



Øvelsesutvalg Isdans 2020/2021

Basic	Pattern Dance	Free Dance
Content	Dance 1: Fourteenstep - 4 sequences to be skated Dance 2: Willow Waltz - 2 sequences to be skated Dance 3: Tango Canasta - 3 sequences to be skated	- Dance Spin - Synchronized Twizzles - Choreographic Character Step Sequence - Choreographic Element
Clarifications	2 different Pattern Dances shall be skated in each event and will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. The first Step of the dance must be on beat 1 of a measure	- <i>Synchronized Twizzles</i> must have at least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. Partners must be in hold/contact/touch at some point between the 1st and 2nd Twizzles - <i>Choreographic Character Step Sequence</i> must be performed before the other Choreographic Element
Music	<i>Fourteenstep</i> : March 4/8 or 2/4 <i>Willow Waltz</i> : Waltz ¾ <i>Tango Canasta</i> : Tango 4/4 <i>Option 1</i> : The music chosen by the couple may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen. <i>Option 2</i> : The music may be chosen by the couple and must be chosen in accordance with the Rhythm and style/character of the Pattern Dance and may be vocal. The start of the first Step of the dance must be on beat 1 of the 9th measure of the particular tune (unless otherwise specified in the description of the dance).	- Must have Audible rhythmic beat and melody <u>or</u> only audible rhythmic beat - Must have at least one change of tempo/rhythm and expression which may be gradual or immediate, but in either case it must be obvious - May be vocal - May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program
Tempo	<i>If Option 2</i> : The Tempo throughout the required Sequences must be constant 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). <i>Fourteenstep</i> : 56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute; <i>Willow Waltz</i> : (the same as "European Waltz") 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute <i>Tango Canasta</i> : 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	N/A
Key Points	No Key Points	N/A
No. Elements/ Max Level	varies depending on pattern dance / 1	4/1
Deduction Fall	0,5 points per fall by one partner 1,0 points per fall by both partners	0,5 points per fall by one partner 1,0 points per fall by both partners
Time	N/A	2 minutes +/- 10 seconds
Warm-up	3 minutes per pattern dance, Max 6 couples.	3 minutes, Max 5 couples
Components	General factor: 0,7 SS: 1,0 PE: 1,0 TI: 1,0 For events with 2 Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0,5	General factor: 1,0 SS: 1,0 PE: 1,0 IN: 1,0



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Intermediate	Pattern Dance	Free Dance
Content	<p>Group 3: Dance 1: <i>Fourteenstep</i> - 4 sequences to be skated Dance 2: <i>Tango</i> - 2 sequences to be skated</p> <p>Group 4: Dance 1: <i>Foxtrot</i> - 4 sequences to be skated Dance 2: <i>European Waltz</i> - 2 sequences to be skated</p>	<ul style="list-style-type: none"> - Short Lift - Dance Spin - Synchronized Twizzles - Choreographic Character Step Sequence - Choreographic Element
Clarifications	<p>One of the two groups will be drawn after the entry deadline of the event. Both Pattern Dances in the group drawn shall be skated in each event and will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand.</p> <p>The first Step of the dance must be on beat 1 of a measure</p>	<ul style="list-style-type: none"> - <i>Short Lift</i> may be up to 7 seconds - <i>Synchronized Twizzles</i> must have at least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. Partners must be in hold/contact/touch at some point between the 1st and 2nd Twizzles - <i>Choreographic Character Step Sequence</i> must be performed before the other Choreographic Element
Music	<p><i>Fourteenstep</i>: March 4/8 or 2/4 <i>Tango</i>: Tango 4/4 <i>Foxtrot</i>: Foxtrot 4/4 <i>European Waltz</i>: Waltz 3/4</p> <p><i>Option 1</i>: The music chosen by the couple may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen. <i>Option 2</i>: The music may be chosen by the couple and must be chosen in accordance with the Rhythm and style/character of the Pattern Dance and may be vocal. The start of the first Step of the dance must be on beat 1 of the 9th measure of the particular tune (unless otherwise specified in the description of the dance).</p>	<ul style="list-style-type: none"> - Must have Audible rhythmic beat and melody <u>or</u> only audible rhythmic beat - Must have at least one change of tempo/rhythm and expression which may be gradual or immediate, but in either case it must be obvious - May be vocal - May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program
Tempo	<p><i>If Option 2</i>: The Tempo throughout the required Sequences must be constant 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).</p> <p><i>Fourteenstep</i>: 56 measures of 2 beats per minute or 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute <i>Tango</i>: 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute <i>Foxtrot</i>: 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute <i>European Waltz</i>: 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute</p>	N/A
Key Points	1 Key Point	N/A
No. Elements/ Max Level	varies depending on pattern dance / 2	5/2
Deduction Fall	0,5 points per fall by one partner 1,0 points per fall by both partners	0,5 points per fall by one partner 1,0 points per fall by both partners
Time	N/A	2 minutes and 30 seconds +/- 10 seconds
Warm-up	3 minutes per pattern dance, Max 6 couples.	3 minutes, Max 5 couples
Components	<p>General factor is 0,7 SS: 1,0 PE: 1,0 TI: 1,0 For events with 2 Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0,75</p>	<p>General factor is 1,0 SS: 1,0 PE: 1,0 IN: 1,0</p>



