

**2021-2022 SKATE CANADA ICE DANCE COMPETITIVE TECHNICAL REQUIREMENTS GUIDE**

**TABLE OF CONTENTS**

<b>REVISED</b>	<b>DESCRIPTION</b>	<b>PAGE</b>
	Pattern Dances – General Information	2
	Pattern Dance Draws	4
August 9, 2021	Pattern Dances – Novice Pattern Dance Key Points	5
	Rhythm Dance – General Information	6
August 9, 2021	Rhythm Dance – Required Elements	8
August 9, 2021	Rhythm Dance – Pattern Dance Element Key Points	10
August 9, 2021	Pattern Dance and Pattern Dance Element Music Information	11
	Free Dance – General Information	12
	Free Dance – Required Elements Pre-Juvenile to Novice	13
	Free Dance – Required Elements Junior/Senior	14
	Marking	15
August 9, 2021	Rhythm Dance and Free Dance – Additional Information	16
	Links to ISU and Skate Canada Documents	18
	Junior Rhythm Dance – <u>Blues</u>	19
August 9, 2021	Senior Rhythm Dance – <u>Midnight Blues</u>	20

**General Information for Pattern Dances**

First sequence must be executed on the same side as the judges' stand	If not, referee will stop the couple and instruct them to restart on the correct side.	No deduction
Introductory steps	Pre-Juvenile/Juvenile: maximum 7	Pre-Novice/Novice: not to exceed the introductory phrasing of the music.
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 or from the <a href="#">Skate Canada Approved Music for Pattern Dances</a> .  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 11 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 with music Maximum 6 couples	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 couple 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.
<b>Pattern</b>	<ul style="list-style-type: none"> <li><u>Crossing the long axis</u></li> <li>Pattern correct means: 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</li> </ul>	<p><b><u>Choreographic Restriction violation</u></b> Referee + Judges <u>Deduction: once per program</u></p> <p><b>GOE feature</b> Referee + Judges apply positive or negative feature</p>

<p><b>Costume and prop</b></p>	<ul style="list-style-type: none"> <li>• Must be modest, dignified and not give the effect of excessive nudity.</li> <li>• Must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music.</li> <li>• For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in ISU Rules (Rule 501).</li> <li>• Accessories &amp; props are not permitted.</li> </ul>	<p><b>Costume and Prop</b> 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, all 4 Key Points are called (Y, N, T) but capped at maximum of Level 3 even if all 4 Key Points are achieved.</p>	
<p>Pattern Dance Diagrams</p>	<p><a href="#">Skate Canada Pattern Dance Competitions Technical Requirements</a></p>	
<p>ISU Pattern Dance Videos</p>	<p><a href="#">Skate Canada Skating Development Video Library</a></p>	

**Pattern Dance Draws**

<b>3-minute warm-up: 30 seconds without music followed by 2:30 minutes with music</b>		
All pattern dances will be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand.		
<b>Pre-Juvenile</b>	<b>Music must be chosen from SC Series 8 or SC Additional Approved Music for Dance Selections</b>	
	Pattern Dance 1	Swing Dance: 2 GOEs 2 Sequences
	Pattern Dance 2	Fiesta Tango: 3 GOEs 3 Sequences
<b>Juvenile</b>	<b>Music must be chosen from SC Series 8 or SC Additional Approved Music for Dance Selections</b>	
	Pattern Dance 1	European Waltz: 2 GOEs 2 Sequences
	Pattern Dance 2	Fourteenstep: 4 GOEs 4 Sequences
<b>Pre-Novice</b>	<b>ISU (not tune 6) or choice of music that meets tempo specifications</b>	
	Pattern Dance 1	Tango: 2 GOEs 2 Sequences
	Pattern Dance 2	Blues: 3 GOEs 3 Sequences
<b>Novice</b>	<b>ISU (not tune 6) or choice of music that meets tempo specifications.</b>	
	Pattern Dance 1	Blues: 3 GOEs 3 Sequences
	Pattern Dance 2	Westminster Waltz: 4 GOEs 2 Sequences each with 2 Sections Section 1: Steps 1- <u>10</u> Section 2: Steps <u>11</u> -22
<b>Key points called to maximum Level 3</b>		

