

2025

Solo Dance Series Handbook



Last updated 10/15/2024

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GENERAL INFORMATION

Please read the technical portion of the handbook closely when creating programs for the 2025 season as there are some new rules that will be implemented this year. All new rules for 2025 will be underlined in all documents to outline what is new. Rules are highlighted in yellow so everyone will pay special attention to major rule changes that may have been added since the first publishing of this handbook. We will also include an overview below of some of the more important new rules in this document. Registration for the National Solo Dance Series is January 2, 2025 through April 1, 2025 @11:59 p.m. mountain time. NO LATE ENTRIES will be accepted under any circumstances. Skaters must be registered for the series to have scores count for the National Solo Dance Final.

No formal critiques/feedback may be offered during Solo Dance Series competitions. The referee and Technical Controller may answer specific questions about deductions and levels.

IJS Mini systems should be used for all Series events. IJS Micro systems may be used, subject to the following conditions:

1. Non-AMX Judge panels are hard-wired to a switch, not run over wifi.
2. An AMX panel is used for Data entry

In the interest of consistency throughout the Series, a Paper System (no video reviews) should be used only in unexpected circumstances such as the IJS system going down or being lost in transit.

Junior and Senior Free Dance starting orders will be the reverse of Rhythm Dance results for all solo series competitions and the Final.

When more than 18 skaters/teams register for an event that event shall be broken into two or more groups. Maximum group size is 18. The same officials will be assigned to each group barring unforeseen circumstances and the results will be final after all groups have concluded.

Please remember the following existing general rules:

Invitations to National Solo Dance Final

Following the conclusion of the season, those skaters in the solo pattern dance, combined event and shadow pattern dance events from each section that have competed in at least two Solo Dance Series competitions and meet the following criteria (specific to event type) will be invited* to advance to the National Solo Dance Final competition (NSDF). Qualification is based on a skater/team's highest IJS score at a designated Series competition for all events. To qualify for the Final in Pattern Dance a skater must have competed in that event at 2 or more competitions, for Combined, must have competed in that event at 2 or more competitions, and Shadow must have competed in that event in 2 competitions. In other words, a skater cannot qualify in a Combined event for the Final by competing at one Series competition, and Pattern Dance at another to meet the "2 competitions" requirement.

- 1) SOLO PATTERN DANCE AND COMBINED EVENT ONLY:
 - a. Those skaters in each section who finish in the top six (6) for total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.

2) SHADOW PATTERN DANCE EVENT ONLY:

- a. Those shadow pattern dance teams in each section who finish in the top three (3) for total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.

The Skater's Primary Residence, not Home Club, will be used to determine the Section the skater represents. A Post Office Box is not a Primary Residence. The skater's Section used when registering will remain the same throughout the Series. For Shadow Dance, the section the team will represent will be determined by the section of the skater who registers the team.

***Skaters will have 48 hours to register for the Solo Series Final after receiving their invitation. If the registration is not submitted into EMS by that time, the next placed skater in that section only will replace the skater not registered. The alternate will have 24 hours to register in EMS after being notified. In the event there are no potential alternates within a Section, a skater from another Section cannot fill the spot.**

A variation of a fill-up rule may be used if less than six(6) skaters per section qualify to receive invitations to the NSDF at any particular level in the Series for the Solo Pattern Dance and Combined Events or if less than three (3) teams per section qualify to receive invitations to the NSDF in Shadow Dance events. This variation of the fill-up rule will be done at the discretion of the Program Development Committee Chair, National Vice Chair for Solo Dance and the U.S. Figure Skating Programs Manager. **This exception will not be used when skaters from more than one section could be considered as a replacement.**

Declining an Invitation to the Final

Following participation in the 2025 Solo Dance Series competitions, it is expected that skaters will compete in the National Solo Dance Final upon qualification.

Costume Requirements

The Solo Dance Series will follow all costume rules and requirements as stated for ice dance in the 2024-2025 U.S. Figure Skating Rulebook. (Rule 8020/8021).

Behavior of Competitors during Competition

The Solo Dance Series will follow all behavior of competitors requirements including the call to start rules for IJS as stated in the 2024-2025 U.S. Figure Skating Rulebook. (Rules 1320-1324)

Earbuds and headphones of any kind will not be allowed on any practice sessions or warm-ups associated with any Solo Series competition. If a skater is found to be wearing them on a practice session for the Solo Series, they are subject to be disqualified for the event.

Pattern Dance Starts

All pattern dances start on the judges' side unless directed otherwise by the published rules for each dance for the season or by the referee.

Skating up: Skaters may skate up one level in all events.

Important to Remember!

Eligibility & Test Levels: For the pattern dance events, the test level is determined by a skater completing all of the pattern dance tests within that level. All skaters must either compete at their test level or one level above their highest completed dance test. All skaters who have passed the Silver level or higher Singles or Skating Skills test may not enter the Bronze or below pattern dance events. There are no other restrictions for the Pre-Silver and above levels as they pertain to Singles or Skating Skills tests. The NSD series will continue to have test level requirements. Participants may test during the Series season without penalty.

For the combined events please refer to the requirements for each level for details on qualifications for each level. No skater may enter an event where they have passed the corresponding Singles test three levels above the event they wish to enter. For example, if you wish to compete in Juvenile, you may not have passed the Pre-Gold Singles or Skating Skills test.

Please take note that the list of illegal elements on page 45 as they have been updated. These illegal elements apply to all aspects of the Solo Series, including pattern dance.

Pattern Dance still has illegal elements. Please review, they have been clarified for the 2025 season.

Free Dance:

Crossovers in between elements:

Excessive use of crossovers will be evaluated by the judging panel. Executing more than two consecutive crossovers could result in a reduction in the Composition component.

For all Solo Series Segments: Lip Synching will not be permitted and will be considered a choreographic deduction by the judging panel and referee.

Planned Program Content Sheets: Skaters will not be permitted to take the ice to compete if the technical panel does not have a planned content sheet. If it is not submitted prior to the event, the organizing committee is responsible for collecting them at registration and handing them to the Technical Controller prior to the start of the event.

Warm-up times:

Pattern Dance & Shadow Dance: 3 minutes

Free Dance: Juvenile, Intermediate, Novice: 3 minutes

Junior and Senior Rhythm Dance & Free Dance: 4 minutes

IMPORTANT:

ANY & ALL ILLUSIONS ARE ILLEGAL. In 2024 we experimented with allowing them and they were utilized far too often giving many free dances the feeling of a singles program rather than an Ice Dance program.

Solo Pattern Dance

The solo pattern dance event is comprised of two dances at each level. The results from both dances will be combined to create a final score and overall result.

Please Remember:

All levels will have a first dance assigned for all qualifying series competitions including the Series Final. The second dance for Bronze and higher Solo Series pattern dance events, including the Series Final, will consist of a Variation Dance. For rules on the Variation Dance, see page 24. For Preliminary and Pre-Bronze a second pattern dance will be skated as published.

All music for pattern dance will be Skater's Choice. See Skater's Choice rules on page 7.

All pattern dances, except shadow, will include "Key Points" which will be part of attaining levels.

All pattern dances will use "**Solo Series Dance Steps**" for all competitors. All skaters will be using the same steps. Please refer to the pattern dance diagrams in Appendix A for the steps to be skated along with the number of sequences, tempo, Key Points, and time limits for Skater's Choice skating time following page 45.

The following levels will be offered:

| | Standard Track Test Requirements | Dances (number of sequences to be skated) |
|---------------|--|---|
| Preliminary | No test or passed preliminary & may not have passed the Silver Singles or Skating Skills Tests. | First Dance: Rhythm Blues (3 sequences) & Second Dance: Tango Canasta (3 sequences) |
| Pre-Bronze | Passed Preliminary or Pre-Bronze & may not have passed the Silver Singles or Skating Skills Tests. | First Dance: Swing Dance (2 sequences) Second Dance: Cha Cha (3 sequences) |
| Bronze | Passed Pre-Bronze or Bronze & may not have passed the Silver Singles or Skating Skills Tests. | First Dance: Willow Waltz (3 sequences) Second Dance: Ten-Fox Variation Dance (2 sequences) |
| Pre-Silver | Passed Bronze or Pre-Silver | First Dance: Foxtrot (3 sequences) Second Dance: Fourteenstep Variation Dance (4 sequences) |
| Silver | Passed Pre-Silver or Silver | First Dance: Tango (2 sequences) Second Dance: American Waltz Variation Dance (2 sequences) |
| Pre-Gold | Passed Silver or Pre-Gold | First Dance: Blues (3 sequences) Second Dance: Paso Doble Variation Dance (2 sequences) |
| Gold | Passed Pre-Gold or Gold | First Dance: Quickstep (3 sequences) Second Dance: Viennese Waltz Variation Dance (2 sequences) |
| International | Passed Gold or International | First Dance: Tea-Time Foxtrot (2 sequences) Second Dance: Finnstep Variation Dance (1 sequence; Section 1 and the Variation as Section 2) |

Shadow Dance

The shadow pattern dance event is comprised of one pattern dance at each level.

A team may be comprised of two skaters of any gender. Solo Dance Steps will be used as outlined in Appendix A; Pattern Dance Diagram Material.

Music is Skater's Choice and must be provided by the skaters, see page 7.