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Novice	Pattern Dance	Free Dance
Content	Dance 1: <i>Starlight Waltz</i> - 2 sequences to be skated (4 Sections Steps 1-17 & 18-32) Dance 2: <i>Quickstep</i> - 4 sequences to be skated	- Short Lift - Dance Spin - Step Sequence in hold (Style B) - Synchronized Twizzles - 2 different Choreographic Elements
Clarifications	Both Pattern Dances are to be skated and will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. The first Step of the dance must be on beat 1 of a measure	- <i>Short Lift</i> may be up to 7 seconds - <i>The Step Sequence</i> must be skated in hold and the pattern must maintain the integrity or basic shape of the chosen pattern (Midline, Diagonal, Circular or Serpentine) - <i>Synchronized Twizzles</i> must have at least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. Partners must be in hold/contact/touch at some point between the 1st and 2nd Twizzles
Music	<i>Starlight Waltz</i> : Waltz ¾ <i>Quickstep</i> : Quickstep 2/4 <i>Option 1</i> : The music chosen by the couple may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen. <i>Option 2</i> : The music may be chosen by the couple and must be chosen in accordance with the Rhythm and style/character of the Pattern Dance and may be vocal. The start of the first Step of the dance must be on beat 1 of the 9th measure of the particular tune (unless otherwise specified in the description of the dance).	- Must have Audible rhythmic beat and melody <u>or</u> only audible rhythmic beat - Must have at least one change of tempo/rhythm and expression which may be gradual or immediate, but in either case it must be obvious - May be vocal - May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program
Tempo	<i>If Option 2</i> : The Tempo throughout the required Sequences must be constant 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). <i>Starlight Waltz</i> : 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute <i>Quickstep</i> : 56 measures of 2 beats (112 beats per minute) plus or minus 2 beats per minute	N/A
Key Points	2 Key Points	N/A
No. Elements/ Max Level	varies depending on pattern dance / 3	6/3
Deduction Fall	0,5 points per fall by one partner 1,0 points per fall by both partners	0,5 points per fall by one partner 1,0 points per fall by both partners
Time	N/A	3 minutes +/- 10 seconds
Warm-up	3 minutes per pattern dance, Max 6 couples.	3 minutes, Max 5 couples
Components	General factor is 0,7 SS: 1,0 PE: 1,0 IN: 1,0 TI: 1,0 For events with 2 Pattern Dances, the Total Score for each dance will be multiplied by a factor of 1,0	General factor is 1,0 SS: 1,0 TR: 1,0 PE: 1,0 IN: 1,0



