

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>
<b>Pre-Juvenile</b>	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	
<b>Juvenile</b>	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	
<b>Pre-Novice</b>	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	
<b>Novice</b>	1. Blues (3 sequences; 3 GOEs) 2. Westminster Waltz (2 sequences; 4 GOEs) <i>2 sections per sequence, steps 1-12 &amp; 13-22</i>	ISU (not tune 6) or choice of music selection meeting tempo requirements
	4 Key Points – Max Level 3	

RHYTHM DANCE					
<i>(Per ISU Comm. 2371 at least two different Rhythms from the following examples hip hop, disco, swing, krump, popping, funk, etc., jazz, reggae (reggaeton) and blues)</i>					
CATEGORY	PATTERN DANCE ELEMENT <i>May be skated to any of the announced rhythms</i>	PATTERN DANCE TYPE STEP SEQUENCE*	LIFT <i>Max 7 seconds</i>	STEP SEQUENCE**	TWIZZLES
<b>Junior</b> (2:50 ±0:10)	2 sequences – Blues (BL) <i>The 2 sequences may either be skated one after the other or separately.</i> <i>Step #1 of each sequence must be skated on a different side of the ice surface. Sequence 1 (1BL) to be skated on the side of the Judges.</i> <i>Excluding the Key Points, variation of Hold is permitted</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>
<b>Senior</b> (2:50 ±0:10)	1 Section – Midnight Blues (MB) <i>Steps 5-14 with step 5 placed on the opposite side from the judges &amp; with the steps following the specified pattern for Midnight Blues</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): Must be skated to the same Rhythm as selected for the Pattern Dance Element. Pattern: starting immediately after step 14 of the MB, concluding at the Short Axis opposite the Judges' side Holds: partners must remain in contact at all times, even during changes of Holds & Twizzles; NOT PERMITTED: Stops, Separations, Retrogressions, Loops, Hand in hand hold with fully extended arms			**Specifications to Step Sequence, Style B (Rhythm Dance): PERMITTED: Separations (no more than 2 arms length), Stops (up to 1 permitted for up to 5 seconds), touching the ice with controlled movements is allowed. NOT PERMITTED: Retrogressions, Loops, Hand in hand hold with fully extended arms		

*Please note: Junior & Senior categories subject to change by the ISU*

## 2021-2022 Ice Dance Program Requirements Quick Reference Guide

*Effective July 1, 2021*

April 9<sup>th</sup>, 2021

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		
<b>Pre-Juvenile</b> (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	
<b>Juvenile</b> (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				
<b>Pre-Novice</b> (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
<b>Novice</b> (3:00 ±0:10)	Maximum 2 different short lifts	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 1<sup>st</sup> and 2<sup>nd</sup> twizzles must touch at some point between 1<sup>st</sup> and 2<sup>nd</sup> twizzles</i>	Maximum 1
<b>Junior</b> (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 1<sup>st</sup> and 2<sup>nd</sup> twizzles must touch at some point between 1<sup>st</sup> and 2<sup>nd</sup> twizzles</i>	Maximum 2
<b>Senior</b> (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 1<sup>st</sup> and 2<sup>nd</sup> twizzles must touch at some point between 1<sup>st</sup> and 2<sup>nd</sup> 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.

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