## Key Points for Novice Pattern Dances

### Blues

Each Sequence: 25% = 5 steps BI1Sq, BI2Sq, BI3Sq	Key Point 1 Woman Steps <u>5 - 7</u> (RBO, LFO, CR-RFO-SwR)	Key Point 2 Man Step <u>5 - 7</u> (RBO, LFO, CR-RFO-SwR)	Key Point 3 Woman Steps 12-13 (LFI CICho, RBO)	Key Point 4 Man Steps 12-13 (LFI CICho, RBO)
Key Point Features	1. Correct Edges** 2. Correct Cross Roll*	1. Correct Edges** 2. Correct Cross Roll*	1. Correct edges 2. <u>CICho (#12)</u> : Correct turn 3. <u>CICho (#12)</u> : correct placement of the free foot	1. Correct edges 2. <u>CICho (#12)</u> : Correct turn 3. <u>CICho (#12)</u> : correct placement of the free foot

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step. **(Example Key Point 1 Step #5 & #7)**

### Westminster Waltz

Each Section 1: Steps <u>1-10</u> 25% = 3 steps WW1Sq1Se WW2Sq1Se	Key Point 1 Woman step 3 (LFOI)	Key Point 2 Man step 3 (LFOI)	Key Point 3 Woman Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 4 Man Steps 5-7 (LFI OpMo, RBI, LBO)
Key Point Features	1. Correct edges	1. Correct edges	1. Correct edges 2. Correct turn 3. Correct placement of the free foot	1. Correct edges 2. Correct turn 3. Correct placement of the free foot
Each Section 2: Steps <u>11-22</u> 25% = 4 steps WW1Sq2Se WW2Sq2Se	Key Point 1 Woman Steps 13 -14 (RFI SwRk, LBO)	Key Point 2 Man Steps 13-14 (LFO SwCtr, RBI)	Key Point 3 Woman Steps 15 - 16 (RFI 3, <u>CR-LBO</u> )	Key Point 4 <u>Man Step 22</u> ( <u>RFOI-SwR</u> )
Key Point Features	1. Correct edges 2. Correct turn	1. Correct edges 2. Correct turn	1. Correct edges 2. Correct turn	1. Correct edges 2. Correct <u>swing of the free leg</u>

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step.

\* 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.

**General Information for Rhythm Dance**

	Specifications/Requirements		Violations
<b>Duration</b>	Junior/Senior	2 minutes 50 seconds (+/- 10 seconds)	<b>Program time:</b> Referee deduction: once for up to every 5 sec lacking or in excess
<b>Music – General</b>	<ul style="list-style-type: none"> <li>• May be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>• Must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.</li> <li>• Must have audible rhythmic beat.</li> <li>• May be without audible rhythmic beat for up to 10 seconds only at the beginning of the program.</li> <li>• Note: To comply with the ethical values of sports, music chosen must not include aggressive and/or offending lyrics.</li> </ul>		<b>Music Requirements:</b>  Referee + Judges Deduction: once per program – incorrect rhythm, lack of audible beat.  Referee deduction: once per program – violation of tempo specification.
<b>Music - Specific to 2021-2022 Season</b>	<b>Street Dance Rhythms</b> <ul style="list-style-type: none"> <li>• At least two different Rhythms from the following <b>examples:</b> hip hop, disco, swing, krump, popping, funk, etc., jazz, reggae (reggaeton) and blues</li> </ul>		
<b>Pattern</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Couple may cross the long axis at the entry and/or exit to the Style B Step Sequence and at the entry to the Pattern Dance Element.</li> <li>• Loops are permitted provided they do not cross the long axis.</li> </ul>		<b>Choreography Restrictions:</b>  Applied to violations outside of elements: pattern/stops/separations/touching ice with hands.  Note: Crossing the long axis in the Pattern Dance Element in the Rhythm Dance is a choreographic restriction deduction.  Midnight Blues: crossing the long axis on steps 7-8 is not considered a pattern violation.
<b>Stops</b>	<ul style="list-style-type: none"> <li>• After the clock has started with the first movement, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>• During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.</li> <li>• A dance spin or choreographic spinning movement that does not travel will be considered as a stop.</li> </ul>		
<b>Separations</b>	<ul style="list-style-type: none"> <li>• Partners must not separate except to change hold or to perform required elements requiring a separation.</li> <li>• Distance allowed is maximum 2 arms length apart during such separations.</li> <li>• Change of hold and turns as transitional elements must not exceed one measure of music.</li> <li>• 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.</li> </ul>		
<b>Touching ice with hand(s)</b>	Touching the ice with the hand(s) is not permitted except during the Step Sequence Style B.		Referee + Judges Deduction: once per program

