



## 2018-2019 Ice Dance Program Requirements Quick Reference Guide

Effective July 1, 2018

August 14, 2018

	Pattern Dance Summer	Pattern Dance Fall/Sectionals	Pattern Dance Challenge	Pattern Dance Canadians	Free Dance
<i>All pattern dances are to be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand</i>					<i>In Free Dance, combined spins &amp; lifts are permitted, but if performed will be counted as separate elements</i>
<b>Pre-Juvenile</b> *	<u>1. Fiesta Tango</u> 3 Sequences 3 Sections  <u>2. Willow Waltz</u> 2 Sequences 2 Sections	<u>1. Fiesta Tango</u> 3 Sequences 3 Sections  <u>2. Willow Waltz</u> 2 Sequences 2 Sections	<i>n/a</i>	<i>n/a</i>	Max 2 :00 ± 0.10 <ul style="list-style-type: none"> <li>• A maximum of one short lift (stationary, curve or straight line). Max. 7 sec. Will be called to a Maximum Level 2</li> <li>• A maximum of one dance spin (simple spin or combination type). Will be called to a Maximum Level 2</li> <li>• A maximum of one set of synchronized twizzles. Will be called to a Maximum Level 2</li> <li>• A maximum of one step sequence performed in hold, Style B as outlined in ISU Communication 2148 (any shape, <del>no required holds</del>, may not be a 'not touching' step sequence). Stops, hand-in-hand hold with fully extended arms, and loops* are not permitted. One retrogression not exceeding 2 measures of music is permitted. *A narrow loop is an acceptable shape in the retrogression. Separations permitted – no more than 2 arms length apart and not exceeding 5 seconds. Other required elements may not be skated in the required step sequence. Levels requirements for Style B are described in ISU Communication <u>2188</u></li> </ul>
<b>Juvenile</b>  U16	<u>1. Ten Fox</u> 3 Sequences 3 Sections  <u>2. European</u> 2 Sequences 2 Sections	<u>1. Ten Fox</u> 3 Sequences 3 Sections  <u>2. European</u> 2 Sequences 2 Sections	<i>n/a</i>	<i>n/a</i>	Max 2 :00 ± 0.10 <ul style="list-style-type: none"> <li>• A maximum of one short lift (stationary, curve or straight line). Max. 7 sec.</li> <li>• A maximum of one dance spin (simple spin or combination type). Will be called to a maximum Level 2</li> <li>• A maximum of one set of synchronized twizzles</li> <li>• A maximum of one step sequence performed in hold, Style B as outlined in ISU Communication 2148 (any shape, <del>no required holds</del>, may not be a 'not touching' step sequence). Stops, hand-in-hand hold with fully extended arms, and loops* are not permitted. One retrogression not exceeding 2 measures of music is permitted. *A narrow loop is an acceptable shape in the retrogression. Separations permitted – no more than 2 arms length apart and not exceeding 5 seconds Other required elements may not be skated in the required step sequence. Levels requirements for Style B are described in ISU Communication <u>2188</u></li> </ul>
<b>Pre-Novice</b>  U18	<u>1. Harris Tango</u> 2 Sequences 2 Sections  <u>2. Blues</u> 3 Sequences 3 Sections:	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections  <u>2. Blues</u> 3 Sequences 3 Sections	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections  <u>2. Blues</u> 3 Sequences 3 Sections	<i>n/a</i>	Max 2:30 ± 0.10 <ul style="list-style-type: none"> <li>• A maximum of two different short lifts (stationary, curve, straight line or rotational). Max. 7 sec.</li> <li>• A maximum of one dance spin (simple spin type or combination type)</li> <li>• A maximum of one set of synchronized twizzles</li> <li>• A maximum of one step sequence performed in hold, Style B as outlined in ISU Communication 2148 (any shape, <del>no required holds</del>, may not be a 'not touching' step sequence). Stops, hand-in-hand hold with fully extended arms, and loops* are not permitted. One retrogression not exceeding 2 measures of music is permitted. *A narrow loop is an acceptable shape in the retrogression. Separations permitted – no more than 2 arms length apart and not exceeding 5 seconds Other required elements may not be skated in the required step sequence. Levels requirements for Style B are described in ISU Communication <u>2188</u></li> </ul>



