



British Ice Skating – National Solo Dance Criteria 2022/2023 (UPDATED 19 JAN 2023)

Category	Pattern Dance / Short Dance	Free Dance
Young Stars Beginner	Novice Foxtrot (2 seq) Rhythm Blues (3 seq)	1 min 30 sec +/- 5 secs
Young Stars Juvenile	Dutch Waltz (2 seq) Tango Canasta (3 seq)	1 min 30 sec +/- 5 secs
Basic Novice	Swing Dance (2 seq) Willow Waltz (2 seq)	1 min 30 sec +/- 10 secs
Intermediate Novice	Fourteenstep (4 seq) Rocker Foxtrot (4 seq)	1 min 50 sec +/- 10 secs
Advanced Novice	<u>Westminster Waltz (2 seq)</u> <u>Argentine Tango (2 seq)</u>	2 mins 20 secs +/- 10 secs
Junior	Rhythm Dance Argentine Tango 2 min 50 sec +/- 10 secs	3 min +/- 10 secs
Senior	Rhythm Dance Latin Rhythms 2 min 50 sec +/- 10 secs	3 min 10 sec +/- 10 sec

IMPORTANT INFORMATION

It is envisaged that at international solo dance events, each Pattern Dance will feature a combination of the Man's and Woman's steps, so all skaters will skate the same steps. These pattern diagrams have not been released by the ISU in time for this criteria to be updated with the relevant information. Therefore, Men should skate the Man's steps and Women should skate the Woman's steps in Pattern Dances/Pattern Dance Elements at national events (including solo dance series qualifier events and the British Solo Ice Dance Championships) in the 2022/2023 season.

The ISU solo dance criteria has not yet been released, and therefore the Ice Dance TAC are not in a position to mirror the national criteria. Therefore, skaters who intend to compete at international events should carefully consider the ISU solo dance criteria when released in due course, as there may be differences to requirements at international events.

In future seasons when in a position to do so, the Ice Dance TAC aim to align the national criteria with the ISU solo dance criteria for consistency and ease.

Entry Criteria - Solo Dance Series Qualifier Events

- There are no mandatory age or test restrictions in any category, all skaters may compete at any level they wish to compete at.
- Women and Men will be combined for all levels.

Entry Criteria - British Solo Ice Dance Championships 2023

- All skaters must meet the age and test requirements as set out below.
- All skaters must have competed in at least one of the solo dance series qualifier events in the same category they plan to compete in at the British Solo Ice Dance Championships.
- Following the end of the solo dance series qualifier events, the top 24 skaters from each category in the national standings will qualify for the British Solo Ice Dance Championships.
- The national standings will be calculated based upon each skater's best overall score obtained at any of the solo dance series qualifier events in the 2022/23 season and skaters will be ranked accordingly.
- If two or more skaters have the same result, the Total Elements Score will break the tie in the Rhythm Dance and Pattern Dance(s). The Program Components Score will break the tie in the Free Dance. If these results are also equal, the Skaters concerned will be considered as tied.
- Women and Men will be combined for all levels.

Category	Test Requirements	Age requirements from 01/07/2022
Young Stars Beginner	Minimum: Skate UK Star Maximum: Level 1 FM/Skills	Has not reached the age of ten (10)
Young Stars Juvenile	Minimum: Level 1 PD +FD + FM or Level 1 Skills Maximum: Level 3 FD + FM or Level 2 Skills	Has not reached the age of eleven (11)
Basic Novice	Minimum: Level 3 PD + FD + FM or Skills	Has not reached the age of thirteen (13)
Intermediate Novice	Minimum: Level 5 PD + FD + FM or Level 4 Skills	Has not reached the age of fifteen (15)
Advanced Novice	Minimum: Level 7 PD + FD + FM or Level 5 Skills	Has reached the age of ten (10) and has not reached the age of seventeen (17)
Junior	Minimum: Level 8 PD + FD + FM or Level 6 Skills	Has reached the age of thirteen (13) and not yet reached the age of nineteen (19)
Senior	Minimum: Level 9 PD + FD + FM or Level 7 Skills	Has reached the age of fifteen (15)

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct them to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.