The following levels will be offered:

| Level | Standard Track Test Requirements | Dance (number of sequences to be skated) |
|--------------------|---|---|
| Preliminary | One partner must not have passed higher than the complete Preliminary dance test. | <ul style="list-style-type: none"> • Dutch Waltz (3 sequences) |
| Pre-Bronze | One partner must not have passed higher than the complete Pre-Bronze dance test. | <ul style="list-style-type: none"> • Tango Fiesta (3 sequences) |
| Bronze | One partner must not have passed higher than the complete Bronze dance test. | <ul style="list-style-type: none"> • Hickory Hoedown (3 sequences) |
| Pre-Silver | One partner must not have passed higher than the complete Pre-Silver dance test. | <ul style="list-style-type: none"> • European Waltz(2 sequences) |
| Silver | One partner must not have passed higher than the complete Silver dance test. | <ul style="list-style-type: none"> • Rocker Foxtrot (3 sequences) |
| Pre-Gold | One partner must not have passed higher than the complete Pre-Gold dance test. | <ul style="list-style-type: none"> • Kilian (4 sequences) |
| Gold/International | Open. | <ul style="list-style-type: none"> • Cha Cha Congelado (2 seq) |

Combined Events

The combined dance event is comprised of the following two segments (as applicable by level):

- 1.) **For Juvenile, Intermediate and Novice:** one pattern dance
For Junior and Senior: one solo rhythm dance
- 2.) **For Juvenile thru Senior:** one solo free dance

All music for pattern dance will be Skater's Choice. See Skater's Choice rules below.

All pattern dances will include "Key Points" which will be part of attaining levels.

All pattern dances will use "**Solo Series Steps**" for all competitors, so skaters are using the same steps. **Please refer to the pattern dance diagrams for the steps to be skated along with the number of sequences, Key Points, tempo and time limits for Skater's Choice skating time. Pattern Dance Diagrams with Key Points are in this handbook as Appendix A, pages 1-25.**

2025 Skaters Choice Music Rules

All music for both the pattern dance events (including Shadow Dance) and the combined events will be Skater's Choice. Each skater must upload a piece of music for each event. They must also have a backup CD available rink side, labeled with the skater's name and the name of the pattern dance on hand at the event.

The music may be an original choice by the skater/coach, or they may choose and download a piece made available to them on the Solo Dance Series webpage. The music may be either vocal or orchestral and it must be within + or – two beats per minute of the required beats per minute for each dance. The chosen music must also conform to the style of music appropriate for the rhythm of the selected dance. If the chosen music does not reflect the rhythm and style of the pattern dance to be skated a music deduction may be taken. The beats per minute and maximum skating time are all included on the Pattern Dance Diagram for each dance. Music that does not conform to these rules is also subject to a deduction.

Each skater will be timed from their first movement until they stop. If the skating time exceeds the maximum allotted skating time listed on the pattern diagram standard timing deductions will apply as outlined on the "Who's Responsible" chart in the Solo Series Officials' Manual.

For the Variation Dance, there will also be a Maximum time listed. Please refer to the pattern diagrams.

JUVENILE COMBINED EVENT:

Test qualifications as of April 1, 2025, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Preliminary solo or standard Preliminary partnered pattern dance test or have passed the standard solo or partnered Bronze free dance test. Skaters must not have passed any **Silver** or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Bronze free dance. Skaters must not have passed the Pre-Gold or higher singles or skating skills tests.

2025 Pattern Dance Selection for Juvenile: Hickory Hoedown* (3 sequences)

Free Dance Requirements for Juvenile:

| Juvenile Solo Free Dance: 1:30 +/- 10 seconds | |
|---|--|
| <u>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.</u> | |
| Edge Elements | One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed <u>eight (8)</u> seconds. |
| Spin | One (1) Dance Spin – Specifications for Season 2025 Dance Spin – A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements. |
| Choreographic Character Step Sequence | One (1) Choreographic Character Step Sequence performed on the short axis and started with a stop or skidding movement. Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. |
| Sequential Twizzle Series | One (1) Set of Sequential Twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. Up to one step between twizzles is permitted for sequential twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step) |
| Maximum Level | Up to Level 2 will be considered for all leveled elements. |

* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagrams in Appendix A.

INTERMEDIATE COMBINED EVENT:

Test qualifications as of April 1, 2025, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Bronze solo or standard Bronze partnered pattern dance test or have passed the standard solo or partnered Intermediate Pre-Silver free dance test. Skaters must not have passed any **Pre-Gold** or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the **Silver** free dance. Skaters must not have passed the Gold or higher singles or skating skills tests.

2025 Pattern Dance Selection for Intermediate: American Waltz* (2 sequences)

Free Dance Requirements for Intermediate:

| Intermediate Solo Free Dance: 1:50 +/- 10 seconds | |
|---|--|
| <u>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.</u> | |
| Edge Elements | One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed <u>eight (8)</u> seconds. |
| Spin | One (1) Dance Spin - Specifications for Season 2025 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements. |
| <u>Choreographic Character Step Sequence</u> | One (1) Choreographic Character Step Sequence performed on the long axis, and started with a stop or skidding movement. Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. |
| Sequential Twizzle Series | One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one step in between twizzles. Up to one step between twizzles is permitted for sequential twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step) |
| Choreographic Element | One (1) additional chosen from the following <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement • Choreographic Sliding Movement |
| Maximum Level | Up to Level 3 will be considered for all leveled elements. |

Note: If a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

*For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagrams in Appendix A.

NOVICE COMBINED EVENT:

Test qualifications as of April 1, 2025, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least one dance of the standard Silver solo or standard Silver partnered pattern dance test or have passed the standard solo or partnered Silver free dance test.

2025 Pattern Dance Selection for Novice: Kilian* (4 sequences)

Free Dance Requirements for Novice:

| Novice Solo Free Dance: 2:20 +/- 10 seconds | |
|---|---|
| <u>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.</u> | |
| Edge Elements | One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed <u>eight (8)</u> seconds. |
| Spin | One (1) Dance Spin - Specifications for Season 2025 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements. |
| Step Sequence | One (1) Style B Midline, Diagonal, Circular Note: The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen. Not permitted: stops, loops, and retrogressions. |
| Sequential Twizzle Series | One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one step in between twizzles. Up to one step between twizzles is permitted for sequential twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step) |
| Choreographic Elements | Two (2) chosen from the following: <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement • Choreographic Sliding Movement • Choreographic Character Step Sequence (started with a stop or skidding movement) |
| Maximum Level | <u>Up to Level 4 will be considered for all leveled elements.</u> |

* For Solo Dance Steps, beats per minute range, skating time, number of sequences and key points see the pattern dance diagram in Appendix A.

JUNIOR COMBINED EVENT:

Test qualifications as of April 1, 2025, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least two dances of the standard Pre-Gold solo or standard Pre-Gold partnered pattern dance test or have passed the standard Pre-Gold solo or partnered free dance test.

Rhythm Dance Requirements for Junior:

| | |
|---------------------------|--|
| Duration | 2:50 +/- 10 seconds |
| Music Requirements | <p>The theme selected for the Rhythm Dances for both Junior and Senior for the season 2025 is “Social Dances and Styles of the 1950s, 1960s and 1970s”. The Rhythm Dance for the 2025 season takes inspiration from the high energy and entertaining dance styles from these decades. These dance styles originated due to their contagious, upbeat rhythms, they became an invitation for others to join along in social settings and mass gatherings, becoming crowd pleaser favorites.</p> <p>Required characteristics: High energy, identifiable 1950’s, 1960’s, 1970’s dance styles enjoyed by large groups of people. Examples (but not limited to): Rock n’ roll, Jitterbug, Twist, The Hustle, Disco. What this season’s RD is not: This season’s dance is not based on the Classical, Contemporary, Folk and Ballroom styles of dance.</p> <p>Notes:</p> <ul style="list-style-type: none"> - Remixed and/or remastered music, including cover versions, is permitted. - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from these decades. - The Rhythm Dance should NOT be skated in the style of a Free Dance. - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. <p>Vocal music is permitted and the music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> |
| Edge Element | One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed <u>eight (8)</u> seconds. |
| Step Sequence | <p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> • Skated to any dance style of the prescribed decades. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) <p>Not permitted: Loop(s) or Retrogression(s)</p> <p>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.</p> |
| | |

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|----------------------------------|--|
| Sequential Twizzle Series | <p>One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one (1) step between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p> <p>May be skated anywhere in the program except in the required step sequence.</p> <p>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</p> |
| Pattern Dance Element | <p>Two (2) Sequences of the Paso Doble: skated to any dance style with the range of tempo: 56 measures of 2 beats per minute (112 beats per minute plus or minus 2 beats per minute.) The first step of the dance begins on beat one of a musical phrase. 1PD and 2PD: Steps #1-28</p> <p>Two (2) Sequences of Paso Doble may be skated with B-Steps immediately followed by A-Steps or they can be performed separately in any order. Step #1 of 1PD and 2PD are skated at the Judges left side.</p> <p>1PD, must be skated using Steps A (previously Woman’s steps), in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix.</p> <p>2PD, must be skated using Steps B (previously Man’s steps), in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix.</p> <p>Note:</p> <ul style="list-style-type: none"> • Push/Transition to the next step: A change of edge within the last ½ a beat is permitted to prepare the push/transition to the next step. <p>*See Pattern Dance Appendix for Key Points and diagram.</p> |

| | |
|-------------------------------|---|
| Additional Information | <p>Pattern:</p> <ul style="list-style-type: none"> • 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 of the barrier. • In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Elements. • Loops in any direction that do not cross the long axis are permitted. <p>Stops:</p> <ul style="list-style-type: none"> • After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. • During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted. • A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop. <p>Touching the ice with hands:</p> <ul style="list-style-type: none"> • Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season’s requirements. The exception this season is in the Style B Step Sequence. <p>Note: Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.</p> |
|-------------------------------|---|

