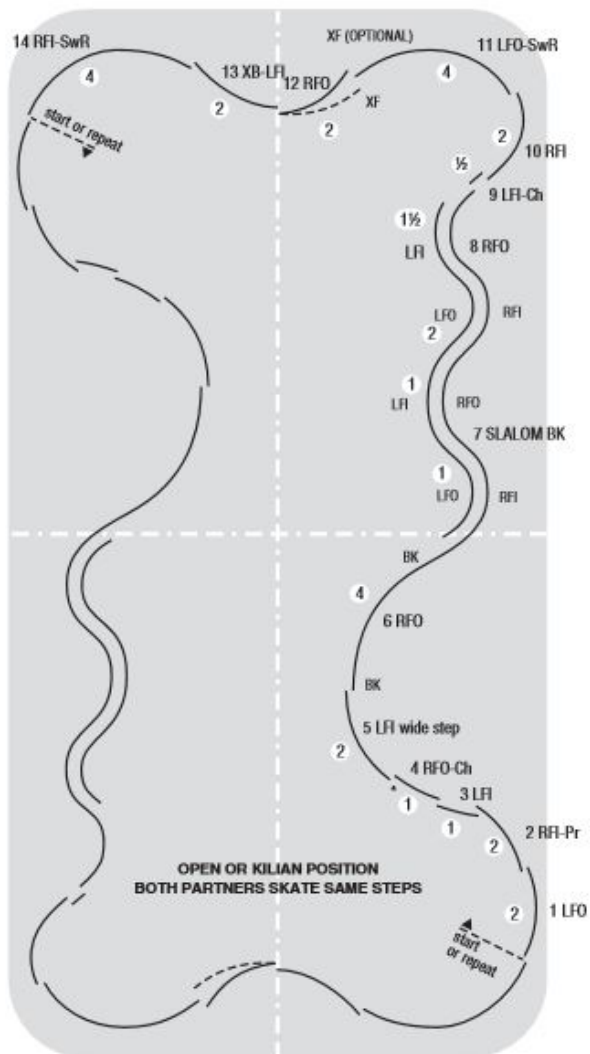
Minimum Pattern Time: 0:21.3 Maximum Pattern Time: 0:22.3 Maximum Overall Time: 1:30

**Key Point 1:** Step 9, LFI Swing Roll – Bullet Point: Correct Edge

**Key Point 2:** Step 14, Cross Behind RFI – Bullet Point: Correct Cross Behind

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

**U.S. Cha Cha - 2024 Pre-Bronze First Dance & Pre-Bronze Shadow\***  
 Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



**Cha Cha RPD3 for Pre-Bronze & C for Shadow**

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:18.8 - Maximum Pattern Time: 0:19.6 - Maximum Overall Time: 1:40

**\*2024 Shadow Dance: Cross Tracking Between Steps 11 and 14**

**Key Points do not apply to Shadow Dance**

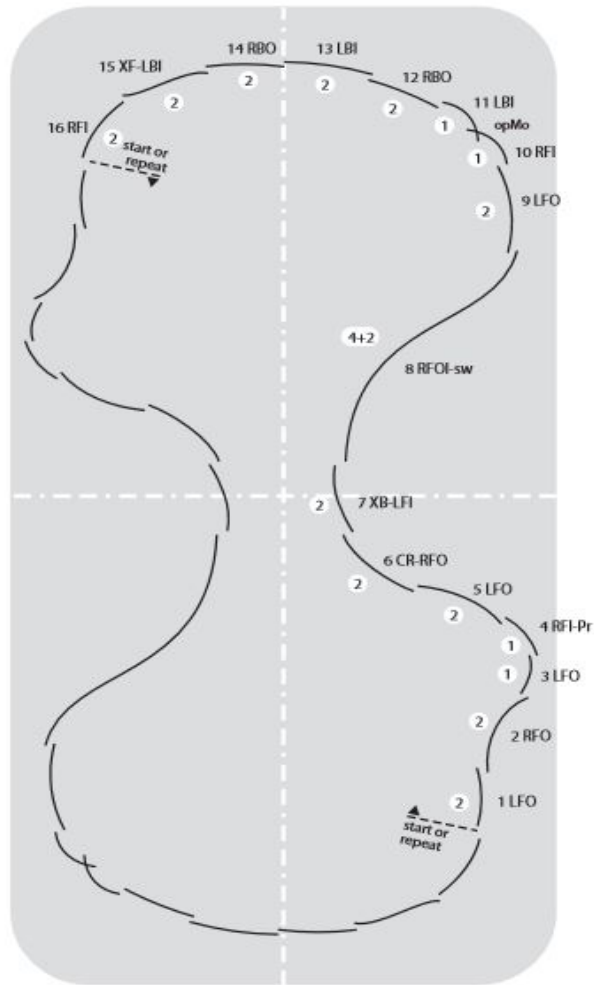
**Key Point 1:** Step 5, LFI Wide Step – Bullet Point: Correct Edge and Stepping Wide

**Key Point 2:** Steps 10 & 11, RFI, LFO – Bullet Point: Correct Edge

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	13

# Tango Fiesta – 2024 Pre-Bronze Second Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



## \*US Tango Fiesta for Pattern Dance F

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:17.5    Maximum Pattern Time: 0:18.1    Maximum Overall Time: 1:30

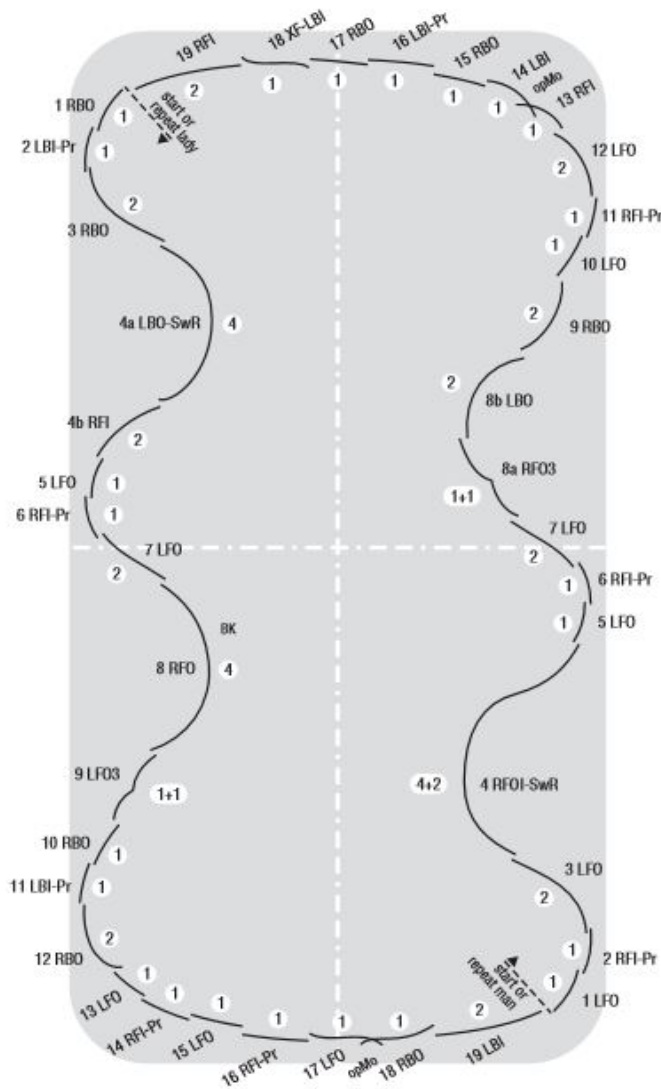
**Key Point 1:** Steps 1 & 2, LFO and RFO - Bullet Point: Correct Edges

**Key Point 2:** Step 8, RFO to RFI Change Edge Swing Roll – Bullet Point: Correct Edges

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

# U.S. Ten-Fox – 2024 Bronze First Dance & Juvenile Combined

Set Pattern Dance – Solo Series Steps: All Competitors Skate A Steps (Woman’s Steps)



## Ten-Fox – TFX (for both Bronze and Juvenile)

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:18.8 - Maximum Pattern Time: 0:19.6 - Maximum Overall Time: 1:40

