



2024-2025 Ice Dance Program Requirements Quick Reference Guide
Effective July 1, 2024

June 28, 2024

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>Baby Blues</u> (3 sequences; 3 GOEs) 2. <u>Fiesta Tango</u> (3 sequences; 3 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or <u>ISU (not tune 6)</u> .
	No Key Points – Max Level 1	
Juvenile	1. <u>Ten-Fox</u> (3 sequences; 3 GOEs) 2. <u>European Waltz</u> (2 sequences; 2 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or <u>ISU (not tune 6)</u> .
	No Key Points – Max Level 1	
Pre-Novice	1. <u>Tango</u> (2 sequences; 2 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>Starlight Waltz</u> (2 sequences; 4 GOEs) 2. <u>Argentine Tango</u> (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	<u>2 Key Points</u> – Max Level 3	
Solo Novice	1. <u>Westminster Waltz</u> (2 sequences – sequence 1 follow steps, sequence 2 lead steps; 2 GOEs) 2. <u>Argentine Tango</u> (2 sequences – sequence 1 follow steps, sequence 2 lead steps; 2 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	<u>2 Key Points</u> – Max Level 3	



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RHYTHM DANCE <i>(Per ISU Comm. 2630)</i>					
CATEGORY	PATTERN DANCE ELEMENT/PATTERN DANCE TYPE STEP SEQUENCE	CHOREOGRAPHIC RHYTHM SEQUENCE	LIFT <i>Max 8 seconds</i>	STEP SEQUENCE*	TWIZZLES
Junior (2:50 ±0:10)	<p>2 sequences (Steps #1-28) – Paso Doble (1PD, 2PD) <i>Skated to any dance style with the range of tempo: 112 beats per minute plus or minus 2 beats per minute.</i> <i>The 2 sequences may be skated in any order, one after the other or separately.</i> <i>Step #1 of 1PD and 2PD must be skated at the Judges left. Variations of holds, except hand in hand, are permitted.</i></p> <p>1PD: Athlete A must skate the follow steps and athlete B must skate the lead steps. 2PD: Athlete A must skate the lead steps and athlete B must skate the follow steps (switch tracking/sides on all steps).</p>	N/A	Maximum 1 short lift	Maximum 1 Not Touching Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles Partners must not be in contact between twizzles
Senior (2:50 ±0:10)	<p>Maximum 1 Pattern Dance Type Step Sequence – Style D: <i>Rhythm: skated to any dance style with a tempo of at least 110 beats per minute in 2/2, 2/4 or 4/4 time. Any exact number of musical phrases.</i> <i>Pattern: Circular</i></p> <ol style="list-style-type: none"> 1. Starting steps 8-16 on the side of the judges and crossing the short axis during any of these steps. 2. Steps 15-16, OpCSt, is considered the first difficult turn. 3. Continuing the PSt including three additional different difficult turns. 4. Concluding with Paso Doble steps 26-28 (step 28 cross roll swing only) in front of the Referee around the short axis and completing the circle shape. 5. Paso steps are performed by both partners (athlete A performing the follow steps and athlete B performing the lead steps or vice versa). 6. Steps 8-16 and 26-28 must be performed on correct edges. <p><i>Timing: No restriction to number of beats per step for required Paso steps (excluding OpCSt). Beats per step 8-16 and 26-28 must be skated in unison. All difficult turns for level must be performed with no more than 2 beats for entry edge and 2 beats for exit edge.</i> <i>Holds: must remain in contact at all times, even during changes of holds (except when performing twizzles as connecting choreography)</i> NOT PERMITTED: Stops, Separations (except during twizzles), Retrogressions, Hand in hand hold with fully extended arms, loops</p>	<p>Maximum 1 – Skated to any dance style. <i>Holds: in contact including hand in hand with fully extended arms with the exception of permitted separation.</i> <i>Pattern: performed around the short axis from barrier to barrier.</i> PERMITTED: one separation (not more than two arm lengths and no more than five seconds) and one stop at the beginning or end of the element for more than 5 seconds. NOT PERMITTED: retrogressions, loops</p>	Maximum 1 short lift	Maximum 1 Not Touching Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles Partners must not be in contact between twizzles

*Specifications to Step Sequence, Style B (Rhythm Dance): Skated to any dance style of the prescribed decades.

PERMITTED: Skated no more than two arm's length apart, Stops (up to 1 permitted for no more than 5 seconds, must not be touching), touching the ice with any part of the body is allowed for no more than 5 seconds.