Beginner and Juvenile Pattern Dance Music is ISU Ice Dance Music and will be played in order of skate tunes 1-5.

For Basic Novice and above, Skaters shall provide their own music for all Pattern Dances. May be ISU Ice Dance music (tune 1-5).

Category	Pattern Dance	# of sequences	Music	Pattern	Components/Factors	Warm up Music
Beginner	Novice Foxtrot	2 sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute)	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Foxtrot ISU Ice Dance music
	Rhythm Blues	3 sequences	Blues 4/4; Tempo 22 measures of 4 beats (88 beats per minute)	Set Pattern		the 6 th (last) tune of the Blues ISU Ice Dance music
Juvenile	Dutch Waltz	2 sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute)	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the European Waltz ISU Ice Dance music
	Tango Canasta	3 sequences	Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute)	Set Pattern		the 6 th (last) tune of the Tango ISU Ice Dance music
Basic Novice	Swing Dance	2 Sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Foxtrot ISU Ice Dance music
	Willow Waltz	2 sequences	Waltz 3/4; Tempo (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern		the 6 th (last) tune of the European Waltz ISU Ice Dance music
Intermediate Novice	Fourteenstep	4 sequences	March 2/4 and 4/4: 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6 th (last) tune of the Fourteenstep ISU Ice Dance music
	Rocker Foxtrot	4 sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6 th (last) tune of the Foxtrot ISU Ice Dance music
Advanced Novice	<u>Westminster Waltz</u>	2 Sequences 4 Sections Steps 1-10 & 11-22	Waltz 3/4; Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute	Optional Pattern	Timing Presentation Skating Skills Factor: 0.93	the 6 th (last) tune of the Westminster Waltz ISU Ice Dance music
	<u>Argentine Tango</u>	2 sequences	Tango 4/4; Tempo 24 measures of 4 beats (96 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6 th (last) tune of the Argentine Tango ISU Ice Dance music

PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2022/2023)

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	NO. OF STEPS PER SECTION or SEQUENCE	No. of Steps				
						10%	25%	50%	75%	90%
Young Stars Beginner	Novice Foxtrot	100 bpm	21.00	2 Sequences	18	2	5	9	14	16
	Rhythm Blues	88 bpm	22.0	3 Sequences	16	2	4	8	12	14
Young Stars Juvenile	Dutch Waltz	135 bpm	21.0	2 Sequences	16	2	4	8	12	14
	Tango Canasta	108 bpm	16.0	3 Sequences	14	2	4	7	11	13
Basic Novice	Swing Dance	98 -102 bpm	<u>37.6 – 39.2</u>	2 Sequences	30	3	8	15	23	27
	Willow Waltz	132-138 bpm	23.4 – 24.6	2 Sequences	22	2	6	11	17	20
Intermediate Novice	Rocker Foxtrot	102-106 bpm	15.8 – 16.5	4 Sequences	14	1	4	7	11	13
	Fourteenstep	110-114 bpm	10.5 – 10.9	4 Sequences	14	1	4	7	11	13
Advanced Novice	Westminster Waltz	159 - 165 bpm	28.4 – 29.5	2 Sequences/4 Sections						
				Section One: Steps 1-10	<u>10</u>	1	3	<u>5</u>	<u>8</u>	<u>9</u>
				Section Two: Steps 11 - 22	<u>12</u>	1	<u>3</u>	<u>6</u>	<u>9</u>	<u>11</u>
	Argentine Tango	94 - 98 bpm	<u>34.3 - 35.7</u>	2 Sequences	31	3	8	16	23	28