**Key Point 1:** Step 9, LFO Three Turn – Bullet Point: Correct Turn

**Key Point 2:** Steps 17 & 18, LFO to RBO Open Mohawk Bullet Point: Correct Edges & Foot Placement

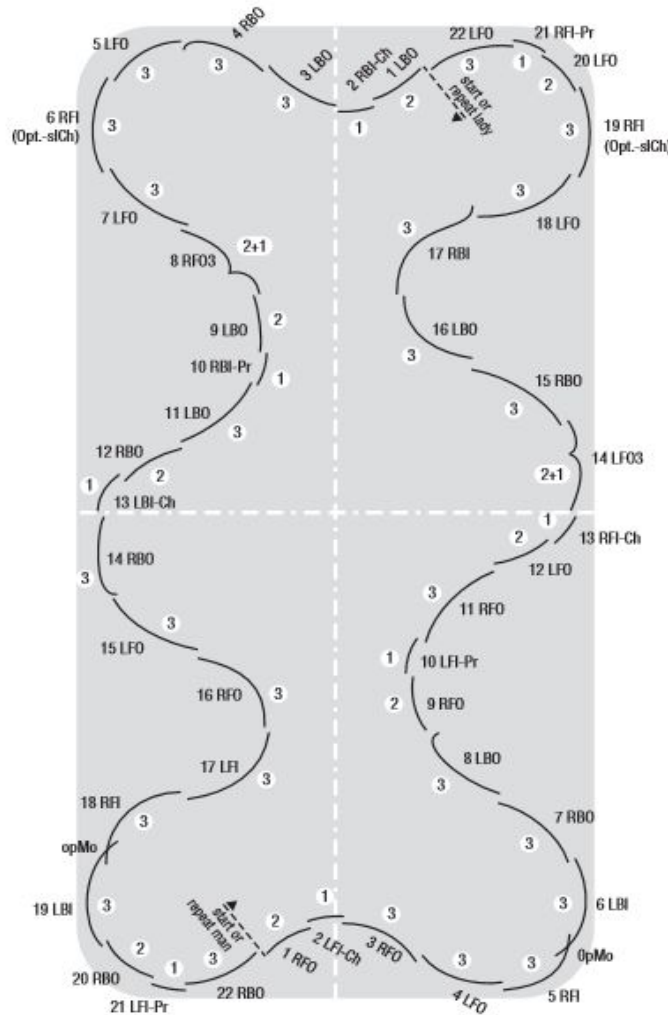
**\*Note:** A slide chasse for step 17 is not the correct step and will not be considered for level

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-19	19	2	5	8	10	11	14	15	17

# U.S. Willow Waltz – 2024 Bronze Variation Dance

Set Pattern Dance – Solo Series Steps:

Sequence 1: All Competitors Skate A Steps (Woman’s Steps) Sequence 2: Variation Dance



## Willow Waltz – RPD2

2 sequences required for Variation Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.1 - Maximum Pattern Time: 0:23.8 - Maximum Overall Time: 1:50

### Sequence 1 -

**Key Point 1:** Step 8 RFO Three Turn – Bullet Point: Correct Edge & Turn

**Key Point 2:** Steps 18 & 19, RFI to LBI Open Mohawk - Bullet Point: Correct Edges & Turn

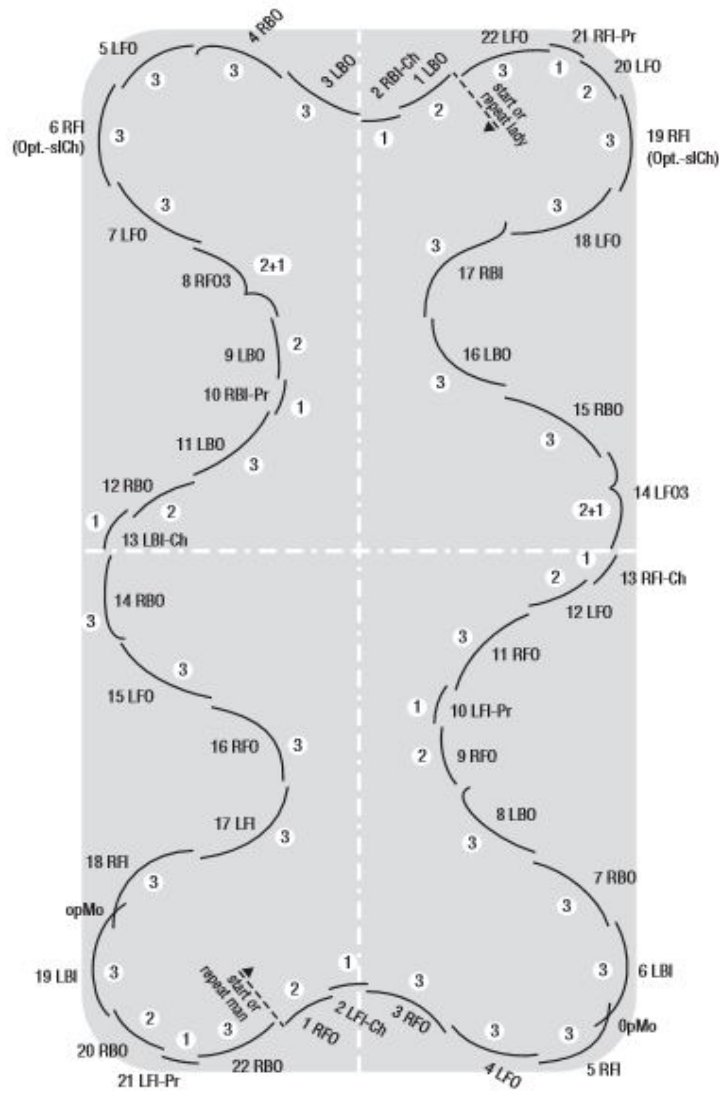
### Sequence 2 - Variation

**Required Turns for Variation: First forward Outside 3 turn and First Inside Mohawk attempted on either foot will be considered for level when executed correctly**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-22	22	2	6	9	11	13	17	18	20

# U.S. Willow Waltz – 2024 Bronze Shadow Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate A Steps (Woman’s Steps)



## Willow Waltz – W

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.1 - Maximum Pattern Time: 0:23.8 - Maximum Overall Time: 1:50

### 2024 Shadow Dance Cross Tracking Between Steps 20 and 5\*

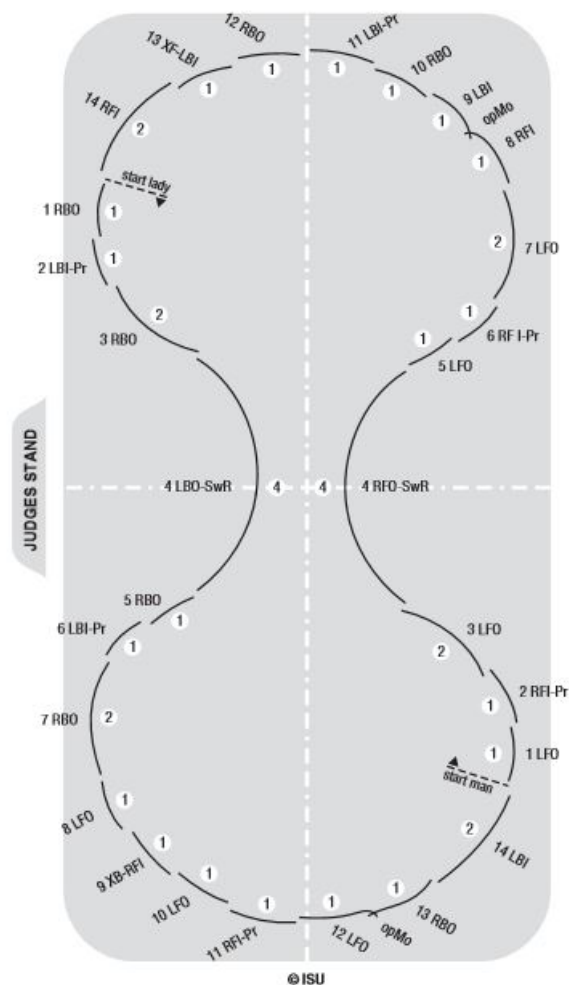
\*Skaters may skate first 5 steps of a 4<sup>th</sup> pattern to complete cross tracking

**Key Points do not apply to Shadow Dance**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-22	22	2	6	9	11	13	17	18	20



**Fourteen Step – 2024 Pre-Silver First Dance & Pre-Silver Shadow Dance**  
 Set Pattern Dance – Solo Series Steps: All Competitors Skate A Steps (Woman’s Steps)



**Fourteen Step FO (for Both Events)**

4 sequences required for Solo Dance Series Competition  
 Number of Measures per Pattern: 5 of 4 beats

Minimum Pattern Time: 0:10.5 - Maximum Pattern Time: 0:10.9 - Maximum Overall Time: 1:20

