

**2024-2025 SKATE CANADA ICE DANCE TECHNICAL REQUIREMENTS GUIDE****TABLE OF CONTENTS**

REVISED	DESCRIPTION	PAGE
	Pattern Dances – General Information	2
	2024-2025 Pattern Dances	4
	Pattern Dances – Novice Pattern Dance Key Points	5
	Rhythm Dance – General Information	8
	Rhythm Dance – Required Elements	10
	Rhythm Dance – Pattern Dance Element Key Points	12
	Pattern Dance and Pattern Dance Element Music Information	13
	Free Dance – General Information	14
	Free Dance – Required Elements Juvenile to Novice	15
	Free Dance – Required Elements Junior/Senior	16
	Free Dance – Required Elements Solo Novice, Junior, Senior	17
	Marking	18
	Rhythm Dance and Free Dance – Additional Information	19
	Links to ISU and Skate Canada Documents	22

In domestic competition an Ice Dance team consists of two athletes. These athletes will be identified as Athlete A and Athlete B. The listing of the team's name corresponds to their role (i.e., Athlete A / Athlete B).

When referring to ISU documents Athlete A must follow the requirements listed for the woman and Athlete B must follow the requirements listed for the man.

For elements where a level is given for each partner, the identifiers "A" and "B" will be used for each athlete in the element code (e.g., DiStA2+DiStB2).



General Information for Pattern Dances

First sequence must be executed on the same side as the judges' stand	If not, referee will stop the team and instruct them to restart on the correct side.	No deduction
Introductory steps	Must not to exceed the introductory phrasing of the music.	Referee and Judges apply GOE negative features for must start on the prescribed beat
Final pose time violation	Must reach final movement/pose within 20 seconds after completion of the last step of the Pattern Dance.	Referee will deduct for up to every five seconds in excess of 20 seconds after the last prescribed step to the ending movement/pose.
Music Each team must submit their own pattern dance music at competition registration, even if using Skate Canada Series 8 or ISU Music	Pre-Juvenile/ Juvenile: Music chosen must be from Skate Canada Series 8. Skate Canada Approved Music for Pattern Dances or ISU (not tune 6). For teams selecting their own music, the Referee will time the dance for correct tempo. To ensure consistency of process, the complete dance will be timed from the start of Step 1 until the end of the last step of the dance. Refer to the chart on page 13 for the range of tempo and duration of each pattern dance.	Pre-Novice/Novice: Music must be chosen in accordance with the rhythm of the Pattern Dance and may be vocal. Tempo must remain constant throughout and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute (plus or minus 3 beats per minute for waltz rhythms). If choosing a tune from the ISU Ice Dance Music, only tunes 1 to 5 can be used.
Warm-up: 3 minutes 30 sec. without music followed by 2:30 min. with music Maximum 6 teams	Pre-Juvenile/Juvenile: 2:30 min. of music will be from Skate Canada Series 8.	Pre-Novice/Novice: 2:30 min. of music will be tune 6 of ISU Pattern Dance music.
Interruptions/Falls	Resumed at the nearest technically practical point which must be after the point of interruption. The team may not skate the steps missed by the interruption.	If less than 50% of the section/sequence is completed due to a fall or interruption the section/sequence will have no value.
Pattern	Pattern correct means: <ul style="list-style-type: none"> Tracking is correct Set Pattern: the pattern generally agrees with the PD Diagram. Optional Pattern: the pattern may deviate from the PD diagram but fully utilizes the ice surface. If more than one sequence is required, restart and repetition are correct 	GOE feature Referee + Judges apply positive or negative feature



<p>Costume and prop</p>	<ul style="list-style-type: none"> • Must be modest, dignified and not give the effect of excessive nudity. • Must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music. • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. • Accessories & props are not permitted. 	<p>Costume and Prop Referee + Judges Deduction: once per program</p>
<p>Calling Process without Key Points</p>	<p>Technical Controller (TC) identifies Sequences/Sections of the Pattern Dance as Level Base when 50% of the Sequence/Section is completed by both partners; Level 1 when 75% of the Sequence/Section is completed by both partners.</p> <p>TC also identifies and calls falls. If a TC is not available at non-qualifying events, the referee may perform this function.</p>	
<p>Calling Process with Key Points</p>	<p>Technical Panel determines the Level of every Section/Sequence. At Novice level, two Key Points are called (Y, N, T) with a maximum of Level 3 if both Key Points are achieved.</p>	
<p>Pattern Dance Diagrams</p>	<p>Skate Canada Pattern Dance Competitions Technical Requirements</p>	
<p>ISU Pattern Dance Videos</p>	<p>Skate Canada Skating Development Video Library</p>	



