



2009-2010 BC/YT Section Competitive Technical Package

The following information pertains to all competitive events held at competitions in the BC/YT Section for the 2009 -2010 skating season. All competition announcements will reference this Technical Package. Any changes to the requirements for Junior and Senior competitions listed in ISU Communications shall be adopted by Skate Canada.

If there are any questions or clarifications needed, please contact Janice Hunter, the BC/YT Section Technical Advisor, at janicehunter@telus.net

Note that in BC/YT Section Invitational and Interclub Competitions, Short Program elements for Pre-Novice Men, Junior Women, Junior Men, Junior Pair and Senior Pair change to the next season's groups as of January 1, 2010.

SINGLES

IMPORTANT: For all categories of Singles Free Skating, all spins must be of a different character (must have different abbreviations). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

PRE-JUVENILE WOMEN & MEN

Must have passed the complete Junior Bronze Free Skating Test or higher. Competitors shall be under the age of 11 for Women and under the age of 12 for Men, as of July 1st, 2009.

1 free program to music of 2.5 minutes (+/- 10 seconds)

A well balanced Pre-Juvenile free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin
 - One may be a spin of any nature
- Maximum of 1 step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1

JUVENILE WOMEN & MEN

Must have passed the Juvenile Competitive Singles Test or higher. Competitors shall be under the age of 12 for Women and under the age of 13 for Men, as of July 1st, 2009

1 free program to music of 2.5 minutes (+/- 10 seconds)

A well balanced Juvenile free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One may be a spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence. All step and spiral sequences shall be called no higher than Level 1

PRE-NOVICE WOMEN

Must have passed the Pre-Novice Competitive Singles Test or higher.

There is no age requirement

1 short program to music maximum 2:30 minutes containing the following required elements:

- a) Axel or double Axel
- b) One double or triple jump* (may not repeat double Axel)
- c) One jump combination consisting of two double jumps or one double and one triple jump* (may repeat double Axel)
- d) Layback or sideways leaning spin
- e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- f) Spiral sequence
- g) Step sequence

*The jump combination may be composed of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple jump **may not** be executed as the solo jump. If a triple jump is executed as the solo jump, a second triple jump **may not** be executed in the jump combination. Jumps in the combination must be different than the solo jump; however, the double Axel may be repeated in the jump combination.

1 free program to music of 3.0 minutes (+/- 10 seconds)

A well balanced Pre-Novice Women's free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence.

PRE-NOVICE MEN

Must have passed the Pre-Novice Competitive Singles Test or higher.

There is no age requirement

1 short program to music maximum 2:30 minutes containing the following required elements:

- a) Axel or double Axel
- b) One double or triple jump* (may not repeat double Axel)
- c) One jump combination consisting of two double jumps or one double and one triple jump* (may repeat double Axel)
- d) Camel spin with only one change of foot **
- e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- f) Two different step sequences of a different nature (straight line, circular or serpentine)

*The jump combination may consist of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple jump **may not** be executed as the solo jump. If a triple jump is executed as the solo jump, a second triple jump **may not** be executed in the jump combination. Jumps in the combination must be different than the solo jump; however, the double Axel may be repeated in the jump combination.

**** Beginning January 1, 2010, element (d) changes to sit spin with only one change of foot**

1 free program to music of 3.0 minutes (+/- 10 seconds)

A well balanced Pre-Novice Men's free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence

NOVICE WOMEN

Must have passed the Novice Competitive Singles Test or higher.

There is no age requirement

1 short program to music maximum 2:30 minutes containing the following required elements:

- g) Axel or double Axel
- h) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double Axel)
- i) One jump combination consisting of two double jumps or one double and one triple jump* (may not repeat double Axel)
- j) Layback or sideways leaning spin
- k) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- l) Spiral sequence
- m) Step sequence

*The jump combination may consist of the same, or two different double jumps, or one double and one triple jump. The double Axel may not be repeated in the solo jump or jump combination. The jumps in the combination must be different from the solo jump

1 free program to music of 3.0 minutes (+/- 10 seconds)

A well balanced Novice Women's free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence.

NOVICE MEN

Must have passed the Novice Competitive Singles Test or higher.