**2024 Shadow Dance Cross Tracking Between Steps 8 and 14**  
**Key Points do not apply to Shadow Dance**

**Key Point 1:** Step 4, LBO Swing Roll – Bullet Point: Correct Edge

**Key Point 2:** Steps 12 & 13, LFO to RBO Open Mohawk - Bullet Point: Correct Turn

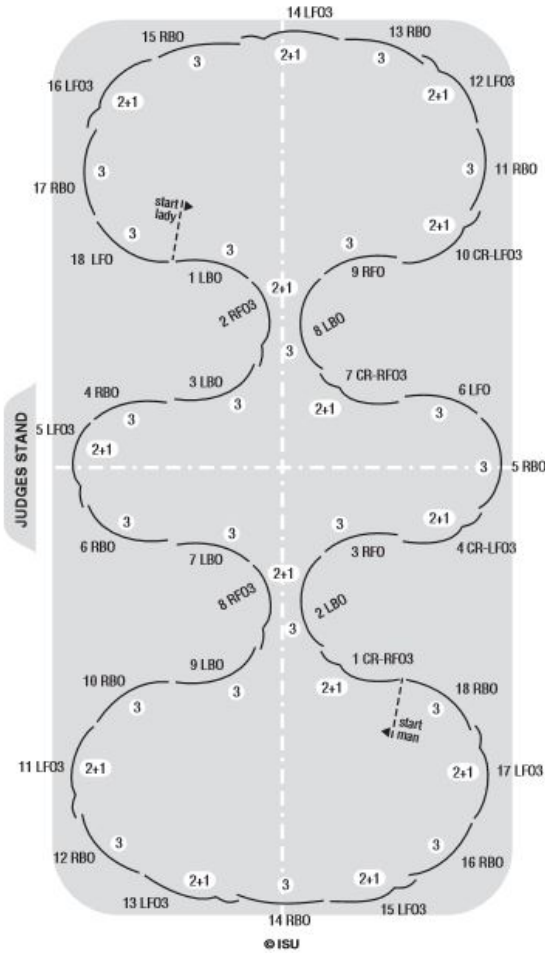
**\*Note:** A slide chasse for step 12 is not the correct step and will be considered for level

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	12

# European Waltz – 2024 Pre-Silver Variation Dance

Optional Pattern Dance – Solo Series Steps:

Sequence 1: All Competitors Skate A Steps (Woman’s Steps) Sequence 2: Variation Dance



## European Waltz – RPD2

2 sequences required for Variation Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.6. - Maximum Pattern Time: 0:24.4. - Maximum Overall Time: 1:20

**Sequence 1 – A Steps (Woman’s Steps)**

**Key Point 1:** Step 2, RFO Three Turn - Bullet Point: Correct Turn

**Key Point 2:** Step 11, LFO Three Turn – Bullet Point: Correct Turn

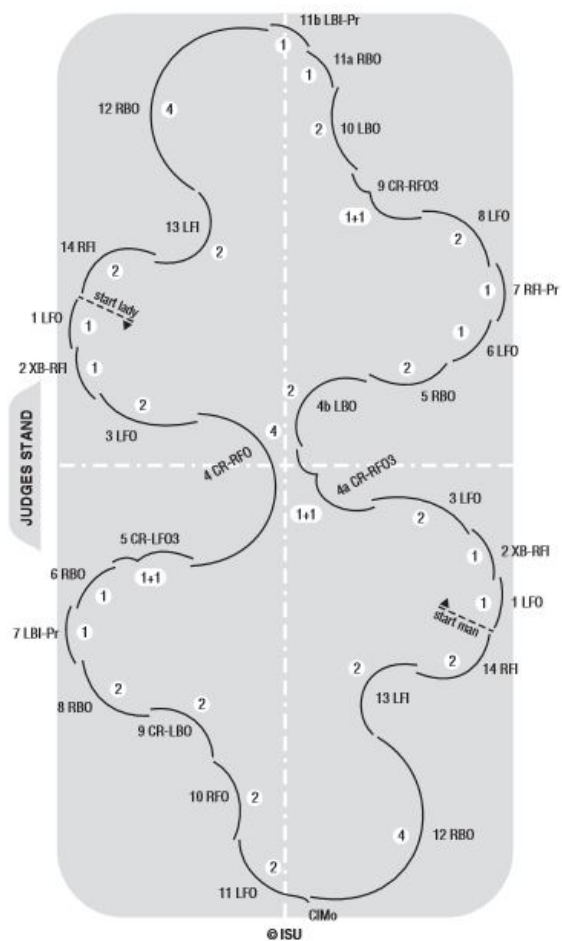
**Sequence 2 - Variation**

**Required Turns for Variation: First Back Outside 3 Turn and First Back Outside Mohawk attempted on either foot will be considered for level when executed correctly**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-18	18	2	5	7	9	11	14	14	16

## Foxtrot – 2024 Intermediate Combined

Optional Pattern Dance – Solo Series Steps: All Competitors Skate A Steps (Woman's Steps)



### Foxtrot – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:16.5    Maximum Pattern Time: 0:17.1    Maximum Overall Time: 1:30

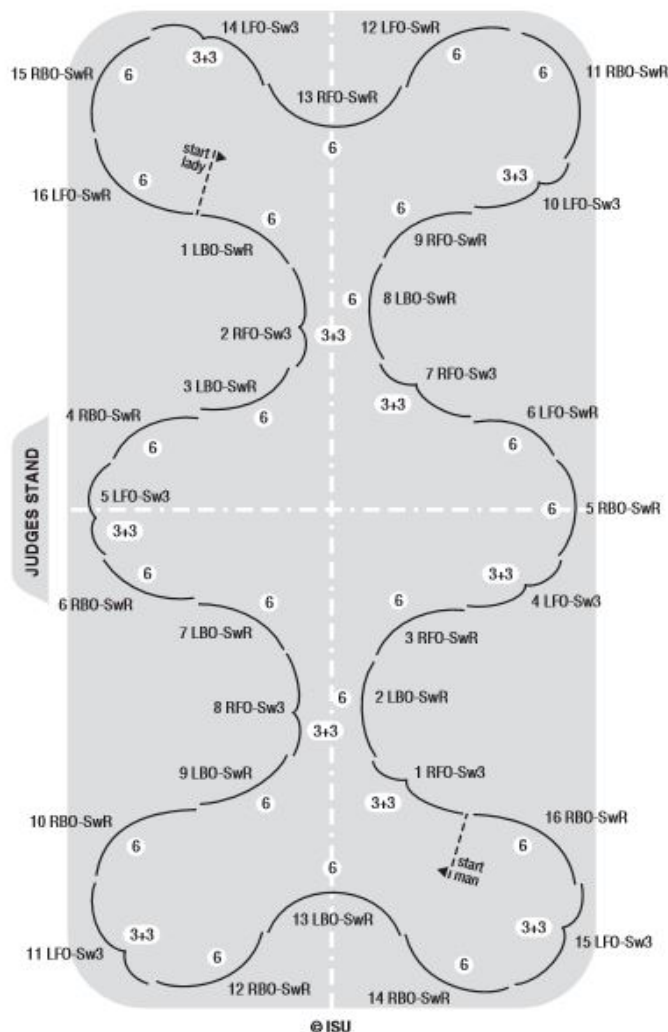
**Key Point 1:** Steps 3 & 4, LFO to RFO Cross Roll - Bullet Point: Correct Edges

**Key Point 2:** Steps 11 & 12, LFO to RBO Closed Mohawk – Bullet Point: Correct Turn

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	12

## American Waltz – 2024 Silver First Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate A Steps (Woman’s Steps)



American Waltz -

AW

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 6 beats

Minimum Pattern Time: 0:28.8 Maximum Pattern Time: 0:29.4 Maximum Overall Time: 1:35