2024-2025 Pattern Dances

3-minute warm-up: 30 seconds without music followed by 2:30 minutes with music		
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. Baby Blues (3 sequences; 3 GOEs) 2. Fiesta Tango (3 sequences; 3 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances, or ISU (not tune 6)
	No Key Points – Max Level 1	
Juvenile	1. Ten-Fox (3 sequences; 3 GOEs) 2. European Waltz (2 sequences; 2 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances, or ISU (not tune 6)
	No Key Points – Max Level 1	
Pre-Novice	1. Tango (2 sequences; 2 GOEs) 2. Starlight Waltz (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	No Key Points – Max Level 1	
Novice	1. Starlight Waltz (2 sequences; 4 GOEs) 2. Argentine Tango (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	2 Key Points – Max Level 3	
Solo Novice	1. Westminster Waltz (2 sequences – sequence 1 follow steps, sequence 2 lead steps; 2 GOEs) 2. Argentine Tango (2 sequences – sequence 1 follow steps, sequence 2 lead steps; 2 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	2 Key Points – Max Level 3	



Key Points for Novice Pattern Dances

Athlete A performs the follow steps and Athlete B performs the lead steps.

Characteristics of Levels for Novice Pattern Dances

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners. 1 Key Point is correctly executed.	90% of Pattern Dance is completed by both partners. 2 Key Points are correctly executed.

Starlight Waltz

Each Section: Steps #1-17 25% = 4 steps SW1Sq1Se & SW2Sq1Se	Key Point 1 (Athlete B) Lead Steps 9 & 10 (LFOI, RFO-SwR)	Key Point 2 (Athlete A) Follow Steps 16 & 17 (LFO CICSt, RBO)
Key Point Features	1. Correct edges 2. Correct change of edge (#9)	1. Correct edges 2. CICSt - correct turn 3. CICSt - correct placement of the free foot
Each Section: Steps #18-32 25% = 4 steps SW1Sq2Se & SW2Sq2Se	Key Point 1 (Athlete A) Follow Steps 21 & 22 (LFI, OpCSt, RBI)	Key Point 2 (Athlete B) Lead Steps 26-28 (LFO, CR-RFO, CR-LFO3)
Key Point Features	1. Correct edges 2. Correct turn 3. Correct placement of the free foot	1. Correct edges 2. Correct turn 3. Correct cross roll*



Argentine Tango

Each Section: Steps #1-18 25% = 4 steps AT1Sq1Se & AT2Sq1Se	Key Point 1 (Athlete A) Follow Steps 7 to 10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Key Point 2 (Athlete B) Lead Steps 13 to 15 (CR-LBO, RFO3, LBO)
Key Point Features	1. Correct edges 2. Correct change of edge	1. Correct edges 2. Correct turn 3. Correct cross roll*
Each Section: Steps #19-31 25% = 3 steps AT1Sq2Se & AT2Sq2Se	Key Point 1 (Athlete B) Lead Steps 23 & 24 (LFO Sw-OpSSt, RBI (between counts 4&1), LBO)	Key Point 2 (Athlete A) Follow Steps 31 (CR-LBO-SwR/RFI (between counts 4&1))
Key Point Features	1. Correct edges 2. Correct turn (#23)	1. Correct edges 2. Correct cross roll*

Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1AT - Key Point 2)

Characteristics of Levels for Solo Novice Pattern Dances

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed	75% of Pattern Dance is completed	75% of Pattern Dance is completed. 1 Key Point is correctly executed.	90% of Pattern Dance is completed. 2 Key Points are correctly executed.



Westminster Waltz

Sequence 1: Follow Steps #1-22 25% = 6 steps WW1Sq	Key Point 1 Follow Steps 5-7 (LFI OpCSt, RBI, LBO)	Key Point 2 Follow Steps 16-19 (CR-LBO, RBI-Pr, Wide LBI, RBO)
Key Point Features	1. Correct turn 2. Correct edges	1. Correct cross roll* 2. Correct edges
Sequence 2: Lead Steps #1-22 25% = 6 steps WW2Sq	Key Point 1 Lead Steps 5-7 (LFI OpCSt, RBI, LBO)	Key Point 2 Lead Steps 16-19 (CR-RFO, LFI-Pr, Wide RFI, LFO)
Key Point Features	1. Correct turn 2. Correct edges	1. Correct cross roll* 2. Correct edges

Argentine Tango

Sequence 1: Follow Steps #1-31 25% = 8 steps AT1Sq	Key Point 1 Follow Steps 7 to 10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Key Point 2 Follow Steps 31 (CR-LBO-SwR/RFI (between counts 4&1))
Key Point Features	1. Correct edges 2. Correct change of edge	1. Correct edges 2. Correct cross roll*
Each Section: Lead Steps #1-31 25% = 8 steps AT2Sq	Key Point 1 Lead Steps 13 to 15 (CR-LBO, RFO3, LBO)	Key Point 2 Lead Steps 23 & 24 (LFO Sw-OpSSt, RBI (between counts 4&1), LBO)
Key Point Features	1. Correct edges 2. Correct turn 3. Correct cross roll*	1. Correct edges 2. Correct turn (#23)

* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.