Free Dance Requirements for Junior:

| | |
|-------------------------------|--|
| Duration | 3:00 +/- 10 seconds |
| Music | <p><u>Vocal music is permitted and must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.</u></p> <p>Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate.</p> |
| Edge Elements | <p>Two options: 1) One (1) Combination Edge Element OR 2) Two (2) different Types of Short Edge Elements. (Spiral Type may be repeated once with different positions in each)</p> <p>Combination Edge Elements may not exceed <u>thirteen 13</u> seconds in total. Short Edge Elements may not exceed <u>eight (8)</u> seconds.</p> |
| Spin | <p>One (1) Dance Spin but no more. Minimum of three revolutions on one foot, with or without change(s) of foot by the skater.</p> <p>*Flying Spins or Flying Entries are illegal elements.</p> |
| Step Sequence | <p>One (1) Step Sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen as a Choreographic Element.</p> <p>Not permitted: Stop(s), Loop(s) and Retrogression(s).</p> |
| One Foot Turn Sequence | <p>One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for Levels 1 and 2 and Double Twizzle counts for Levels 1 - 4)</p> |
| Solo Twizzle Series | <p>One (1) Solo Twizzle Series. At least two steps between 1st and 2nd twizzle are required but no more than four steps are permitted. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</p> |
| Choreographic Elements | <p>Two (2) Different Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles) • Choreographic Sliding Movement • Choreographic Character Step Sequence (started with a stop or skidding movement) <p>Note: Touching the ice with the hand(s) is not permitted except within the Choreographic Sliding Movement or Choreographic Character Step.</p> |

SENIOR COMBINED EVENT:

Test qualifications as of April 1, 2025, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard solo or standard partnered Gold pattern dance test or have passed the standard Gold solo or partnered free dance test.

Rhythm Dance Requirements for Senior:

| | |
|---------------------------|--|
| Duration | 2:50 +/- 10 seconds |
| Music Requirements | <p>The theme selected for the Rhythm Dances for both Junior and Senior for the season 2025 is "Social Dances and Styles of the 1950s, 1960s and 1970s". The Rhythm Dance for the 2025 season takes inspiration from the high energy and entertaining dance styles from these decades. These dance styles originated due to their contagious, upbeat rhythms, they became an invitation for others to join along in social settings and mass gatherings, becoming crowd pleaser favorites.</p> <p>Required characteristics: High energy, identifiable 1950's, 1960's, 1970's dance styles enjoyed by large groups of people. Examples (but not limited to): Rock n' roll, Jitterbug, Twist, The Hustle, Disco. What this season's RD is not: This season's dance is not based on the Classical, Contemporary, Folk and Ballroom styles of dance.</p> <p>Notes:</p> <ul style="list-style-type: none"> - Remixed and/or remastered music, including cover versions, is permitted. - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from these decades. - The Rhythm Dance should NOT be skated in the style of a Free Dance. - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. <p>Vocal music is permitted and the music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> |
| Edge Element | One (1) Short Edge Element , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed <u>eight (8)</u> seconds. |
| Step Sequence | <p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> • Skated to any dance style of the prescribed decades. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops; up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) <p>Not permitted: Loop(s) or Retrogression(s)</p> <p>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.</p> |
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| <p>Sequential Twizzle Series</p> | <p>One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one (1) step in between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p> <p>May be skated anywhere in the program except in the required step sequence or PSt.</p> <p>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</p> |
| <p>Choreographic Rhythm Sequence (ChRs)</p> | <p>One (1) Choreographic Rhythm Sequence – Skated to any Dance Style</p> <p>Pattern: The skater performs steps around the short axis and must proceed from barrier to barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier.</p> <p>Stops – One (1) at the beginning or end of the element for no more than 5 seconds. (This will count as one (1) of the permitted stops)</p> <p>Not Permitted: Loop(s) and Retrogression(s)</p> |
| <p>Pattern Dance Type Step Sequence (PSt)</p> | <p>One (1) Pattern Dance Type Step Sequence – Style D</p> <p>Rhythm: Skated to any dance style – minimum of 110 beats per minute in 2/2, 2/4 or 4/4 time.</p> <p>Duration: any exact number of musical phrases</p> <p>Pattern: Circular shape</p> <ol style="list-style-type: none"> 1) Starting with steps #8 to #16 on the judges side of the rink with Paso Doble B-Steps and crossing the short axis during any of these steps. 2) B-Steps #15-16, OpMo, is considered as the first different difficult turn. 3) Continuing the PSt including the three additional different difficult turns 4) Concluding with Paso Doble B Steps #26 to #28 (step #28 cross roll swing only) in front of the Referee around the short axis and completing the circle shape. 5) Steps #8 to #16 and #26 to #28 must be performed on correct edges. <p>Technical Requirements: Open Mohawk (B-Steps 15-16) is the first difficult turn plus a Bracket, Back-Entry Rocker and Counter.</p> <ul style="list-style-type: none"> • Timing: No restriction in the number of beats per step for the required Paso Doble steps (excluding the OpMo). • All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge. <p>Not permitted: Stop(s), Loop(s) and Retrogression(s).</p> <p>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.</p> |

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| Additional Information | <p>Pattern:</p> <ul style="list-style-type: none">• 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 of the barrier.• In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence, the entry to the ChRs, and at the entry to the Pattern Dance Elements.• Loops in any direction that do not cross the long axis are permitted. <p>Stops:</p> <ul style="list-style-type: none">• After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.• During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.• A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop. <p>Touching the ice with hands:</p> <ul style="list-style-type: none">• Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is the Style B Step Sequence. <p>Note: Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.</p> |
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Free Dance Requirements for Senior:

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| Duration | 3:30 +/- 10 seconds |
| Music | <p>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.</p> <p>Music must have at least one change of tempo and/or expression. These may be gradual or immediate.</p> |
| Edge Elements | <p>Two options:</p> <p>1) One (1) Combination Edge Element plus one Short Edge Element of a different Type than performed in the combination.</p> <p>Or</p> <p>2) Three (3) different Types of Short Edge Elements. (Spiral Type maybe be repeated once with different positions in each.)</p> <p>Combination Edge Element may not exceed <u>thirteen 13</u> seconds in total. Short Edge Elements may not exceed <u>eight 8</u> seconds.</p> |
| Spin | <p>One (1) Dance Spin but no more.</p> <p>Minimum of three revolutions on one foot with or without change(s) of foot by the skater.</p> <p>*Flying Spin or Flying Entries are illegal elements.</p> |

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| Step Sequence | <p>One (1) Step Sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence as a Choreographic Element.</p> <p>Not permitted: Stop(s), Loop(s) and Retrogression(s).</p> |
| One Foot Turn Sequence | <p>One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 1 - 4).</p> |
| Solo Twizzle Series | <p>One (1) Solo Twizzle Series. At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p>The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</p> |
| Choreographic Elements | <p>Three (3) Different Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles) • Choreographic Sliding Movement • Choreographic Character Step Sequence (started with a stop or skidding movement) |

2025
Technical Rules
and Level
Requirements

BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS

1. The Technical Panel shall identify what is performed regardless of what is listed on the Planned Program Content Sheet.
2. The Levels shall be determined according to the Basic and Additional Principles of Calling and Characteristics of Levels fulfilled. They shall not result in giving No Level to a Required Element as long as the requirements for Basic Level are met.
3. To be given any Level, a Required Element must meet all the requirements for Basic Level. Movements, transitions, and/or choreography that do not fulfill the requirements for elements shall not be identified.
4. If a Fall or Interruption occurs at the attempt of any Required Element, refer to the Additional Principles of Calling for each Required Element.
5. If a Loss of Control with additional support (touchdown by free leg/foot and/or hand(s)) occurs after a Required Element has commenced and the Element continues without interruption its Level shall be reduced by 1 Level per error. Refer to the Additional Principles of Calling for these Elements: Dance Spin, Dance Edge Elements, Set of Twizzles, One Foot Turns Sequence. This Basic Principle does not apply to Pattern Dances, Pattern Dance Element and Step Sequences (except One Foot Turns Sequence) - refer to the Additional Principles of Calling for these elements.
6. If a program concludes with the skater starting an element within the required duration of the program (including the additional 10 seconds allowed), the element and its Level shall be identified until the Element stops completely. Elements started after the required duration of the program (plus the 10 seconds allowed) shall not be identified.
7. If a Dance Spin (FD) or an Edge Element (RD and FD) is performed in a Step Sequence when not permitted, (including PSt, Choreographic Character Step Sequence or Choreographic Rhythm Sequence) the Step Sequence will be identified with the respective level and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for all Novice categories) e.g., MiSt4+ExEI, ChSt1+ExEI. It will NOT count as a Required Element.
8. If a Dance Spin is performed in a Step Sequence in Rhythm Dance, the Dance Spin is not identified (Dance Spin is not a required element and there is no provision to identify it as an extra element).
9. The Technical Panel shall decide whether any feature to fulfill the Characteristics of Levels is given credit unless this feature is expressly designated as not eligible for Level in the present Communication.
10. If there is an illegal element(s)/movement(s)/pose(s) anywhere in the program or pattern dance (including introductions and exits), it is identified and receives the appropriate deduction. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element, the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled. The same principle and deduction will apply to Choreographic Elements (Confirmed or Ignored + the deduction) The deduction for an Illegal Element/Movement (2.0) will apply for all categories.
11. An error which does not constitute an interruption should result in a reduction of the Level by 1 grade per occurrence.
12. For an Entry, Middle or Exit Feature to be considered for Level for an Element, the movement must be continuously performed without pause/hesitation immediately preceding, during and/or after the Element. The Feature and Element must be one unit.
13. Complex is defined as consisting of many different and connected parts.
14. Loss of control with additional support includes stumble/touchdown by free leg/foot and/or hand.
15. A touchdown with an obvious shift of weight from the skating foot to the other foot will be considered as an interruption.
16. Each push and/or transfer of weight while on two feet is considered as a step.
17. The entry 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.