**Key Point 1:** Step 2 RFO Swing 3 Turn – Bullet Point: Correct Edge & Correct Turn

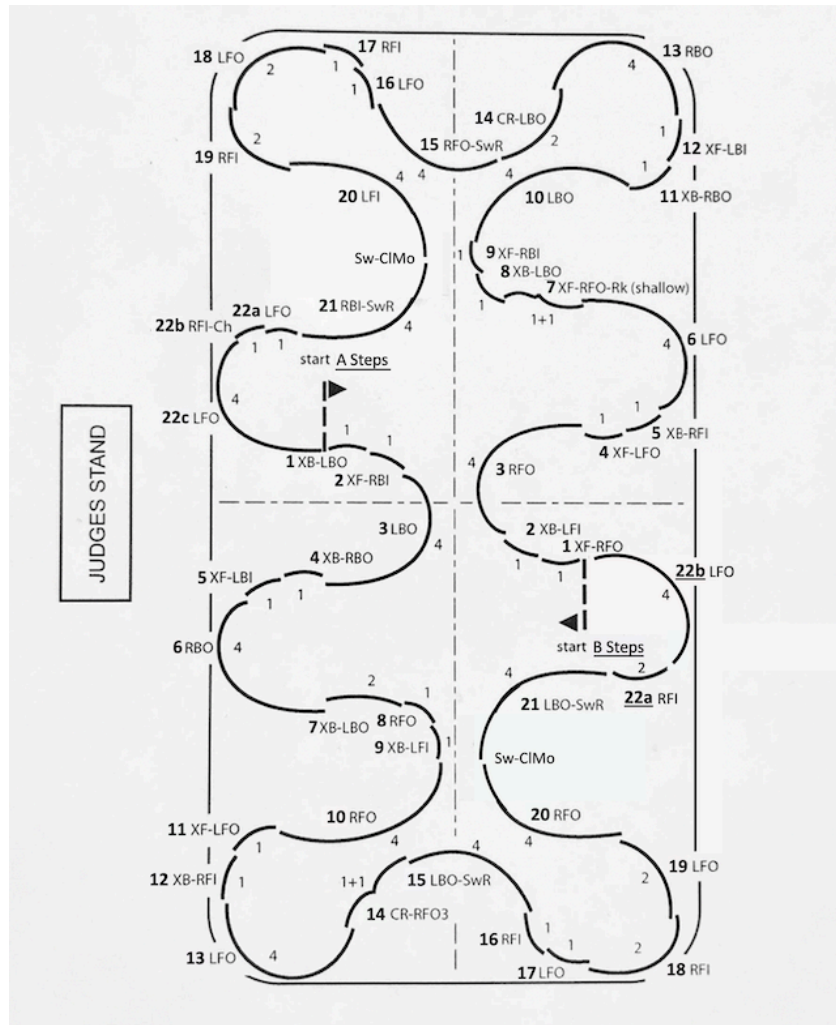
**Key Point 2:** Step 13, LBO Swing Roll - Bullet Point: Correct Edge

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-16	16	2	4	6	8	10	12	13	14

# Tango – 2024 Silver Variation Dance

Optional Pattern Dance –

Solo Series Steps: Sequence 1 A Steps (Women’s Steps), Sequence 2 is Variation



## Tango – TA

2 sequences required for Variation Solo Dance Series Competition

Number of Measures per Pattern: 13 of 4 beats

Minimum Pattern Time: 0:28.4. - Maximum Pattern Time: 0:29.4. - Maximum Overall Time: 1:35

### Sequence 1 – A Steps , (Woman’s)

**Key Point 1:** Step 14, RFO Cross Three Turn – Bullet Point: Correct Turn

**Key Point 2:** Step 20 & 21, RFO to LBO Swing Closed Outside Mohawk - Bullet Point: Correct Edges

### Sequence 2 - Variation

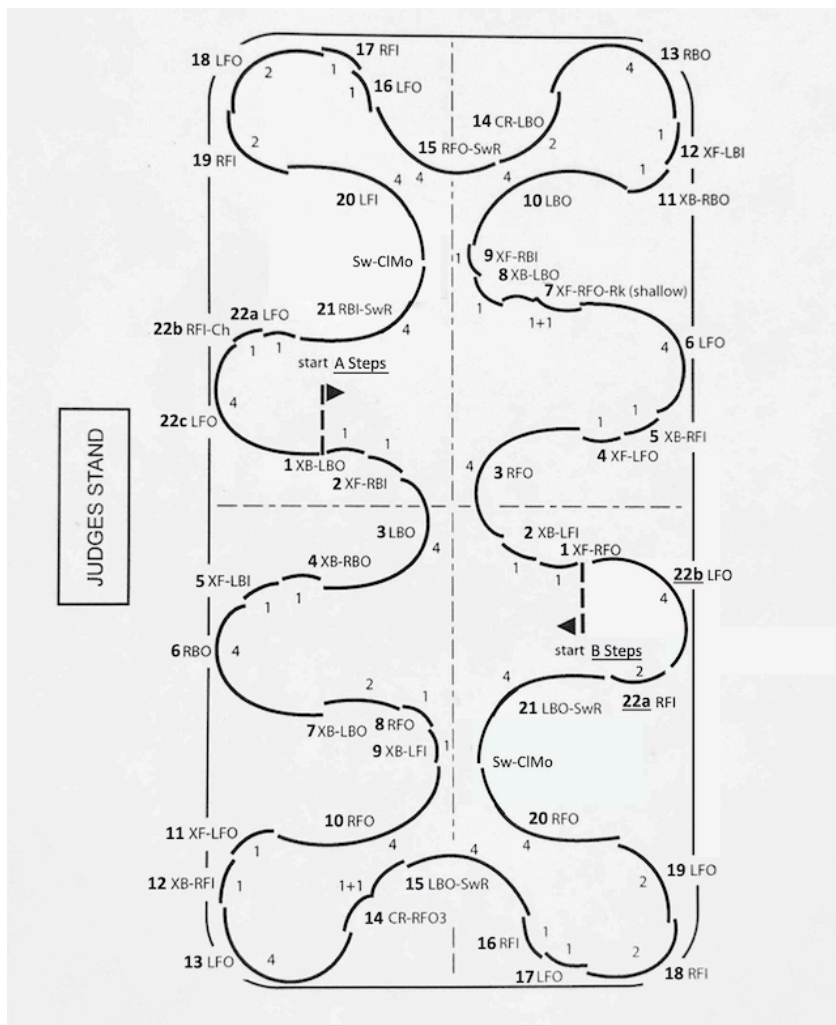
**Required Turns for Variation: First Forward Rocker and First Single Twizzle attempted on either foot will be considered for level when executed correctly \*Only a Single Twizzle will be considered for level, more than one rotation will not be awarded and count as the Twizzle attempt.**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-22	22	2	6	9	11	13	17	18	20

# Tango – 2024 Silver Shadow Dance

Optional Pattern Dance – Solo Series Steps:

## Sequence 1 - A Steps (Women's Steps), Sequence 2 - B Steps (Man's)



## Tango – TA

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 13 of 4 beats

Minimum Pattern Time: 0:28.4. - Maximum Pattern Time: 0:29.4. - Maximum Overall Time: 1:35

### 2024 Shadow Dance Cross Tracking Between Steps 13 and 18

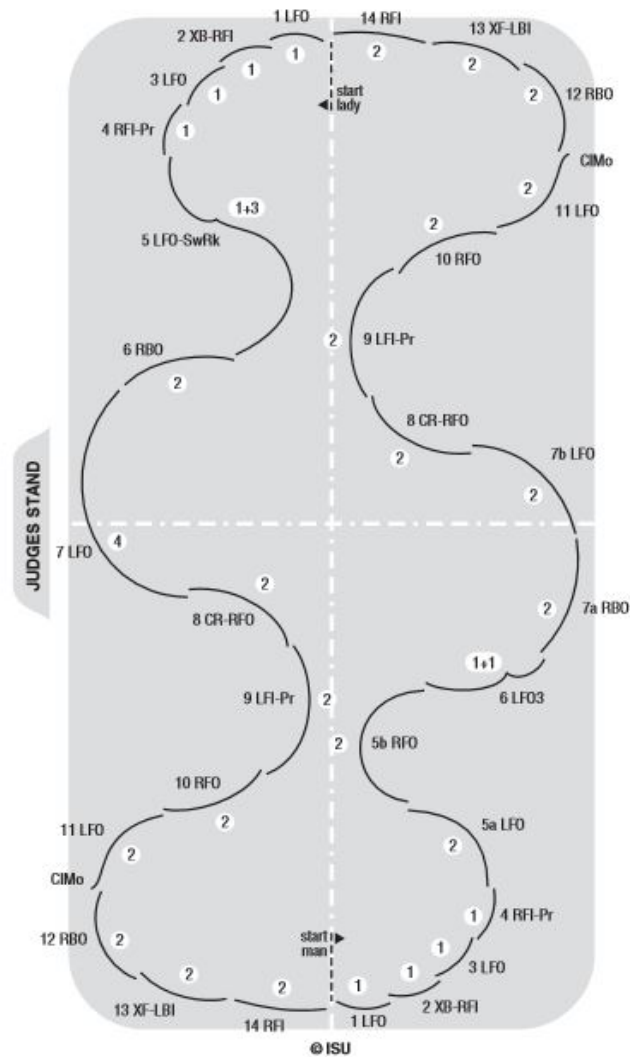
**Key Points do not apply to Shadow Dance**

