



2020-2021 Ice Dance Program Requirements Quick Reference Guide

Effective July 1, 2020

July 1st, 2020

PATTERN DANCE		
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. Swing Dance (2 sequences; 2 GOEs) 2. Fiesta Tango (3 sequences; 3 GOEs)	Skate Canada Series 8 or Skate Canada approved music for pattern dances
	No Key Points – Max Level 1	
Juvenile	1. European Waltz (2 sequences; 2 GOEs) 2. Fourteenstep (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. Tango (2 sequences; 2 GOEs) 2. Blues (3 sequences; 3 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	No Key Points – Max Level 1	
Novice	1. Blues (3 sequences; 3 GOEs) 2. Westminster Waltz (2 sequences; 4 GOEs) <i>2 sections per sequence, steps 1-12 & 13-22</i>	ISU (not tune 6) or choice of music selection meeting tempo requirements
	4 Key Points – Max Level 3	

RHYTHM DANCE					
CATEGORY	PATTERN DANCE ELEMENT <i>Must be performed with the first sequence executed on the same side as the officials' stand</i>	PATTERN DANCE TYPE STEP SEQUENCE*	LIFT <i>Max 7 seconds</i>	STEP SEQUENCE**	TWIZZLES
Junior (2:50 ±0:10)	2 sections – Teatime Foxtrot (TTF) <i>Section 1 (steps 1-31) followed by section 2 (steps 32-54)</i> <i>Partners must remain in hold/contact/touch at all times</i>	N/A	Maximum 1 short lift	Maximum 1 Style B MiSt or DiSt	Maximum 1 set of sequential twizzles <i>Up to 1 step between twizzles</i> <i>Partners must not be in contact between twizzles</i>
Senior (2:50 ±0:10)	1 Section – Finnstep (FS) <i>Steps 1-33</i>	Maximum 1 – Style C	Maximum 1 short lift	Maximum 1 Style B MiSt or DiSt	Maximum 1 set of sequential twizzles <i>Up to 1 step between twizzles</i> <i>Partners must not be in contact between twizzles</i>

*Specifications to Pattern Dance Type Step Sequence, Style C (Rhythm Dance):

Pattern: starting immediately following the Slide and Stop on step 33 of the Finnstep, concluding at the Short Axis (middle of the rink) on the Judges' side

Stops: after the completion of step 33, a Stop can be up to 5 seconds and is not counted as one of the permitted Stops. No additional stops are allowed during the PSt

Holds: partners must remain in contact at all times, even during changes of Holds & Twizzles

NOT PERMITTED: Stops (except at the beginning of PSt), Separations, Retrogressions and Loops, Hand in hand hold with fully extended arms

**Specifications to Step Sequence, Style B (Rhythm Dance):

PERMITTED: Separations (no more than 2 arm's length), Stops (up to 1 permitted for up to 5 seconds)

NOT PERMITTED: Retrogressions, Loops, Hand in hand hold with fully extended arms

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FREE DANCE						
CATEGORY (TIME)	LIFTS <i>Short lift – max 7 seconds Combination lift – max 12 seconds</i>	DANCE SPIN	STEP SEQUENCES		TWIZZLES	CHOREO <i>ChLi – max 10 seconds</i>
			In Hold*	One Foot Not Touching		
Pre-Juvenile (2:00 ±0:10)	Maximum 1 short lift <i>StaLi, SLi, or CuLi</i>	Maximum 1 dance spin <i>Spin or Combo</i>	Maximum 1 Style B <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between partners may touch, but not considered for level</i>	N/A
	Max Level 2	Max Level 2			Max Level 2	
Juvenile (2:00 ±0:10)	Maximum 1 short lift <i>StaLi, SLi, or CuLi</i>	Maximum 1 dance spin <i>Spin or Combo</i>	Maximum 1 Style B <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between partners may touch, but not considered for level</i>	N/A
		Max Level 2				
Pre-Novice (2:30 ±0:10)	Maximum 2 different short lifts	Maximum 1 dance spin <i>Spin or Combo</i>	Maximum 1 Style B <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between partners may touch, but not considered for level</i>	Maximum 1
Novice (3:00 ±0:10)	Maximum 2 different short lifts	Maximum 1 dance spin <i>Spin or Combo</i>	Maximum 1 Style B	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles must touch at some point between 1st and 2nd twizzles</i>	Maximum 1
Junior (3:30 ±0:10)	Maximum 2 different short lifts OR 1 combination lift	Maximum 1 dance spin <i>Spin or Combo</i>	Maximum 1 Style B <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles must touch at some point between 1st and 2nd twizzles</i>	Maximum 2
Senior (4:00 ±0:10)	Maximum 3 different short lifts OR 1 combination lift and 1 short lift <i>Short lift type must be different from combination lift type</i>	Maximum 1 dance spin <i>Spin or Combo</i>	Maximum 1 Style B <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles must touch at some point between 1st and 2nd twizzles</i>	Maximum 3

*Specifications to Step Sequence, Style B (Free Dance):

Retgression: one (1) permitted – must not exceed two measures of music

NOT PERMITTED: Stops, Loops, Hand in hand hold with fully extended arms, Separations of more than 2 arm's length and/or exceeding 5 seconds

The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.