KEY POINTS AND KEY POINT FEATURES FOR PATTERN DANCES SEASON 2022/2023

YOUNG STARS BEGINNER, YOUNG STARS JUVENILE AND BASIC NOVICE

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

INTERMEDIATE NOVICE

There will be 1 key point described and up to Level 2 will be evaluated.		
Basic Level	Level 1	Level 2
50% of Pattern Dance is completed	75% of Pattern Dance is completed	1 Key Point is correctly executed

FOURTEENSTEP

Each Sequence – Woman	Key Point 1 Woman Steps 1-4 (RBO, LBI-PR, RBO, LBO-SwR)
	<ol style="list-style-type: none">1. Correct edges2. Progressive not performed as a Chassé
Each Sequence – MAN	Key Point 1 Man Steps 1-4 (LFO, RFI-PR, LFO, RFO-SwR)
Key Point Features	<ol style="list-style-type: none">1. Correct edges2. Progressive not performed as a Chassé

ROCKER FOXTROT

Each Sequence – Woman	Key Point 1 Woman Steps 11, 12 (LFO CIMo, RBO)
	<ol style="list-style-type: none">1. Correct edges2. CIMo: correct turn3. CIMo: correct placement of the free foot
Each Sequence – MAN	Key Point 1 Man Steps 11, 12 (LFO CIMo, RBO)
Key Point Features	<ol style="list-style-type: none">1. Correct edges2. CIMo: correct turn3. CIMo: correct placement of the free foot

ADVANCED NOVICE

There will be 2 key points described and up to Level 3 will be evaluated			
Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed	75% of Pattern Dance is completed	1 Key Point is correctly executed	2 Key Points are correctly executed

WESTMINSTER WALTZ

Woman Each Section: Steps 1-10 (WW1Sq1Se & WW2Sq1Se)	Key Point 1 Woman Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Woman Step 10a (CR-RFO3)
	1. Correct Edges 2. Correct turn 3. Correct Placement of free foot on OpMo	1. Correct Edges 2. Correct Turn 3. Correct Cross Roll Movement
Woman Each Section: Steps 11-22 (WW1Sq2Se & WW2Sq2Se)	Key Point 1 Woman Steps 15-16 (RFI3, CR-LBO)	Key Point 2 Woman Steps 21a – 21b (RFO3, LBO)
	1. Correct Edges* 2. Correct Turn	1. Correct Edges 2. Correct Turn RFO3

Man Each Section: Steps 1-10 (WW1Sq1Se & WW2Sq1Se)	Key Point 1 Man Steps 5-7 (LFI OpMo, RBI, LBO)	Key Point 2 Man Steps 10 (CR-RFO-SwR)
	1. Correct Edges 2. Correct turn 3. Correct Placement of free foot on OpMo	1. Correct Edge 2. Correct Cross Roll Movement 2. Correct Swing Roll Movement
Man Each Section: Steps 11-22 (WW1Sq2Se & WW2Sq2Se)	Key Point 1 Man Steps 16-18 (CR-RFO, LFI-Pr, Wd-RFI)	Key Point 2 Man Steps 22 (RFOI-SwR)
	1. Correct Edges 2. Correct Cross Roll Movement	1. Correct Edges 2. Correct Swing Roll Movement

ARGENTINE TANGO

Each Sequence – Woman (AT1Sq & AT2Sq)	Key Point 1 Woman Steps 13 - 14 (CR-RFO3, LBO)	Key Point 2 Woman Steps 23-24 (LFO Sw-Tw1 (between counts 4&1), RFO))
Key Point Features	1. Correct Edges 2. Correct Turn (RFO3) 3. Correct Cross Roll Movement*	1. Correct Edges 2. Correct Turn
Each Sequence – MAN (AT1Sq & AT2Sq)	Key Point 1 Man Step 13 - 14 (CR-LBO, RFO3)	Key Point 2 Man Steps 23 - 24 (LFO-Sw-OpCho, RBI, LBO)
Key Point features	1. Correct Edges 2. Correct turn (RFO3) 3. Correct Cross Roll Movement*	1. Correct Edges 2. Correct Turn (OpCho)

Note: A change of edge within the last 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.