**Note: New step called 22A is added to transfer from A Steps to B Steps**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-22	22	2	6	9	11	13	17	18	20

# Rocker Foxtrot – 2024 Junior Rhythm Dance

Set Pattern Dance – Solo Series Steps: Sequence 1 Steps A (Women’s Steps), Sequence 2 Steps B (Man’s)



**Rocker Foxtrot – In RD Software**

2 sequences required for Rhythm Dance, Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beat

Minimum Pattern Time: 0:15.8    Maximum Pattern Time: 0:16.5 -    Maximum Overall Time: 1:30

**Sequence 1:**

**Key Point 1:** Step 5, LFO Swing Rocker to LBO - Bullet Point: Correct Turn

**Key Point 2:** Steps 11-13, LFO OMo, RBO, LBI XF – Bullet Point: Correct Turn, Edges & Cross

**Sequence 2:**

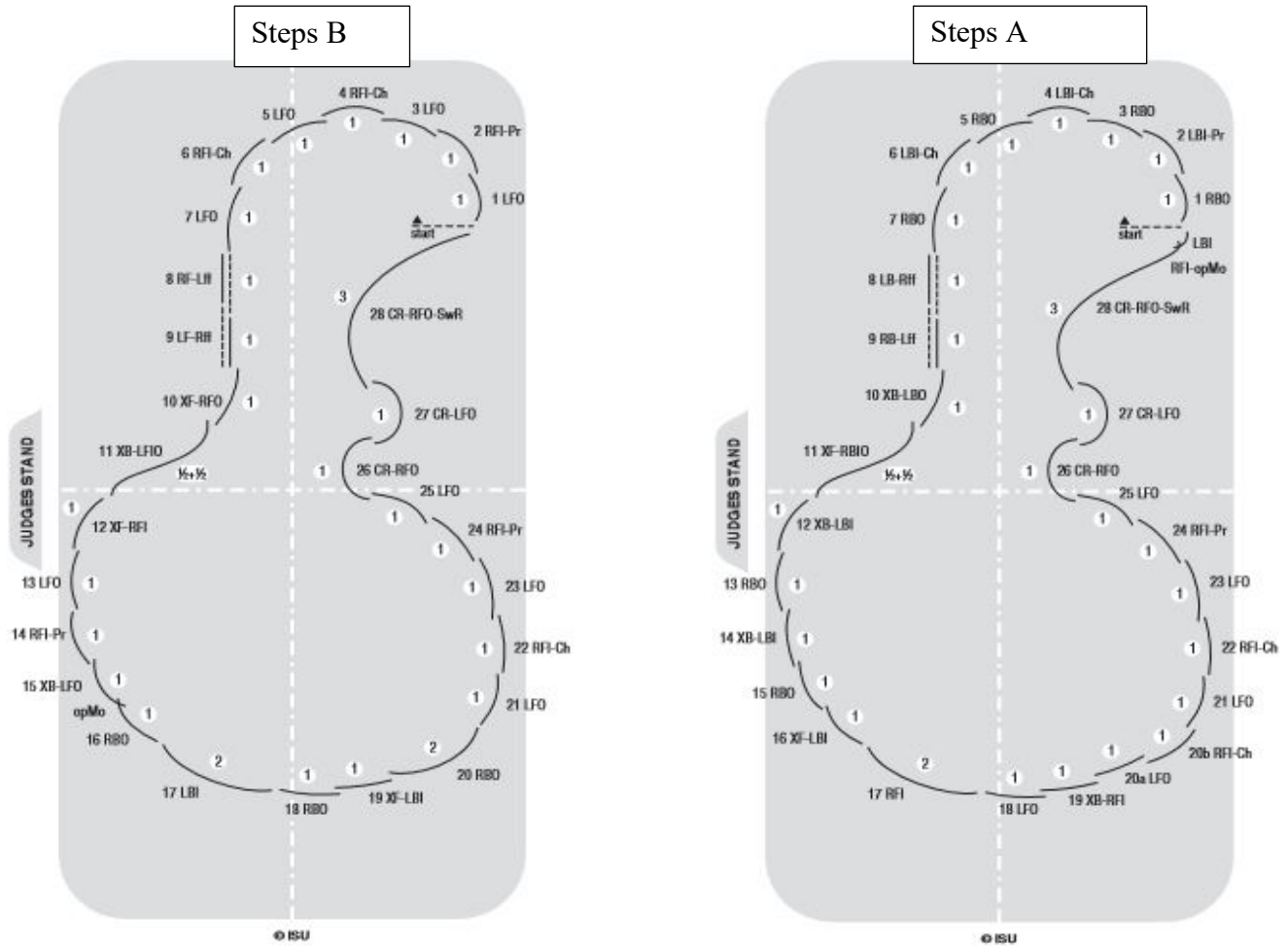
**Key Point 1:** Steps 6 & 7, RFO 3 Turn to RBO - Bullet Point: Correct Turn, Correct Edges

**Key Point 2:** Steps 11-13, LFO OMo, RBO, LBI XF – Bullet Point: Correct Turn, Edges & Cross

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	12



# Paso Doble – 2024 Pre-Gold Shadow Dance Optional Pattern Dance



## Paso Doble - PD

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:16.8. - Maximum Pattern Time: 0:17.5 - Maximum Overall Time: 1:25

### Solo Series Steps:

Pattern 1 Steps A (Woman's)

Pattern 2 Steps B (Man's Steps)

Pattern 3 Steps A (Woman's)

**Note:** In **Sequence 1**, the skaters will skate step 28 as a Cross Swing Roll instead of mohawk to prepare for Steps B and In **Sequence 2**, the skaters will perform the mohawk on step 28 to prepare for the Steps A. In **Sequence 3**, the skaters will perform the mohawk again at the end of the dance.

### 2024 Shadow Dance Cross Tracking Between Steps 16 and 20

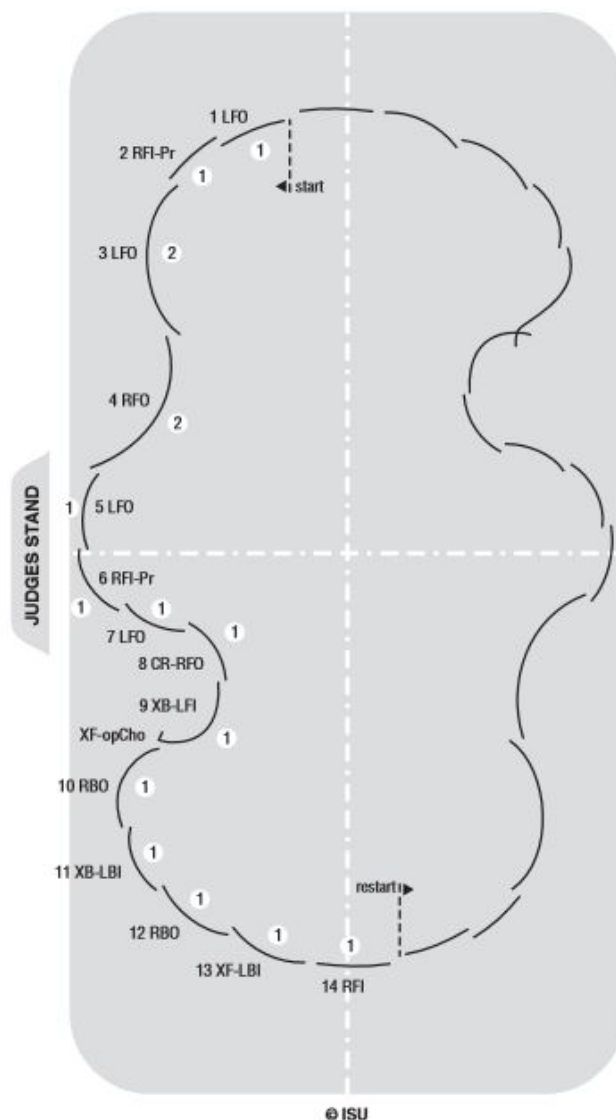
Key Points do not apply to Shadow Dance

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-28	28	3	7	11	14	17	21	22	25



# Kilian - 2024 Pre-Gold First Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



## Kilian – RPD4

4 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 4 of 4 beats

Minimum Pattern Time: 0:08.1 - Maximum Pattern Time: 0:08.4 - Maximum Overall Time: 1:25