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	<i>All pattern dances are to be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand</i>				<i>In Free Dance, combined spins &amp; lifts are permitted, but if performed will be counted as separate elements</i>
<b>Novice</b>  Women U19  Men U21	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections Steps 1-17 & 18-32  <u>2. Argentine Tango</u> 2 Sequences 4 Sections Steps 1-18 & 19-31  <i>Note: Key Points to be called to a Maximum Level 3</i>	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections Steps 1-17 & 18-32  <u>2. Argentine Tango</u> 2 Sequences 4 Sections Steps 1-18 & 19-31  <i>Note: Key Points to be called to a Maximum Level 3</i>	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections Steps 1-17 & 18-32  <u>2. Argentine Tango</u> 2 Sequences 4 Sections Steps 1-18 & 19-31  <i>Note: Key Points to be called to a Maximum Level 3</i>	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections Steps 1-17 & 18-32  <u>2. Argentine Tango</u> 2 Sequences 4 Sections Steps 1-18 & 19-31  <i>Note: Key Points to be called to a Maximum Level 3</i>	Max 3:00 ± 0.10  <ul style="list-style-type: none"> <li>• A maximum of two different short lifts (not to exceed 7 seconds) OR a maximum of one combination lift (not to exceed 12 seconds). The two types of short lifts forming the combination lift must be of a different type:               <ul style="list-style-type: none"> <li>○ <i>two Rotational Lifts</i>: in different directions</li> <li>○ <i>two Curve Lifts on two different curves</i>: forming a serpentine pattern</li> <li>○ <i>two different types of Short Lifts</i></li> </ul> </li> <li>• A maximum of one dance spin (simple spin type or combination type)</li> <li>• A maximum of one set of synchronized twizzles</li> <li>• A maximum of two different step sequences:               <ul style="list-style-type: none"> <li>○ <i>one Style A step sequence performed in hold</i>: stops, pattern retrogressions, loops, and separations (except to change hold) are not permitted. See ISU Communication 2086 for Characteristics of Levels Style A</li> <li>○ <i>one Style B not touching step sequence as outlined in ISU Communication 2148</i>: stops, hand-in-hand hold with fully extended arms, and loops* are not permitted. One pattern retrogression not exceeding two measures of music is permitted. * A narrow loop is an acceptable shape in the retrogression. See ISU Communication <u>2188</u> for Characteristics of Levels Style B</li> </ul> </li> </ul> <p>The step sequences can be performed in any order. One must be straight (midline, diagonal) and the other must be curved (circular, serpentine); however, serpentine is not permissible as a not touching step sequence.</p> <ul style="list-style-type: none"> <li>• A maximum of one choreographic element: choice of choreographic lift or choreographic twizzling movement performed after the required element of the same type; or a choreographic spinning movement performed anywhere in the program.</li> </ul>

	Short Dance	Free Dance
<b>Junior</b>  <b>Women U19</b>  <b>Men U21</b>	<p>Max 2:50 ± 0.10</p> <p><i>Rhythms: Tango or Tango plus one additional rhythm</i></p> <ul style="list-style-type: none"> <li>• Pattern dance element               <ul style="list-style-type: none"> <li>○ Two sections of Argentine Tango (96 beats per minute +/- 2 beats per minute) – Section 1: Steps 1-18 and Section 2: Steps 19-31 to be skated one after the other</li> <li>○ Option 1: Section 1 followed by Section 2 with step #1 skated on the judges' left side</li> <li>○ Option 2: Section 2 followed by Section 1 with step #19 skated on the judges' right side</li> </ul> </li> <li>• A maximum of one short dance lift maximum 7 seconds</li> <li>• A maximum of one step sequence in hold or not touching or combination of both (Style B) chosen from midline, diagonal or circular; one stop up to 5 seconds duration is permitted; one retrogression up to 2 measures of music is permitted and may start from the permitted stop; loops not permitted; hold requirement is not considered for Level</li> <li>• A maximum of one combination set of sequential twizzles: at least two twizzles for each partner and maximum one step between twizzles</li> </ul>	<p>Max 3:30 ± 0.10</p> <ul style="list-style-type: none"> <li>• Maximum of one combination lift or two different types of short lifts</li> <li>• Maximum of one dance spin (spin or combination spin)</li> <li>• One step sequence in hold Style B</li> <li>• One combination one-foot step sequence: not touching; turns performed simultaneously on one foot by each partner</li> <li>• One combination set of synchronized twizzles: at least two twizzles for each partner and maximum three steps between twizzles; partners may be in hold during connecting steps</li> <li>• A maximum of two different choreographic elements chosen from choreographic lift (performed after all of the required dance lifts), choreographic spinning movement, choreographic twizzling movement (performed after the required set of twizzles), choreographic sliding movement, choreographic character step sequence</li> </ul>
<b>Senior</b>	<p>Max 2:50 ± 0.10</p> <p><i>Rhythms: Tango or Tango plus one additional rhythm</i></p> <ul style="list-style-type: none"> <li>• Pattern dance element               <ul style="list-style-type: none"> <li>○ Two sections of Tango Romantica (112 beats per minute +/- 2 beats per minute) to be skated one after the other - Section 1: Steps 1-27 and Section 2: Steps 28-49</li> <li>○ Section 1 followed by Section 2 with step #1 skated on the judges' left side</li> </ul> </li> <li>• A maximum of one short dance lift maximum 7 seconds</li> <li>• A maximum of one step sequence in hold or not touching or combination of both (Style B) chosen from midline, diagonal or circular; one stop up to 5 seconds duration is permitted; one retrogression up to 2 measures of music is permitted and may start from the permitted stop; loops not permitted; hold requirement is not considered for Level</li> <li>• A maximum of one combination set of sequential twizzles: at least two twizzles for each partner and maximum one step between twizzles</li> </ul>	<p>Max 4:00 ± 0.10</p> <ul style="list-style-type: none"> <li>• Maximum of one short lift and one combination lift OR three different types of short lifts</li> <li>• Maximum of one dance spin (spin or combination spin)</li> <li>• One step sequence in hold Style B</li> <li>• One combination one-foot step sequence: not touching; turns performed simultaneously on one foot by each partner</li> <li>• One combination set of synchronized twizzles: at least two twizzles for each partner and maximum three steps between twizzles; partners may be in hold during connecting steps</li> <li>• A maximum of three different choreographic elements, one of which must be a choreographic character step; two additional chosen from choreographic lift (performed after all of the required dance lifts), choreographic spinning movement, choreographic twizzling movement (performed after the required set of twizzles), choreographic sliding movement</li> </ul>