PATTERN DANCE

DEFINITIONS

Change of Edge

The visible tracing of a skate on one foot that changes from one curve and edge to a different curve and edge.

Edge

The visible tracing of a skate on one foot that is on one curve.

Mohawk

A turn from one foot to the other in which the entry and exit curves are continuous and of equal depth. The change of foot is from outside edge to an outside edge or from an inside edge to an inside edge.

Open Mohawk

A Mohawk in which the heel of the free foot is placed on the ice at the inner side of the skating foot, the angle between the two feet being optional. Following the weight transfer, the immediate position of the new free foot is behind the heel of the new skating foot (examples: Man's Steps 8 and 9 and the Lady's Steps 12 and 13 in the Fourteen Step). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.

Closed Mohawk

A Mohawk in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer, the immediate position of the new free foot is in front of the new skating foot (examples: Steps 11 and 12 of the Rocker Foxtrot). The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.

Open Choctaw

A Choctaw in which the free foot is placed on the ice on the inner side of the skating foot. Following the weight transfer the immediate position of the new free foot is behind the heel of the new skating foot. (example: Steps 9 and 10 of the Kilian) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the heel. The feet do not have to be touching but should be as close as possible.

Closed Choctaw

A Choctaw in which the instep of the free foot is brought to the heel of the skating foot until the free foot is placed on the ice behind the heel of the skating foot. Following the weight transfer the immediate position of the new free foot is in front of the new skating foot (example: Steps 12 and 13 in the Blues) The Technical Panel can consider this requirement is met if the foot is placed on the ice anywhere between the instep and the toe. The feet do not have to be touching but should be as close as possible.

Cross Roll (forward/backward) (CR)

A roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on the ice 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”. Following this movement, an outside edge is required.

Cross Stroke (XS)

A forward or backward step started with the feet crossed so that the impetus or power is gained from the outside edge of the foot that is becoming the free foot. (Note: The legs cross above the knees.)

Crossed Step In Front (XF)

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed in front of the skating leg (note: the legs cross below the knees).

Crossed Step Behind (XB)

A step in which the free foot is placed on the ice on the outer edge side of the skating foot with the free leg tightly crossed behind the skating leg (note: the legs cross below the knees).

Swing Choctaw

An Open or Closed Choctaw in which the free leg swings forward closely past the skating leg and then back to the skating foot to execute the turn (example: Steps 5 and 6 [first part] of the Quickstep).

Sequence of Pattern Dance

The set order of the prescribed steps/turns that compose one pattern (sequence) of a Pattern Dance.

Slip Step

A step skated in a straight line with the blades of both skates being held flat on the ice. The weight is over the skating leg, which may be well bent or straight, while the free foot slides forward on the ice to full extension.

Swing Rocker or Counter

A Swing Rocker or Counter – A type of Rocker or Counter in which the free foot swings smoothly past and close to the skating foot before the turn and after the turn is either moved past the skating foot and held behind over the tracing or allowed to swing forward.

Swing Roll

A short or long, forward or backward edge, held for several beats of music during which, when skating backward, the free leg lifts and then first swings forward, then backward past the skating foot, then back beside to skate the next step. When skating forward, the free leg first swings backward, then forward and then back beside to skate the next step. The swing of the leg gives the sense of a “rolling movement”.

Three Turn

A turn executed on one foot from an outside edge to an inside edge or an inside edge to an outside edge, with the exit curve continuing on the same lobe as the entry curve. The Skater turns in the direction of the curve.

Shadow Dance Cross Tracking

Shadow Dance Cross Tracking Two skaters perform the pattern dance down the length of the rink in a side-by-side manner, without intentionally touching during the pattern dance sequence, and then cross each other's track on the end pattern (unless otherwise prescribed-check the pattern dance diagram in Appendix A of this handbook) so that they are on opposite sides for the next sequence of the dance. If the skaters are on the opposite side for the next sequence, Cross Tracking should be counted towards a level. This is done **only once** for each required sequence or section of the pattern dance. “Follow the Leader” style tracking down the sides with changing the “Leader” does not count as Cross Tracking. “Follow the Leader” style tracking is allowed however on the end pattern in order to change sides.

Correct Turn/Correct Step

A correct turn has a correct foot placement, clean edge in and out of the turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. A Correct Step has the correct edge from the start to the end of the step. In order to be considered correct, the turn or step must also be held for the correct number of beats as prescribed in the rules for each pattern dance. If the step or turn is correct but the timing is not, the specialist will call “timing” and a “T” will appear on the skater's protocol. A timing call does not receive the points for a correct step or turn and it will be considered the same as if it were not performed correctly from an accounting standpoint.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Key Point: A Key Point is correctly executed when all of the related criteria are met and all of its Edges/Steps are held for the required number of beats. Key Points are technical requirements valid for one season and are published at the start of each season. A Key Point may be reviewed on video by the Technical Panel but not in slow motion. When there are only two members of the technical panel and if the call is split, the decision goes in favor of the skater.

A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step. (unless otherwise prescribed)

Additional Principles of Calling

- If a Fall or Interruption occurs at the entrance to or during a Pattern Dance Element and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
- If a Skater starts on the wrong side of the rink, the Referee must blow the whistle immediately and have them restart on the correct side. The TC may alert the Referee by headset if the Referee doesn't notice it. If the whistle is not blown, the Technical Panel will call each pattern with no penalty to the Skater.
- The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
- "Yes": meaning, "all Key Point Features are met and all Edges/Steps are held for the required number of beats", or
- "Timing": meaning, "all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats", or
- "No": meaning, "one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats" or the Key Point is not identified due to a fall or interruption, or
- "X": meaning a Key Point was not attempted.
- If the Pattern Dance Element is interrupted one (1) measure or less (4 or 6 beats based on the PDE) – the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less.
- If the Pattern Dance Element is interrupted more than one (1) measure (4 or 6 beats based on the PDE) but 75% of the steps are completed, the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one measure.
- For Pattern Dance Elements, an interruption may be but is not limited to Fall(s), missing step(s), touchdown(s), etc.
- Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.

Characteristics of Levels for Shadow Events

- Basic Level - The skaters must complete 75% of the dance to get a Basic Level for the sequence.
- Level 1 - The skaters must execute Shadow Dance Cross Tracking to get a Level 1 for the sequence or section.
- Not permitted and penalized by the judges: Intentionally touching during the pattern dance sequence. Touching during the entry or exit of the dance is allowed.

Characteristics of Levels for Pattern Dance Elements

| Requirements | Basic Level | Level 1 | Level 2 |
|--------------|--|--|---|
| | The skater must complete 75% of the dance to get a Basic Level for the sequence. | The skater must complete 75% of the dance and perform one "Key Point" according to the criteria to get a Level 1 for the sequence. | Level 2 - The skater must complete 75% of the dance and perform two "Key Points" according to the criteria to get a Level 2 for the sequence. |

ADDITIONAL DEFINITIONS, SPECIFICATIONS AND NOTES

Key Points:

- A Key Point is correctly executed when all the related Bullet Points are met and all the of its Edges/Steps are held for the required number of beats.
- Key Points and Bullet Points Point Features are technical requirements valid for one season and are published at the start of each season.
- A Key Point may be reviewed on video by the Technical Panel but not in slow motion.
- A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

Solo Variation Pattern Dance

1. The skater will perform one sequence (or the first section of a sequence) of the pattern dance starting on the judges' side of the rink. The steps will be according to Solo Series Steps as outlined in Appendix A of this handbook. (not the USFS Rulebook)
2. The skater will then perform a pattern dance like step sequence that shall last within the total time as outlined in Appendix A of this handbook. The first step of the variation dance will immediately follow the completion of the required sequence (or section).
3. The pattern must travel in the same direction as the dance and not cross the long axis other than at the end of the rink. It should look very much like a pattern dance. Looping the pattern so it crosses itself is not permitted.
4. The dance will end at the same place where step one of the pattern dance would be so the officials know that it's over. The ending after the variation portion is completed should be short (around 4 measures) and follow the pattern dance rules regarding illegal elements.
5. The music will be Skater's Choice and must obey the beats per minute rules for the dance as listed in the diagrams.
6. Not permitted (penalized by the judges panel) in the variation dance: Retrogressions, Spins, Stops, Jumps of ½ revolution and any movement that would meet the criteria for a basic level Edge Element.
7. Key Points have been replaced with required Turns to achieve levels. Required turns can be found in Appendix A of this handbook.
8. The skater must skate their creative variation for at least 50% of the distance from the last step of the chosen pattern dance to step 1 of that dance (the ending spot for the variation) in order to receive a Basic
9. Level for the Variation portion of the dance.
10. Turns outside the prescribed pattern of the variation dance will not be considered for level.

