



2022-2023 SKATE CANADA ICE DANCE TECHNICAL REQUIREMENTS GUIDE

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General Information for Pattern Dances

First sequence must be executed on the same side as the judges' stand	If not, referee will stop the couple and instruct them to restart on the correct side.	No deduction
Introductory steps	Pre-Juvenile/Juvenile: maximum 7	Pre-Novice/Novice: not to exceed the introductory phrasing of the music.
Final pose time violation	Must reach final movement/pose within 20 seconds after completion of the last step of the Pattern Dance.	Referee will deduct for up to every five seconds in excess of 20 seconds after the last prescribed step to the ending movement/pose.
<p>Music</p> <p>Each team must submit their own pattern dance music at competition registration, even if using Skate Canada Series 8 or ISU Music</p>	<p>Pre-Juvenile/ Juvenile: Music chosen must be from Skate Canada Series 8 or from the Skate Canada Approved Music for Pattern Dances.</p> <p>For teams selecting their own music, the Referee will time the dance for correct tempo. To ensure consistency of process, the complete dance will be timed from the start of Step 1 until the end of the last step of the dance. Refer to the chart on page 11 for the range of tempo and duration of each pattern dance.</p>	Pre-Novice/Novice: Music must be chosen in accordance with the rhythm of the Pattern Dance and may be vocal. Tempo must remain constant throughout and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute (plus or minus 3 beats per minute for waltz rhythms). If choosing a tune from the ISU Ice Dance Music, only tunes 1 to 5 can be used.
<p>Warm-up: 3 minutes</p> <p>30 sec. without music followed by 2:30 with music</p> <p>Maximum 6 couples</p>	Pre-Juvenile/Juvenile: 2:30 min. of music will be from Skate Canada Series 8.	Pre-Novice/Novice: 2:30 min. of music will be tune 6 of ISU Pattern Dance music.
Interruptions/Falls	Resumed at the nearest technically practical point which must be after the point of interruption. The couple may not skate the steps missed by the interruption.	If less than 50% of the section/sequence is completed due to a fall or interruption the section/sequence will have no value.
Pattern	<ul style="list-style-type: none"> Crossing the long axis Pattern correct means: <ul style="list-style-type: none"> Tracking is correct Set Pattern: the pattern generally agrees with the PD Diagram. Optional Pattern: the pattern may deviate from the PD diagram but fully utilizes the ice surface. If more than one sequence is required, restart and repetition are correct 	<p>Choreographic Restriction violation</p> <p>Referee + Judges</p> <p>Deduction: once per program</p> <p>GOE feature</p> <p>Referee + Judges apply positive or negative feature</p>



Costume and prop	<ul style="list-style-type: none"> • Must be modest, dignified and not give the effect of excessive nudity. • Must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music. • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. • Accessories & props are not permitted. 	Costume and Prop Referee + Judges Deduction: once per program
Calling Process without Key Points	Technical Controller (TC) identifies Sequences/Sections of the Pattern Dance as Level Base when 50% of the Sequence/Section is completed by both partners; Level 1 when 75% of the Sequence/Section is completed by both partners. TC also identifies and calls falls. If a TC is not available at non-qualifying events, the referee may perform this function.	
Calling Process with Key Points	Technical Panel determines the Level of every Section/Sequence. At Novice level, all 4 Key Points are called (Y, N, T) but capped at maximum of Level 3 even if all 4 Key Points are achieved.	
Pattern Dance Diagrams	Skate Canada Pattern Dance Competitions Technical Requirements	
ISU Pattern Dance Videos	Skate Canada Skating Development Video Library	