NOT PERMITTED: Retrogressions, Loops



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SOLO RHYTHM DANCE					
CATEGORY	PATTERN DANCE ELEMENT/PATTERN DANCE TYPE STEP SEQUENCE	CHOREOGRAPHIC RHYTHM SEQUENCE	EDGE ELEMENT <i>Max 8 seconds</i>	STEP SEQUENCE*	TWIZZLES
Junior (2:50 ±0:10)	<p>2 sequences (Steps #1-28) – Paso Doble (1PD, 2PD) <i>Skated to any dance style with the range of tempo: 112 beats per minute plus or minus 2 beats per minute.</i> <i>The 2 sequences may be skated in any order, one after the other or separately.</i> <i>Step #1 of 1PD and 2PD must be skated at the Judges left.</i> 1PD: must be skated using the follow steps. 2PD: must be skated using the lead steps.</p>	N/A	Maximum 1 short edge element	Maximum 1 Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles
Senior (2:50 ±0:10)	<p>Maximum 1 Pattern Dance Type Step Sequence – Style D: <i>Rhythm: skated to any dance style with a tempo of at least 110 beats per minute in 2/2, 2/4 or 4/4 time. Any exact number of musical phrases.</i> <i>Pattern: Circular</i></p> <ol style="list-style-type: none"> <i>Starting lead steps 8-16 on the side of the judges and crossing the short axis during any of these steps.</i> <i>Lead steps 15-16, OpCSt, is considered the first difficult turn.</i> <i>Continuing the PSt including three additional different difficult turns.</i> <i>Concluding with Paso Doble lead steps 26-28 (step 28 cross roll swing only) in front of the Referee around the short axis and completing the circle shape.</i> <i>Steps 8-16 and 26-28 must be performed on correct edges.</i> <p><i>Timing: No restriction to number of beats per step for required Paso steps (excluding OpCSt). All difficult turns for level must be performed with no more than 2 beats for entry edge and 2 beats for exit edge.</i> NOT PERMITTED: Stops, Loops, Retrogressions</p>	<p>Maximum 1 – Skated to any dance style. <i>Pattern: performed around the short axis from barrier to barrier.</i> PERMITTED: one stop at the beginning or end of the element for more than 5 seconds. NOT PERMITTED: retrogressions, loops</p>	Maximum 1 short edge element	Maximum 1 Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles

*Specifications to Step Sequence, Style B (Rhythm Dance): Skated to any dance style of the prescribed decades.
 PERMITTED: Stops (up to 1 permitted for no more than 5 seconds, must not be touching), touching the ice with any part of the body is allowed for no more than 5 seconds.
 NOT PERMITTED: Retrogressions, Loops



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FREE DANCE						
CATEGORY (TIME)	LIFTS <i>Short lift – max 8 seconds</i> <i>Combination lift – max 13 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 dance spin Max Level 2	Maximum 1 <i>Style B</i> <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between</i> <i>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 <i>Style B</i> <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between</i> <i>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 <i>Style B</i> <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</i> <i>may be in contact between 1st and 2nd twizzles</i>	Maximum 1
Junior (3:30 ±0:10)	Maximum 2 different type short lifts OR 1 combination lift	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <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</i> <i>Partners may be in contact between the 1st and 2nd twizzles</i>	Maximum 2
Senior (4:00 ±0:10)	Maximum 3 different type 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 <i>Style B</i> <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</i> <i>Partners may be in contact between the 1st and 2nd twizzles</i>	Maximum 3

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

NOT PERMITTED: Stops, Loops, Retrogressions, 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. Must be a different shape than pattern of Choreographic Step if chosen as a Choreographic Element.



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SOLO FREE DANCE						
CATEGORY (TIME)	EDGE ELEMENT <i>Short – max 8 seconds</i> <i>Combination – max 13 seconds</i>	DANCE SPIN	STEP SEQUENCE*	ONE FOOT TURN SEQUENCE	TWIZZLES	CHOREO
Solo Novice (2:20 ±0:10) Max Level 3	1 short edge element	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of sequential twizzles. <i>Up to 1 step between twizzles</i>	Maximum 1 Chosen from: ChSp, ChTw, ChSI, ChSt
Solo Junior (3:00 ±0:10)	Maximum 2 different type short edge elements (spiral type may be repeated once with different positions in each) OR 1 combination edge element	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>SeSt, CiSt, MiSt, or DiSt</i>	Maximum 1 <i>Must include the following difficult turns: Rocker, Bracket, Counter, Twizzle</i>	Maximum 1 solo twizzle series <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	Maximum 2 Chosen from: ChSp, ChTw, ChSI, ChSt
Solo Senior (3:30 ±0:10)	Maximum 3 different type short edge elements (spiral type may be repeated once with different positions in each) OR 1 combination edge element and 1 short edge element	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>SeSt, CiSt, MiSt, or DiSt</i>	Maximum 1 <i>Must include the following difficult turns: Rocker, Bracket, Counter, Twizzle</i>	Maximum 1 solo twizzle series <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	Maximum 3 Chosen from: ChSp, ChTw, ChSI, ChSt
<p>*Specifications to Step Sequence, Style B (Free Dance): NOT PERMITTED: Stops, Loops, Retrogressions. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Must be a different shape than pattern of Choreographic Step if chosen as a Choreographic Element.</p>						

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