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: 1AT - Key Point 3 & 4, 2AT - Key Point 4)

Note: Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Skater A’s body turns one full continuous rotation, it is not mandatory for the skating foot to execute a full turn, followed by a step forward, RFO

REQUIREMENTS FOR RHYTHM DANCE – JUNIOR

Tango plus at least one of the following Dance Styles – Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga

The **Pattern Dance Element - Argentine Tango** - skated to Tango rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute

The description, chart and diagram of the Pattern Dance Element Argentine Tango are included in the ISU Handbook Ice Dance 2003.

Junior Required Elements - Element features up to level 4 will be considered for level	
Pattern Dance Elements - 1AT (sequence 1) - 2AT (sequence 2)	<p>Two (2) Sections of the Argentine Tango: skated to Tango rhythm/style, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute.</p> <p style="text-align: center;">1AT: Steps #1-18</p> <p style="text-align: center;">2AT: Steps #19-31</p> <p>Two (2) Sections of Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the Judges left side. Step #19 of 2AT skated at the Judges right side.</p> <p>Note: Crossing the Long Axis is permitted for Steps #13 – 15</p>
Dance Edge Element	Maximum One (1) Short Dance Edge Element . Up to 7 seconds.
Step Sequence - MiSt or DiSt	<p>One (1) Step Sequence (Style B)</p> <p>Specifications to Style B, Rhythm Dance:</p> <ul style="list-style-type: none"> - Must be skated to a different Rhythm/Style from that chosen for the Pattern Dance Element (Junior) - Chosen pattern may ONLY be Midline or Diagonal - Retrogression – NOT permitted - Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	<p>One (1) Set of Sequential Twizzles</p> <ul style="list-style-type: none"> - At least two Twizzles must be performed. - Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).

KEY POINTS AND KEY POINTS FEATURES FOR JUNIOR PATTERN DANCE ELEMENTS SEASON 2022/23

There will be 3 key points described and up to Level 4 will be evaluated				
Basic Level	Level 1	Level 2	Level 3	Level 4
50% of the pattern dance element completed	75% of the pattern dance element completed	1 key is correctly executed	2 key points are correctly executed	3 key points are correctly executed

Argentine Tango – Key Points:

WOMAN

1AT Woman Steps 1-18	Key Point 1 Woman Steps 1-5 (LFO, RFI-Pr, LFO, RFI-Ch, LFO)	Key Point 2 Woman Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Key Point 3 Woman Steps 13-15 (CR-RFO3, LBO, RFO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Chassé not performed as a Progressive 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Change of edge 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Cross Roll movement*
2AT Woman Steps 19-31	Key Point 1 Woman Step 20 (CR-RFO-SWr)	Key Point 2 Woman Steps 23-24 (LFO Sw-Tw1 (between counts 4&1), RFO)	Key Point 3 Woman Step 31 CR-LBO-SwR/RFI (between counts 4&1)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edge 2. Correct Cross Roll Movement* 3. Correct Swing 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Cross Roll movement*

MAN

1AT Man Steps 1-18	Key Point 1 Man Steps 1-5 (LFO, RFI-Pr, LFO, RFI-Ch, LFO)	Key Point 2 Man Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RF-Ctr)	Key Point 3 Man Steps 13-15 (CR-LBO, RFO3, LBO)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edges 2. Chassé not performed as a Progressive 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Change of edge 3. Correct Turn (#10) 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Turn 3. Correct Cross Roll movement*
2AT Man Steps 19-31	Key Point 1 Man Step 20 (CR-RFO-SWr)	Key Point 2 Man Steps 23-24 (LFO Sw-OpCho, RBI (between counts 4&1), LBO)	Key Point 3 Man Steps 31 (CR-RFO-SwR)
Key Point Features	<ol style="list-style-type: none"> 1. Correct Edge 2. Correct Cross Roll Movement* 3. Correct Swing 	<ol style="list-style-type: none"> 1. Correct EdgeS 2. Correct Turn 	<ol style="list-style-type: none"> 1. Correct Edges 2. Correct Cross Roll movement*

* 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 1/2 a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1AT - Key Point 3 & 4, 2AT - Key Point 4)

Note: Step #23 is a left outside edge ending in a forward clockwise “twizzle-like motion” Tw1. Woman’s body turns one full continuous rotation, it is not mandatory for the skating foot to execute a full turn, followed by a step forward, RFO

GENERAL NOTE: The first step of the dance begins on beat one of a musical phrase. This is applicable for the ARGENTINE TANGO.