**Key Point 1:** Step 3 & 4, LFO & RFO – Bullet Point: Correct Edges

**Key Point 2:** Steps 9 & 10, Cross Behind LFI to RBO Open Choctaw - Bullet Point: Correct Turn

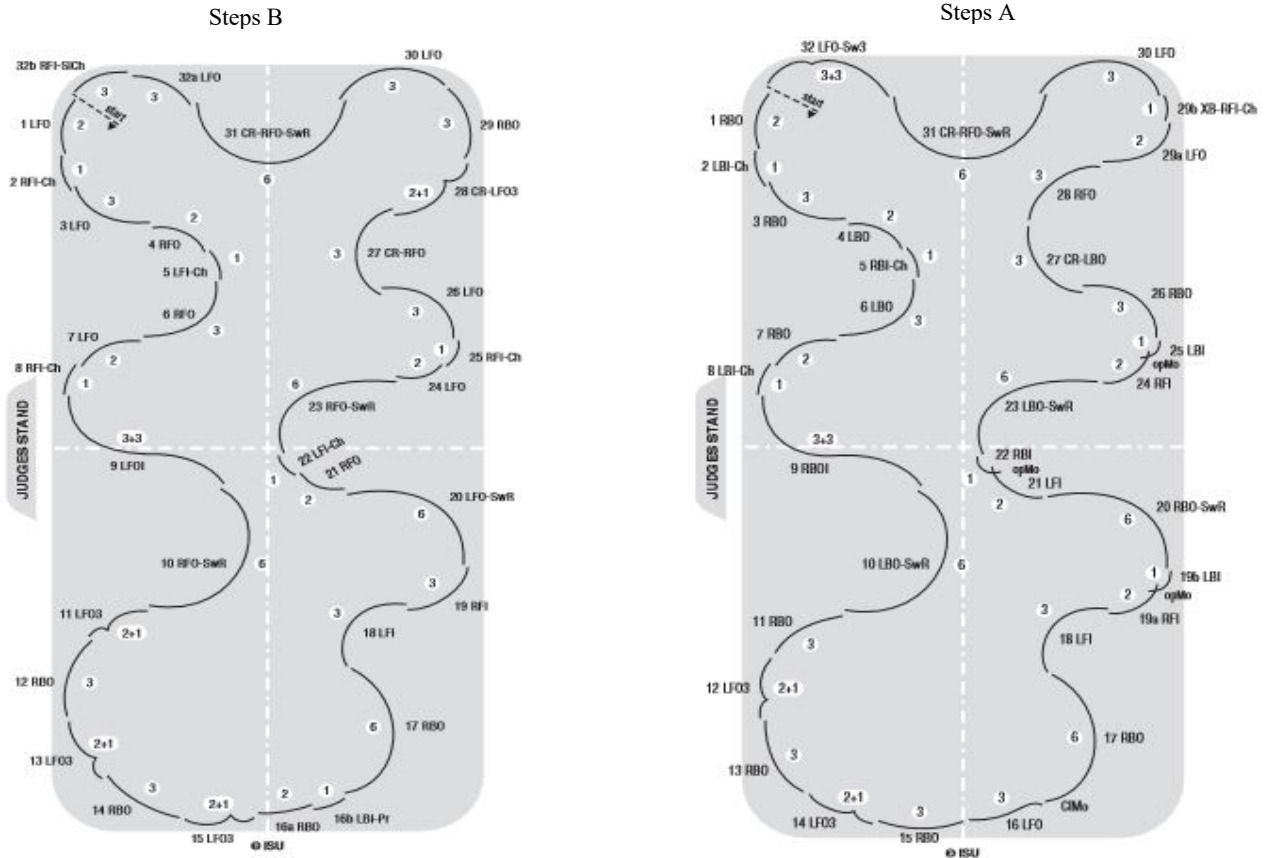
Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	12



# Starlight Waltz – 2024 Novice Combined

Set Pattern Dance –

Solo Series Steps: Sequence 1 Steps A (Woman’s), Sequence 2 Steps B (Man’s)



## Starlight Waltz - SW

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 17 of 6 beats

Minimum Pattern Time: 0:34.8

Maximum Pattern Time: 0:35.6

Maximum Overall Time: 1:45

**Note: On pattern 1, the skater will skate step 32b instead of the 3 turn to prepare for the man’s steps and on pattern 2, the skater will perform the 3 turn on step 32 at the end of the dance.**

### Section 1

**Key Point 1:** Step 9, Outer to Inner Change of Edge (Seq 1 Back, Seq 2 Fwd) - Bullet Point: Correct Edges & Foot Placement

**Key Point 2: Sequence 1** - Steps 16-17 LFO, CIMo, RBO, Bullet Points: Correct Edges and Turn

**Sequence 2** - Steps 15 & 16 LFO3, RBO – Bullet Points: Correct Edges and Turn

### Section 2

**Key Point 1: Sequence 1** - Steps 21- 23 LFI OMo, RBI, LBO SwR – Bullet Points: Correct Edges and Turn

**Sequence 2** - Steps 21-23 RFO, LFI Ch, RFO SwR– Bullet Point: Correct Edges

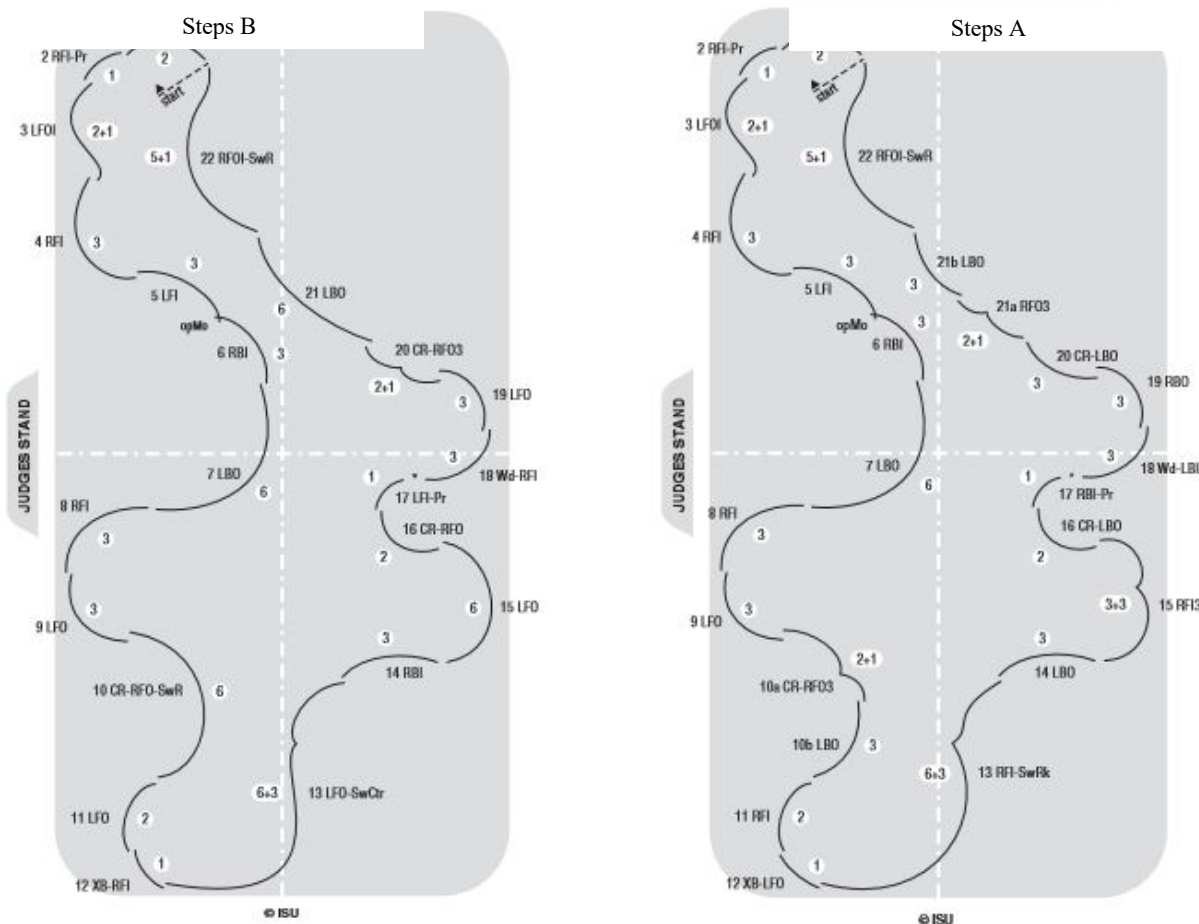
**Key Point 2:** Step 31, RFO Cross Swing Roll - Bullet Point: Correct Edge & Correct Cross Swing Roll