General Information for Rhythm Dance

	Specifications/Requirements		Violations
Duration	Junior/Senior (partnered and solo)	2 minutes 50 seconds (+/- 10 seconds)	Program time: Referee deduction: once for up to every 5 sec lacking or in excess
General Requirements	<p>Rhythm Dance is a dance created by an Ice Dance competitor to dance music with designated rhythm(s) and/or theme(s) selected by the Ice Dance Technical Committee annually for the season. The dance must:</p> <ul style="list-style-type: none"> • Reflect the character of the music, the selected dance rhythm(s) and/or theme(s) • Be translated to the ice by demonstrating technical skills with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed, and unison • Be delivered with unison, in harmony, and spatial awareness (partnered ice dance) • Fit to the phrasing of the music 		
Music – General	<ul style="list-style-type: none"> • May be vocal and must be suitable for Ice Dance as a sport discipline. • Must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. • Only dance music with an audible rhythmic beat may be used. • May be without audible rhythmic beat for up to 10 seconds at the beginning of the program. • Note: To comply with the ethical values of sports, music chosen must not include aggressive and/or offending lyrics. 		<p>Music Requirements:</p> <p>Referee + Judges Deduction: once per program – incorrect rhythm, lack of audible beat.</p> <p>Referee deduction: once per program – violation of tempo specification.</p>
Theme and Music - Specific to 2024-2025 Season	<p>“Social Dances and Styles of the 1950s, 1960s, and 1970s”</p> <ul style="list-style-type: none"> • Takes inspiration from high energy and entertaining dance styles from these decades. • These dance styles originated as a couple dance and due to their contagious, upbeat rhythms, they became an invitation for others to join along in social settings and mass gatherings becoming crowd pleaser favourites. • Remixed and/or remastered music, including cover versions, is permitted • Must not be skated in the style of a Free Dance. Skaters must use dance movements and dance holds (as applicable) to interpret the feeling/essence and dance styles from these decades • This season’s dance is not based on Classical, Contemporary, Folk and Ballroom styles of dance 		
Pattern	<ul style="list-style-type: none"> • Pattern must proceed in a generally constant direction; must cross the long axis of the ice surface once at each end of the rink within no more than 30 metres (short axis) of the barrier. • The skater(s) may also cross the long axis at the entry to the Style B Step Sequence, at the entry to the ChRS (Sr), and at the entry to the Pattern Dance Elements (Jr). • Loops in any direction are permitted provided they do not cross the long axis (except during the PST). 		<p>Choreography Restrictions:</p> <p>Applied to violations outside of elements: pattern/stops/separations/touching ice with hands.</p>



<p>Stops</p>	<ul style="list-style-type: none"> • After the clock starts, the skater(s) must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During program (excluding the 10 seconds at the beginning and/or end of the program): 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. • A dance spin or choreographic spinning movement that does not travel will be considered as a stop. 	<p>Referee + Judges Deduction: once per program</p>
<p>Separations</p>	<ul style="list-style-type: none"> • Partners must not separate except to change hold or to perform required elements requiring a separation, turns as transitional elements and moves during permitted stops. • Distance allowed is maximum 2 arm’s length apart during such separations. • Change of hold and turns as transitional elements must not exceed one measure of music. • Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation. 	
<p>Touching ice with hand(s)</p>	<p>Touching the ice with the hand(s) is not permitted, except during Step Sequence Style B</p>	
<p>Costume and prop</p>	<ul style="list-style-type: none"> • Must be modest, dignified and not give the effect of excessive nudity. • Must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music. • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. • Accessories & props are not permitted; no part of the costume may be used as any support in a lift. 	<p>Costume and Prop Referee + Judges Deduction: once per program</p>
<p>Illegal Elements/Movements/Pose</p>	<p>See list on page 19</p>	<p>Technical Panel: once per violation</p>