Characteristics of Levels for Variation Sequence for Variation Pattern Dance:

| Requirements | Basic Level | Level 1 | Level 2 |
|--|--|---|--|
| Difficult Turn Correctly Executed | No more than 50% of the pattern in total may be interrupted and at least 75% must be an original creation and not from an existing pattern dance or the element will receive no level. | No more than 50% of the pattern in total may be interrupted And 1 Required Turn executed correctly | No more than 25% of the pattern in total may be interrupted And 2 Required Turns executed correctly |

*Note: All turns must be executed as published for the key point to be awarded. Eg: a single twizzle means 1 rotation only. No credit for a double twizzle.

DANCE SPINS

DEFINITION

A Dance Spin is a Spin performed on the spot around a central axis on one foot, with or without a change(s) of foot.

ADDITIONAL PRINCIPLES OF CALLING FOR SPINS

1. The first performed Dance Spin shall be identified as the Required Dance Spin, classified as Dance Spin, and given a Level, or ignored if the requirement for Basic Level are not met. Subsequent Dance Spins of three or more rotations shall be identified as Dance Spins called No Value and an Extra Element penalty will be applied.
2. A Change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an interruption.
3. If a Fall or Interruption occurs at the attempt of a Dance Spin before the requirements for Basic Level have been fulfilled and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after resumption.
4. If a Fall or Interruption occurs during a Dance Spin, the Dance Spin shall be identified and given a Level according to the requirements met before the Fall or Interruption, or ignored if the requirements for Basic Level are not met.
5. A Dance Spin must be performed on the spot and not significantly traveling across the ice, or it will be considered as a Twizzle and part of the choreography.
6. A flying entry is an illegal element.
7. If a Skater has a touch down during the Dance Spin due to a Loss of control, or the Skater performs a push without changing feet, the Level will be reduced by one Level. A push without a change of foot will be considered as a touch down.
8. A Dance Spin performed in the Rhythm Dance (except in the Choreographic Rhythm Section) will be ignored by the Technical Panel but will be considered a stop by the Judging Panel.
9. A Difficult Variation shall be considered for Level when held for at least 3 continuous rotations.
10. A Jump within a Dance Spin is not permitted unless not more than a half rotation as part of an exit.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

BASIC POSITIONS IN SOLO DANCE SPINS

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| Basic Upright Position | Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back, or bent to the side. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position. |
| Basic Sit Position | Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side, or back. If the angle between the thigh and shin of the skating leg is more than about 120 degrees, the position shall be considered as an Upright or Camel Position depending on the other criteria that characterize these positions. |
| Basic Camel Position | Performed on one foot with skating leg straight or slightly bent and body bent forward and free leg extended or bent upward on a horizontal line or higher. If the waistline is not horizontal and/or the core of the body is more than 45 degrees above the horizontal line the position shall be considered as an Upright Position. If the angle between the thigh and shin of the skating leg is less than about 120 degrees, the position shall be considered as a Sit Position. |

DIFFICULT FEATURES

Difficult Variations of Basic Upright Positions (examples)

- a) "Biellmann" type—body upright with the heel of the boot pulled by the hand behind and above the level of the head.
- b) Full layback with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice.
- c) Split with both legs straight and the boot/skate of the free leg held up higher than the head.
- d) Upper body arched back or sideways with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade)

Difficult Variations of Basic Sit Positions (examples)

- a) Free leg bent or straight directed forward with thigh of skating leg at least parallel to the ice.
- b) Free leg bent or straight directed backward with thigh of skating leg at least parallel to the ice.
- c) Free leg bent or straight directed to the side with not more than 90 degrees between thigh and shin of skating leg.
- d) Free leg crossed extended behind, and directed to the side, with not more than 90 degrees between thigh and shin of skating leg.
- e) Free leg crossed behind and touching or not touching the skating leg, with thigh of skating leg at least parallel to the ice.

Difficult Variations of Basic Camel Positions (examples)

- a) Upper body (shoulder and head) turned upwards – facing up so that the line of the shoulders is at least 45 degrees past the vertical point.
- b) Body nearly horizontal or bent sideways horizontally with head and free foot almost touching (doughnut/ring: maximum of half a blade length-between head and blade).
- c) Body nearly horizontal with the heel of the boot pulled by the hand above the level of the head.
- d) Body bent forward to the spinning leg and free leg extended backward and upward up to almost a full split (with the angle between thighs about 180 degrees).
- e) Simple Camel Position.

Difficult Variations of Entries and Exits

- a) Unexpected entry without any evident preparation. An Illusion is not considered unexpected and is an illegal movement.
- b) Continuous combination of complex and creative steps and/or movements performed immediately before or after the Dance Spin. (Small jumps of up to ½ rotation may be part of the combination of steps and/or movements in the exit.)

Different Direction of Spinning Rotation

- Change of spinning direction.
- At least three rotations in each direction.

Difficult Feature – Notes:

- Examples d) for Upright Position (doughnut/ring) and b) for Camel Position (doughnut/ring) shall be considered as the same Difficult Variation.
- Examples a) for Upright Position (Biellmann) and c) for Camel Position (heel of the boot pulled by the hand above the level of the head) shall be considered as the same Difficult Variation.
- Rotations shall be considered for total number of rotations when performed fully, continuously, on one foot.
- Rotations in Difficult Variations shall be considered for Level when performed continuously in a fully established position.
- A skater will not be awarded two different Camel Variations or two different Sit Variations without establishing another basic position between each Camel or Sit position.

Notes:

- A Dance Spin with less than three revolutions will be ignored.
- A skater may change feet more than once however no extra steps are permitted when changing feet, only from one to the other. Multiple steps during the change of foot would create a separate spin.

Characteristics of Levels for Dance Spins

| Basic Level | Level 1 | Level 2 | Level 3 | Level 4 |
|---|--|--|--|---|
| <ul style="list-style-type: none"> •At least three rotations continuously on one foot. | <ul style="list-style-type: none"> •At least three rotations continuously on one foot •One (1) Difficult Variation from any Basic Position <p>OR</p> <ul style="list-style-type: none"> •Different direction of spinning rotation | <ul style="list-style-type: none"> •At least three rotations continuously on one foot •Two (2) Different Difficult Variations from any Two (2) Different Basic Positions <p>OR</p> <ul style="list-style-type: none"> •One (1) Difficult Variation from any Basic Position and Different direction of spinning rotation | <ul style="list-style-type: none"> •At least three rotations continuously on one foot •Three (3) different Difficult Variations from three (3) Different Basic Positions •Three (3) different Difficult Variations from two (2) different basic positions AND entry or exit. <p>OR</p> <ul style="list-style-type: none"> •Two (2) different Difficult Variation from two (2) different Basic Positions and Different direction of spinning rotation | <ul style="list-style-type: none"> •At least three rotations continuously on one foot •Four (4) different Difficult Variations from three (3) Different Basic Positions •Three (3) different Difficult Variations from Three (3) different basic positions AND entry or exit. <p>OR</p> <ul style="list-style-type: none"> •Three (3) different Difficult Variation from three (3) different Basic Positions and Different direction of spinning rotation |

DANCE EDGE ELEMENTS

DEFINITIONS

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 from one of the four (4) Types. A Short Edge Element must be sustained in position for at least three (3) seconds to be considered for level, but not more than eight (8) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained.

Short Dance Edge Elements include the following **4 Types**:

- A. Spirals in varied positions or an Attitude
- B. Crouch in varied positions ie; one leg extended to the side, back or front, on or off the ice
- C. Spread Eagle
- D. Ina Bauer

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 thirteen (13) seconds in total. A change of position is not required for each part of the Combination Edge Element. 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 between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes.

Spiral Type Edge Element - (SpEe)

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 90 degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

Crouch Type Edge Element – (CrEe)

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 simple Lunge is not considered as an Edge Element but choreography**)

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 a Spread Eagle Type Edge Element.

Spread Eagle Type Edge Element - (SeEe)

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 following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. An inside Spread Eagle will not be considered for difficult exit for an Edge Element.

Ina Bauer Type Edge Element – (IBEe)

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.