2022-2023 Pattern Dances

3-minute warm-up: 30 seconds without music followed by 2:30 minutes with music		
CATEGORY	PATTERN DANCE SELECTION <i>FOR THE FULL SEASON</i> <i>To be skated in the order listed</i> <i>Must be performed with the first sequence executed on the same side as the officials' stand</i>	MUSIC SPECIFICATIONS <i>Each team must submit their own music, regardless of selection</i>
Pre-Juvenile	1. Baby Blues (3 sequences; 3 GOEs) 2. Swing Dance (2 sequences; 2 GOEs)	Skate Canada Series 8 or Skate Canada approved music for pattern dances
	No Key Points – Max Level 1	
Juvenile	1. Fiesta Tango (3 sequences; 3 GOEs) 2. Foxtrot (4 sequences; 4 GOEs)	Skate Canada Series 8 or Skate Canada approved music for pattern dances
	No Key Points – Max Level 1	
Pre-Novice	1. Rocker Foxtrot (4 sequences; 4 GOEs) 2. Kilian (4 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	No Key Points – Max Level 1	
Novice	1. Paso Doble (3 sequences; 3 GOEs) 2. Viennese Waltz (3 sequences; 3 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	4 Key Points – Max Level 3	



Key Points for Novice Pattern Dances

Paso Doble

Each Sequence: 25% = 7 steps PD1Sq, PD2Sq, PD3Sq	Key Point 1 Woman steps 10-12 (XB-LBO, XF-RBIO, XB-LBI)	Key Point 2 Man steps 10-12 (XF-RFO, XB-LFIO, XF-RFI)	Key Point 3 Woman step 28 (CR-RFO-SwR, RFI OpCSt to LBI)	Key Point 4 Man step 28 (CR-RFO-SwR)
Key Point Features	1. Correct cross step 2. Correct edges 3. Correct change of edge	1. Correct cross step 2. Correct edges 3. Correct change of edge	1. Correct cross roll 2. Correct edges 3. Correct turn	1. Correct cross roll 2. Correct edges

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step.

Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot 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.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice

Viennese Waltz

Each Sequence: 25% = 6 steps VW1Sq, VW2Sq VW3Sq	Key Point 1 Woman step 5 (XF-RBIO) Man step 5 (XB-LFIO)	Key Point 2 Man steps 9-10 (LFI CISSt, RBO)	Key Point 3 Woman steps 10-11 (LFO OpCSt, RBO)	Key Point 4 Woman step 24 (LBO SwR) Man step 24 (RBO SwR)
Key Point Features	1. Correct edges 2. Correct cross step 3. Correct change of edge	1. Correct edges 2. Correct turn	1. Correct edges 2. Correct turn	1. Correct edges

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step.



General Information for Rhythm Dance

	Specifications/Requirements		Violations
Duration	Junior/Senior	2 minutes 50 seconds (+/- 10 seconds)	Program time: Referee deduction: once for up to every 5 sec lacking or in excess
General Requirements	Rhythm Dance is a dance created by an Ice Dance Couple to dance music with designated rhythm(s) and/or theme(s) selected by the Ice Dance Technical Committee annually for the season. The dance must: <ul style="list-style-type: none">• Reflect the character of the music, the selected dance rhythm(s) and/or theme(s)• Be translated to the ice by demonstrating technical skills with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed, and unison• Be delivered with unison, in harmony, and spacial awareness• Fit to the phrasing of the music		
Music – General	<ul style="list-style-type: none">• May be vocal and must be suitable for Ice Dance as a sport discipline.• Must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.• Only dance music with an audible rhythmic beat may be used.• May be without audible rhythmic beat for up to 10 seconds at the beginning of the program.• Note: To comply with the ethical values of sports, music chosen must not include aggressive and/or offending lyrics.		Music Requirements: Referee + Judges Deduction: once per program – incorrect rhythm, lack of audible beat. Referee deduction: once per program – violation of tempo specification.
Music - Specific to 2022-2023 Season	Junior <ul style="list-style-type: none">• Tango plus at least one of the following Dance Styles – Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga Senior <ul style="list-style-type: none">• Latin Dance Styles: At least two (2) different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba		
Pattern	<ul style="list-style-type: none">• Pattern must proceed in a generally constant direction; must cross the long axis of the ice surface once at each end of the rink within no more than 30 metres (short axis) of the barrier.• Couple may also cross the long axis at the entry and/or exit to the Style B Step Sequence and at the entry to the Pattern Dance Element.• Loops in any direction are permitted provided they do not cross the long axis (except during the PSt).		Choreography Restrictions: Applied to violations outside of elements: pattern/stops/separations/touching ice with hands. Note: Crossing the long axis in the Pattern Dance Element in the Rhythm Dance is a choreographic
Stops	<ul style="list-style-type: none">• After the clock has started with the first movement, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.		