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Junior	Rhythm Dance	Free Dance
Content	<ul style="list-style-type: none"> - Tea Time Foxtrot Section 1 steps 1-31 - Tea Time Foxtrot Section 2 steps 32-54 - Short Lift - Step Sequence (Style B) - Midline or Diagonal - Sequential Twizzles 	<ul style="list-style-type: none"> - 2 different Short Lifts <u>or</u> 1 Combination Lift - Dance Spin - Step Sequence in hold (Style B) - One Foot Step Sequence - Synchronized Twizzles - 2 different Choreographic Elements
Clarifications	<ul style="list-style-type: none"> - <i>Tea Time Foxtrot</i> (both sections) must be skated to a Foxtrot or Quickstep Rhythm and in the style of the Foxtrot or Quickstep. Section 1 must be followed by Section 2 with step #1 skated in front of the Judges on the side of the Judges - <i>The Step Sequence</i> must be skated to a different rhythm than the one chosen for the Tea Time Foxtrot - <i>The Step Sequence</i> may be skated in hold, non-touching or a combination of both - <i>Short Lift</i> may be up to 7 seconds - <i>Sequential Twizzles</i> must have at least two Twizzles for each partner with up to 1 step between Twizzles. Partners must NOT be in hold/contact/touch between Twizzles 	<ul style="list-style-type: none"> - <i>Short Lift</i> may be up to 7 seconds - <i>Combination Lift</i> may be up to 12 seconds - <i>The Step Sequence</i> must be skated in hold and the pattern must maintain the integrity or basic shape of the chosen pattern (Midline, Diagonal, Circular or Serpentine) - <i>One Foot Step Sequence</i> must be not-touching and the turns performed on one foot by each partner and must be started with the first turn at the same time - <i>Synchronized Twizzles</i> must have at least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. Partners must be in hold/contact/touch at some point between the 1st and 2nd Twizzles
Music	<ul style="list-style-type: none"> - Must be dance music with an audible rhythmic beat - Must be 2 or more different rhythms from the rhythms specified below - May be without an audible rhythmic beat for up to 10 seconds at the beginning of the program - May be vocal 	<ul style="list-style-type: none"> - Must have Audible rhythmic beat and melody <u>or</u> only audible rhythmic beat - Must have at least one change of tempo/rhythm and expression which may be gradual or immediate, but in either case it must be obvious - May be vocal - May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program
Rhythms	Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz	N/A
Tempo	Throughout the Tea Time Foxtrot, the tempo must be constant with 27 four-beat measures per minute 108 beats per minute +/- 2 beats	N/A
Theme	Musicals and/or Operettas	N/A
No. Elements/ Max Level	5/4	7 or 8/4
Deduction Fall	1 point for fall by one partner 2 points for fall by both partners	1 point for fall by one partner 2 points for fall by both partners
Time	2 minutes 50 seconds +/- 10 seconds	3 minutes and 30 seconds +/- 10 seconds
Warm-up	5 minutes, Max 5 couples	5 minutes, Max 5 couples
Components	General factor: 0,8 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN/T: 1,0	General factor: 1,2 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN/T: 1,0