There is no age requirement

1 short program to music maximum 2:30 minutes containing the following required elements:

- a) Axel or double Axel
- b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double Axel)
- c) One jump combination consisting of two double jumps or one double and one triple jump* (may not repeat double Axel)
- d) Camel or sit spin. Change of foot is optional. No flying entrance.
- e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof)
- f) Two different step sequences of a different nature (straight line, circular or serpentine)

*The jump combination may consist of the same, or two different double jumps, or one double and one triple jump. The double Axel may not be repeated in the solo jump or jump combination. The jumps in the combination must be different from the solo jump

1 free program to music of 3.5 minutes (+/- 10 seconds)

A well balanced Novice Men's free skating program must meet the following requirements:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. Jump combinations may contain no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of 3 spins.
 - One must be a combination spin with at least one change of foot

- One must be a flying spin in one position with no change of foot
- One spin of any nature
- Maximum of 1 step sequence

JUNIOR WOMEN

**Must have passed the Junior Competitive Singles Test or higher.
Must be under the age of 19 as of July 1, 2009.**

1 short program to music maximum 2:50 minutes containing the following required elements from Group B:

- a) Double Axel Paulsen
- b) One double or triple flip jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps
- d) Flying sit spin
- e) Layback or sideways leaning spin
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
- g) Spiral sequence
- h) Step sequence (straight line, circular or serpentine)

Note that beginning January 1, 2010, in BC/YT competitions, the short program elements will be those in Group C (3). Solo jump is double or triple loop. Flying spin is flying camel.

1 free program to music of 3.5 minutes (+/- 10 seconds)

A well balanced Junior Women's free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. One jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Double Axel cannot be included more than 3 times in total (as a solo jump or part of combination/sequence)
- Maximum of 3 spins.
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 1 step sequence

JUNIOR MEN

**Must have passed the Junior Competitive Singles Test or higher.
Must be under the age of 19 as of July 1, 2009.**

1 short program to music maximum 2:50 minutes containing the following required elements from Group B:

- a) Double or triple Axel Paulsen
- b) One double or triple flip jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump or two triple jumps
- d) Flying sit spin
- e) Camel spin with only one change of foot
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
- g) Two different step sequences of a different nature (straight line, circular or serpentine)

Note that beginning January 1, 2010, in BC/YT competitions, the short program elements will be those in Group C (3). Solo jump is double or triple loop. Spins are camel and sit spin with only one change of foot.

1 free program to music of 4.0 minutes (+/- 10 seconds)

A well balanced Junior Men's free skating program must meet the following requirements:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. One jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Double Axel cannot be included more than 3 times in total (as a solo jump or part of combination/sequence)
- Maximum of 3 spins.
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 1 step sequence

SENIOR WOMEN

**Must have passed the Senior Competitive Singles Test.
There is no age requirement**

1 short program to music maximum 2:50 minutes containing the following required elements:

- a) Double Axel Paulsen
- b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump or two triple jumps
- d) Flying spin
- e) Layback or sideways leaning spin
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
- g) Spiral sequence
- h) Step sequence (straight line, circular or serpentine)

1 free program to music of 4.0 minutes (+/- 10 seconds)

A well balanced Senior Women's free skating program must meet the following requirements:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. One jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Double Axel cannot be included more than 3 times in total (as a solo jump or part of combination/sequence)
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 1 step sequence
- Maximum of 1 spiral sequence

SENIOR MEN

Must have passed the Senior Competitive Singles Test.

There is no age requirement

1 short program to music maximum 2:50 minutes containing the following required elements:

- a) Double or triple Axel Paulsen
- b) One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump
- d) Flying spin
- e) Camel spin or sit spin with only one change of foot.
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
- g) Two step sequences of a different nature (straight line, circular or serpentine))

1 free program to music of 4.5 minutes (+/- 10 seconds)

A well balanced Senior Men's free skating program must meet the following requirements:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. One jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Double Axel cannot be included more than 3 times in total (as a solo jump or part of combination/sequence)
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of 2 step sequences of a different nature

PAIR

JUVENILE PAIR

Must have passed the Juvenile Competitive Pair Test or higher. There is no age requirement.

1 free program to music of 2.5 minutes (+/- 10 seconds)

All lifts, twists, solo spins, pair spins, spiral figures or death spirals & step sequences shall be called no higher than Level 1 regardless of content.