<p><b>Costume and prop</b></p>	<ul style="list-style-type: none"> <li>• Must be modest, dignified and not give the effect of excessive nudity.</li> <li>• Must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music.</li> <li>• For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in ISU Rules (Rule 501) with further information in ISU Communication 2371. For the 2021-2022 season the ISU requirements permit women to wear trousers for both the Rhythm and Free Dance.</li> <li>• Accessories &amp; props are not permitted; no part of the costume may be used as any support in a lift.</li> </ul>	<p><b>Costume and Prop</b> Referee + Judges Deduction: once per program</p>
<p><b>Illegal Elements/Movements/Pose</b></p>	<p>See list on page 16</p>	<p>Technical Panel: once per violation</p>

**Rhythm Dance Required Elements**

Elements	Junior Rhythm Dance	Senior Rhythm Dance
<p><b>Pattern Dance Elements (PDE)</b></p>	<p><b>Two (2) Sequences of the Blues: range 86-90 beats per minute; skated to any of the announced rhythms</b></p> <p>Section 1 steps 1-17 (1BL) Section 2 steps 1-17 (2BL)</p> <ul style="list-style-type: none"> <li>Two (2) Sequences of Blues either skated one after the other or separately. Step #1 of each sequence must be skated on a different side of the ice surface. Sequence one of the Blues (1BL) to be skated on the side of the Judges..</li> <li>The tempo of the music throughout the PDE must be constant and in accordance with the required tempo and character of the chosen rhythm.</li> <li>The first step of the dance begins on beat 1 of a musical phrase.</li> <li>Excluding the Key Points, variation of hold is permitted.</li> </ul>	<p><b>One (1) Section of the Midnight Blues, Section 1 steps 5-14 (1MB): range 86-96 beats per minute; skated to any of the announced rhythms.</b></p> <ul style="list-style-type: none"> <li>Steps must be placed in the rink with step #5 on the opposite side from the judges and the steps following the specified pattern for the Midnight Blues</li> <li>The tempo of the music throughout the PDE must be constant and in accordance with the required tempo and character of the chosen rhythm.</li> <li>The first step of the dance begins on beat 1 of a musical phrase.</li> <li>Variation of hold is permitted</li> <li>Note: Crossing the long axis in steps 7-8 is not considered as a pattern violation.</li> </ul> <p><b>Pattern Dance Type Step Sequence (PSt), Style C:</b>  <b>Rhythm:</b> Must be skated to the same rhythm selected for the PDE (Midnight Blues). Chosen tune may be the same as for the Midnight Blues or different but must have the same tempo. Tempo throughout the PDE and PSt must remain constant and in accordance with the required tempo. This element is evaluated by the judges as one unit with a separate level being awarded to each partner.</p> <ul style="list-style-type: none"> <li><b>Duration:</b> any exact number of musical phrases.</li> <li><b>Pattern:</b> Starting immediately after original prescribed step 14 of the Midnight Blues, concluding at the short axis (middle of the rink) opposite of the Judges' side.</li> <li><b>Holds:</b> hand-in-hand with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of holds and during twizzles.</li> <li><b>Not Permitted:</b> stops, separations, retrogressions and loops, hand-in-hand hold with fully extended arms.</li> </ul> <p><b>Judges will reduce the GOE for Not Permitted elements in the PSt.</b></p>
<p><b>Dance Lift</b></p>	<p><b>Maximum one (1) Short Lift</b> – maximum 7 seconds</p>	