REQUIREMENTS FOR RHYTHM DANCE - SENIOR

Senior: Latin Dance Styles: At Least Two (2) Different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba

The Pattern Dance Type Step Sequence and Step Sequence must be skated to a different Latin Style/Rhythm

Senior Required Elements - Element features up to level 4 will be considered for level	
Pattern Dance Type Step Sequence Style D - PSt	One (1) Pattern Dance Type Step Sequence (PSt), (Style D): Rhythm: skated to a different Rhythm/Style from that chosen for the Step Sequence Style B. Duration: any exact number of musical phrases Pattern: starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern) Stops: one (1) required at the start of the PST (this will count as one of the permitted stops) Technical Requirements: Must perform four different difficult turns from the following: Rocker, Counter, Choctaw, Forward Outside Mohawk Additional attempts of the same Difficult Turn are ignored. Not permitted: - 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.
Choreographic Rhythm Sequence - ChRS	Choreographic Rhythm Sequence Rhythm: skated to any of designated Latin Rhythm(s)/Style(s) and performed in the “style” of the chosen Rhythm Pattern: -starts on the Short Axis, - proceed 10 meters on either side of the Short Axis - proceed from barrier to barrier (The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.) - Retrogression – permitted - Loops – permitted Stop(s) – for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on number of stops as long as each one is no more than 5 secs) <i>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element</i>
Dance Edge Element	Maximum One (1) Short Edge Element. Up to 7 seconds.
Step Sequence - MiSt or DiSt	One (1) Step Sequence (Style B) Specifications to Style B, Rhythm Dance: - Must be skated to a different Rhythm/Style from that chosen for the Pattern Dance Element (Junior) - Chosen pattern may ONLY be Midline or Diagonal - Retrogression – NOT permitted - Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	One (1) Set of Sequential Twizzles - At least two Twizzles must be performed. - Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).

RHYTHM DANCE – Specifications/Restrictions 2022/23

	Specifications and Requirements	Violations
Duration	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	Program time: Referee deduction - 1.0 up to every 5 seconds lacking or in excess
General Requirements	Rhythm Dance is a dance created by an Ice Dancer 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 <ul style="list-style-type: none"> - reflect the character of the music, the selected dance rhythm(s) and/or theme(s) - be translated to the ice by demonstrating technical skill with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed - be delivered with spacial awareness - fit to the phrasing of the music 	
Music	<ul style="list-style-type: none"> - Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. - Only dance music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program. 	Music Requirements: Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat. Referee deduction -1.0 per program – violation of tempo specification
Pattern	<ul style="list-style-type: none"> - For the current season, the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier. - In addition, the skater may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence and at the entry to Pattern Dance Element. - Loops in any direction are permitted provided they do not cross the long axis (except during the PSt) 	Choreography restrictions: (Pattern/ Stops/Touching ice with hands) Referee + Judges deduction - 1.0 per program
Stops	<ul style="list-style-type: none"> - After clock started, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop 	
Touching ice with hands	Touching the ice with the hand(s) is not permitted	
Costume and Prop	<ul style="list-style-type: none"> - Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. - Man must wear full length trousers - Woman is permitted to wear trousers - Accessories and props are not permitted 	Costume and prop: Referee + Judges deduction -1.0 per program
ALL DEDUCTIONS FOR BEGINNER, JUVENILE AND NOVICE CATEGORIES ARE HALF THE NORMAL DEDUCTIONS FOR JUNIOR/SENIOR		
For Beginner, Juvenile and Novice Categories, after the completion of the last step of the Pattern Dance, the skater must reach their final pose within 20 seconds. If this time limit is exceeded, a “Pattern Dances Program time” deduction shall apply		