A well balanced Juvenile Pair free skating program must meet the following requirements:

- a) Maximum of 2 different lifts, at least one of which must be from group 1. **Lifts must not include a change of position.**
- b) Maximum of 1 twist lift
- c) Maximum of 1 throw jump
- d) Maximum of 1 solo jump
- e) Maximum of 1 solo jump combination or sequence
- f) Maximum of 1 pair spin (may be in combination)
- g) Maximum of 1 solo spin (may be in combination)
- h) Maximum of 1 spiral figure or death spiral
- i) Maximum of 1 step sequence (straight line, circular or serpentine)

PRE-NOVICE PAIR

**Must have passed the Pre-Novice Competitive Pair Test or higher.
There is no age requirement**

1 short program to music maximum 2:40 minutes containing the following required elements:

- a) One lift from group 1, 2, 3, or 4
- b) One twist lift (single or double)
- c) One solo jump (Axel or any double jump)
- d) Solo spin in one position, no change of foot (minimum 4 rotations)
- e) Pair spin (minimum 4 rotations) - any but not a combination
- f) One spiral figure (see definition of spiral figure, regulation D-2.4)
- g) Spiral step sequence
- h) Step sequence (straight line, circular or serpentine)

1 free program to music of 3.0 minutes (+/- 10 seconds)

A well balanced Pre-Novice Pair free skating program must meet the following requirements:

- a) Maximum of 2 different lifts, one of which must be from group 1, 2, 3 or 4
- b) Maximum of 1 twist lift
- c) Maximum of 2 different throw jumps
- d) Maximum of 1 solo jump
- e) Maximum of 1 solo jump combination or sequence
- f) Maximum of 1 pair spin (may be in combination)
- g) Maximum of 1 solo spin (may be in combination)
- h) Maximum of 1 spiral figure or death spiral
- i) Maximum of 1 step sequence (straight line, circular or serpentine)

NOVICE PAIR

**Must have passed the Novice Competitive Pair Test or higher.
There is no age requirement**

1 short program to music maximum 2:40 minutes containing the following required elements from Group A (1):

- a) One hand to hand loop lift take-off (Group 4)
- b) One twist lift (double)
- c) Any double or triple jump
- d) Solo spin combination with only one change of foot and at least one change of position
- e) Pair spin combination with only one change of foot and at least one change of position
- f) Death spiral backward outside
- g) Throw double salchow
- h) Step sequence (straight line, circular or serpentine)

Note that beginning January 1, 2010, in BC/YT competitions, the short program elements will be those in Group B (2). The lift will be toe lasso lift take-off (group 5); death spiral backward inside, throw double toe loop, spiral sequence.

1 free program to music of 3.5 minutes (+/- 10 seconds)

A well balanced Novice Pair free skating program must meet the following requirements:

- a) Maximum of 2 different lifts, one of which must be from group 3 or 4
- b) Maximum of 1 twist lift
- c) Maximum of 2 different throw jumps
- d) Maximum of 1 solo jump
- e) Maximum of 1 jump combination or sequence
- f) Maximum of 1 solo spin or solo spin combination
- g) Maximum of 1 pair spin or pair spin combination
- h) Maximum of 1 death spiral without restriction as to type
- i) Maximum of 1 spiral sequence – **2009-2010 Season only**
- j) Maximum of 1 step sequence – **2010-2011 Season only (in BC/YT competitions, beginning January 1, 2010)**

JUNIOR PAIR

**Must have passed the Junior Competitive Pair Test or higher.
There is no age requirement**

1 short program to music maximum 2:50 minutes containing the following required elements from Group A (1):

- a) One hand to hand loop lift take-off (Group 4)
- b) One twist lift (double)
- c) Double Flip or double Axel
- d) Solo spin combination with only one change of foot and at least one change of position
- e) Pair spin combination with only one change of foot and at least one change of position
- f) Death spiral backward outside
- g) Throw double or triple salchow
- h) Step sequence (straight line, circular or serpentine)

Note that beginning January 1, 2010, in BC/YT competitions, the short program elements will be those in Group B (2). The lift will be toe lasso lift take-off (group 5); double loop or double axel, death spiral backward inside, throw double or triple toe loop, spiral sequence.