<p><b>Step Sequence</b></p>	<p><b>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B); chosen patterns may only be Midline or Diagonal</b></p> <p><b>Specifications to Style B Rhythm Dance 2021-2022 season:</b></p> <ul style="list-style-type: none"> <li>• Must be skated to a different rhythm than the one chosen for the Pattern Dance Element (Junior and Senior) and Pattern Dance Type Step Sequence (Senior).</li> <li>• Stops – up to 1 permitted for up to 5 seconds</li> <li>• Separations permitted, no more than 2 arms length</li> <li>• Retrogression NOT permitted</li> <li>• Loops NOT permitted</li> <li>• Hand in hand hold NOT Permitted with fully extended arms</li> <li>• <b>Touching the ice with any part of the body is allowed</b></li> </ul> <p><b>-A single movement or series of movements performed only once by one or both partners (performed at the same time if performed by both partners)</b></p> <p><b>- May be included during a permitted stop or within any part of the Step Sequence.</b></p> <p><b>- Duration - up to a maximum of 5 seconds (counted from the first moment they touch the ice with any part of the body)</b></p> <p>Note: dance spins and pirouettes are stops.</p>
<p><b>Sequential Twizzles</b></p>	<p><b>One (1) Set of Sequential Twizzles</b> (evaluated as one unit with a Level given for each partner)</p> <ul style="list-style-type: none"> <li>• At least 2 twizzles for each partner; must NOT be in contact between twizzles.</li> <li>• Up to 1 step between twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step).</li> </ul> <p>May be skated anywhere in the program except in the required Step Sequence.</p>

**Blues**

Pattern Dance Element Each Sequence (1BL, 2BL) Steps # 1-17	Key Point 1 Woman Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 2 Man Steps 1, 95-7 (RBO, LFO, CR- RFO-SwR)	Key Point 3 Woman Steps 12 & 13 (LFI ClCho, RBO)	Key Point 4 Man Step 12 & 13 (LFI ClCho, RBO)
<b>Key Point Features</b>	1. Correct Edges** 2. Correct Cross Roll*	1. Correct Edges** 2. Correct Cross Roll*	1. Correct Edges 2. ClCho (#12): Correct Turn 3. ClCho (#12): correct placement of the free foot	1. Correct Edges 2. ClCho (#12): Correct Turn 3. ClCho (#12): correct placement of the free foot

\* 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: 1BL & 2BL-Key Point 1 Step #5 & #7)

**Midnight Blues**

Pattern Dance Element (1MB) Section 1: Steps #5-14	Key Point 1 Woman original prescribed Step #7 (RBOI3)	Key Point 2 Man original prescribed Step #7 (LFOI3)	Key Point 3 Key Point 3 Man original prescribed Step #11 (RBO3/RFI-Br/RBOI/RBI-Rk)	Key Point 4 Woman original prescribed Step #12 & 13 (XF-LBI-Tw1, RBO, LFO)
<b>Key Point Features</b>	1. Correct Edges 2. Correct change of edge 3. Correct Turn	1. Correct Edges 2. Correct change of edge 3. Correct Turn	1. Correct Edges (except RBI-Rk) 2. Correct Turns RBO3/RFI-Br 3. Correct change of edge	1. Correct Edges (except RBO) 2. Correct Turn

The first step of the dance begins on beat one of a musical phrase.