**Rhythm Dance Required Elements (Partnered and Solo)**

Elements	
Senior Rhythm Dance Pattern Dance Type Step Sequence Style D (PSt)	<p data-bbox="478 245 1073 272">One Pattern Dance Type Step Sequence (PSt), Style D:</p> <ul data-bbox="527 277 1948 808" style="list-style-type: none"><li data-bbox="527 277 1518 305">• Rhythm: Skated to any dance style – min 110 beats per minute, in 2/2, 2/4, or 4/4 time.<li data-bbox="527 326 1094 354">• Duration: Any exact number of musical phrases.<li data-bbox="527 375 1948 711">• Pattern: Circular shape.<ul data-bbox="625 423 1948 711" style="list-style-type: none"><li data-bbox="625 423 1829 451">○ Starting with steps #8 to #16 on the side of the Judges and crossing the short axis during any of these steps.<li data-bbox="625 456 1402 483">○ Steps #15-16, OpCSt, is considered as the first different difficult turn<li data-bbox="625 488 1444 516">○ Continuing the PSt including the three additional different difficult turns<li data-bbox="625 521 1906 581">○ Concluding with the Paso Doble steps #26 to #28 (step #28 cross roll swing only) in front of the Referee around the short axis and completing the circle shape.<li data-bbox="625 586 1948 646">○ Partnered: Paso Doble steps mentioned above are performed by both partners (Athlete A performing Follow steps and Athlete B performing Lead steps OR Athlete A performing Lead Steps and Athlete B performing Follow steps.<li data-bbox="625 651 1283 678">○ Solo: steps mentioned above must be lead steps (B steps)<li data-bbox="625 683 1402 711">○ Steps #8 to #16 and #26 to #28 must be performed on correct edges<li data-bbox="527 743 1885 808">• Holds: Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography). <p data-bbox="478 824 1948 922">Technical Requirements: Must perform two different difficult turns per partner from the following: Back entry Rocker, Counter, Bracket, and Forward Outside C-Step (OpCSt from the required Paso Doble steps). Only the first two attempted different difficult turns per partner selected from those above are considered for level. Additional attempts of the same difficult turn are ignored.</p> <ul data-bbox="527 938 1948 1393" style="list-style-type: none"><li data-bbox="527 938 1948 1149">• Timing:<ul data-bbox="625 987 1948 1149" style="list-style-type: none"><li data-bbox="625 987 1766 1015">○ No restriction in the number of beats per step for the required Paso Doble steps (excluding the OpCSt)<li data-bbox="625 1036 1577 1063">○ Beats per Steps #8 to #16 and #26 to #28 must be skated in unison at the same time<li data-bbox="625 1084 1948 1149">○ All performed different difficult turns for level must be performed with no more than two beats to the entry edge and two beats to the exit edge.<li data-bbox="527 1166 1948 1393">• Not Permitted:<ul data-bbox="625 1214 1948 1393" style="list-style-type: none"><li data-bbox="625 1214 1136 1242">○ Stop(s) Separations (except during Twizzles)<li data-bbox="625 1263 1948 1312">○ Retrogressions (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)<li data-bbox="625 1328 1283 1356">○ Hand-in-hand hold with established fully extended arms.<li data-bbox="625 1377 737 1393">○ Loop(s) <p data-bbox="478 1409 1199 1437">Judges will reduce the GOE for Not Permitted elements in the PSt.</p> <p data-bbox="478 1458 1276 1485">The PSt is evaluated as one unit with a combined Level for both partners</p>



<p>Senior Rhythm Dance Choreographic Rhythm Sequence (ChRS)</p>	<p>One Choreographic Rhythm Sequence – skated to any dance style</p> <ul style="list-style-type: none"> • Hold(s): in contact, including Hand in Hand with fully extended arms with exception of permitted Separation. • Pattern: Skater(s) (both partners) perform steps around the short axis and must proceed barrier to barrier. The requirement of barrier to barrier is fulfilled when at least one skater is not more than 2 metres from each barrier. • Separation(s): 1 separation is permitted for not more than 2 arms lengths and no more than 5 seconds • Stop(s): Only 1 at the beginning or end of the element for no more than 5 seconds (this will count as 1 of the permitted stops). • Not permitted: <ul style="list-style-type: none"> ○ Retrogression(s) ○ Loop(s) • The Choreographic Rhythm Sequence is evaluated based on the criteria for a Choreographic Element and not the correct execution as a Pattern Dance Element.
<p>Junior Rhythm Dance Pattern Dance Element (PDE)</p>	<p>Two sequences of the Paso Doble: skated to any dance style with the range of tempo: 56 measures of 2 beats per minute (112 beats per minute) plus or minus 2 beats per minute.</p> <p>1PD and 2PD: Steps #1-28</p> <ul style="list-style-type: none"> • Two sequences of the Paso Doble skated in any order or one after the other or separately. Step #1 of 1RPD and 2 PD are skated at the judges left side. • Partnered: <ul style="list-style-type: none"> ○ 1PD, Athlete B must skate the Lead’s Steps and Athlete A must skate the Follow’s steps. ○ 2PD, Athlete A skates the Lead’s steps and Athlete B skates the Follow’s steps (switch tracking/sides on all steps). • Solo: <ul style="list-style-type: none"> ○ 1PD, must be skated using the Follow’s steps ○ 2PD must be skated using the Lead’s steps • The first step of the dance begins on beat 1 of a musical phrase. • Variation of hold is permitted, except Hand in Hand.
<p>Dance Lift (partnered)</p>	<p>Maximum one Short Lift – maximum 8 seconds</p>
<p>Edge Element (solo)</p>	<p>Maximum one Short Edge Element – minimum of 3 seconds and maximum of 8 seconds</p>
<p>Step Sequence</p>	<p>One Step Sequence Not Touching (Style B); chosen patterns may only be Midline or Diagonal (evaluated as one unit with a Level given for each partner and then applying GOE)</p> <p>Specifications to Style B Rhythm Dance:</p> <ul style="list-style-type: none"> • Skated to any dance style. • Skated no more than 2 arm’s length apart. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops – up to 1 permitted for up to 5 seconds (this will count as one of the permitted stops, must be performed as Not Touching) • Not Permitted: <ul style="list-style-type: none"> • Loop(s) • Retrogression(s) (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.) • Note: dance spins and pirouettes are stops.
<p>Sequential Twizzles</p>	<p>One Set of Sequential Twizzles (evaluated as one unit with a Level given for each partner and then applying GOE)</p> <ul style="list-style-type: none"> • At least 2 twizzles for each skater; must NOT be in contact between twizzles. • Up to 1 step between twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step). <p>Note: The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.</p>