1 free program to music of 4.0 minutes (+/- 10 seconds)

A well balanced Junior Pair free skating program must meet the following requirements:

- a) Maximum of 2 lifts, one of which must be from group 3 or 4 with full extension of the lifting arm/s
- b) Maximum of 1 twist lift
- c) Maximum of 2 different throw jumps
- d) Maximum of 1 solo jump
- e) Maximum of 1 jump combination or sequence
- f) Maximum of 1 solo spin or solo spin combination
- g) Maximum of 1 pair spin or pair spin combination
- h) Maximum of 1 death spiral
- i) Maximum of 1 spiral sequence – **2009-2010 Season only***
- j) Maximum of 1 step sequence – **2010-2011 Season only* (in BC/YT competitions, beginning January 1, 2010)**

SENIOR PAIR

**Must have passed the Senior Competitive Pair Test.
There is no age requirement**

1 short program to music maximum 2:50 minutes containing the following required elements from Group A (1):

- a) Any hand to hand lift take-off (Group 4)
- b) One twist lift (double or triple)
- c) One throw jump (double or triple)
- d) One solo jump (double or triple)
- e) Solo spin combination with only one change of foot and at least one change of position
- f) Pair spin combination with only one change of foot and at least one change of position
- g) Death spiral backward outside
- h) Step sequence (straight line, circular or serpentine)

Note that beginning January 1, 2010, in BC/YT competitions, the short program elements will be those in Group B (2). The lift will be any lasso lift take-off (group 5); death spiral backward inside; spiral sequence

1 free program to music of 4.5 minutes (+/- 10 seconds)

A well balanced Senior Pair free skating program must meet the following requirements:

- a) Maximum of 3 lifts, one of which must be from group 3 or 4 with full extension of the lifting arm/s
- b) Maximum of 2 twist lifts - there can be not more than 4 lifts and twist lifts in total and if there are 2 twist lifts, these must be with different take-offs
- c) Maximum of 2 different throw jumps
- d) Maximum of 1 solo jump
- e) Maximum of 1 jump combination or sequence
- f) Maximum of 1 solo spin combination
- g) Maximum of 1 pair spin combination
- h) Maximum of 1 death spiral
- i) Maximum of 1 spiral sequence - 2009-2010 Season only*
- j) Maximum of 1 step sequence - 2010-2011 Season only* (in BC/YT competitions, beginning January 1, 2010)

***Spiral sequences and step sequences will alternate annually. In years where a spiral sequence is required in the short program, a step sequence will be required in the free program and vice versa.**

DANCE

Please Note: The term “different dance lift” means that they must be of a different nature
- i.e., in Pre-Novice there can only be one rotational lift.

NOTICE: The compulsory dance draw for Canadian Qualifying events shall be conducted by the Skating Programs committee and announced on the Skate Canada Members Only Web Site no later than September 1st, 2008

Beginning with BC SummerSkate, in BC/YT Section competitions prior to Sectionals, couples will skate the dance(s) drawn for Sectionals or Challenge in the appropriate category. Between November and February, couples will skate the dances drawn for Nationals and Junior Nationals. For competitions in the remainder of the year, the dances will be drawn after closing date of entries and couples will then be advised of the drawn dances.

JUVENILE DANCE

Must have passed the complete Junior Bronze Dance Test or higher. There is no age requirement.

Compulsory Dances: Two of the four dances listed below shall be drawn. Dances shall be skated in the order listed:

Fiesta Tango, Ten-Fox, Fourteenstep, European

Free Dance: 1 free dance to music of 2.0 minutes (+/- 10 seconds)

A well balanced Juvenile Free Dance must meet the following requirements:

- a) Maximum of 1 dance lift chosen from Stationary, Curve or Straight Line
- b) Maximum of 1 dance spin (simple Spin type, not Combination type)
- c) Maximum of 1 series of synchronized twizzles
- d) Maximum of 1 footwork sequence (any shape, no required positions, may not be Midline Not Touching)

Note that spins will be called up to a maximum of Level 2

PRE-NOVICE: DANCE

Must have passed the Pre-Novice Competitive Dance Test and the complete Senior Bronze Dance Test or higher.