**Pattern Dance and Pattern Dance Element Music Information**

Dance	Beats per Minute (bpm)	Beats per Sequence	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%
Swing Dance Set Pattern	98-102	64	37.6 – 39.2	75.2 – 78.4	2 sequences	30	3	7	15	23	27
Fiesta Tango Set Pattern	106-110	32	17.5 - 18.1	52.5 - 54.3	3 sequences	16	2	4	8	12	14
Fourteenstep Set Pattern	110-114	20	10.5 – 10.9	40.0 – 43.6	4 sequences	14	1	4	7	11	13
European Waltz Set Pattern	132-138	54	23.6- 24.4	47.2 – 48.8	2 sequences	18	2	5	9	14	16
Tango Optional Pattern	106-110	56	28.4 – 29.4	56.8 – 58.8	2 sequences	22	2	6	11	17	20
Blues Optional Pattern	86-90	36	24.0 -25.2	72.0 – 75.6	3 sequences (Junior PDE 2 sequences)	17	2	4	8	13	15
Westminster Waltz Optional Pattern	159-165	78	28.4 – 29.5	56.8 – 58.8	2 sequences 4 sections	Section 1: steps 1-10 = 11 steps	1	3	6	9	10
						Section 2: steps 11-22= 13 steps	1	4	7	10	12
Midnight Blues Set Pattern	86-96	1 section 32	1 section 20.0 – 22.3	20.0 – 22.3	1 section Steps 5-14	10	1	3	5	8	9

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

**General Information for Free Dance**

	Specifications/Restrictions		Violations
<b>Duration</b>	Pre-Juvenile/Juvenile	2 minutes (+/- 10 seconds)	<b>Program time:</b> 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)	
	Junior	3 minutes 30 seconds (+/- 10 seconds)	
	Senior	4 minutes (+/- 10 seconds)	
<b>Music</b>	<ul style="list-style-type: none"> <li>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.</li> <li>Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate but in either case it must be obvious.</li> <li>Must be suitable for the couple's skating skills and technical ability.</li> <li>May be vocal and must be suitable for ice dance as a sport discipline.</li> <li>Must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone.</li> <li>May be without an audible rhythmic beat for up to 10 seconds at beginning or end of the program.</li> <li>May be without an audible rhythmic beat for up to 10 seconds during the program.</li> </ul>		<b>Music Requirements:</b>  Referee + Judges Deduction: once per program
<b>Stops</b>	<ul style="list-style-type: none"> <li>After the clock is started with the first movement, couple must not remain in one place for more than 10 seconds.</li> <li>During the program, unlimited full stops of up to five (5) seconds are allowed.</li> </ul>		<b>Choreography restrictions:</b>  Applied to violations outside of elements: stops/separations/touching ice with hands  Referee + Judges Deduction: once per program
<b>Separations</b>	<ul style="list-style-type: none"> <li>The number of separations to execute transitional footwork or moves is unrestricted.</li> <li>Distance allowed is maximum 2 arms length apart during separations (except during Choreographic Character Step Sequence).</li> <li>Duration of each separation (excluding Required Elements) can be no more than 5 seconds.</li> <li>Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.</li> </ul>		
<b>Touching ice with hand(s)</b>	<ul style="list-style-type: none"> <li>Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence).</li> </ul>		
<b>Costume and Prop</b>	<ul style="list-style-type: none"> <li>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.</li> <li>For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that for competitors competing internationally, the ISU has different costume definition stated in ISU Communication 2371. For the 2021-2022 season the ISU requirements permit women to wear trousers for both the Rhythm and Free Dance. Accessories &amp; props are not permitted; no part of the costume may be used as any support in a lift.</li> </ul>		<b>Costume and Prop</b> Referee + Judges Deduction: once per program
<b>Illegal Elements/ Movements/Pose</b>	See list on page 16.		Technical Panel: once per violation