	<ul style="list-style-type: none"> During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. A dance spin or choreographic spinning movement that does not travel will be considered as a stop. 	restriction deduction. Referee + Judges Deduction: once per program
Separations	<ul style="list-style-type: none"> Partners must not separate except to change hold or to perform required elements requiring a separation. Distance allowed is maximum 2 arms length apart during such separations. Change of hold and turns as transitional elements must not exceed one measure of music. Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation. 	
Touching ice with hand(s)	Touching the ice with the hand(s) is not permitted	
Costume and prop	<ul style="list-style-type: none"> Must be modest, dignified and not give the effect of excessive nudity. Must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music. For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501 Accessories & props are not permitted; no part of the costume may be used as any support in a lift. 	Costume and Prop Referee + Judges Deduction: once per program
Illegal Elements/Movements/Pose	See list on page 18	Technical Panel: once per violation



Rhythm Dance Required Elements

Elements	
Senior Rhythm Dance Pattern Dance Type Step Sequence Style D (PSt)	<ul style="list-style-type: none"> • One (1) Pattern Dance Type Step Sequence (PSt), Style D: <ul style="list-style-type: none"> • Rhythm: Must be skated to a different rhythm/style from that chosen for the Step Sequence Style B. • Duration: Any exact number of musical phrases. • Pattern: Starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite of the rink. One (1) loop in any direction (which may cross the Long Axis) is permitted within the pattern. • Stops: One (1) required at the start of the PSt (this will count as one of the permitted stops) • Holds: Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography) <p>Technical Requirements: Must perform two different difficult turns per partner from the following: Rocker, Counter, S-Step, Outside C-Step . Example – Woman performs Rocker and S-Step. Man performs Counter and Outside C-Step. Only the first two attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored. The Difficult Turns from those above must not be performed at the same time by both Partners. If the Difficult Turns are performed at the same time by both Partners, both Difficult Turns are not considered for level for either partner.</p> <ul style="list-style-type: none"> • Not Permitted: <ul style="list-style-type: none"> ○ Stops (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. ○ Separations (except during Twizzles if performed as connecting choreography) ○ Retrogressions ○ Hand-in-hand hold – NOT permitted with established fully extended arms. <p>Judges will reduce the GOE for Not Permitted elements in the PSt.</p> <p>The PSt is evaluated as one unit with a combined Level for both partners</p>
Senior Rhythm Dance Choreographic Rhythm Sequence (ChRS)	<ul style="list-style-type: none"> • One Choreographic Rhythm Sequence • Rhythm: skated to any of designated Latin Rhythm(s)/Style(s) and performed in the 'style' of the chosen Rhythm • Hold(s): in contact including hand-in-hand with fully extended arms with the exception of permitted separation(s) • Pattern: starts on the Short Axis; proceed 10 metres on either side of the Short Axis; proceed from barrier to barrier (the requirement 'from barrier to barrier' is fulfilled when at least one of partners is not more than 2 metres from each barrier); Retrogression – permitted; Loops - permitted • Separation(s): for not more than 2 arms lengths and duration not more than one measure are permitted • Stop(s): for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on the number of stops as long as each one is no more than 5 seconds) • The Choreographic Rhythm Sequence is evaluated as a Choreographic Element