Key Points and Key Point Features for Junior (partnered) Pattern Dance Elements Season 2024-2025				
Paso Doble				
Pattern Dance Element (1PD) Steps # 1-28	Key Point 1 (Athlete A) Follow Step 11 & 12 (XF-RBIO, XB-LBI)	Key Point 2 (Athlete B) Lead Steps 15 & 16 (XB-LFO OpCSt, RBO)	Key Point 3 (Athlete A) Follow Steps 18-22 (LFO, XB-RFI, LFO, RFI-Ch, LFO, RFI-Ch)	Key Point 4 (Athlete B) Lead Steps 18-22 (RBO, XF-LBI, RBO, LFO, RFI-Ch)
Pattern Dance Element (2PD) Steps # 1-28	Key Point 1 (Athlete B) Follow Steps 11 & 12 (XF-RBIO, XB-LBI)	Key Point 2 (Athlete A) Lead Steps 15 & 16 (XB-LFO OpCSt, RBO)	Key Point 3 (Athlete B) Follow Steps 18-22 (LFO, XB-RFI, LFO, RFI-Ch, LFO, RFI-Ch)	Key Point 4 (Athlete A) Lead Steps 18-22 (RBO, XF-LBI, RBO, LFO, RFI-Ch)
Key Points and Key Point Features for Solo Junior Pattern Dance Elements Season 2024-2025				
Paso Doble				
Pattern Dance Element (1PD) Follow Steps # 1-28	Key Point 1 Steps 5-7 (RBO, LBI-Ch, RBO)	Key Point 2 Steps 11 & 12 (XF-RBIO, XB-LBI)	Key Point 3 Steps 18-22 (LFO, XB-RFI, LFO, RFI-Ch, LFO, RFI-Ch)	Key Point 4 Step 28 (CR-RFO-SwR, RFI OpCSt)
Pattern Dance Element (2PD) Lead Steps # 1-28	Key Point 1 Steps 5-7 (LFO, RFI-Ch, LFO)	Key Point 2 Steps 15 & 16 (XB-LFO OpCSt, RBO)	Key Point 3 Steps 18-22 (RBO, XF-LBI, RBO, LFO, RFI-Ch)	Key Point 4 Step 28 (CR-RFO-SwR)

Key Points: Must include correct turns, edges, foot placement and timing.

Note:

- Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

- Push/Transition to the next step: A change of edge within the last 1/2 a beat of the step is permitted to prepare the push/transition to the next step



Pattern Dance and Pattern Dance Element Music Information

Dance	Beats per Minute (bpm)	Duration in seconds per Sequence	Duration in seconds from step #1 to last step	Required Sequences or Sections	Number of Steps per Sequence or Section	Number of Steps				
						10%	25%	50%	75%	90%
Baby Blues Set Pattern	86-90	21.3-22.3	63.9 - 67.0	3 sequences	14	1	4	7	11	13
Fiesta Tango Set Pattern	106-110	17.5-18.1	52.5 - 54.3	3 sequences	16	2	4	8	12	14
Ten-Fox Set Pattern	98-102	18.3 - 19.1	54.9 - 57.3	3 sequences	19	2	5	10	15	17
European Waltz Set Pattern	132-138	23.6-24.4	47.2-48.8	2 sequences	18	2	5	9	14	16
Tango Optional Pattern	106-110	28.4-29.4	56.8-58.8	2 sequences	22	2	6	11	17	20
Starlight Waltz Set Pattern	171-177	34.8-35.6	69.6-71.2	2 sequences/4 sections SW1: steps 1-17	17	2	4	9	13	15
				SW2: steps 18-32	15	2	4	8	11	14
Argentine Tango (Novice) Set Pattern	94-98	34.2 - 35.8	68.6 - 71.4	2 sequences/4 sections AT1: steps 1-18	18	2	4	9	13	16
				AT2: steps 19-31	13	1	3	7	10	12
Argentine Tango (solo Novice) Set Pattern	94-98	34.2 - 35.8	68.6 - 71.4	2 sequences	31	3	8	16	23	28
Westminster Waltz (solo Novice) Optional Pattern	159-165	28.4-29.5	56.8 - 59.0	2 Sequences	22	2	6	11	17	20
Paso Doble (Junior Rhythm) Set Pattern	110-114	16.8-17.5	n/a	1PD & 2PD Steps 1-28	28	3	7	14	21	25

For Pattern Dance Diagrams, see the [Skate Canada Pattern Dances in Competition Technical Requirements Guide](#)



