



**2023-2024 SKATE CANADA ICE DANCE TECHNICAL REQUIREMENTS GUIDE**

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**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	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 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.
<b>Pattern</b>	Pattern correct means: <ul style="list-style-type: none"> <li>Tracking is correct</li> <li>Set Pattern: the pattern generally agrees with the PD Diagram.</li> <li>Optional Pattern: the pattern may deviate from the PD diagram but fully utilizes the ice surface.</li> <li>If more than one sequence is required, restart and repetition are correct</li> </ul>	<b>GOE feature</b> Referee + Judges apply positive or negative feature



<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 competitors competing internationally should refer to ISU Clothing 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>	



**2023-2024 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. <u>Canasta Tango (3 sequences; 3 GOEs)</u> 2. Swing Dance (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 (2 sequences; 2 GOEs)</u> 2. Foxtrot (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. Rocker Foxtrot (4 sequences; 4 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	<u>1. Starlight Waltz (2 sequences; 4 GOEs)</u> <u>2. Paso Doble (3 sequences; 3 GOEs)</u>	ISU (not tune 6) or choice of music selection meeting tempo requirements
	4 Key Points – Max Level 3	



## Key Points for Novice Pattern Dances

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

### Starlight Waltz

Each Section: Steps #1-17 25% = 4 steps SW1Sq1Se & SW2Sq1Se	Key Point 1 Follow Steps 9 to 10 (RBOI, LBO-SwR)	Key Point 2 Lead Steps 9 to 10 (LFOI, RFO-SwR)	Key Point 3 Follow Steps 16 to 17 (LFO CICSt, RBO)	Key Point 4 Lead Steps 16 to 17 (RBO, LBI-Pr, RBO)
Key Point Features	<ol style="list-style-type: none"> <li>1. Correct edges</li> <li>2. Correct change of edge (#9)</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct edges</li> <li>2. Correct change of edge (#9)</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct edges</li> <li>2. CICSt - correct turn</li> <li>3. CICSt - correct placement of the free foot</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct edges</li> </ol>
Each Section: Steps #18-32 25% = 4 steps SW1Sq2Se & SW2Sq2Se	Key Point 1 Follow Steps 21 & 22 (LFI, OpCSt, RBI)	Key Point 2 Lead Steps 26-28 (LFO, CR-RFO, CR-LFO3)	Key Point 3 Follow Steps 31 (CR-RFO-SwR)	Key Point 4 Lead Steps 31 (CR-RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> <li>1. Correct edges</li> <li>2. Correct turn</li> <li>3. Correct placement of the free foot</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct edges</li> <li>2. Correct turn</li> <li>3. Correct cross roll</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct edge</li> <li>2. Correct swing movement of free leg.</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct edge</li> <li>2. Correct swing movement of free leg.</li> </ol>

### Paso Doble

Each Sequence: 25% = 7 steps PD1Sq, PD2Sq, PD3Sq	Key Point 1 Follow steps 10-12 (XB-LBO, XF-RBIO, XB-LBI)	Key Point 2 Lead steps 10-12 (XF-RFO, XB-LFIO, XF-RFI)	Key Point 3 Follow step 28 (CR-RFO-SwR, RFI OpCSt to LBI)	Key Point 4 Lead step 28 (CR-RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> <li>1. Correct cross step</li> <li>2. Correct edges</li> <li>3. Correct change of edge</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct cross step</li> <li>2. Correct edges</li> <li>3. Correct change of edge</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct cross roll</li> <li>2. Correct edges</li> <li>3. Correct turn</li> </ol>	<ol style="list-style-type: none"> <li>1. Correct cross roll</li> <li>2. Correct edges</li> </ol>