FREE DANCE REQUIRED ELEMENTS

Category	Young Stars Beginner	Young Stars Juvenile	Basic Novice
Element Features up to Level 1 will be considered for Level			
Dance Edge Element	-	-	-
Dance Spins - DSp	One (1) Dance Spin – Specifications for Season 2022/2023 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater		
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> • At least two Twizzles • Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) 		
Choreographic Elements - ChSt - ChSp - ChTw - ChSl	One (1) Choreographic Element: Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement		Two (2) Choreographic Elements: <ul style="list-style-type: none"> • One (1) of which must be a Choreographic Character Step Sequence And <ul style="list-style-type: none"> • One (1) additional chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

Note: For Basic Novice (FD) if any type of Choreographic Element is identified before the Choreographic Character Step Sequence is performed, the first performed Choreographic element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

FREE DANCE REQUIRED ELEMENTS (CONTINUED)

Category	Intermediate Novice	Advanced Novice
	Element Features up to Level 2 will be considered for Level	Element Features up to Level 3 will be considered for Level
Dance Edge Element	One (1) Short Dance Edge Element - Maximum 7 seconds	
Dance Spin - DSp	One (1) Dance Spin - Specifications for Season 2022/23 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater	
Sequential Twizzles - SqTwW (Woman) - SqTwM (Man)	One (1) Set of Sequential Twizzles At least two Twizzles, with up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)	
Step Sequences - MiSt - DiSt - CiSt - SeSt	-	One (1) Style B Midline, Diagonal, Circular or Serpentine
Choreographic Elements - ChSt - ChSp - ChTw - ChSl	Two (2) Choreographic Elements: • One (1) of which must be a Choreographic Character Step Sequence And • One (1) additional chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement	Two (2) Choreographic Elements: Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

Note: Specifications to Step Sequence Style B, Free Dance 2022/23: Retrogression - one (1) permitted – must not exceed two measures of music

Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

Note: Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

FREE DANCE REQUIRED ELEMENTS (CONTINUED)

Category	Junior	Senior
	Element Features up to Level 4 will be considered for Level	
Dance Edge Element	Two (2) Different Type Short Edge Elements (up to 7 seconds each) Or One (1) Combination Edge Element (up to 12 seconds in total)	Three (3) Different Type Short Edge Elements (Up to 7 seconds each) Or One (1) Short Edge Element (up to 7 sec each) and One (1) Combination Edge Element (up to 12 seconds in total)
Dance Spin - DSp	One (1) Dance Spin - Specifications for Season 2022/23 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater	
Step Sequence - MiSt - DiSt - CiSt - SeSt	One (1) Step Sequence (Style B) Specifications to Style B, Free Dance 2022/23: Retgression - one (1) permitted –must not exceed two measures of music Not permitted: - Stops - Loops The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern	
One Foot Turns Sequence - OFTsW (Woman) - OFTsM (Man)	One (1) One Foot Turns Sequence Difficult Turns performed on one foot: Bracket, Rocker, Counter and Twizzle	
Synchronized Twizzles - SyTwW (Woman) - SyTwM (Man)	One (1) Set of Synchronized Twizzles At least two Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)	
Choreographic Element - ChSt - ChSp - ChTw - ChSl	Two (2) Choreographic Elements: Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement	Three (3) Choreographic Elements: Chosen from the following: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