There is no age requirement.

Compulsory Dances: Two of the four dances listed below shall be drawn. Dances shall be skated in the order listed:

European Waltz, Keats Foxtrot, Harris Tango, Rocker Foxtrot

Free Dance: 1 free dance to music of 2.5 minutes (+/- 10 seconds)

A well balanced Pre-Novice Free Dance must meet the following requirements:

- a) Maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type)
- b) Maximum of 1 dance spin (simple Spin type, not Combination type)
- c) Maximum of 1 series of synchronized twizzles
- d) Maximum of 1 footwork sequence (any shape, no required positions, may not be Midline Not Touching)

NOVICE DANCE

**Must have passed the Novice Competitive Dance Test or higher.
There is no age requirement**

Compulsory Dances: Two of the four dances listed below shall be drawn. Dances shall be skated in the order listed:

2009-2010: Starlight Waltz, Kilian, Argentine Tango, Silver Samba

2010-2011: Paso Doble, Blues, Westminster Waltz, Quickstep

Free Dance: 1 free dance to music of 3.0 minutes (+/- 10 seconds)

A well balanced Novice Free Dance must meet the following requirements:

- a) Maximum of 2 different dance lifts, one of which may be a 12 second lift
- b) Maximum of 1 dance spin (simple Spin type, or Combination type)
- c) Maximum of 1 series of synchronized twizzles
- d) Maximum of 2 different step sequences: one Straight (Midline in hold, Midline Not Touching without sequential twizzles, or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular). No required positions.

JUNIOR DANCE

**Must have passed the Junior Competitive Dance Test or higher.
Must meet ISU Junior age criteria - Ladies must be under the age of 19, Men under the age of 21, as of July 1, 2008.**

Compulsory Dances: One dance will be drawn from the Westminster Waltz or Argentine Tango

Original Dance:

Duration 2.5 minutes (+/- 10 seconds)

Rhythm: Folk/Country

Any type of folk/country dance music or typical dance of the country can be used. For the chosen type, there are no restrictions on the number of musical selections. Although the dance may consist of different musical selections - fast and/or slow- there must be a consistent theme based on a specific country or region. For more detailed information on the Original Dance please refer to ISU Communication 1567 posted on the Technical Page www.skatinginbc.com

Vocal music is permitted.

Variations of tempo within one selection of music are permitted. Each selection of music may have a different tempo.

Costumes: ISU Rule 612 applies with the following exceptions:

If appropriate for the chosen music, the lady and the man are permitted to wear trousers and sleeves of any length.

Small props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon). Such props may not be thrown and/or passed from one skater to the other in any part of the program. According to the Rule 612 paragraph 1c): "The decorations on costumes must be non-detachable." If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc (which are also a part of a costume), falls on the ice during the performance, the costume deduction of 1.0 is required by the Referee.

The following types of props are not a part of the costume and are not permitted: cane (walking stick), umbrella, bouquet etc. If used, the above mentioned deduction will be applied by the Referee.

Required Elements:

- a) One short lift, but no more than two lifts (up to 6 seconds each)
Note: the first performed Lift only will be identified and considered in determining the level of difficulty. The second Lift will be considered by the judges in marking the Choreography.
- b) 2 step sequences
 - i) One Midline Not Touching step sequence not incorporating the sequential twizzles
 - ii) One Diagonal or Circular step sequence in hold
- c) One set of sequential twizzles

NOTE: The DANCE SPIN is not included in the list of Required Elements for the Original Dance season 2009/2010. Nevertheless, a Spinning movement skated by the couple together in any hold around common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the judges will not consider these movements as the permitted stops.

Further guidelines for the Original Dance can be found in ISU Communication 1567 available on the Skating in BC website www.skatinginbc.com and on the ISU website www.isu.org

Free Dance:

1 free dance to music of 3.5 minutes (+/- 10 seconds).

MUSIC

Acceptable music for Free Dance must be appropriate for dance. If classical music is used, it must be orchestrated so that there is a good balance between rhythmic beat and melody.

Rule 610, paragraph c) states that "a program that displays a change of tempo and a well balanced use of melody, rhythmic beat and musical accents... is considered to be of a higher quality". If any of the above mentioned aspects are not followed the judges will reduce the marks for the Components for Choreography and Interpretation/Timing.