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>General Requirements</b>	<p>Rhythm Dance is a dance created by an Ice Dance team 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"> <li>• Reflect the character of the music, the selected dance rhythm(s) and/or theme(s)</li> <li>• 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</li> <li>• Be delivered with unison, in harmony, and spatial awareness</li> <li>• Fit to the phrasing of the music</li> </ul>		
<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>• Only dance music with an audible rhythmic beat may be used.</li> <li>• May be without audible rhythmic beat for up to 10 seconds 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>		<p><b>Music Requirements:</b></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>
<b>Music - Specific to 2023-2024 Season</b>	<p><b>“Music and Feeling of the Eighties”</b></p> <ul style="list-style-type: none"> <li>• Any music is possible provided that the chosen version was originally released in the decade of the 1980s and maintains the essence of the 1980s.</li> <li>• The team must demonstrate through dance the culture and feeling/essence of this decade.</li> <li>• Selected music may be remastered</li> <li>• Must not be skated in the style of a Free Dance. The team must use dance movements and dance holds to interpret the chosen music from this decade</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>• The team may also cross the long axis at the entry and/or exit to the Style B Step Sequence, during the ChRS and at the entry to the Pattern Dance Element.</li> <li>• Loops in any direction are permitted provided they do not cross the long axis (except during the PSt).</li> </ul>		<p><b>Choreography Restrictions:</b></p> <p>Applied to violations outside of elements: pattern/stops/separations/touching ice with hands.</p>



<p><b>Stops</b></p>	<ul style="list-style-type: none"> <li>• After the clock has started with the first movement, the team must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>• During program <b>(excluding the 10 seconds at the beginning and/or end of the program)</b>; 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>	<p>Referee + Judges Deduction: once per program</p>
<p><b>Separations</b></p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Distance allowed is maximum 2 arm’s 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>	
<p><b>Touching ice with hand(s)</b></p>	<p>Touching the ice with the hand(s) is not permitted, except during Step Sequence Style B</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 competitors competing internationally should refer to ISU Clothing Rule 501.</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	
<b>Senior Rhythm Dance Pattern Dance Type Step Sequence Style D (PSt)</b>	<p><b>One Pattern Dance Type Step Sequence (PSt), Style D:</b></p> <ul style="list-style-type: none"><li>• <b>Rhythm:</b> Skated to any tempo.</li><li>• <b>Duration:</b> Any exact number of musical phrases.</li><li>• <b>Pattern:</b> 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 of the rink. One loop in any direction (which may cross the Long Axis) is permitted within the pattern.</li><li>• <b>Stops:</b> One required at the start of the PSt (this will count as one of the permitted stops). Skidding movement to start the PSt will not be considered as a stop.</li><li>• <b>Holds:</b> Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</li></ul> <p><b>Technical Requirements: Must perform two different difficult turns per partner from the following: Back entry Rocker, Counter, Bracket, and Forward Outside C-Step.</b> 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. Two of the difficult turns from those above may be performed at the same time.</p> <ul style="list-style-type: none"><li>• <b>Not Permitted:</b><ul style="list-style-type: none"><li>○ Stops (only allowed at the beginning to indicate the start of the PSt. If a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program.</li><li>○ Separations (except during Twizzles if performed as connecting choreography)</li><li>○ Retrogressions (<b>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.</b>)</li><li>○ Hand-in-hand hold with established fully extended arms.</li></ul></li></ul> <p><b>Judges will reduce the GOE for Not Permitted elements in the PSt.</b></p> <p><b>The PSt is evaluated as one unit with a combined Level for both partners</b></p>
<b>Senior Rhythm Dance Choreographic Rhythm Sequence (ChRS)</b>	<p><b>One Choreographic Rhythm Sequence</b></p> <ul style="list-style-type: none"><li>• <b>Tempo:</b> 100 beats/minute minimum</li><li>• <b>Steps:</b> Silver Samba, steps #9, 9a, 9b to #47. Follow's steps and / or Lead's steps skated by either Athlete A or Athlete B or a combination of both provided there is continuity of prescribed steps always performed by at least 1 partner (starting on step 9 and concluding on step 47). No restriction in the number of beats per step.</li><li>• <b>Hold(s):</b> in contact, any holds are permitted</li><li>• <b>Pattern:</b> starts on the Judge's left side with step #9 of the Follow and #9a and #9b of the Lead and finishing with step #47. May cross the long axis without restriction</li><li>• <b>Retrogression – 1 permitted</b></li><li>• <b>Loops – 1 permitted</b></li><li>• <b>Separation(s): 1 separation is permitted</b> for not more than 2 arms lengths and duration not more than 2 measures of music</li></ul>





