

Solo Dance in Ontario

Streamlining and Growth

Skate Ontario is looking to create a more meaningful competitive experience for athletes in Solo Dance. To achieve this, we are streamlining the Solo Dance categories within the STAR pathway to better align with the structure of the Podium pathway. This will make the system easier to navigate for athletes, coaches, and parents, and give athletes a consistent experience as they move through each level.

By bringing follow and lead together, we'll be creating a bigger, more competitive event. This means athletes will get the chance to compete against more competitors, which makes for a more rewarding experience. Each dance pattern will include both follow and lead steps, and dances where the steps are already the same for both partners will remain unchanged. We are wanting this adjustment to help build momentum and community within the discipline of Solo Dance.

How We're Making This Change

Starting the 2025-2026 season, we'll be **combining the follow and lead categories into one Solo Dance category** at each level. The categories will now be:

- STAR 2–3 Solo Dance***
- STAR 4–5 Solo Dance***
- STAR 6–7 Solo Dance
- STAR 8–9 Solo Dance
- STAR 10–Gold Solo Dance

*** - Category will compete **ONLY** follow steps because lead steps are the same

To keep it simple and consistent, the patterns will start with the follow steps and then move into the lead steps. We will also provide updated step charts for coaches, athletes and officials so that everyone has the tools they need to train and prepare.

A Pathway to Provincials (STAR categories only)

We're also excited to introduce a qualifying pathway for STAR Solo Dance categories to the Skate Ontario Provincial Championships. This also gives Solo Dance athletes the chance to set goals and work toward something bigger within the season.

Open Solo Rhythm Dance

Skate Ontario will not be offered this category this upcoming season.

Adult Solo Dance

Adult Solo dance will have no changes the category to assist athletes competing at ISU events or events outside of Ontario. Dances outlined in the event packages will remain the same as they are currently listed.

Any questions regarding solo dance in Ontario please contact Chris Mabee, Director of Sport (cmabee@skateontario.org)