ADDITIONAL PRINCIPLES OF CALLING

Applicable to all Edge Elements:

- The Edge Element type receives a level according to the requirements met, or ignored if the requirements for Basic Level are not met.
- The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Edge Element(s) which fulfill the minimum requirements for “Basic” level shall be identified as an Edge Element classified as an “extra element”, will receive the abbreviation e.g SpEe+ExEI. It indicates that the element receives No Value, it occupies a box and will receive the a -1 point deduction for Junior and Senior or -0.5 points for all Novice levels.
- If a Fall or Interruption occurs at the attempt of an Edge Element and it did not fulfill the requirements for Basic Level, the 2nd attempt will be considered for level.
- Any Edge Element(s) or part of a Combination Edge Element of a repeated Type shall be classified as “not according to requirements” and will receive the abbreviation * (e.g., CrEe*). It indicates that the element receives No Value, it occupies a box, and it will count as an Edge Element. This does not apply to:
 - The second part of a Combination Edge Element composed of two Short Edge Elements on two curves forming a serpentine pattern as repeated types and positions within a Combination Edge Element are permitted.
 - A maximum of two Spiral type Edge Elements can be used whether within a combination edge element, or as two short edge elements, or as one part of a combination element and as a short edge element. When the two Spiral type Edge Elements are not both within the same combination edge element they must be in different positions.
- Any Edge Element of a Type, not according to the Required Elements for Rhythm Dance or the Well-Balanced Free Dance Program which fulfill the minimum requirements for Basic Level shall be classified as an element not according to the requirements, will receive the abbreviation* (e.g. CrEe* (if the Type of Edge Element can be identified) or Ee* (if the Type of Edge Element cannot be identified). It indicates that the element receives No Value, it occupies a box and it will count as a Dance Edge Element(s)
- A chosen example of a Difficult Position shall be considered for Level only the first time it occurs.
- If a Fall or Interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption, or ignored if the requirements for Basic Level are not met. If the skater continues the Edge Element after the Fall for the purposes of filling time, this will not be considered as “not according to the requirements”.
- If a loss of control with additional support (touch down by hand(s) occurs after an edge element has commenced and continues after the touchdown (without interruption), it’s level shall be reduced by 1 per touch down (in a combination edge element only the level of the short edge element where the touchdown occurred shall be reduced by 1 level).
- Inside Spread Eagles will not be considered as an Edge Element and only considered basic choreography unless it is the second part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. Inside Spread Eagles in a full crouch however will be identified as a Crouch Type Edge Element if the crouch is clearly established with the thighs at least parallel to the ice.
- Inside Spread Eagles will not be considered as a difficult exit for an Edge Element.

Applicable to Combination Edge Elements:

1. A Combination Edge Element shall be identified with the first two fully established Types of Short Edge Element. The Level of each of the two Types of Short Edge Element shall be given separately.
2. If for any reason one of the parts of a Combination Edge Element cannot be identified, only the other part shall be identified as a Short Edge Element, and given a Level according to the requirements met, or ignored if the requirements for Basic Level are not met.
3. If one of the Short Edge Element forming the Combination Edge Element includes an Illegal Element, the deduction for Illegal Element will apply once and the Part of the Combination Edge Element including the Illegal Element will still receive the level achieved according to requirements met.
4. If both Short Edge Elements forming the Combination Edge Element include an Illegal Element (same or different), the deduction for Illegal Element will apply twice and both parts of the Combination Edge Element will receive the Level achieved according to requirements met.
5. In a Combination Edge Element, if a Skater performs an Illegal Element as an Entry and/or Exit Feature (such as a Jump of more than half a revolution): the deduction for Illegal Element will apply and the first and/or second part of the Combination Edge Element will receive the Level achieved according to requirements met. The other part of the Edge Element will receive a Level according to the requirements met or ignored if the minimum requirements for Basic Level are not fulfilled. The illegal Entry or Exit may not be considered for level for the other portion of the element.
6. Any Difficult entry feature(s) connected with the 1st Edge Element considered and accepted for Level for the chosen Type of Edge Element will also upgrade the 2nd Edge Element in a Combination Edge Element.
7. Any Difficult exit feature(s) connected with the 2nd Edge Element considered and accepted for Level for the chosen Type of Edge Element will also upgrade the 1st Edge Element in a Combination Edge Element.
8. If there are more than two connecting steps between the two Short Edge Elements in a Combination Edge Element the Edge elements will be called separately as two Short Edge Elements.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Difficult Positions/Features

Spiral Type Difficult Positions:

- a) A Spiral with a full split (in front, back or to the side): when the legs of the skater are extended in one line with the angle between thighs about 180 degrees.
- b) A Spiral comprising a full doughnut/ring: upper body arched back, with one foot almost touching the head in a full circle (maximum of half a blade length between head and blade);
- c) A “Biellmann”: body in any orientation (e.g., upright, horizontal etc.) in relation to the vertical line of the body, with the heel of the boot pulled by the hand behind and above the level of the head.
- d) A “Kerrigan”: a spiral where the leg is extended behind with the entire boot higher than the head and the free leg held by the hand around the knee.
- e) A “135” (Fan): when skating backwards and the leg is extended in front or slightly to the side and not held by the hands, and positioned at least 135 degrees between the thighs.

Note:

Examples b) (full doughnut/ring) and c) (full “Biellmann”) shall be considered as the same Difficult Position.

Examples a) (Split) and d) (Kerrigan) shall be considered as the same Difficult Position.

Crouch Type Difficult Position:

Hydroblade: 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. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Choreographic Sliding Movement when the Choreographic Sliding Movement is an option as one of the elements to be skated or penalized if the movement violates any other rules.

Spread Eagle Type Difficult Position:

Any Outside Spread Eagle held in position for at least 3 seconds. (Inside Spread Eagle only considered an Edge Element when used as 2nd part of a combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle)

Ina Bauer Type Difficult Position:

Any Outside Ina Bauer held in position for at least 3 seconds. (An inside Ina Bauer is not considered difficult)

Entry Features

- a) Continuous combination of complex and creative steps and/or movements performed immediately before the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
- b) Difficult/transitional entry (Example; from a twizzle or jump)
- c) Unexpected entry without any evident preparation

Exit Features

- a) Continuous combination of complex and creative steps and/or movements performed immediately following the Edge Element. Complex is defined as consisting of many different and connected parts. Considered for Level only the first time performed.
- b) Difficult/transitional exit (Example; directly from the position into a twizzle/difficult turn or different/difficult position or brief Edge Element Type not held for 3 seconds. No additional steps are allowed prior to the exit unless on two feet and then only a push from the skating foot is allowed.

Arm/Upper Body Features

- a) Significant and continuous movement of the arm(s). Where one arm is being used to support the free leg in position the free arm should be used in a significant and continuous motion. Simple use of the hands/forearms only is not sufficient. The movement must be performed for at least three seconds during the execution of the Element to be considered as a feature.
- b) Additional feature for spirals, upper body (shoulder and head) turned upwards-facing up so that the line of the shoulders is at least 45 degrees past the vertical point and no additional support of the free leg. Must be held for 3 seconds.
- c) Additional feature for Ina Bauer, back arched back with head bent back, tilted towards the ice. Must be held for 3 seconds.

Combination Dance Edge Element Additional Features:

Difficult Turn as a connecting step A difficult turn as a connecting step between two Short Edge Elements to form a Combination Edge Element is defined as either, a Rocker, a Counter, Twizzle (any number of rotations allowed) or a Bracket. The turn must be identifiable to be considered as a Feature. Only one extra step, push or touch down is allowed prior to the start of the second side of the Combination Edge Element. The step may be prior to or after the difficult turn.

Change of edge between two Short Edge Elements: The change of edge connecting two Short Edge Elements should be a clean change of edge from one definite edge to a different definite edge with the second edge being clearly established and will be the entry edge of the second Edge Element. If the second edge is established after 2 seconds the feature will not be considered.

Characteristics of Levels for Dance Edge Element

| Basic Level | Level 1 | Level 2 | Level 3 | Level 4 |
|---|---|---|--|---|
| An Edge Element of any Type established in position for at least 3 seconds. | An Edge Element of any Type established in position for at least 3 seconds. With one from the following: a) Entry feature b) Exit Feature c) Arm Feature Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature. A Combination Edge Element Additional Feature may upgrade either one of the two parts. | An Edge Element of any Type established in position for at least 3 seconds. With two from the following: a) Entry feature b) Exit Feature c) Arm Feature OR 1 Difficult Position Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature. A Combination Edge Element Additional Feature may upgrade either one of the two parts. | An Edge Element of any Type established in position for at least 3 seconds. With three of the following: a) Entry feature b) Exit Feature c) Arm Feature OR 1 Difficult Position AND 1 additional feature Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature. A Combination Edge Element Additional Feature may upgrade either one of the two parts. | An Edge Element of any Type established in position for at least 3 seconds. With a Difficult Position AND 2 additional features from the following : a) Entry feature b) Exit Feature c) Arm Feature Each part of a Combination Edge Element may be upgraded with an Entry or Exit Feature. A Combination Edge Element Additional Feature may upgrade either one of the two parts. |

Adjustments to Level

- During an Edge Element, any deviation from the established edge will reduce the level by “1”. The element will still receive a Basic Level only if the requirements for a Basic Level are met.