	<ul style="list-style-type: none"> <li>• <b>Stop(s):</b> not permitted</li> <li>• <b>The Choreographic Rhythm Sequence is evaluated based on the criteria for a Choreographic Element and not the correct execution as a Pattern Dance Element.</b></li> </ul>
<p><b>Junior Rhythm Dance Pattern Dance Element (PDE)</b></p>	<p><b>Two sequences of the Rocker Foxtrot: skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute.</b></p> <p>1RF and 2RF: Steps #1-14</p> <ul style="list-style-type: none"> <li>• Two sequences of the Rocker Foxtrot skated in any order or one after the other or separately. Step #1 of 1RF skated at the judges left side. Step #1 of 2RF skated at the judges right side.</li> <li>• 1RF, Athlete B must skate the Lead’s Steps and Athlete A must skate the Follow’s steps. <b>Prescribed Holds during the Key Points. Variation of Holds outside of Key Points are permitted.</b></li> <li>• 2RF, Athlete A skates the Lead’s steps and Athlete B skates the Follow’s steps (switch tracking/sides on <b>all steps</b>). Recognizable Holds <b>during Key Points except</b> hand in hand. <b>Variations of Holds outside of Key Points are permitted.</b></li> <li>• The first step of the dance begins on beat 1 of a musical phrase.</li> <li>• Variation of hold is permitted, except during Key Points.</li> <li>• Crossing the Long Axis is permitted for Steps #5, 8-9.</li> </ul>
<p><b>Dance Lift</b></p>	<p><b>Maximum one Short Lift</b> – maximum 7 seconds</p>
<p><b>Step Sequence</b></p>	<p><b>One Step Sequence Not Touching (Style B); chosen patterns may only be Midline or Diagonal</b> (evaluated as one unit with a Level given for each partner and then applying GOE)</p> <p><b>Specifications to Style B Rhythm Dance:</b></p> <ul style="list-style-type: none"> <li>• Skated to any tempo.</li> <li>• Skated no more than 2 arm’s length apart</li> <li>• Touching the ice with any part of the body is allowed but not longer than 5 seconds</li> <li>• Stops – up to 1 permitted for up to 5 seconds (this will count as one of the permitted stops)</li> <li>• Not Permitted:             <ul style="list-style-type: none"> <li>• Loop(s)</li> <li>• Retrogression(s) <b>(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.)</b></li> </ul> </li> <li>• Note: dance spins and pirouettes are stops.</li> </ul>
<p><b>Sequential Twizzles</b></p>	<p><b>One Set of Sequential Twizzles</b> (evaluated as one unit with a Level given for each partner and then applying GOE)</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>



Key Points and Key Point Features for Junior Pattern Dance Elements Season 2023-2024				
<b>Rocker Foxtrot</b>				
<b>Pattern Dance Element (1RF) Steps # 1-14</b>	<b>Key Point 1</b> Follow Step 5 (LFO-SwRk) SKATED BY Athlete A	<b>Key Point 2</b> Lead Steps 5b – 7a (RFO, LFO3, RBO) SKATED BY Athlete B	<b>Key Point 3</b> Follow Steps 11-13 (LFO – CICSt, RBO, XF-LBI) SKATED BY Athlete A	<b>Key Point 4</b> Lead Steps 11-13 (LFO – CICSt, RBO, XF-LBI) SKATED BY Athlete B
<b>Key Point Features</b> Must include correct edges and holds	1. Correct Turn 2. Correct Swing movement	1. Correct Turn	1. Correct Foot placement 2. Correct Cross in front	1. Correct Foot placement 2. Correct Cross in front
<b>Pattern Dance Element (2RF) Steps # 1-14</b>	<b>Key Point 1</b> Lead Steps 5b- 7a (RFO, LFO3, RBO) SKATED BY Athlete A	<b>Key Point 2</b> Follow Step 5 (LFO-SwRk) SKATED BY Athlete B	<b>Key Point 3</b> Lead Steps 11-13 (LFO – CICSt, RBO, XF-LBI) SKATED BY Athlete A	<b>Key Point 4</b> Follow Steps 11-13 (LFO – CICSt, RBO, XF-LBI) SKATED BY Athlete B
<b>Key Point Features</b> Must include correct edges and holds	1. Correct Turn	1. Correct Turn 2. Correct Swing movement	1. Correct Foot placement 2. Correct Cross in front	1. Correct Foot placement 2. Correct Cross in front

**Note:**

- 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
- 2RF: Correct Hold for 2RF during the Key Points is any recognizable Dance Hold excluding Hand in Hand. Variation of Hold is permitted during the steps which are not Key Points.