General Information for Free Dance

	Specifications/Restrictions	Violations	
Duration	Juvenile	2 minutes (+/- 10 seconds)	Program time: Referee deduction: Once for up to every 5 seconds lacking or in excess.
	Pre-Novice	2 minutes 30 seconds (+/- 10 seconds)	
	Novice	3 minutes (+/- 10 seconds)	
	Solo Novice	2 minutes 20 seconds (+/- 10 seconds)	
	Junior	3 minutes 30 seconds (+/- 10 seconds)	
	Solo Junior	3 minutes (+/- 10 seconds)	
	Senior	4 minutes (+/- 10 seconds)	
	Solo Senior	3 minutes 30 seconds (+/- 10 seconds)	
Music	<ul style="list-style-type: none"> • May be vocal and must be suitable for ice dance as a sport discipline and must have the following characteristics: • Must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone. • May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program. • May be without an audible rhythmic beat for up to 10 seconds during the program. • Must have at least one change of tempo/rhythm and expression; this change may be gradual or immediate. • All music, including classical music, must be cut/edited, orchestrated, or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect 	Music Requirements: Referee + Judges Deduction: once per program	
Stops	<ul style="list-style-type: none"> • After the clock is started with the first movement, the skater(s) must not remain in one place for more than 10 seconds. • During the program, unlimited full stops of up to 5 seconds are allowed. 	Choreography restrictions: Applied to violations outside of elements: stops/separations/touching ice with hands Referee + Judges Deduction: once per program	
Separations	<ul style="list-style-type: none"> • The number of separations to execute transitional footwork or moves is unrestricted. • Distance allowed is maximum 2 arm's length apart during separations • Duration of each separation (excluding Required Elements) can be no more than 5 seconds. • Separations at the beginning and/or end of the program are permitted up to 10 seconds, no restrictions on the distance of separation. 		
Touching ice with hand(s)	<ul style="list-style-type: none"> • Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence). 		
Costume and Prop	<ul style="list-style-type: none"> • Must be modest, dignified and not give the effect of excessive nudity; must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music. • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. • Accessories & props are not permitted; no part of the costume may be used as any support in a lift. 	Costume and Prop Referee + Judges Deduction: once per program	
Program Components	Juvenile: Two Program Components will be assessed, Presentation and Skating Skills		
Illegal Elements/Movements/Pose	See list on page 19	Technical Panel: once per violation	



Free Dance Required Elements: Juvenile, Pre-Novice, Novice

	Juvenile	Pre-Novice	Novice
Dance Lifts Not more than:	N/A	Two Different Short Lifts Maximum 8 seconds each Choice of straight line, curve, stationary or rotational lift	Two Different Short Lifts maximum 8 seconds each Choice of straight line, curve, stationary, or rotational lift
Dance Spins On one foot or with change(s) of foot by one or both partners	One Dance Spin Called to maximum Level 2	One Dance Spin	
Step Sequences Other required elements may not be performed in the StSq. Judges will reduce the GOE for Not Permitted Elements in the StSq.	One Step Sequence Style B Circular, midline or diagonal Performed in hold		Two performed in any order: One Style B performed in hold; Types: straight line or curve One One-foot turns sequence: not touching; difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time.
	<p>Specifications to Style B, Free Dance 2024/24: The pattern must maintain the integrity or basic shape of the chosen pattern</p> <ul style="list-style-type: none"> • Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element • Not Permitted: <ul style="list-style-type: none"> ○ Stops ○ Loops ○ Retrogressions (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.) ○ Separations of more than 2 arm’s length and/or exceeding 5 seconds ○ Hand-in-hand hold with fully extended arms cannot be established <p>(The Step Sequence and One Foot turns Sequence are each evaluated as one unit with a Level given for each partner and then applying GOE)</p>		
Synchronized Twizzles	<p>One set of Synchronized Twizzles (evaluated as one unit with a Level given for each partner)</p> <p>Juvenile and Pre-Novice:</p> <ul style="list-style-type: none"> • At least two twizzles for each partner with up to three steps between twizzles; • Partners may touch between twizzles, but this will not be considered for the level. <p>Novice:</p> <ul style="list-style-type: none"> • At least two twizzles for each partner with a minimum of 2 and up to 4 steps between 1st and 2nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step). • Partners <u>may</u> touch at some point between the 1st and 2nd twizzles. 		
Choreographic Elements	One chosen from: Choreographic Lift, Choreographic Spinning Movement, or Choreographic Twizzling Movement	One chosen from: Choreographic Assisted Jump Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement	



