



2023-2024 Ice Dance Program Requirements Quick Reference Guide
Effective July 1, 2023

March 7, 2023

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. <u>Canasta Tango</u> (3 sequences; 3 GOEs) 2. <u>Swing Dance</u> (2 sequences; 2 GOEs)	Skate Canada Series 8 or Skate Canada approved music for pattern dances
	No Key Points – Max Level 1	
Juvenile	1. <u>European Waltz</u> (2 sequences; 2 GOEs) 2. <u>Foxtrot</u> (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. <u>Rocker Foxtrot</u> (4 sequences; 4 GOEs) 2. <u>Starlight Waltz</u> (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	No Key Points – Max Level 1	
Novice	1. <u>Paso Doble</u> (3 sequences; 3 GOEs) 2. <u>Starlight Waltz</u> (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	4 Key Points – Max Level 3	

<p>RHYTHM DANCE <i>will be updated with information from ISU when available</i></p>

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



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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		
Juvenile (2:00 ±0:10)	N/A Maximum 1 short lift <i>StLi, SLLi, or CuLi</i>	Maximum 1 dance spin Max Level 2	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 Chosen from: ChLi, ChSp, or ChTw
Pre-Novice (2:30 ±0:10)	Maximum 2 different short lifts	Maximum 1 dance spin	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	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 1
Junior (3:30 ±0:10)	Maximum 2 different short lifts OR 1 combination lift	Maximum 1 dance spin	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	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):
 Retrogression: 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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