Junior Rhythm Dance Pattern Dance Element (PDE)	<p><u>Two (2) Sections of the Argentine Tango:</u> range 94-98 beats per minute; skated to Tango rhythm/style</p> <p>Section 1 steps 1-18(1AT) Section 2 steps 19-31 (2AT)</p> <ul style="list-style-type: none">• Two (2) Sections of the Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the judges left side. Step #19 of 2AT skated at the judges right side.• The tempo of the music throughout the PDE must be constant and in accordance with the required tempo and character of the Tango rhythm/style.• The first step of the dance begins on beat 1 of a musical phrase.• Variation of hold is permitted.• Crossing the Long Axis is permitted for Steps #13-15.
Dance Lift	Maximum one (1) Short Lift – maximum 7 seconds
Step Sequence	<p>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B); chosen patterns may only be Midline or Diagonal (evaluated as one unit with a Level given for each partner and then applying GOE)</p> <p>Specifications to Style B Rhythm Dance:</p> <ul style="list-style-type: none">• Must be skated to a different rhythm/style from that chosen for the Pattern Dance Element (Junior) and Pattern Dance Type Step Sequence (Senior).• Stops – up to 1 permitted for up to 5 seconds (this will count as one of the permitted stops)• Separations permitted, no more than 2 arms length• Retrogression NOT permitted• Loops NOT permitted• Hand in hand hold NOT Permitted with fully extended arms <p>Note: dance spins and pirouettes are stops.</p>
Sequential Twizzles	<p>One (1) Set of Sequential Twizzles (evaluated as one unit with a Level given for each partner and then applying GOE)</p> <ul style="list-style-type: none">• At least 2 twizzles for each partner; must NOT be in contact between twizzles.• Up to 1 step 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.



Key Points and Key Point Features for Junior Pattern Dance Elements Season 2022-2023				
Argentine Tango				
Pattern Dance Element (1AT) Steps # 1-18	Key Point 1 Woman Steps 7-10 (LFO, XF- RFO, XB- LFIO, XB-RFIO)	Key Point 2 Man Steps 7-10 (LFO, XF-RFO, XB- LFIO, XB-RFI-Ctr))	Key Point 3 Woman Steps 13-15 (CR-RFO3*, LBO, RFO)	Key Point Man Steps 13-15 (CR-LBO*, RFO3, LBO))
Key Point Features	1. Correct Edges 2. Correct Change of Edges	1. Correct Edges 2. Correct Change of Edge 3. Correct Turn (#10)	1. Correct Edges 2. Correct Turn 3. Correct Cross Roll Movement	1. Correct Edges 2. Correct Turn 3. Correct Cross Roll Movement
Pattern Dance Element (2AT) Steps # 19-31	Key Point 1 Woman Steps 23-24 (LFO Sw-Tw1 between counts 4&1, RFO)	Key Point 2 Man Steps 23-24 (LFO Sw-OpSSt, RBI between counts 4&1, LBO)	Key Point 3 Woman Step 31 (CR-LBO-SwR/RFI* -between 4&1)	Key Point 4 Man Step 31 (CR-RFO-SwR*)
Key Point Features	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Cross Roll movement	1. Correct Edges 2. Correct Cross Roll movement

* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot 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.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1AT – Key Point 3 & 4; 2AT – Key Point 4)

Note: Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Woman’s body turns one full continuous rotation, (it is not mandatory for the skating foot to execute a full turn), followed by a step forward, RFO.

The first step of the dance begins on beat one of a musical phrase.



Pattern Dance and Pattern Dance Element Music Information

Dance	Beats per Minute (bpm)	Beats per Sequence	Duration in seconds per Sequence	Duration in seconds from step #1 to last step	Required Sequences or Sections	Number of Steps per Sequence or Section	Number of Steps				
							10%	25%	50%	75%	90%
Baby Blues Set Pattern	86-90	32	21.3 – 22.3	63.9 – 67.0	3 sequences	14	1	4	7	11	13
Swing Dance Set Pattern	94-98	64	39.2-40.9	78.4 - 81.8	2 sequences	30	3	8	15	23	27
Fiesta Tango Set Pattern	106-110	32	17.5 - 18.1	52.5 - 54.3	3 sequences	16	2	4	8	12	14
Foxtrot Optional Pattern	98-102	28	16.5-17.1	66.8-68.4	4 sequences	14	1	4	7	11	13
Rocker Foxtrot Set Pattern	102-106	28	15.8-16.5	63.2-66.0	4 sequences	14	1	4	7	11	13
Kilian Optional Pattern	114-118	16	8.1-8.4	32.4-33.6	4 sequences	14	1	4	7	11	13
Paso Doble Optional Pattern	110-114	32	16.8-17.5	50.4-52.5	3 sequences	28	3	7	14	21	25
Viennese Waltz Optional Pattern	153-159	78	22.8-23.4	68.4-70.2	3 sequences	24	3	6	12	18	22
Argentine Tango Set Pattern	94-98	AT1: 28	17.1-17.9		AT1: Steps 1-18	18	2	4	9	13	16
		AT2: 28	17.1-17.9		AT2: Steps 19-31	13	1	3	7	10	12