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

	Pre-Juvenile	Juvenile	Pre-Novice	Novice
<b>Lifts</b>	<p><b>Maximum 1 Short Lift</b> Called to maximum Level 2</p> <p>Maximum 7 seconds Choice of straight line, curve or stationary lift</p>	<p><b>Maximum 1 Short Lift</b></p> <p>Maximum 7 seconds Choice of straight line, curve or stationary lift</p>	<p><b>Maximum 2 Short Lifts</b></p> <p>Maximum 7 seconds each Choice of straight line, curve, stationary or rotational lift</p>	<p><b>Maximum 2</b> Choice of 2 different short lifts maximum 7 seconds each.</p>
<b>Dance Spins</b>	<p><b>Maximum 1</b> Called to maximum Level 2 Simple or combination type</p>	<p><b>Maximum 1</b> Called to maximum Level 2 Simple or combination type</p>	<p><b>Maximum 1</b> Simple or combination type</p>	
<p><b>Step Sequences</b></p> <p>Other required elements may not be performed in the StSq.</p> <p>Judges will reduce the GOE for Not Permitted Elements in the StSq.</p>	<p><b>Maximum 1 Style B</b> Circular, midline or diagonal Performed in hold Called to maximum Level 2</p>	<p><b>Maximum 1 Style B</b> Circular, midline or diagonal Performed in hold</p>	<p><b>Maximum 1 Style B</b> Circular, midline or diagonal Performed in hold</p>	<p><b>Maximum 2 performed in any order</b> 1 Style B performed in hold; Types: straight line or curve 1 One-foot step sequence: not touching; turns performed on one foot by each partner and must be started with the first turn at the same time</p>
<p><b>Specifications to Style B:</b> The pattern must maintain the integrity or basic shape of the chosen pattern</p> <ul style="list-style-type: none"> <li>• 1 retrogression not exceeding 2 measures of music is permitted.</li> <li>• Separations permitted - no more than 2 arm lengths apart; not exceeding 5 seconds.</li> <li>• Loops not permitted; however, a narrow loop is an acceptable shape in the retrogression.</li> <li>• Hand-in-hand hold not permitted with fully extended arms.</li> <li>• Stops not permitted (dance spins and pirouettes are stops).</li> </ul>				
<b>Synchronized Twizzles</b>	<p><b>Maximum 1 set of Synchronized Twizzles</b> (evaluated as one unit with a Level given for each partner)</p> <p><b>Pre-Juvenile, Juvenile, Pre-Novice:</b></p> <ul style="list-style-type: none"> <li>• At least two twizzles for each partner with up to three steps between twizzles; Pre-Juvenile called to maximum Level 2.</li> <li>• Partners may touch between twizzles, but this will not be considered for the level.</li> </ul> <p><b>Novice:</b></p> <ul style="list-style-type: none"> <li>• At least two twizzles for each partner with a minimum of 2 and up to 4 steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step).</li> <li>• Partners must be in contact at some point between the 1<sup>st</sup> and 2<sup>nd</sup> twizzles.</li> </ul>			
<b>Choreographic Elements</b>	N/A		<p><b>Maximum 1</b> Choice of Choreographic Lift, or Twizzling Movement performed after the required lifts &amp; twizzles; or Choreographic Spinning Movement, Sliding Movement, or Character Step Sequence performed anywhere in the program.</p>	