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Senior	Rhythm Dance	Free Dance
Content	<ul style="list-style-type: none"> - Finnstep Section 1 steps 1-33 - Pattern Dance Step Sequence (Style C) - Short Lift - Step Sequence (Style B) - Midline or Diagonal - Sequential Twizzels 	<ul style="list-style-type: none"> - 3 different Short Lifts <u>or</u> 1 Combination Lift and 1 Short Lift - Dance Spin - Step Sequence (Style B) - One Foot Step Sequence - Synchronized Twizzels - 3 different Choreographic Elements
Clarifications	<ul style="list-style-type: none"> - <i>The Finnstep and The Pattern Dance Type Step Sequence</i> must be skated to the same rhythm. The rhythm skated must be Quickstep, Charleston or Swing in the style of the chosen rhythm. The chosen tune may be the same or different for the two elements, but must have the same tempo. - <i>The Pattern Dance Type Step Sequence</i> must be skated immediately after the Finnstep and must be skated in hold - <i>The Step Sequence</i> must be skated to a different rhythm (even within Swing Rhythms) than the one chosen for the Finnstep and Pattern Dance Type Step Sequence - <i>The Step Sequence</i> may be skated in hold, non-touching or a combination of both - <i>Short Lift</i> may be up to 7 seconds - <i>Sequential Twizzels</i> must have at least two Twizzels for each partner with up to 1 step between Twizzels. Partners must NOT be in hold/contact/touch between Twizzels 	<ul style="list-style-type: none"> - <i>Short Lift</i> may be up to 7 seconds - <i>Combination Lift</i> may be up to 12 seconds - <i>Short Lift</i> must be a different type than in the Combination Lift (if this option is executed) - <i>The Step Sequence</i> must be skated in hold and the pattern must maintain the integrity or basic shape of the chosen pattern (Midline, Diagonal, Circular or Serpentine) - <i>One Foot Step Sequence</i> must be not-touching and the turns performed on one foot by each partner and must be started with the first turn at the same time - <i>Synchronized Twizzels</i> must have at least two Twizzels for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzels. Partners must be in hold/contact/touch at some point between the 1st and 2nd Twizzels
Music	<ul style="list-style-type: none"> - Must be dance music with an audible rhythmic beat - Must be 2 or more different rhythms from the rhythms specified below - May be without an audible rhythmic beat for up to 10 seconds at the beginning of the program - May be vocal 	<ul style="list-style-type: none"> - Must have Audible rhythmic beat and melody <u>or</u> only audible rhythmic beat - Must have at least one change of tempo/rhythm and expression which may be gradual or immediate, but in either case it must be obvious - May be vocal - May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program
Rhythms	Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz	N/A
Tempo	Throughout the Finnstep and PSt, the tempo must be constant with 52 two-beat measures per minute, 104 beats per minute +/- 2 beats.	N/A
Theme	Musicals and/or Operettas	N/A
No. Elements/ Max Level	5/4	9 or 10/4
Deduction Fall	1 point for fall by one partner 2 points for fall by both partners	1 point for fall by one partner 2 points for fall by both partners
Time	2 minutes 50 seconds +/- 10 seconds	4 minutes +/- 10 seconds
Warm-up	5 minutes, Max 5 couples	5 minutes, Max 5 couples
Components	General factor: 0,8 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN/T: 1,0	General factor: 1,2 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN/T: 1,0



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Veteran	Pattern Dance	Free Dance
Content	Dance 1: <i>European Waltz</i> - 2 sequences to be skated Dance 2: <i>Tango Fiesta</i> - 3 sequences to be skated	- Short Lift - Diagonal Step Sequence in hold (Style B) - Dance Spin
Clarifications	Both Pattern Dances shall be skated in each event and will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. The first Step of the dance must be on beat 1 of a measure	- <i>Short Lift</i> may be up to 7 seconds - <i>The Step Sequence</i> must be skated in hold and the pattern must maintain the integrity or basic shape of the Diagonal pattern - <i>Dance Spin</i> cannot be a combination spin
Music	<i>European Waltz</i> : Waltz ¾ <i>Tango Fiesta</i> : Tango 4/4 The music chosen by the couple must be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen.	- Must have Audible rhythmic beat and melody <u>or</u> only audible rhythmic beat - Must have at least one change of tempo/rhythm and expression which may be gradual or immediate, but in either case it must be obvious - May be vocal - May be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program
Tempo	<i>European Waltz</i> : 45 measures of 3 beats per minute or 135 beats per minute <i>Tango Fiesta</i> : 27 measures of 4 beats or 108 beats per minute	N/A
Key Points	No Key Points	N/A
No. Elements/ Max Level	varies depending on pattern dance /1	3/1
Deduction Fall	0,5 points per fall by one partner 1,0 points per fall by both partners	0,5 points per fall by one partner 1,0 points per fall by both partners
Time	N/A	1 minutes 50 seconds +/- 10 seconds
Warm-up	3 minutes per pattern dance, Max 6 couples.	3 minutes, Max 5 couples
Components	General factor: 0,7 SS: 1,0 PE: 1,0 TI: 1,0 For events with 2 Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0,5	General factor: 1,2 SS: 1,0 TR: 1,0 PE: 1,0 CO: 1,0 IN: 1,0