The concept of "Ice Dance as a competitive sport" dictates that programs should be well suited to the level of skaters. Programs which are overly-dramatic and depressing or very difficult to understand must not be used by skaters who cannot interpret this kind of music properly.

Costumes: Rule 612 applies. According to the Rule 612 paragraph 1c): "The decorations on costumes must be non-detachable." If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc. (which are also part of a costume), falls on the ice during skating, the costume deduction 1.0 is required by the Referee.

A well balanced Junior free dance must meet the following requirements:

- a) 2 different dance lifts (1 of which may be chosen from the Long Lifts which must not exceed 12 seconds. **Note: One(1)** additional Lift (up to 6 seconds) without any requirements for the Level is permitted (provided that it is not illegal), but only the first **two** performed Lifts will be identified and considered in determining the level of difficulty. This additional Lift will be considered by the judges in marking the Choreography. However, if a **fourth** Lift is performed, it will be considered by the Technical Panel as an Extra Element.
- b) 1 Dance spin chosen from Spin or Combination Spin
****Note:** one additional dance spin (Spin or Combo Spin) is permitted but only the first performed Dance Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component of the Choreography. But the third Dance Spin performed will be considered by the Technical Panel as an Extra Element. **Combined Dance Spin and Lift:** Combined Dance Spin and Lift are permitted but are to be counted as separate elements: i.e. as one of the permitted Lifts and one Dance Spin.
- c) 2 different step sequences in hold (one step sequence selected from Group A - straight line - and one selected from Group B - curved)
- d) 1 set of synchronized twizzles

Please refer to ISU Communication 1567 for detailed information on the Free Dance

SENIOR DANCE

**Must have passed the Senior Competitive Dance Test.
There is no age requirement.**

Compulsory Dances: One dance will be drawn from the Golden Waltz or the Tango Romantica.

Original Dance: description and requirements are the same as Junior Original Dance

Free Dance:

1 free dance to music of 4.0 minutes (+/- 10 seconds)

MUSIC

Acceptable music for Free Dance must be appropriate for dance. If classical music is used, it must be orchestrated so that there is a good balance between rhythmic beat and melody.

Rule 610, paragraph c) states that "a program that displays a change of tempo and a well balanced use of melody, rhythmic beat and musical accents... is considered to be of a higher quality". If any of the above mentioned aspects are not followed the judges will reduce the marks for the Components for Choreography and Interpretation/Timing.

The concept of "Ice Dance as a competitive sport" dictates that programs should be well suited to the level of skaters. Programs which are overly-dramatic and depressing or very difficult to understand must not be used by skaters who cannot interpret this kind of music properly.

Costumes: Rule 612 applies. According to the Rule 612 paragraph 1c): "The decorations on costumes must be non-detachable." If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc. (which are also part of a costume), falls on the ice during skating, the costume deduction 1.0 is required by the Referee.

A well balanced Senior free dance must meet the following requirements:

- a) Maximum of 3 different types of dance lifts* (1 of which may be chosen from the Long Lifts which must not exceed 12 seconds. **Note:** Up to 2 additional Lifts (up to 6 seconds) without any requirements for the Level are permitted (provided that they are not illegal), but only the first 3 performed Lifts will be identified and considered in determining the level of difficulty. The additional Lift(s) will be considered by the judges in marking the Choreography. However, if a **sixth** Lift is performed, it will be considered by the Technical Panel as an Extra Element.

- b) 1 Dance spin chosen from Spin or Combination Spin
****Note:** one additional dance spin (Spin or Combo Spin) is permitted but only the first performed Dance Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component of the Choreography. But the third Dance Spin performed will be considered by the Technical Panel as an Extra Element. **Combined Dance Spin and Lift:** Combined Dance Spin and Lift are permitted but are to be counted as separate elements: i.e. as one of the permitted Lifts and one Dance Spin.

- c) 2 different step sequences in hold (one step sequence selected from Group A - straight line - and one selected from Group B - curved)
- d) 1 set of synchronized twizzles

Further guidelines for the Junior and Senior Free Dance can be found in ISU Communication 1567 available on the Skating in BC website www.skatinginbc.com and on the ISU website www.isu.org