**Free Dance Required Elements: Junior, Senior**

	Junior	Senior
<b>Lifts</b> Not more than:	<p><b>Two (2) different type Short Lifts</b> (maximum 7 seconds each) <b>OR</b> <b>One (1) Combination Lift</b> (maximum 12 seconds)</p>	<p><b>Three (3) different type Short Lifts</b> (maximum 7 seconds each) <b>OR</b> <b>One (1) Short Lift</b> (maximum 7 seconds) <b>and one (1) Combination Lift</b> (maximum 12 seconds) Short Lift must be a different type than in the Combination Lift.</p>
<b>Dance Spins</b>	<b>One (1) Dance Spin (Spin or Combination Spin)</b>	
<p><b>Step Sequences</b> <b>Types: Straight Line or Curve</b> Other required elements may not be performed in the StSq.  Judges will reduce the GOE for Not Permitted Elements in the StSq.</p>	<p><b>Two (2)</b></p> <ul style="list-style-type: none"> <li>• <b>One (1) Step Sequence, in hold, Style B:</b> The pattern must maintain the integrity or basic shape of the chosen pattern Specifications to Style B, Free Dance 2020/21: <ul style="list-style-type: none"> <li>○ Retrogression – one (1) permitted – must not exceed two measures of music</li> <li>○ Separations permitted, no more than 2 arms length and must not exceed 5 seconds</li> <li>○ Loops NOT PERMITTED: a narrow loop is an acceptable shape in the retrogression</li> <li>○ Hand-in-hand hold – NOT PERMITTED WITH FULLY EXTENDED ARMS</li> <li>○ Stops – NOT PERMITTED</li> </ul> </li> <li>• <b>One (1) One-Foot Step Sequence, Not Touching</b> (evaluated as one unit with a Level given for each partner). <ul style="list-style-type: none"> <li>○ Turns performed on one foot by each partner and must be started with the first turn at the same time.</li> </ul> </li> </ul>	
<b>Synchronized Twizzles</b>	<p><b>One (1) set of Synchronized Twizzles (FD Variation)</b> <b>Specifications for Season 2021/22:</b> (evaluated as one unit with a Level given for each partner)</p> <ul style="list-style-type: none"> <li>• At least two twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzles (each push and/or transfer of weight while on two feet between twizzles is considered as a step).</li> <li>• Partners <b>must</b> be in contact at some point between the 1<sup>st</sup> and 2<sup>nd</sup> Twizzles.</li> </ul>	
<b>Choreographic Elements</b>	<p><b>Two (2) different Choreographic Elements</b> chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>	<p><b>Three (3) different Choreographic Elements</b> chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>

## 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. Four Program Components are assessed (Skating Skills, Performance, Interpretation, Timing).

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

Evaluating the GOE of Sequential and Synchronized Twizzles, the One Foot Step 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 10 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU Communication 2393 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):

- Jumps (or Throw Jumps) of more than one revolution **except for jump entry and/or jump exit**
- Lying on the ice

The following movements and/or poses are illegal, however 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 holds only with legs/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).

### Definition of Choreographic Elements

**Choreographic Lift:** Dance Lift of minimum three (3) seconds and maximum ten (10) seconds, performed after all the other required Dance Lifts.

**Choreographic Spinning Movement:** spinning movement performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold.

The following requirements apply:

- On one foot or two feet or one partner being elevated for less than 2 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 2 parts.

The following requirements apply:

- For both parts: on one foot or two feet or a combination of both



- For the first part: at least 2 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 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both

**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 2 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 2 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 2 knees or sitting/lying on the ice is identified as a Choreograph 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 Character Step Sequence**

The following requirements apply:

- Performed anywhere in the program.
- Must be placed around the short axis (within 10 metres on either side of the short axis) and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 metres from each barrier.
- May be in hold or not touching.
- Touching the ice with hand(s) is allowed.
- Distance between partners is permitted as a maximum of 4 arms lengths apart (4 metres).

### 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 2371](#)
  - [Technical requirements for 2021-2022](#)
- [ISU Communication 2393](#)
  - [Technical rules and marking guides](#)
- [ISU Additional Q&As](#)
- [ISU Grade of Execution of Required Elements & Pattern Dance Elements](#)
- [ISU Who is Responsible](#)

- [Competitive Competition Program Requirements Rule](#)
  - [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.](#)

#### Skate Canada Rules and Technical Resources:

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.



