



2024-2025 Ice Dance Program Requirements Quick Reference Guide
Effective July 1, 2024

March 18, 2024

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>Baby Blues</u> (3 sequences; 3 GOEs) 2. <u>Fiesta Tango</u> (3 sequences; 3 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or <u>ISU (not tune 6)</u> .
	No Key Points – Max Level 1	
Juvenile	1. <u>Ten-Fox</u> (3 sequences; 3 GOEs) 2. European Waltz (2 sequences; 2 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or <u>ISU (not tune 6)</u> .
	No Key Points – Max Level 1	
Pre-Novice	1. <u>Tango</u> (2 sequences; 2 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	1. Starlight Waltz (2 sequences; 4 GOEs) 2. <u>Argentine Tango</u> (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements
	<u>2 Key Points</u> – Max Level 3	
Solo Novice	1. <u>Westminster Waltz</u> (2 sequences; 4 GOEs) 2. <u>Argentine Tango</u> (2 sequences; 4 GOEs)	<u>ISU (not tune 6) or choice of music selection meeting tempo requirements</u>
	<u>2 Key Points</u> – Max Level 3	

<p>RHYTHM DANCE <i>To be updated following publication by ISU</i></p>



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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)	N/A	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 <i>up to 3 steps between partners may touch, but not considered for level</i>	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 <i>up to 3 steps between partners may touch, but not considered for level</i>	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 <i>Min 2 and max 4 steps between 1st and 2nd twizzles may be in contact between 1st and 2nd twizzles</i>	Maximum 1
Junior (3:30 ±0:10)	<i>To be updated following publication by ISU</i>					
Senior (4:00 ±0:10)						

*Specifications to Step Sequence, Style B (Free Dance): (TBD per ISU communication)



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SOLO FREE DANCE

CATEGORY (TIME)	EDGE ELEMENT <i>Short – max 7 seconds</i> <i>Combination – max 12 seconds</i>	DANCE SPIN	STEP SEQUENCE	ONE FOOT TURN SEQUENCE	TWIZZLES	CHOREO
Solo Novice (2:20 ±0:10)	1 short edge element	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of sequential twizzles. <i>Up to 1 step between twizzles</i>	Maximum 1 Chosen from: ChSp, ChTw, ChSI, ChSt
Solo Junior (3:00 ±0:10)	<i>To be updated following publication by ISU</i>					
Solo Senior (3:10 ±0:10)						

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