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Clarifications of specific rules and definitions applicable for all dances

Illegal Elements /Movements	<p>Illegal Lift Movement/Pose in the Lift, meaning;</p> <p>a) sitting on the partner's head b) standing on the partner's shoulder c) lifted partner in upside down split pose (with sustained angle between thighs more than 45 degrees) d) lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s) or without the assistance of hand(s)/arm(s) f) 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 arm(s) higher than the lifting partner's head (the supporting arm may be sustained and fully extended above the head)</p> <p>g) Jumps (or throw jumps) of more than one (1) revolution or jumps of one (1) revolution skated at the same time by both partners</p> <p>h) Lying on the ice</p> <p>A brief movement through poses a) to f) will be permitted if it is not established and sustained or if it is used only to change pose.</p>
Long Axis	A straight line that divides the ice surface into two halves lengthwise (midline)
Short Axis	A straight line that divides the ice surface into two halves crosswise
Continuous Axis	An imaginary line running around the ice surface that serves as the basis for the dance pattern. Usually, in Pattern Dances and Rhythm Dance, the continuous axis consists of two lines running parallel to the long axis of the ice surface, approximately halfway between the long axis and the sides. These lines are joined at each end of the ice surface by a semi-circle. These semi-circles are flattened in some dances so that they run parallel to the ends of the ice surface. In circular dances, such as the Kilian, the continuous axis approximates a circle. The continuous axis of the Paso Doble is an oval
Transverse Axis	An imaginary line intersecting the Continuous Axis of a dance at right angles
Timing	Timing means skating primarily to the rhythmic beat
Beat	A note defining the regular recurring divisions of a piece of music.
Tempo	The speed of music in Beats or Measures per minute
Rhythm	The regularly repeated pattern of accented and unaccented Beats which gives the music its character
Measure (Bar)	A unit of music which is defined by the periodic recurrence of the accent. Such units are of equal number of Beats
Strong Beat	The first Beat of the Measure or group of two Measures supporting the skating count of the Rhythm
Weak beat	For Rhythms with a skating count on two Measures, the first Beat of the second Measure (examples: skating count 3 of the Quickstep; skating count 4 of the American Waltz). The skating count of each Rhythm is explained in the ISU Ice Dance Rhythms Booklet & Compact Disc.



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Clarifications Pattern Dance

<p>Pattern</p>	<p>The pattern of any dance is the design of the dance on the ice. The diagram of a Pattern Dance includes all the information needed to execute one complete pattern (sequence) of the dance.</p> <p>Set Pattern Dance – A Pattern Dance for which the location, direction and curvature of all edges to be skated are designated in the diagram. This diagram must be followed as closely as possible</p> <p>Optional Pattern Dance – A Pattern Dance for which the pattern may be altered by a Couple provided that the original step sequences, positions and timing are maintained. Each repetition of the altered pattern must be executed in the same manner and the restart must be commenced from the same place.</p> <p>Lobe – Any sequence of steps on one side of the Continuous Axis that is approximately semi-circular in shape</p>
<p>Order of patterns skated</p>	<p>All Pattern Dances will be skated in the order listed under content for each category</p>
<p>Start of pattern</p>	<p>All Pattern Dances may be started with optional introductory steps</p> <p>The pattern starts with the first step of the Pattern Dance (from the diagram) after any introductory steps.</p> <p>The first step of the pattern dance (according to diagram) must be on beat 1 of a measure and must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the couple and instruct them to restart on the correct side without deduction.</p>
<p>Interruption</p>	<p>An interrupted Pattern Dance shall be resumed at the nearest technically practicable point in the step sequence and which must be after the point of interruption. The Couple may not skate the steps missed by the interruption.</p>
<p>Time / End of pattern</p>	<p>After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded a deduction shall apply for every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose</p>