For Pattern Dance Diagrams, see the [Skate Canada Pattern Dances in Competition Technical Requirements Guide](#)



General Information for Free Dance

	Specifications/Restrictions		Violations
Duration	Juvenile	2 minutes (+/- 10 seconds)	Program time: Referee deduction: Once for up to every 5 seconds lacking or in excess.
	Pre-Novice	2 minutes 30 seconds (+/- 10 seconds)	
	Novice	3 minutes (+/- 10 seconds)	
	Junior	3 minutes 30 seconds (+/- 10 seconds)	
	Senior	4 minutes (+/- 10 seconds)	
Music	<ul style="list-style-type: none">All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate. NOTE: Any music of the same tempo/rhythm and expression should last no more than 75% of the <u>program</u>May be vocal and must be suitable for ice dance as a sport discipline.Must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone.May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program.May be without an audible rhythmic beat for up to 10 seconds during the program.		Music Requirements: Referee + Judges Deduction: once per program
Stops	<ul style="list-style-type: none">After the clock is started with the first movement, couple must not remain in one place for more than 10 seconds.During the program, unlimited full stops of up to 5 seconds are allowed.		Choreography restrictions: Applied to violations outside of elements: stops/separations/touching ice with hands Referee + Judges Deduction: once per program
Separations	<ul style="list-style-type: none">The number of separations to execute transitional footwork or moves is unrestricted.Distance allowed is maximum 2 arms length apart during separations (except during Choreographic Character Step Sequence).Duration of each separation (excluding Required Elements) can be no more than 5 seconds.Separations at the beginning and/or end of the program are permitted up to 10 seconds, no restrictions on the distance of separation.		
Touching ice with hand(s)	<ul style="list-style-type: none">Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence).		
Costume and Prop	<ul style="list-style-type: none">Must be modest, dignified and not give the effect of excessive nudity; must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music.For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. Accessories & props are not permitted; no part of the costume may be used as any support in a lift.		Costume and Prop Referee + Judges Deduction: once per program
Program Components	Juvenile: Two Program Components will be assessed, Presentation and Skating Skills		
Illegal Elements/ Movements/Pose	See list on page 18.		Technical Panel: once per violation



Free Dance Required Elements: Juvenile, Pre-Novice, Novice

	Juvenile	Pre-Novice	Novice
Lifts	Maximum 1 Short Lift Maximum 7 seconds Choice of straight line, curve or stationary lift	Maximum 2 Different Short Lifts Maximum 7 seconds each Choice of straight line, curve, stationary or rotational lift	Maximum 2 Different Short Lifts maximum 7 seconds each. Choice of straight line, curve, stationary, or rotational lift
Dance Spins On one foot or with change(s) of foot by one or both partners	Maximum 1 Called to maximum Level 2	Maximum 1	
Step Sequences Other required elements may not be performed in the StSq. Judges will reduce the GOE for Not Permitted Elements in the StSq.	Maximum 1 Style B Circular, midline or diagonal Performed in hold	Maximum 1 Style B Circular, midline or diagonal Performed in hold	Maximum 2 performed in any order 1 Style B performed in hold; Types: straight line or curve 1 One-foot turns sequence: not touching; difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time.
	Specifications to Style B, Free Dance 2022/23: The pattern must maintain the integrity or basic shape of the chosen pattern <ul style="list-style-type: none"> • 1 retrogression not exceeding 2 measures of music is permitted. • Separations permitted - no more than 2 arm lengths apart; not exceeding 5 seconds. • Loops not permitted; however, a narrow loop is an acceptable shape in the retrogression. • Hand-in-hand hold with fully extended arms cannot be established • Stops not permitted (dance spins and pirouettes are considered stops). (The Step Sequence and One Foot turn Sequence are each evaluated as one unit with a Level given for each partner and then applying GOE)		
Synchronized Twizzles	Maximum 1 set of Synchronized Twizzles (evaluated as one unit with a Level given for each partner) Juvenile and Pre-Novice: <ul style="list-style-type: none"> • At least two twizzles for each partner with up to three steps between twizzles; • Partners may touch between twizzles, but this will not be considered for the level. Novice: <ul style="list-style-type: none"> • At least two twizzles for each partner with a minimum of 2 and up to 4 steps between 1st and 2nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step). • Partners must touch at some point between the 1st and 2nd twizzles. 		
Choreographic Elements	N/A	Maximum 1 Choice of Choreographic Lift, or Twizzling Movement performed after the required lifts & twizzles; or Choreographic Spinning Movement, <u>Assisted Jump Movement</u> , Sliding Movement, or Character Step Sequence performed anywhere in the program.	