TWIZZLES

ADDITIONAL PRINCIPLES OF CALLING

1. The first Set of Twizzles shall be identified as the required Set of Twizzles and a Level given according to what is performed.
2. A second Set of Twizzles performed after the required Set of Twizzles shall be identified as a Choreographic Twizzling Movement. Subsequent Sets of Twizzles shall not be identified.
3. If a loss of control with additional support (e.g. stumble/touchdown by free leg/foot and/or hand(s)) the following will apply:
 1. Any loss of control resulting in an error of up to one uncontrolled step is a stumble/touchdown – reduce by one Level.
 2. More than one uncontrolled step is an Interruption and any features/rotations from this point are not considered for the Level.
4. If a Fall or Interruption occurs during any part of the Set of Twizzles and fulfill the requirement for Basic Level, the Set of Twizzles shall be identified and given a level according to the requirements met before the Fall or Interruption.
5. If a Fall or Interruption occurs at the entry edge to the first Twizzle and before the requirements for Basic Level have been fulfilled and the Twizzle Element is resumed, the Twizzle Element shall be identified and given a Level according to what is executed after resumption.
6. Entry edge to either Twizzle cannot be from a stand-still, otherwise the Level will be reduced by one Level per stop.
7. If there is a full stop during the connecting steps between the Twizzles the Level will be reduced by one.
8. If any part of any Twizzle within the first two Twizzles becomes a Pirouette or checked Three Turns, its Level shall be reduced:
 1. by one Level for either of the two required Twizzle
 2. by two Levels for both Twizzles
9. If there is more than the maximum or less than the minimum permitted number of steps between required Set of Twizzles, the Level shall be reduced by 1 Level. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.

ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

Twizzle Features (groups of examples)

Group A – (Upper Body and Hands, including wrists)

1. Elbow(s) at least level with or higher than the level of the shoulders. Elbows(s) could be above the head, at the same level as the head, or lower than the head. Hand(s) not touching each other or any part of the arms;
2. Significant continuous motion of arm(s).
3. Hands touching behind back and extended away from the body.
4. Hands touching in front, extended away from the body, with arms straight.
5. Core of body is shifted off vertical axis.

Group B – (Skating Leg and Free Leg)

1. Coupé in front, side or behind with free foot in contact with the skating leg in at least 45 degrees open hip position.
2. Holding the blade or boot of the free foot.
3. Free foot crossed behind the skating foot and close to the ice.
4. Free leg extended or bent with more than 45 degrees from the inner thigh to the vertical axis.
5. Sit position (at least 90 degrees between the thigh and shin of the skating leg).
6. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

Group C – (Entry and Exit)

1. Third twizzle of at least 3 rotations, performed correctly, started with different entry edge from the first two Twizzles, and preceded by a maximum of one step for Set of Sequential Twizzles and for Set of Solo Twizzles.
2. Entry to the first or second Twizzle from a Dance Jump (the entry edge for the Twizzle will be determined by the landing edge of the Dance Jump).
3. Two Twizzles performed on one foot without change of foot, with no limit on turns or movements performed on one foot between required Twizzles in Rhythm Dance and between the second and third twizzle in Rhythm Dance and Free Dance.
4. Set of Twizzles performed directly after entry movements/steps which are at least one from creative, difficult, complex, unexpected.

NOTES ON ADDITIONAL FEATURES

1. The Feature may be performed in either Twizzle or both but will only count when done correctly the first time.
2. A chosen Additional Feature from Groups A and B shall be considered for a Level if it is fully achieved and established: within the first half rotation of the Twizzle and held until the number of rotations needed for that Level is fully completed (2 rotations for Level 2, 3 rotations for Level 3, 4 rotations for Level 4).
3. There is no limit on turns or movements performed on one foot on the change of foot or the steps between required Twizzles. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
4. If there is more than one step performed between the 2nd and 3rd Twizzle in a Set of Twizzles, the 3rd Twizzle is no longer considered for Level as a Group C feature.
5. Any number of connecting turns after the Twizzle rotations considered for level, including additional single Twizzle(s), are permitted.
6. Any change of weight when on two feet between Twizzles will be considered a step.
7. In a Set of Twizzles to achieve the “C” Feature of ‘Two twizzles performed on one foot without change of foot, with no limits on turns or movements, performed on one foot between Twizzles.
 1. The requirement for this feature to be considered is that there are three completed rotations during the Twizzle immediately following this "C" feature.
 2. This same requirement applies if this “C” feature is performed between the 1st and 2nd Twizzles as well as between the 2nd and the 3rd Twizzles.

If, in addition, the 3rd twizzle is performed with at least three rotations AND is executed correctly, then the Technical Panel should consider this as a “C” feature for Level.

The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.

Characteristics of Levels for Twizzle Element

| Basic Level | Level 1 | Level 2 | Level 3 | Level 4 |
|--|--|--|--|--|
| At least 1 rotation in each of the two Twizzles | At least 2 rotations in each of the two Twizzles. AND at least 1 Feature. (Features must be held for one full revolution for Groups A & B.) | Different entry edge and different direction of rotation for the two Twizzles. At least 2 rotations in each Twizzle AND 2 different Features from the same or different groups. (Features must be held for two full revolutions for Groups A & B.) | Different entry edge and different direction of rotation for the two Twizzles. At least 3 rotations in each Twizzle AND 3 different Features from two or three different groups. (Features must be held for three revolutions for Groups A & B.) | Different entry edge and different direction of rotation for the two Twizzles. At least 4 rotations in each Twizzle AND 4 different Features from three different groups. (Features must be held for four revolutions for Groups A & B.) |

STEP SEQUENCES

ADDITIONAL PRINCIPLES OF CALLING

Applicable to Step Sequences:

1. The first performed Step Sequence of a required group shall be identified as the required Step Sequence of that group and given a Level, or ignored if the requirements for Basic Level are not met. Subsequent Step Sequences of that group and Step Sequences of a group not according to the Required Elements for Rhythm Dance or Free Dance shall not be identified. An incorrect element performed as “not according to the requirements” (e.g. Circular Step Sequence instead of e.g. a required MiSt/DiSt) the element will be called, it will fill a box and will receive NO value but will NOT receive a deduction. E.g. CiSt*
2. If a Spin(s) (FD) and/or Edge Element(s) (RD and FD) that meets the requirement for Basic Level occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) or Edge Element(s) will be identified as an Extra Element(s) ExEI and receive a deduction, e.g. ChSt1+ExEI.
3. If a Fall or Interruption occurs at the entrance to or during a Step Sequence and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or interruption, or ignored if the requirements for Basic Level are not met.
4. The percentage of steps for a Step Sequence is evaluated on the overall pattern completed per the prescribed shape, i.e. straight-line, circle, serpentine, diagonal etc.
5. Difficult turns inside of a retrogression will only be considered for level if the retrogression is permitted.

Characteristics of Levels for Style B Step Sequence Element:

| Requirements | Basic Level | Level 1 | Level 2 | Level 3 | Level 4 |
|---|--|--|--|--|---------------------------------------|
| Interruptions | No more than 50% of the pattern in total | No more than 50% of the pattern in total | No more than 25% of the pattern in total | No more than 10% of the pattern in total | No interruptions |
| Difficult Turn(s) Correctly Executed | | at least 1 Type of Difficult Turn | at least 3 Types of Difficult Turns | at least 4 Types of Difficult Turns | at least 5 Types of Difficult Turns |
| Multidirectional | | | | Turns Multidirectional | Turns Multidirectional |
| Steps/Turns | | | | | All Steps/Turns are 100% clean |

Notes:

Only the first attempt of each difficult turn will be considered for level. List of difficult turns for consideration: Rocker, Counter, Bracket, Single Twizzle for Level 1 and 2, Double Twizzle for Level 3 and 4, Forward Outside Mohawk, Choctaw.

Pattern Dance Type Step Sequence (PSt)

ADDITIONAL PRINCIPLES OF CALLING PATTERN DANCE TYPE STEP SEQUENCES

1. The pattern must meet the requirements for the season. The basic steps should look very much like a Pattern Dance.
2. The PSt will end at the location designated in the Rhythm Dance requirements.
3. The following four different Difficult Turns will be considered for level: Back Entry Rocker, Counter, Bracket, Forward Outside Mohawk (Paso Doble B-Steps 15-16). Only the first attempt will be considered for level.
4. The music must obey the requirements as listed in the Rhythm Dance Requirements.
5. An Edge Element that meets the requirements for a Basic Level occurs within a PSt when not permitted will be identified as an Extra Element(s) ExEI and receives a deduction e.g. PSt2+ExEI.
6. *Not permitted in the PSt:
 - Retrogressions, Spins, Stops, Loop(s)
 - Jumps (small toe hops with no rotation, if appropriate for the music, are allowed)

*Notes:

- Only B-Step 8 of the Paso Doble needs to be complete in order for the technical panel to identify the PSt. Any other errors are considered by the judges and reflected in the GOE.
- Not Permitted movements are also penalized by the judging panel, not the technical panel.