Free Dance Required Elements: Junior, Senior

	Junior	Senior
Dance Lift Not more than:	Two different type Short Lifts (maximum 8 seconds each) OR One Combination Lift (maximum 13 seconds)	Three different type Short Lifts (maximum 8 seconds each) OR One Short Lift (maximum 8 seconds) and one Combination Lift (maximum 13 seconds) (Short Lift must be a different type than in the Combination Lift)
	The lifted partner's difficult pose or change of pose (option a and b) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated Difficult Pose or change of pose (option a or b) performed in the same type lift will be considered as a simple pose/change of pose for the FD.	
Dance Spins	One Dance Spin (DSp) - A spin skated by the team together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners	
Step Sequences Types: Straight Line or Curve	Two <ul style="list-style-type: none"> • One Step Sequence, in Hold, Style B: <ul style="list-style-type: none"> • The pattern must maintain the integrity or basic shape of the chosen pattern • Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element • Specifications to Style B, Free Dance 2024/24: <ul style="list-style-type: none"> ○ Not Permitted: <ul style="list-style-type: none"> ○ Stops ○ Loops ○ Retrogression (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.) ○ Separations of more than 2 arm's length and/or exceeding 5 seconds ○ Hand-in-hand hold with fully extended arms cannot be established • One One-Foot Turns Sequence FD option, Not Touching (evaluated as one unit with a Level given for each partner): Difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time. (The Step Sequence and One Foot turn Sequence are each evaluated as one unit with a Level given for each partner and then applying GOE)	
One Foot Turn Sequence (OFT)		
Synchronized Twizzles	One set of Synchronized Twizzles (evaluated as one unit with a Level given for each partner)	
	<ul style="list-style-type: none"> • At least two twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1st and 2nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step. • Partners may be in contact at some point between the 1st and 2nd Twizzles. • Note: The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD 	
Choreographic Elements	Two different Choreographic Elements chosen from:	Three different Choreographic Elements chosen from:
	Choreographic Assisted Jump Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement	



Free Dance Required Elements: Solo Novice, Junior, Senior

	Solo Novice (Max Level 3)	Solo Junior	Solo Senior
Edge Element (minimum 3 seconds) Not more than:	One Short Edge Element (Maximum 8 seconds)	Two different type Short Edge Elements (maximum 8 seconds each) (Spiral type may be repeated once with different positions in each) OR One Combination Edge Element (maximum 13 seconds)	Three different type Short Edge Elements (maximum 8 seconds each) (Spiral type may be repeated once with different positions in each) OR One Short Edge Element (maximum 8 seconds) and one Combination Edge Element (maximum 13 seconds) (Short Edge Element must be a different type than in the Combination Edge Element)
Dance Spins	One Dance Spin (DSp) – minimum 3 revolutions one foot, with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.		
Step Sequence	One Step Sequence Style B – midline, diagonal, or circular	One Step Sequence Style B – serpentine, circular, midline, or diagonal	
	Specifications to Style B, Free Dance 2024/24:		
	<ul style="list-style-type: none"> • The pattern must maintain the integrity or basic shape of the chosen pattern • Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element • Not Permitted: <ul style="list-style-type: none"> ○ Stops ○ Loops ○ Retrogression (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.) 		
One Foot Turn Sequence (OFT)	n/a	One One-Foot Turn Sequence: to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle.	
Twizzles	One set of Sequential Twizzles: two twizzles skated one after the other with up to one step in between twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step)	One Solo Twizzle Series: At least two twizzles, with a minimum of 2 steps and up to 4 steps between 1 st and 2 nd twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step). Note: The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD	
Choreographic Elements	One Choreographic Element chosen from:	Two different Choreographic Elements chosen from:	Three different Choreographic Elements chosen from:
	Choreographic Character Step Sequence (started with a stop or skidding movement), Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement (can only be performed after required twizzles)		



Marking

Pattern Dance: Judges mark the quality of execution of each Section/Sequence of the Pattern Dance using the Grade of Execution scale +5 to -5. The number of Sequences and/or Sections determines the number of GOEs for the given dance. Three Program Components are assessed (Timing, Presentation, and Skating Skills). The Program Component marking guide for Pattern Dances can be found in ISU Communication [2625](#)

Rhythm Dance and Free Dance: Judges mark the quality of execution of each element using the Grade of Execution scale +5 to -5. Three Program Components (Composition, Presentation, and Skating Skills) are assessed.

Evaluating the GOE of Sequential and Synchronized Twizzles, the One Foot Turns Sequence – Not Touching, PSt: Judges will evaluate these elements as a unit and must base their GOE on the quality of execution of BOTH partners.

See page 22 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU Communication [2630](#) along with the Program Component marking guides.

The Referee and Judges also apply deductions for certain violations.



Additional information pertaining to Rhythm Dance and Free Dance

Pattern of Step Sequences

The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is clearly not recognizable, there will be a required reduction by the Judges for incorrect pattern.

Illegal Elements/Movements/Poses –Technical Panel identifies and deducts accordingly.