Free Dance Required Elements: Junior, Senior

	Junior	Senior
Dance Lift Not more than:	<p>Two (2) different type Short Lifts (maximum 7 seconds each) OR One (1) Combination Lift (maximum 12 seconds)</p> <p>The lifted partner's Difficult pose or change of pose (Option a or b) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated same Difficult pose or change of pose (Option a or b) performed in the same type lift will be considered as a simple pose/change of pose for the FD.</p>	<p>Three (3) different type Short Lifts (maximum 7 seconds each) OR One (1) Short Lift (maximum 7 seconds) and one (1) Combination Lift (maximum 12 seconds) (Short Lift must be a different type than in the Combination Lift)</p> <p>The lifted partner's Difficult Pose or change of pose (Option a and b) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated Difficult Pose or change of pose (option a or b) performed in the same type lift will be considered as a simple pose/change of pose for the FD.</p>
Dance Spins	<p>One (1) Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners</p>	
Step Sequences Types: Straight Line or Curve Other required elements may not be performed in the StSq. Judges will reduce the GOE for Not Permitted Elements in the StSq.	<p>Two (2)</p> <ul style="list-style-type: none"> • One (1) Step Sequence, in Hold, Style B: The pattern must maintain the integrity or basic shape of the chosen pattern Specifications to Style B, Free Dance 2022/23: <ul style="list-style-type: none"> ○ Retrogression – one (1) permitted – must not exceed two measures of music ○ Separations permitted, no more than 2 arms length and must not exceed 5 seconds ○ Loops NOT PERMITTED: a narrow loop is an acceptable shape in the retrogression ○ Hand-in-hand hold with fully extended arms cannot be established ○ Stops – NOT PERMITTED • One (1) One-Foot Turns Sequence FD option, Not Touching (evaluated as one unit with a Level given for each partner). <ul style="list-style-type: none"> ○ Difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time. <p>(The Step Sequence and One Foot turn Sequence are each evaluated as one unit with a Level given for each partner and then applying GOE)</p>	
Synchronized Twizzles	<p>One (1) set of Synchronized Twizzles (FD Variation) (evaluated as one unit with a Level given for each partner)</p> <ul style="list-style-type: none"> • At least two twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1st and 2nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step. • Partners must be in contact at some point between the 1st and 2nd Twizzles. 	
Choreographic Elements	<p>Two (2) different Choreographic Elements chosen from:</p> <p>Choreographic Lift Choreographic Spinning Movement <u>Choreographic Assisted Jump Movement</u> Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>	<p>Three (3) different Choreographic Elements chosen from:</p> <p>Choreographic Lift Choreographic Spinning Movement <u>Choreographic Assisted Jump Movement</u> Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>



Marking

Pattern Dance: Judges mark the quality of execution of each Section/Sequence of the Pattern Dance using the Grade of Execution scale +5 to -5. The number of Sequences and/or Sections determines the number of GOEs for the given dance. Three Program Components are assessed (Timing, Presentation, and Skating Skills).

Rhythm Dance and Free Dance: Judges mark the quality of execution of each element using the Grade of Execution scale +5 to -5. Three Program Components (Composition, Presentation, and Skating Skills) are assessed.

Evaluating the GOE of Sequential and Synchronized Twizzles, the One Foot Turns Sequence – Not Touching, PSt: Judges will evaluate these elements as a unit and must base their GOE on the quality of execution of BOTH partners.

See page 18 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU Communication [2484](#) along with the Program Component marking guides.

