



## 2019-2020 Ice Dance Program Requirements Quick Reference Guide

Effective July 1, 2019

June 6, 2019

	Pattern Dance Summer	Pattern Dance Fall/Sectionals	Pattern Dance Challenge	Pattern Dance Canadians	Free Dance
<p><i>All pattern dances are to be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand. Choice of music permitted*</i></p>					<p><i>In Free Dance, combined spins &amp; lifts are permitted, but if performed will be counted as separate elements</i></p>
<p><b>Pre-Juvenile</b></p> <p>*music must be chosen from SC Series 8 or SC Contemporary Music Selections</p>	<p><b>1. Fiesta Tango</b> 3 Sequences</p> <p><b>2. Willow Waltz</b> 2 Sequences</p>	<p><b>1. Fiesta Tango</b> 3 Sequences</p> <p><b>2. Willow Waltz</b> 2 Sequences</p>	n/a	n/a	<p>Max 2 :00 ± 0.10</p> <ul style="list-style-type: none"> <li>A maximum of one short lift (stationary, curve or straight line). Max. 7 sec. Called to maximum Level 2</li> <li>A maximum of one dance spin (simple spin or combination type). Called to maximum Level 2</li> <li>A maximum of one set of synchronized twizzles, <u>up to 3 steps between</u>. Called to maximum Level 2. <u>Partners may touch between twizzles, but it will not be considered for level</u></li> <li>A maximum of one <u>circular, midline or diagonal step sequence performed in hold, Style B. No stops, loops, retrogressions or hand-in-hand hold with fully extended arms.</u> Levels requirements for Style B are described in ISU Communication 2188 p.16</li> </ul>
<p><b>Juvenile</b></p> <p>U16</p> <p>* music must be chosen from SC Series 8 or SC Contemporary Music Selections</p>	<p><b>1. Willow Waltz</b> 2 Sequences</p> <p><b>2. Foxtrot</b> 4 Sequences</p>	<p><b>1. Willow Waltz</b> 2 Sequences</p> <p><b>2. Foxtrot</b> 4 Sequences</p>	n/a	n/a	<p>Max 2 :00 ± 0.10</p> <ul style="list-style-type: none"> <li>A maximum of one short lift (stationary, curve or straight line). Max. 7 sec.</li> <li>A maximum of one dance spin (simple spin or combination type). Called to maximum Level 2</li> <li>A maximum of one set of synchronized twizzles, <u>up to 3 steps between</u>. <u>Partners may touch between twizzles, but it will be not considered for level.</u> A maximum of one <u>circular, midline or diagonal step sequence performed in hold, Style B. No stops, loops, retrogressions or hand-in-hand hold with fully extended arms. Separations up to 5 seconds permitted.</u> Levels requirements for Style B are described in ISU Communication 2188 p.16</li> </ul>
<p><b>Pre-Novice</b></p> <p>U18</p> <p>ISU (not tune 6) or choice of music that meets tempo specifications.</p>	<p><b>1. Rocker Foxtrot</b> 4 Sequences</p> <p><b>2. Paso Doble</b> 3 Sequences</p>	<p><b>1. Starlight Waltz</b> 2 Sequences 4 Sections</p> <p><b>2. Paso Doble</b> 3 Sequences</p>	<p><b>1. Starlight Waltz</b> 2 Sequences 4 Sections</p> <p><b>2. Paso Doble</b> 3 Sequences</p>	n/a	<p>Max 2:30 ± 0.10</p> <ul style="list-style-type: none"> <li>A maximum of two different short lifts (stationary, curve, straight line or rotational). Max. 7 sec.</li> <li>A maximum of one dance spin (simple spin type or combination type)</li> <li>A maximum of one set of synchronized twizzles, up to 3 steps between. <u>Partners may touch between twizzles, but it will not be considered for level.</u></li> <li>A maximum of one <u>circular, midline or diagonal step sequence performed in hold, Style B. No stops, loops, retrogressions or hand-in-hand hold with fully extended arms. Separations up to 5 seconds permitted.</u> Levels requirements for Style B are described in ISU Communication 2188 p.16</li> <li>A maximum of one choreographic element: choice of ChLi or ChTw performed after the required element of the same type; or a ChSp, ChSt or ChSI performed anywhere in the program.</li> </ul>

*Each team must submit their own pattern dance music, even if using Skate Canada Series 8 or ISU music*



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	<i>All pattern dances are to be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand. Choice of music permitted</i>				<i>In Free Dance, combined spins &amp; lifts are permitted, but if performed will be counted as separate elements</i>
<p><b>Novice</b></p> <p>Women U19</p> <p>Men U21</p> <p><b>ISU (not tune 6) or choice of music that meets tempo specifications.</b></p>	<p><b>1. Starlight Waltz</b> 2 Sequences 4 Sections Steps 1-17 &amp; 18-32</p> <p><b>2. Quickstep</b> 4 Sequences</p> <p><i>Note: Key Points to be called to a Maximum Level 3</i></p>	<p><b>1. Starlight Waltz</b> 2 Sequences 4 Sections Steps 1-17 &amp; 18-32</p> <p><b>2. Quickstep</b> 4 Sequences</p> <p><i>Note: Key Points to be called to a Maximum Level 3</i></p>	<p><b>1. Starlight Waltz</b> 2 Sequences 4 Sections Steps 1-17 &amp; 18-32</p> <p><b>2. Quickstep</b> 4 Sequences</p> <p><i>Note: Key Points to be called to a Maximum Level 3</i></p>	<p><b>1. Starlight Waltz</b> 2 Sequences 4 Sections Steps 1-17 &amp; 18-32</p> <p><b>2. Quickstep</b> 4 Sequences</p> <p><i>Note: Key Points to be called to a Maximum Level 3</i></p>	<p>Max 3:00 ± 0.10</p> <ul style="list-style-type: none"> <li>○ A maximum of two different short lifts (not to exceed 7 seconds)</li> <li>○ A maximum of one dance spin (simple spin type or combination type)</li> <li>○ A maximum of one set of synchronized twizzles, <u>minimum of 2 and maximum of 4 steps in between; partners must be in contact at some point</u></li> <li>○ A maximum of two different step sequences:</li> <li>○ One Style B in hold step sequence. See ISU Communication 2188 for Characteristics of Levels Style B p.16</li> <li>○ <u>One one-foot step sequence: not touching; turns performed simultaneously on one foot by each partner &amp; must be started with the first turn at the same time</u></li> <li>○ <u>A maximum of one choreographic element: choice of ChLi or ChTw performed after the required element of the same type; or a ChSp , ChSt or ChSl performed anywhere in the program.</u></li> </ul>

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