**\*Note:** A swing prior to the change of edge or the CIMo is an incorrect step and not considered for level

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-17	17	2	4	7	9	10	13	14	15
2 <sup>nd</sup> Section	18-32	15	2	4	6	8	9	11	12	14

# Westminster Waltz – 2024 Gold First Dance

Optional Pattern - Solo Series Steps: Sequence 1 A Steps (Woman's) Sequence 2 B Steps (Man's)



## Westminster Waltz – WW

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 13 of 6 beats

Minimum Pattern Time: 0:28.5 - Maximum Pattern Time: 0:29.3 - Maximum Overall Time: 1:35

### Section 1

**Key Point 1:** Steps 5 & 6, LFI to RBI Open Mohawk - Bullet Points: Correct Turn & Correct Foot Placement

**Key Point 2:** (Sequence 1 A Steps) Step 10a, RFO Cross 3 Turn - Bullet Points: Correct Edge and Turn

**Key Point 2:** (Sequence 2 B Steps) Steps 9&10, LFO, CR-RFO SwR - Bullet Points: Correct Edges

### Section 2

**Key Point 1:** (Sequence 1 A Steps) Step 13 RFI Swing Rocker - Bullet Point: Correct Edges, Correct Turn

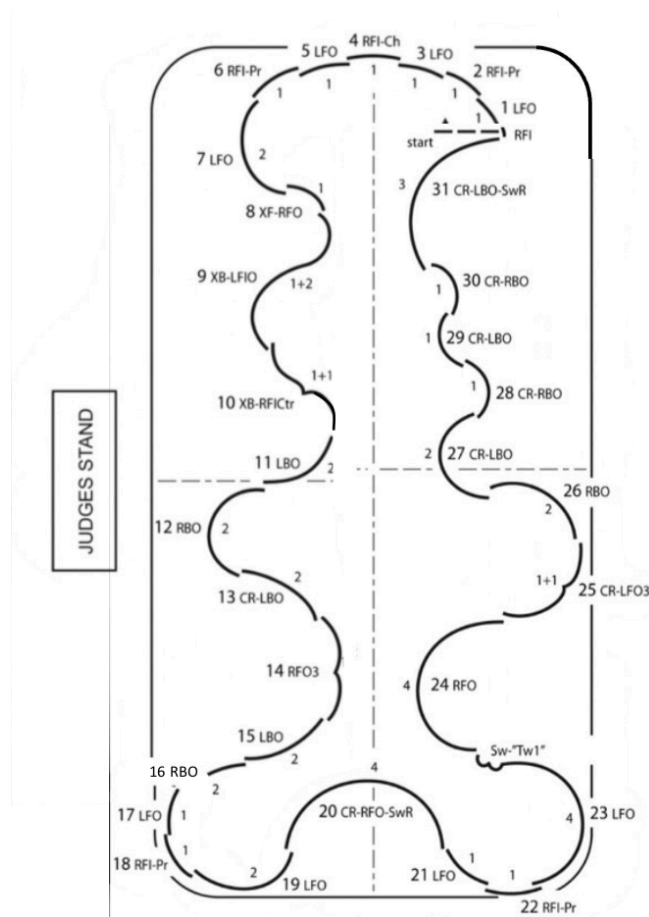
**Key Point 1:** (Sequence 2 B Steps) Step 13 LFO Swing Counter - Bullet Point: Correct Edges, Correct Turn

**Key Point 2:** Step 22 RFO to RFI Change of Edge - Bullet Point: Correct Edges, Correct Change of Edge

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-12	12	1	3	5	6	7	9	10	11
2 <sup>nd</sup> Section	13-22	10	1	3	4	5	6	8	8	9

# Argentine Tango - 2024 Gold Variation Dance

Set Pattern Dance - Solo Series Steps: Section 1, Steps B (Man's) & Section 2, the Variation



## Argentine Tango – RPD1

1 sequence required for Variation Solo Dance Series Competition

Number of Measures per Pattern: 14 of 4 beats (7 Measures per Section)

Section 1: : Minimum Time: 0:17.1 - Maximum Time: 017.9. Max Time 1:50

Section 1 – Steps B 1-18 (Man's)

Key Point 1: Step 10 – Cross Behind RFI Counter – Bullet Points: Correct Cross Behind, Correct Edges and Correct Turn

Key Point 2: Steps 13 & 14 – LBO Cr & RFO 3 Turn – Bullet Points: Correct Cross Roll Movement, Edges and Correct Turn

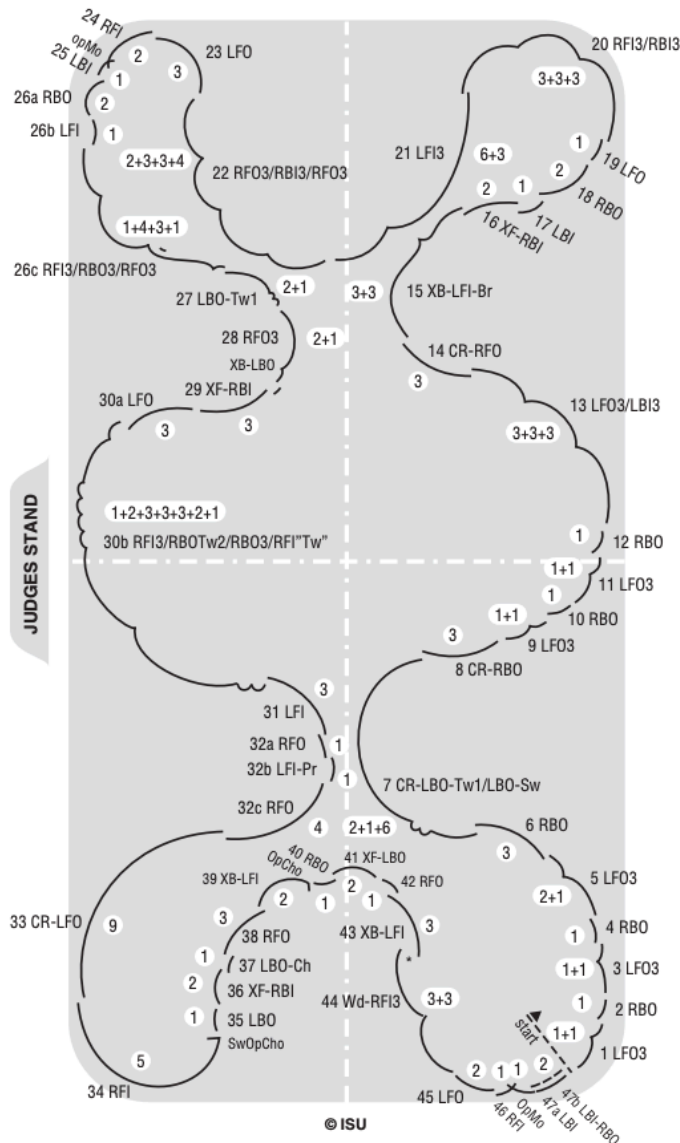
Section 2 – Variation

**Required Turns for Variation: First Backward Outside Rocker and First Double Twizzle attempted on either foot will be considered for level when executed correctly**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-18	18	2	5	7	9	11	14	15	17

# Golden Waltz – 2024 Gold/International Shadow Dance

Optional Pattern Dance - Solo Series Steps: All Competitors Skate Steps A (Woman's)



Golden Waltz RPD1

**\*Note: Start dance on opposite side of judges as shown in the diagram**

1 sequence required for Solo Dance Series Competition

Number of Measures per Pattern: 30 of 6 beats

Minimum Pattern Time: 0:57.45 - Maximum Pattern Time: 0:58.7 - Maximum Overall Time: 2:25