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Clarifications Rhythm Dance

Generalities	<p>The Rhythm Dance is a dance created by an Ice Dance couple to dance music with designated rhythm(s) and/or theme(s) selected annually for the season</p> <p>The dance must:</p> <ul style="list-style-type: none"> - reflect the character of the selected dance rhythm(s) or theme(s) - be translated to the ice by demonstrating technical skill with steps and movements along with flow and the use of edges - fit to the phrasing of the music
Music / Rhythms / Themes	<ul style="list-style-type: none"> - Music from Musicals and/or Operettas - ALL selected music should be recognized as from one of the following Rhythms: Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz. - The number of rhythms is not restricted. - The selected music may be from the same or different Musicals and/or Operettas. - Musical and/or Operetta can be a play (on the stage) or film in which music, singing and/or dancing play an essential part "to tell the story". Juke Box Musicals are allowed (Examples - Mamma Mia, Jersey Boys) - Music from movie soundtracks which are not movie musicals are not allowed. - When submitting the Music Information, couples must include the title(s) of the Musical/Operetta and the Rhythms selected for the Rhythm Dance. <p>Junior: The Pattern Dance Element, Tea Time Foxtrot, must be skated to a Foxtrot Rhythm and in the style of the Foxtrot or skated to a Quickstep Rhythm and in the style of Quickstep. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance: 27 four-beat measures per minute 108 beats per minute +/-2 beats. For the Tea-Time Foxtrot and the required Foxtrot/Quickstep rhythm/tempo (108 bpm), Ballroom music selections in the style of Foxtrot/Quickstep are allowed even when not from a musical and/or operetta.</p> <p>Senior: The Pattern Dance Element, Finnstep, must be skated to the Quickstep, Charleston or Swing Rhythm, in the style of the chosen rhythm. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo: 52 two-beat measures per minute, 104 beats per minute +/- 2 beats.</p> <p>The Pattern Dance Type Step Sequence (PSt) must be skated to the same Rhythm selected for the Pattern Dance Element (Finnstep). The chosen tune may be the same as for Finnstep or different but must have the same tempo, The Tempo of the music throughout Finnstep and PSt must be constant and in accordance with the required Tempo.</p> <p>If a Swing Rhythm is used for the Finnstep/PSt, a different Swing Rhythm may be used for the Step Sequence.</p>
Pattern	<p>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 couple 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 are permitted provided they do not cross the long axis.</p> <p>In addition, the couple may also cross the Long Axis at the entry and/or exit to the Step Sequence and at the entry to Pattern Dance Element.</p> <p>Crossing the Long Axis while performing Steps # 10-12 in Tea-Time Foxtrot and retrogressing Steps # 13-15 in the TTF is not considered as Pattern violation.</p> <p>Crossing the Long Axis while performing Steps # 19-21 in the Finnstep is not considered as a Pattern Violation</p>
Stops	<p>After clock started, the couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</p> <p>During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted</p> <p>A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop</p>
Separations	<ul style="list-style-type: none"> - Partners must not separate except to change Hold or to perform Required Elements requiring a separation. - Distance allowed is maximum 2 arms lengths during such separations. - Change of hold and Turns as transitional elements must not exceed the duration of one measure of music. - 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