The Referee and Judges also apply deductions for certain violations.



Additional information pertaining to Rhythm Dance and Free Dance

Pattern of Step Sequences

The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is clearly not recognizable, there will be a required reduction by the Judges for incorrect pattern.

Illegal Elements/Movements/Poses –Technical Panel identifies and deducts accordingly.

The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in an ISU Communication):

Note: a brief movement through poses will be permitted if it is not established and sustained or if it is used only to change pose:

- sitting on the partner's head
- standing on the partner's shoulder
- lifted partner in upside down split pose (with sustained angle between the thighs more than 45 degrees)
- lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s)
- lifting partner swinging the lifted partner around without the assistance of hand(s)/arm(s) and the lifted partner holding only with feet around the lifting partner's neck
- point of contact of the lifting hand(s)/arm(s) of the lifting partner with any part of the body of the lifted partner is sustained with the fully extended arms higher than the lifting partner's head (the supporting arm must be sustained and fully extended above the head).
- Jumps (or throw jumps) of more than one (1) revolution except jump entry and/or jump exit
- Lying on the ice

Definition of Choreographic Elements

Choreographic Lift: Dance Lift of minimum 3 seconds and maximum 10 seconds, performed after all the other required Dance Lifts.

Choreographic Spinning Movement: spinning movement performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold.

The following requirements apply:

- On one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three
- On a common axis which may be moving

Choreographic Assisted Jump Movement: at least three assisted jump movements performed continuously in a row; performed anywhere in the program

The following requirements apply:

- At least three in a row (same or different) performed continuously



- Cannot rotate more than one (1) rotation in each assisted jump movement by the assisting partner
- Less than three seconds off the ice for assisted partner
- No more than three (3) steps in between each assisted jump movement
- Either partner may do the assisted jump movement

Choreographic Twizzling Movement: twizzling movement performed after the required Set of Twizzles, composed of 2 parts.

The following requirements apply:

- For both parts: on one foot or two feet or a combination of both
- For the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
- For the second part: at least one of the partners must perform at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement,
- one or both partners can be on the spot or traveling or a combination of both

Choreographic Sliding Movement: performed anywhere in the program, during which both partners perform controlled sliding movements on the ice.

The following requirements apply:

- Sliding movement by both partners at the same time on any part of the body for at least 2 seconds. The start and ending of the Choreographic Sliding Movement does not have to be performed simultaneously.
- May be in hold or not touching, or a combination of both and may also rotate.
- 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.
- Performing basic lunge movement by both partners at the same time will NOT be considered as a Choreographic Sliding Movement.

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program.
- Must be placed around the short axis (within 10 metres on either side of the short axis) and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 metres from each barrier.
- May be in hold or not touching.
- Touching the ice with any part of the body with controlled movements is allowed.
- Distance between partners is permitted as a maximum of 4 arms lengths apart (4 metres).



Links to ISU and Skate Canada documents

In instances of discrepancies, Junior and Senior events, ISU rules take precedence.

ISU Rules, Communications and Technical Resources:

- [ISU Special Regulations & Technical Rules Singles & Pair Skating and Ice Dance](#)
- [ISU Handbook for Technical Panels Ice Dance](#)
- [ISU Handbook for Referees and Judges](#)
- [ISU Handbook for Ice Dance Officials – Pattern Dances](#)
- [ISU Communication 2468](#)
 - Technical requirements for 2022-2023
- [ISU Communication 2484](#)
 - Technical rules and marking guides for 2022-2023
- [ISU Additional Q&As](#)
- [ISU Grade of Execution of Required Elements & Pattern Dance Elements](#)
- [ISU Who is Responsible](#)

Skate Canada Rules and Technical Resources:

- [Competition Program Requirements Rule – Podium Pathway](#)
 - Defines well-balanced program requirements by category.
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions.
- [Pattern Dance Competition Technical Requirements Guide](#)
 - Contains all dance patterns and information needed for pattern dance competitions.
- [Skate Canada Ice Dance Quick Reference Guide](#)
 - Contains concise summaries of technical requirements for all competitive Ice Dance categories in competition.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Singles & Pair Skating and Ice Dance for complete and authoritative rules in effect at any point in time