## **2024 Shadow Dance Cross Tracking**

### **Section 1: Between Steps 20 and 23**

### **Section 2: Between Steps 34 and 45**

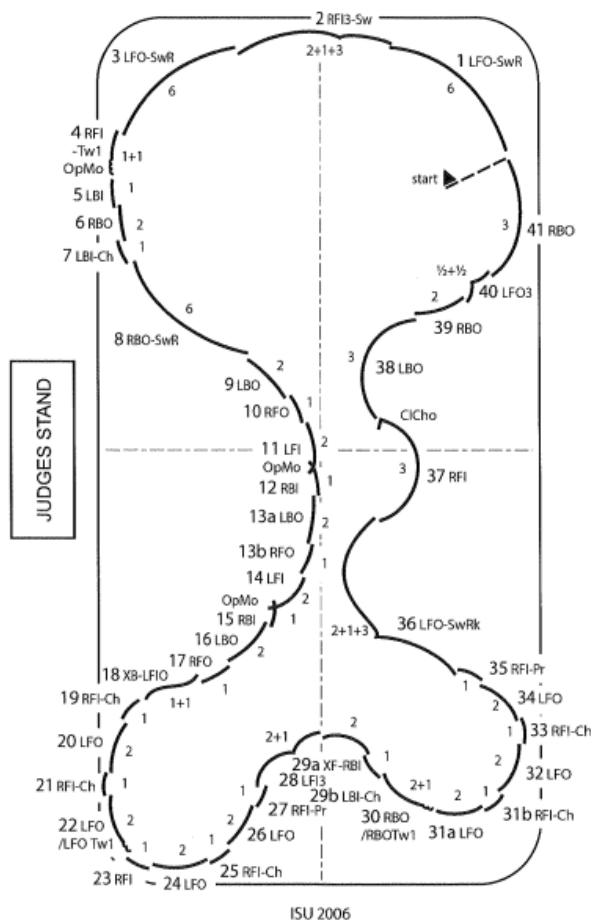
**Note: The Dip on Step 21 and the Drape on Step 30 b are not required.**

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-22	22	3	6	9	11	14	17	18	20
2 <sup>nd</sup> Section	23-47	25	3	7	10	13	15	19	20	23

# Ravensburger Waltz – 2024 International First Dance

Optional Pattern – All Competitors Skat Steps A (Woman’s)

Steps A (Woman’s)



## Ravensburger Waltz – RPD2

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 6 beats

Minimum Pattern Time: 0:28.7 - Maximum Pattern Time: 0:29.5 - Maximum Overall Time: 1:40

### Section 1 – Steps A 1-18 (Woman’s)

Key Point 1: Steps 2 & 3, RFI3-Sw, LFO SwR – Bullet Points: Correct Edges, Turn and Swing of Leg

Key Point 2: Steps 14 & 15, LFI OpMo, RBI – Bullet Points: Correct Edges and Turn

### Section 2 – Steps A 19 – 41 (Woman’s)

Key Point 1: Step 28, LFI3 – Bullet Points: Correct Edges and Turn

Key Point 2: Step 36-38, LFO-SwRk, RFI CiCho, LBO – Bullet Points: Correct Edges, Turn, & Swing

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-18	18	2	5	7	9	11	14	15	17
2 <sup>nd</sup> Section	19-41	23	3	6	10	12	14	18	19	21

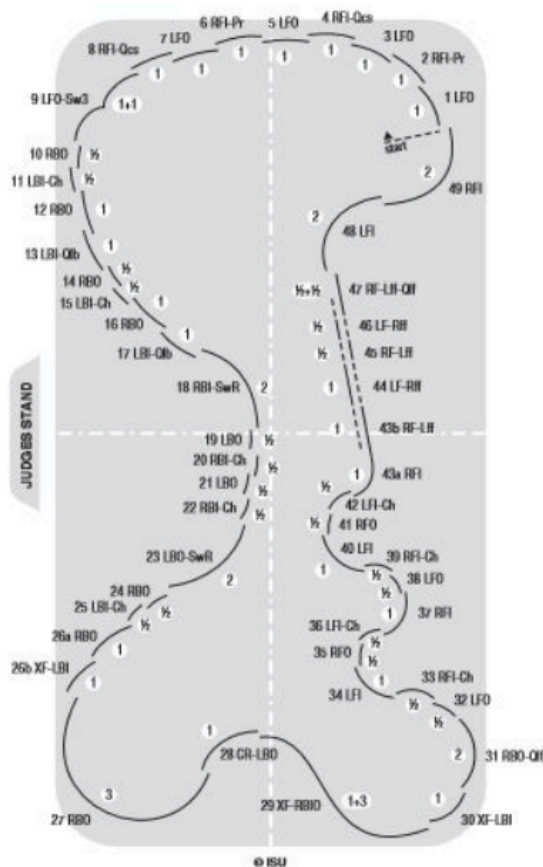






**Silver Samba – For Sr. Rhythm Dance, Choreographic Rhythm Sequence**  
 Optional Pattern Dance - Solo Series Steps: A Steps 9-12 & 43b-47 (Woman's)

Lady's Steps|



**Silver Samba – Use RD Software**

1 sequence of A Steps 9-12 and 43b-47 required for Solo Dance Series Competition

Timing: Must be 100 BPM or higher

To time this, you need to count at least 25 beats within 15 seconds.

**Required Steps:**

A Steps 9 - 12

B Steps 43b – 47

The rest of the sequence between the required steps may be of an original composition following the general pattern requirements of the Rhythm Dance as outlined in the Senior Requirements Chart.




Loop - One (1) permitted

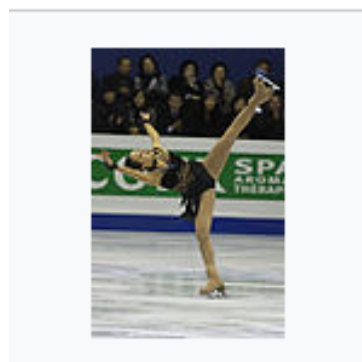
Retgression - One (1) permitted

Stop - Not permitted





## Appendix B

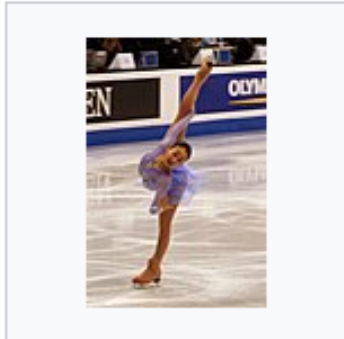
### Spiral Type Edge Element – Different Positions

<b>Charlotte</b>	A Charlotte is a variation in which the torso is dropped down forward toward the skating leg and the free leg is lifted behind in a near-split position	
<b>135 OR Fan Spiral</b>	A fan spiral is a back outside edge spiral held with the free leg held unsupported to the skater's front or side. Ideally, this position should be held with both legs straight, although less flexible skaters attempt to compensate for a lack of strength or flexibility by not fully extending the free leg or bending the skating leg.	
<b>Kerrigan Spiral</b>	A Kerrigan spiral is a high-leg outside spiral performed with one hand supporting the knee of the free leg. This position is named after Nancy Kerrigan.	

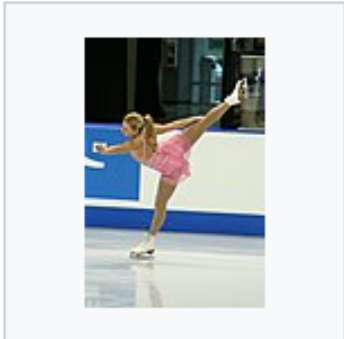


Fan/135

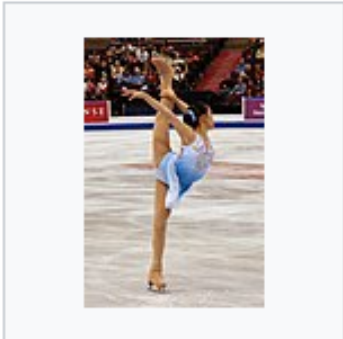
<p><b>Arabesque Spiral</b></p>	<p>An <b>arabesque spiral</b> is the basic spiral position. The free leg is extended behind the body above hip height (at least a 90 degree angle). Some skaters are able to achieve vertical split position (170- 180 degrees) with this position.</p>	
<p><b>Catch Foot Spiral</b></p>	<p>A spiral where the free leg is held with one or both hands. A <b>catch-foot spiral</b> does not refer to any single position, but generally refers to any spiral with the skate of the free leg being held in one or both hands. Catchfoot spirals include:</p>	
<p><b>Biellmann Spiral</b></p>	<p>A Biellmann spiral is a variation of a catch foot where the free leg is pulled up higher than the head. This position requires extreme flexibility.</p>	
<p><b>Cross Grab Spiral</b></p>	<p>A cross grab is a catch-foot spiral where the skate of the free leg grasped from behind by the opposite hand</p>	



Kerrigan spiral  
(Front view)  
(Mao Asada)



Kerrigan spiral  
(Side view)  
(Joannie Rochette)



Variation on Kerrigan spiral  
(Caroline Zhang)