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Touching ice with hands	Not permitted
Costume and prop	<p>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.</p> <ul style="list-style-type: none"> - Man must wear full length trousers - Lady may wear trousers - Accessories and props are not permitted
Pattern Dance Type Step Sequence (PSt)	<ul style="list-style-type: none"> - Rhythm: skated to the same Rhythm chosen for the Finnstep. The chosen tune may be the same as for Finnstep or different but must have the same tempo, The Tempo of the music throughout Finnstep and PSt must be constant and in accordance with the required Tempo. - Duration: any exact number of musical phrases - Pattern: starting immediately following the Slide and Stop on step 33 of the Finnstep, concluding at the Short Axis (middle of the rink) on the Judges' side. - Stops: after the completion of step 33, a Stop can be up to 5 seconds and is not counted as one of the permitted Stops. No additional stops are allowed during the PSt - Holds: Hand-in-Hand Hold with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of Holds and during Twizzles; - Not permitted: Stops (except at the beginning of PSt), Retrogressions, Loops - Hand in hand hold: NOT permitted with fully extended arms
Step Sequence	<ul style="list-style-type: none"> - Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element (Junior & Senior) and Pattern Dance Type Step Sequence (Senior) - Chosen pattern may ONLY be Midline or Diagonal - Retrogression – NOT permitted - Loops NOT permitted - Separations permitted, no more than 2 arms length - Hand in hand hold – NOT permitted with fully extended arms - Stops – up to one (1) permitted for up to 5 seconds
Sequential Twizzles	<ul style="list-style-type: none"> - At least two Twizzles for each partner - Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) - Must NOT be in hold/contact/touch between Twizzles



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Clarifications Free Dance

Generalities	<p>Free Dance is the skating by the Couple of a creative dance program blending with dance steps and movements expressing the character/rhythms(s) of the dance music chosen by the Couple.</p> <p>The Free Dance must contain combinations of new or known dance steps and movements including Required Elements composed into a well balanced, whole unit displaying excellent skating technique and the personal creativity of the Couple in concept, arrangement, and expression.</p> <p>The program including Required Elements must be skated in time and phase with the music. The Couple should skate primarily in time to the rhythmic beat, and not to the melody alone.</p> <p>The choreography should clearly reflect the dance character, accents and nuances of the chosen dance music, demonstrating a close relationship between partners with obvious, distinct changes of mood and pace with variations in speed and tempo. The program must utilize the whole ice surface. The Free Dance must not have the concept of a Pair or show program.</p>
Music	<ul style="list-style-type: none"> - Music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect - Music 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. - Music must be suitable for the Couple's skating skills and technical ability. - 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 end of program - Music may be without audible rhythmic beat up to 10 seconds during the program
Stops	<ul style="list-style-type: none"> - After clock started, couple must not remain on one place for more than 10 seconds - During program: unlimited full stops of 5 seconds max. are allowed
Separations	<ul style="list-style-type: none"> - Number of separations to execute transitional footwork or moves is not restricted - Distance allowed is maximum 2 arms length during separations (except during Choreographic Character Step Sequence) - Duration of each separation (excluding Required Elements) is 5 seconds max - Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.
Touching ice with hands	<p>Only allowed during Choreographic Sliding Movement and Choreographic Character Step Sequence</p>
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 - Lady must wear a skirt - Accessories and props are not permitted
Step Sequence in hold	<ul style="list-style-type: none"> - Retgression: one (1) permitted – must not exceed two measures of music - Separations: permitted, no more than 2 arms length and must not exceed 5 seconds - Loops: NOT permitted, a narrow loop is an acceptable shape in the retrogression - Hand in hand hold: NOT permitted with fully extended arms - Stops: NOT permitted
One Foot Step Sequence	<p>Turns performed on one foot by each partner and must be started with the first turn at the same time</p>
Synchronized Twizzles	<ul style="list-style-type: none"> - At least two Twizzles for each partner, 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) - Partners must be in hold/contact/touch at some point between the 1st and 2nd Twizzles
Choreographic Lift	<ul style="list-style-type: none"> - Dance Lift of minimum 3 seconds and up to ten (10) seconds - performed after all the other required Dance Lifts
Choreographic Spinning Movement	<ul style="list-style-type: none"> - Performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold; - 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.



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Choreographic Twizzling Movement	<ul style="list-style-type: none"> - Twizzling movement performed after the required Set of Twizzles, composed of 2 parts; - 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 has to 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	<ul style="list-style-type: none"> - Performed anywhere in the program, during which both partners perform controlled sliding movements on the ice. - 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 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. - 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 by both partners at the same time will NOT be considered as a Choreographic Sliding Movement.
Choreographic Character Step Sequence	<ul style="list-style-type: none"> - Performed anywhere in the program - Must be placed around the Short Axis (within 10 meters 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 meters 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 meters)