FREE DANCE – Specifications/Restrictions 2022/23

	Specifications and Restrictions	Violations
Duration	Young Stars Beginner: 1:30 minutes +/- 5 seconds Young Stars Juvenile: 1:30 minutes +/- 5 seconds Basic Novice: 1:30 minutes +/- 10 seconds Intermediate Novice: 1:50 minutes +/- 10 seconds Advanced Novice: 2:20 minutes +/- 10 seconds Junior: 3 minutes +/- 10 seconds Senior: 3:10 minutes +/- 10 seconds	Program time: Referee deduction -1.0 up to every 5 seconds lacking or in excess
Components Factors	<ul style="list-style-type: none"> • Composition • Presentation • Skating Skills Beginner/Juvenile/Basic Novice/Intermediate Novice: Factor 1.0 Advanced Novice: Factor 1.33 Junior/Senior: Factor 2.00	
Music	- 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 - <u>Music must have at least one obvious change of tempo/rhythm and expression, when the program is over 2 minutes in length. This change may be gradual or immediate.</u> Note: Any music of the same tempo/rhythm and expression should last <u>approximately</u> no more than 75% of the program, - Music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - Music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. - Music may be without audible rhythmic beat up to 10 seconds at beginning or at the end of program - Music may be without audible rhythmic beat up to 10 seconds during the program	Music Requirements: Referee + Judges deduction -2.0 per program
Stops	- After clock started, the skater must not remain in one place for more than 10 seconds - During program: unlimited full stops of 5 seconds max. are allowed	Choreography restrictions: (Stops/Touching ice with hands) Referee + Judges deduction 1.0 per program
Touching the Ice with Hands	Touching the ice with the hand(s) is not permitted (except Choreographic Sliding Movement, Choreographic Character Step Sequence)	
Costume and Prop	- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music - Man must wear full length trousers - Woman is permitted to wear trousers - Accessories and props are not permitted	Costume and prop: Referee + Judges deduction -1.0 per program
ALL DEDUCTIONS FOR YOUNG STARS AND NOVICE CATEGORIES ARE HALF THE NORMAL DEDUCTIONS FOR JUNIOR/SENIOR		

CATEGORIES OF DANCE EDGE ELEMENTS

Short Edge Element

A Short Edge Element is a movement where the skater must maintain a continuous sustained edge (one curve) in any selected position. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than seven (7) seconds.

Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed twelve (12) seconds in total. A change of position is not required for each part of the Combination Edge Element. A turn of no more than half a revolution is allowed between each Short Edge Element (except when attempting a twizzle as a “difficult turn as a connecting step” extra feature). A change of foot is permitted between each Short Edge Element with no more than 2 steps* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

*If there are more than 2 steps, or more than ½ revolution, (with the exception of the twizzle as a “difficult turn as a connecting step” additional feature) between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes

A. Spirals in varied positions or an Attitude

- A Spiral is a position with one blade on the ice and the free leg (including knee and foot) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of ninety degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

B. Crouch in varied positions

- A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front.
- A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice,

*Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as an Outside Spread Eagle Type Edge Element.

C. Spread Eagle

- A two-footed movement in which a skater travels along the ice with one foot on a forward edge/ tracing and the other on a matching backward edge/tracing on the same curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch Type or the **second** part of a Combination Edge Element

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- A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

E. Hydro blade movements

- A movement done almost level with and 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

DEFINITION OF SOLO CHOREOGRAPHIC MOVEMENTS

Choreographic Spinning Movement: Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling

The following requirements apply:

- On two feet or, alternate feet or, one foot and one knee / boot (but not two knees)
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Can be moving or stationary

Choreographic Sliding Movement: Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice. The following requirements apply:

- Continuous controlled sliding movement on any part of the body for at least 2 seconds.
- 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 Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- Performing basic lunge movement will NOT be considered as a Choreographic Sliding Movement.

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 must be performed and must travel (cannot be on the spot)
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement, can be on the spot or traveling or a combination of both.

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program
- Must be placed around the short axis (within 10 metres either side of the short axis) and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 metres from the barrier.
- Touching the ice with any part (or parts) of the body with controlled movements are allowed. (example on two knees. Using both hands, etc)
- Touching the barrier at the start or finish of the Choreographic Character Step Sequence is also permitted