



2023-2024 Ice Dance Program Requirements Quick Reference Guide
Effective July 1, 2023

August 11, 2023

PATTERN DANCE		
CATEGORY	PATTERN DANCE SELECTION <i>FOR THE FULL SEASON</i> <i>To be skated in the order listed</i> <i>Must be performed with the first sequence executed on the same side as the officials' stand</i>	MUSIC SPECIFICATIONS <i>Each team must submit their own music, regardless of selection</i>
Pre-Juvenile	1. <u>Canasta Tango</u> (3 sequences; 3 GOEs) 2. <u>Swing Dance</u> (2 sequences; 2 GOEs)	Skate Canada Series 8 or Skate Canada approved music for pattern dances
	No Key Points – Max Level 1	
Juvenile	1. <u>European Waltz</u> (2 sequences; 2 GOEs) 2. <u>Foxtrot</u> (4 sequences; 4 GOEs)	Skate Canada Series 8 or Skate Canada approved music for pattern dances
	No Key Points – Max Level 1	
Pre-Novice	1. <u>Rocker Foxtrot</u> (4 sequences; 4 GOEs) 2. <u>Starlight Waltz</u> (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	No Key Points – Max Level 1	
Novice	1. <u>Starlight Waltz</u> (2 sequences; 4 GOEs) 2. <u>Paso Doble</u> (3 sequences; 3 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	4 Key Points – Max Level 3	



2023-2024 Ice Dance Program Requirements Quick Reference Guide

Effective July 1, 2023

June 30, 2023

RHYTHM DANCE (Per ISU Comm. 2560)					
CATEGORY	PATTERN DANCE ELEMENT/PATTERN DANCE TYPE STEP SEQUENCE	CHOREOGRAPHIC RHYTHM SEQUENCE	LIFT Max 7 seconds	STEP SEQUENCE*	TWIZZLES
Junior (2:50 ±0:10)	<p>2 sections (Steps #1-14) – Rocker Foxtrot (1RF, 2RF) Skated to any dance style with the range of tempo: 104 beats per minute plus or minus 2 beats per minute.</p> <p>The 2 sequences may be skated in any order, one after the other or separately. Crossing long axis permitted for steps 5 and 8-9.</p> <p>1RF: Step #1 must be skated at the Judges left. Athlete A must skate the follow steps and athlete B must skate the lead steps.</p> <p>2RF: Step #1 of must be skated at the Judges right. Athlete A must skate the lead steps and athlete B must skate the follow steps.</p>	N/A	Maximum 1 short lift	Maximum 1 <u>Not Touching</u> Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles Partners must not be in contact between twizzles
Senior (2:50 ±0:10)	<p>Maximum 1 Pattern Dance Type Step Sequence – Style D: Rhythm: Skated to any tempo. Any exact number of musical phrases. Pattern: starting with a stop or skidding movement on the short axis on either side of the rink and concluding on the short axis on the opposite side. One loop in any direction (which may cross the long axis) is permitted. Stops: A stop at the start of the PST will count as one of the permitted stops. A skidding movement to start the PST will not be considered as a stop. Holds: must remain in contact at all times, even during changes of holds (except when performing twizzles as connecting choreography) NOT PERMITTED: Stops, Separations, Retrogressions, Hand in hand hold with fully extended arms</p>	<p>Maximum 1 Tempo: 100 beats/min Steps: Silver Samba, Steps #9, 9a, 9b to #47. Lead and/or follow steps may be skated by either athlete A or B or a combination of both. No restriction on the number of beats per step. Holds: in contact, any holds are permitted. Pattern: must start on judges left with step #9, 9a, 9b PERMITTED: one separation (not more than two arm lengths and not more than two measures of music), one loop, one retrogression. NOT PERMITTED: Stops</p>	Maximum 1 short lift	Maximum 1 <u>Not Touching</u> Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles Partners must not be in contact between twizzles
<p>*Specifications to Step Sequence, Style B (Rhythm Dance): Skated to any tempo PERMITTED: Skated no more than 2 arm's length apart, Stops (up to 1 permitted for up to 5 seconds, must not be touching), touching the ice with any part of the body is allowed but not longer than 5 seconds. NOT PERMITTED: Retrogressions, Loops</p>					

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



2023-2024 Ice Dance Program Requirements Quick Reference Guide

Effective July 1, 2023

June 30, 2023

FREE DANCE						
CATEGORY (TIME)	LIFTS <i>Short lift – max 7 seconds Combination lift – max 12 seconds</i>	DANCE SPIN	STEP SEQUENCES		TWIZZLES	CHOREO <i>ChLi – max 10 seconds</i>
			In Hold*	One Foot Not Touching		
Juvenile (2:00 ±0:10)	<u>N/A</u> Maximum 1 short lift <i>StLi, SLi, or CuLi</i>	Maximum 1 dance spin Max Level 2	Maximum 1 Style B <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles up to 3 steps between partners may touch, but not considered for level	Maximum 1 Chosen from: ChLi, ChSp, or ChTw
Pre-Novice (2:30 ±0:10)	Maximum 2 different short lifts	Maximum 1 dance spin	Maximum 1 Style B <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles up to 3 steps between partners may touch, but not considered for level	Maximum 1
Novice (3:00 ±0:10)	Maximum 2 different short lifts	Maximum 1 dance spin	Maximum 1 Style B <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles Min 2 and max 4 steps between 1 st and 2 nd twizzles <u>may</u> be in contact between 1 st and 2 nd twizzles	Maximum 1
Junior (3:30 ±0:10)	Maximum 2 different type short lifts OR 1 combination lift	Maximum 1 dance spin	Maximum 1 Style B <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles Min 2 and max 4 steps between 1 st and 2 nd twizzles Partners <u>may</u> be in contact between the 1 st and 2 nd twizzles	Maximum 2
Senior (4:00 ±0:10)	Maximum 3 different type short lifts OR 1 combination lift and 1 short lift <i>Short lift type must be different from combination lift type</i>	Maximum 1 dance spin	Maximum 1 Style B <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles Min 2 and max 4 steps between 1 st and 2 nd twizzles Partners <u>may</u> be in contact between the 1 st and 2 nd twizzles	Maximum 3
*Specifications to Step Sequence, Style B (Free Dance): NOT PERMITTED: Stops, Loops, <u>Retrogressions</u> , Hand in hand hold with fully extended arms, Separations of more than 2 arm's length and/or exceeding 5 seconds The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. <u>Must be a different shape than pattern of Choreographic Step if chosen as a Choreographic Element</u>						

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