The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in an ISU Communication):

Note: a brief movement through poses will be permitted if it is not established and sustained or if it is used only to change pose:

- sitting on the partner's head
- standing on the partner's shoulder
- ~~lifted partner in upside down split pose (with sustained angle between the thighs more than 45 degrees)~~
- lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s)
- lifting partner swinging the lifted partner around without the assistance of hand(s)/arm(s) and the lifted partner holding only with feet around the lifting partner's neck
- point of contact of the lifting hand(s)/arm(s) of the lifting partner with any part of the body of the lifted partner is sustained with the fully extended arms higher than the lifting partner's head (the supporting arm must be sustained and fully extended above the head).
- Jumps of more than one revolution except jump entry and/or jump exit
- Lying on the ice



Definition of Free Dance Choreographic Elements

Choreographic Assisted Jump Movement: at least three assisted jump movements performed continuously in a row; performed anywhere in the program

The following requirements apply:

- At least three in a row (same or different) performed continuously
- Cannot rotate more than one rotation in each assisted jump movement by the assisting partner
- Less than three seconds off the ice for assisted partner
- No more than three steps in between each assisted jump movement
- Either partner may do the assisted jump movement

Choreographic Character Step Sequence: performed anywhere in the program. The ChSt pattern must be different from the chosen pattern for the Style B step sequence. Both partners perform steps around the chosen axis and must proceed from barrier to barrier.

The following requirements apply:

- Any pattern from the following:
 - Diagonal, performed from corner to opposite corner
 - Long Axis, performed from barrier to opposite barrier, primarily along the Long Axis
 - Short Axis, performed from barrier to opposite carrier, primarily along the Short Axis
 - Circular, starting from the long barrier at the Short Axis, crossing the long axis on each side of the short axis and completing the circle at the starting barrier
- The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than two metres from each barrier.
- May be in hold or not touching.
- Touching the ice with any part of the body with controlled movements is allowed.
- Touching the barrier at the start or finish of the Choreographic Character Step Sequence is permitted
- Distance between partners is permitted as a maximum of two arm's length apart.
- Retrogression: not permitted (Performing movements/steps around each partner during a Stop is NOT considered a Retrogression)

Choreographic Hydroblading Movement: performed anywhere in the program, during which both partners perform hydroblading movements

The following requirements apply:

- A low movement with the upper body almost parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it may be considered a Chorographic Sliding Movement



- Hydroblading movement by both partners at the same time for at least two seconds. The start and end of the Choreographic Hydroblading Movement does not have to be performed simultaneously.
- May be in hold or not touching

Choreographic Lift: Dance Lift of minimum three seconds and maximum 10 seconds, performed after all the other required Dance Lifts.

Choreographic Sliding Movement: performed anywhere in the program, during which both partners perform controlled sliding movements on the ice.

The following requirements apply:

- Sliding movement by both partners at the same time on any part of the body for at least two seconds. The start and ending of the Choreographic Sliding Movement does not have to be performed simultaneously.
- May be in hold or not touching, or a combination of both and may also rotate.
- Controlled sliding on two knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element
- Sliding Movement which finishes as a stop on two knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- Performing basic lunge movement by both partners at the same time will NOT be considered as a Choreographic Sliding Movement.

Choreographic Spinning Movement: spinning movement performed anywhere in the program, during which both partners perform at least three continuous rotations in any hold.

The following requirements apply:

- On one foot or two feet or one partner being elevated for less than three rotations, or a combination of the three
- On a common axis which may be moving

Choreographic Twizzling Movement: twizzling movement performed after the required Set of Twizzles, composed of two parts.

The following requirements apply:

- For both parts: on one foot or two feet or a combination of both
- Distance between partners is permitted as a maximum of two arms lengths apart
- For the first part: at least two continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
- For the second part: at least one of the partners must perform at least two continuous rotations with up to three steps between the first and second twizzling movement, one or both partners can be on the spot or traveling or a combination of both



Links to ISU and Skate Canada documents

In instances of discrepancies, Junior and Senior events, ISU rules take precedence.

ISU Rules, Communications and Technical Resources:

- [ISU Special Regulations & Technical Rules Singles & Pair Skating and Ice Dance](#)
- [ISU Handbook for Technical Panels Ice Dance](#)
- [ISU Handbook for Referees and Judges](#)
- [ISU Handbook for Ice Dance Officials – Pattern Dances](#)
- [ISU Communication 2646](#): Technical requirements for 2024-2025
- [ISU Communication 2630](#): Technical rules and marking guides for 2024-2025
- [ISU Communication 2625](#): Novice Rules – Pattern Dance Program Component Guide
- [ISU Additional Q&As](#)
- [ISU Grade of Execution of Required Elements & Pattern Dance Elements](#)
- [ISU Who is Responsible](#)
- [Solo Dance Information](#)

Skate Canada Rules and Technical Resources:

- [Competition Program Requirements Rule – Podium Pathway](#)
 - Defines well-balanced program requirements by category.
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions.
- [Pattern Dance Competition Technical Requirements Guide](#)
 - Contains all dance patterns and information needed for pattern dance competitions.
- [Skate Canada Ice Dance Quick Reference Guide](#)
 - Contains concise summaries of technical requirements for all competitive Ice Dance categories in competition.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Singles & Pair Skating and Ice Dance for complete and authoritative rules in effect at any point in time.