**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%
<b>Canasta Tango</b> Set Pattern	<b>106-110</b>	<b>28</b>	<b>15.8-16.5</b>	<b>47.4-49.5</b>	<b>3 sequences</b>	<b>14</b>	<b>1</b>	<b>4</b>	<b>7</b>	<b>11</b>	<b>13</b>
<b>Swing Dance</b> Set Pattern	<b>94-98</b>	<b>64</b>	<b>39.2-40.9</b>	<b>78.4 - 81.8</b>	<b>2 sequences</b>	<b>30</b>	<b>3</b>	<b>8</b>	<b>15</b>	<b>23</b>	<b>27</b>
<b>European Waltz</b> Set Pattern	<b>132-138</b>	<b>54</b>	<b>23.6-24.4</b>	<b>47.2-48.8</b>	<b>2 sequences</b>	<b>18</b>	<b>2</b>	<b>5</b>	<b>9</b>	<b>14</b>	<b>16</b>
<b>Foxtrot</b> Optional Pattern	<b>98-102</b>	<b>28</b>	<b>16.5-17.1</b>	<b>66.8-68.4</b>	<b>4 sequences</b>	<b>14</b>	<b>1</b>	<b>4</b>	<b>7</b>	<b>11</b>	<b>13</b>
<b>Rocker Foxtrot</b> Set Pattern	<b>102-106</b>	<b>28</b>	<b>15.8-16.5</b>	<b>63.2-66.0</b>	<b>4 sequences</b>	<b>14</b>	<b>1</b>	<b>4</b>	<b>7</b>	<b>11</b>	<b>13</b>
<b>Starlight Waltz</b> Set Pattern	<b>171-177</b>	<b>102</b>	<b>34.8-35.6</b>	<b>69.6-71.2</b>	<b>2 sequences/ 4 sections SW1: steps 1-17 SW2: steps 18-32</b>	<b>17</b>	<b>2</b>	<b>4</b>	<b>9</b>	<b>13</b>	<b>15</b>
						<b>15</b>	<b>2</b>	<b>4</b>	<b>8</b>	<b>11</b>	<b>14</b>
<b>Paso Doble</b> Optional Pattern	<b>110-114</b>	<b>32</b>	<b>16.8-17.5</b>	<b>50.4-52.5</b>	<b>3 sequences</b>	<b>28</b>	<b>3</b>	<b>7</b>	<b>14</b>	<b>21</b>	<b>25</b>
<b>Rocker Foxtrot (Junior Rhythm)</b> Set Pattern	<b>102-106</b>	<b>28</b>	<b>15.8-16.5</b>		<b>1RF &amp; 2 RF: Steps 1-14</b>	<b>14</b>	<b>1</b>	<b>4</b>	<b>7</b>	<b>11</b>	<b>13</b>

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



**General Information for Free Dance**

	Specifications/Restrictions		Violations
<b>Duration</b>	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>• May be vocal and must be suitable for ice dance as a sport discipline and must have the following characteristics:</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 the beginning or end of the program.</li> <li>• May be without an audible rhythmic beat for up to 10 seconds during the program.</li> <li>• Must have at least one change of tempo/rhythm and expression; this change may be gradual or immediate.</li> <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> </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, the team must not remain in one place for more than 10 seconds.</li> <li>• During the program, unlimited full stops of up to 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 arm's length apart during separations</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 are permitted 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 competitors competing internationally should refer to ISU Clothing Rule 501.</li> <li>• 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>Program Components</b>	Juvenile: Two Program Components will be assessed, Presentation and Skating Skills		
<b>Illegal Elements/Movements/Pose</b>	See list on page 16		Technical Panel: once per violation



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

	Juvenile	Pre-Novice	Novice
<b>Dance Lifts</b> Not more than:	N/A	<b>Two Different Short Lifts</b> Maximum 7 seconds each Choice of straight line, curve, stationary or rotational lift	<b>Two Different Short Lifts</b> maximum 7 seconds each Choice of straight line, curve, stationary, or rotational lift
<b>Dance Spins</b> On one foot or with change(s) of foot by one or both partners	<b>One Dance Spin</b> Called to maximum Level 2	<b>One Dance Spin</b>	
<b>Step Sequences</b>  Other required elements may not be performed in the StSq.  Judges will reduce the GOE for Not Permitted Elements in the StSq.	<b>One Step Sequence Style B</b> Circular, midline or diagonal Performed in hold		<b>Two performed in any order:</b> 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><b>Specifications to Style B, Free Dance 2023/24:</b> The pattern must maintain the integrity or basic shape of the chosen pattern</p> <ul style="list-style-type: none"> <li>• Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element</li> <li>• Not Permitted: <ul style="list-style-type: none"> <li>○ Stops</li> <li>○ Loops</li> <li>○ 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> <li>○ Separations of more than 2 arm's length and/or exceeding 5 seconds</li> <li>○ Hand-in-hand hold with fully extended arms cannot be established</li> </ul> </li> </ul> <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>		
<b>Synchronized Twizzles</b>	<p><b>One set of Synchronized Twizzles</b> (evaluated as one unit with a Level given for each partner)</p> <p><b>Juvenile and 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;</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 <u>may</u> touch at some point between the 1<sup>st</sup> and 2<sup>nd</sup> twizzles.</li> </ul>		
<b>Choreographic Elements</b>	<b>One chosen from:</b> Choreographic Lift, Choreographic Spinning Movement, or Choreographic Twizzling Movement	<b>One chosen from:</b> Choreographic Lift, Choreographic Spinning Movement, Choreographic Assisted Jump Movement, Choreographic Twizzling Movement, Choreographic Sliding Movement, Choreographic Character Step Sequence, or <u>Choreographic Hydroblading Movement</u>	



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

	<b>Junior</b>	<b>Senior</b>
<b>Dance Lift Not more than:</b>	<b>Two different type Short Lifts</b> (maximum 7 seconds each) <b>OR</b> <b>One Combination Lift</b> (maximum 12 seconds)	<b>Three different type Short Lifts</b> (maximum 7 seconds each) <b>OR</b> <b>One Short Lift</b> (maximum 7 seconds) <b>and one Combination Lift</b> (maximum 12 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.	
<b>Dance Spins</b>	<b>One Dance Spin (DSp)</b> - 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	
<b>Step Sequences Types: Straight Line or Curve</b>	<b>Two</b> <ul style="list-style-type: none"> <li>• <b>One Step Sequence, in Hold, Style B:</b> <ul style="list-style-type: none"> <li>• The pattern must maintain the integrity or basic shape of the chosen pattern</li> <li>• Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element</li> <li>• Specifications to Style B, Free Dance 2023/24:                             <ul style="list-style-type: none"> <li>○ Not Permitted:                                     <ul style="list-style-type: none"> <li>○ Stops</li> <li>○ Loops</li> <li>○ 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.)</li> <li>○ Separations of more than 2 arm's length and/or exceeding 5 seconds</li> <li>○ Hand-in-hand hold with fully extended arms cannot be established</li> </ul> </li> </ul> </li> </ul> </li> <li>• <b>One One-Foot Turns Sequence FD option, Not Touching</b> (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.</li> </ul> (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)	
<b>One Foot Turn Sequence (OFT)</b>		
<b>Synchronized Twizzles</b>	<b>One set of Synchronized Twizzles</b> (evaluated as one unit with a Level given for each partner) <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>may</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>	<b>Two different Choreographic Elements</b> chosen from:	<b>Three different Choreographic Elements</b> chosen from:
	Choreographic Lift, Choreographic Spinning Movement, Choreographic Assisted Jump Movement, Choreographic Twizzling Movement, Choreographic Sliding Movement, Choreographic Character Step Sequence, or <u>Choreographic Hydroblading Movement</u>	



## 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).

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 19 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU Communication [2569](#) 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 Choreographic Elements

**Choreographic Lift:** Dance Lift of minimum three seconds and maximum 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 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 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 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
- 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

**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 Character Step Sequence:** performed anywhere in the program. Must not repeat the same shape chosen for 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 ChSt pattern must be different from the chosen pattern for the Style B step sequence
- 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



### 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 2560](#): Technical requirements for 2023-2024
- [ISU Communication 2569](#): Technical rules and marking guides for 2023-2024
- [ISU Additional Q&As](#)
- [ISU Grade of Execution of Required Elements & Pattern Dance Elements](#)
- [ISU Who is Responsible](#)

#### 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.