Characteristics of Levels for Pattern Dance Step Sequence Element:

| Requirements | Basic Level | Level 1 | Level 2 | Level 3 | Level 4 |
|--|--|--|--|--|---------------------------------------|
| Interruptions | No more than 50% of the pattern in total | No more than 50% of the pattern in total | No more than 25% of the pattern in total | No more than 10% of the pattern in total | 100% complete with no interruptions |
| Difficult Turn Correctly Executed | | Includes 1 Difficult Turn | Includes 2 Difficult Turns | Includes 3 Difficult Turns | Includes 4 Difficult Turns |
| Steps/Turns | | | | | All Steps/Turns are 100% clean |

ONE FOOT TURNS SEQUENCE

ADDITIONAL PRINCIPLES OF CALLING

1. One Foot Turns Sequence consists of Difficult Turns performed on one foot.
2. Additional One Foot turns and power-pulls may be included.
3. If a loss of control with additional support occurs during the One Foot Turns Sequence and continues without interruption, its Level shall be reduced by one Level per error.
4. If a Fall or Interruption occurs during a One Foot Turn Sequence and the Element is immediately resumed, the element shall be identified and given a Level according to the requirements met before the Fall or Interruption, or ignored if the requirements for Basic Level are not met.

Additional Definitions, Specifications to Definitions and Notes

Types of One Foot Turns Sequence Difficult turns: Bracket, Rocker, Counter, Twizzle (Twizzle with one rotation- "Single Twizzle" only counts for Level 1 and 2. "Double Twizzle" counts for Levels 1–4), skated on distinct and recognizable edges according to the definitions of the turns.

Notes:

An error in any part of a turn will result in the turn not being considered for Level. This also applies to an error in any part of a Twizzle or "Double Twizzle", the entire Twizzle is not considered towards the Level. As an example-If the skater includes a "Double Twizzle" as a Difficult Turn and there is a mistake in the execution within any part of the Turn, it is not considered even as a "Single Twizzle".

Characteristics of Levels for One Foot Turns Sequence Element

| Basic Level | Level 1 | Level 2 | Level 3 | Level 4 |
|--|--|---|---|--|
| At least 2 Types of One Foot Turn is executed | 1 Type of One Foot Turns correctly executed | 2 different Types of One Foot Turns correctly executed | 3 different Types of One Foot Turns correctly executed | ALL 4 different Types of One Foot Turns correctly executed AND All Turns are 100% clean |

DEFINITIONS OF CHOREOGRAPHIC ELEMENTS:

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.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).

Choreographic Twizzling Movement:

A Choreographic Twizzling Movement must be performed after the required Set of Twizzles. It is composed of 2 parts and the following requirements apply:

- for both parts: on one foot or two feet or a combination of both and must travel.
- for the first part: at least 2 continuous rotations must be performed.
- for the second part: at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement.

Choreographic Character Step Sequence

The following requirements apply:

- Performed anywhere in the program.
- Must begin with a stop or skidding movement within two meters of the barrier on either side of the rink.
- Must be primarily placed around either the Short Axis or Long Axis, the pattern must be different than the chosen Style B Step sequence, and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.

Note: Juvenile are required to use the Short Axis and Intermediate are required to use the Long Axis.

- Touching the ice with any part(s) of the body with controlled movements is allowed in the Character Step Sequence for Novice, Junior and Senior only. (example on two knees. Using both hands, etc). If done in Juvenile or Intermediate Free Dance, the appropriate penalty will apply (Fall, Illegal, Not Permitted).
- Touching the barrier at the start or finish is permitted.
- Permitted stops must not be longer than 5 seconds each.
- Retrogressions are not permitted. (During a stop, movements in any direction away from the point of origin up to approximately one (1) meter, will not be considered a retrogression).

Choreographic Rhythm Sequence (Senior RD – 2025)

The following requirements apply:

- Performed anywhere in the program and skated to any dance style.
- Pattern - Skater will perform steps around the short axis and must proceed from barrier to barrier. Skater must be no more than two (2) meters from either barrier.
- Stop(s) – Only 1 at the beginning or end of the element for no more than 5 seconds. (this will count as one of the permitted stops)
- No retrogressions or loops permitted.

ADDITIONAL PRINCIPLES OF CALLING

Choreographic Character Step Sequence/Choreographic Rhythm Sequence:

- Dance Spins (ChSt) and Edge Elements (ChRs and ChSt) are not permitted. If a Dance Spin or Edge Element is performed and meets the criteria for a Basic Level, the Choreographic Character Step Sequence or Choreographic Rhythm Sequence will be identified, confirmed if the requirements are met, and the Extra Element will be added and a deduction of -1.0 applied (-0.5 for Juvenile, Intermediate and Novice) e.g., ChSt1+ExEl. The Dance Spin or Dance Edge Element will NOT count as a Required Element.

Choreographic Sliding Movement:

Performed anywhere in the program, during which the skater performs a controlled sliding movement on the ice for a minimum of 2 seconds.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- 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.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is required.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel, i.e. on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

ADDITIONAL PRINCIPLES OF CALLING – ALL CHOREOGRAPHIC ELEMENTS

- Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
- Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.
- If there is an illegal element(s)/movement(s)/pose(s) during the execution of any Choreographic Element, the deduction for an illegal element(s) /movement(s) / pose(s) will apply and the element will receive No Value.

HOW TO IDENTIFY AND CONFIRM CHOREOGRAPHIC ELEMENTS

A Choreographic element is confirmed as soon as the requirement(s) for the element is/are reached (see chart below).

- Should the minimum requirement not be reached, the element will be ignored and will not block a box.
- Should the element be confirmed but does not meet the following requirements, it receives the “!” symbol which means the GOE is reduced by 2 grades. (Refer to the Symbols Chart)

| Choreographic Element | Minimum Requirement to be Confirmed | ! applied when an error or any of the following occur: | Additional Principals of Calling |
|---------------------------------------|--|--|--|
| Choreographic Spinning Movement | A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling without interruption. | -Any error inside/during the element. | - May be performed anywhere in the program. - Subsequent Spinning Movements shall not be identified. - Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot) |
| Choreographic Character Step Sequence | Perform steps around the short or long axis and must proceed from barrier to barrier. | - Performed but more than 2 meters from either barrier. -A retrogression is performed. -A stop performed (when not permitted, Juvenile/Intermediate) -Touching barrier at both the start and end of ChSt -The pattern is the same as the Style B Step Sequence - For Juvenile/Intermediate only, touching the ice (one knee is permitted) | - May be performed anywhere in the program. - Subsequent Character Step Sequence(s) and Choreographic Rhythm Sequence(s) shall not be identified. |
| Choreographic Rhythm Sequence | Perform steps around the short or long axis and must proceed from barrier to barrier. | - Performed but more than 2 meters from either barrier. -A retrogression is performed. -A stop performed (when not permitted) | - May be performed anywhere in the program. |
| Choreographic Sliding Movement | Execute sliding movement on the ice for at least 2 seconds. | -There is a loss of control that is not considered a fall. | -May be performed anywhere in the program. A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is involved. - If the Choreographic Sliding Movement does not fulfill the requirements (and therefore not identified) and the skater has performed “touching the ice with any part of the body” (as an example, on two knees), the Tech Panel will call a Fall. - Basic lunges do not fulfil the minimum requirement and will be ignored. - Subsequent sliding movements, which are identified as an Illegal Element/Movement and/or a Fall shall be called as such but not as an Extra Element (ChSI) |
| Choreographic Twizzling Movements | Perform at least 2 continuous travelling rotations in both the first part and second parts. | Performed with more than 3 steps in between twizzling movements. | - Must be performed after the required Set of Twizzles. - Subsequent Twizzling Movements shall not be identified. - If the requirements for a Basic Level spin are met, the Twizzling Movement will be ignored, and the Spin will be called. |

Last updated 10/15/2024

EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER

| Symbol | Action | Explanation |
|--------|---|---|
| < | Reduce by 1 Level: interruption of 1 measure or less in PDE. | If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE) the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less. |
| << | Reduce by 2 Levels: interruption of more than 1 measure in PDE. | If the PDE is interrupted more than one (1) measure (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one (1) measure. |
| > | -1.0 point deduction for Extended Dance Edge Element | If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically. |
| ExEI | -1.0 point deduction for "Extra Element" | If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEI" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receive a deduction: ChSt1+ExEI |
| * | Element gets No Value but will NOT receive a deduction. | Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction. |
| F | Fall in Element -1.0 per Fall | If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Date Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall |
| Fx | Multiple Falls in Element | If there are multiple Falls (Fx) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button "Fall in Element". |
| ! | Choreo Element is identified and does not fulfill all requirements. | If Choreographic Element is identified and does not fulfill all the requirements, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart. |

Illegal Elements and Movements/Falls:

Fall

A fall is defined as loss of control by a skater with the result that the majority of body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), back, buttock(s) or any part of the arm.

Note:

Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence).

Illegal Elements / Movements / Poses

The following elements and movements are illegal in all Solo Ice Dance competitions:

- a) Jumps of more than half (1/2) revolution (including Back Flips)
- b) 2 or more consecutive ½ rotation jumps (jumps are not consecutive if there are two or more steps in-between)
- c) Lying on the ice (except where permitted)
- d) Toe Assisted Split Jumps or Edge Split jumps more than 90 degrees at the thighs.
(Split Jumps with a toe assisted take off. [A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.] Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.)
- e) Flying entries for Dance Spins
- f) Illusions*

*Definition Illusion:

Illusion - An Illusion is a spinning movement that has a basic position similar to the camel, but instead of remaining "flat" throughout the duration of the spin, the skater's body tilts up and then down so the head is close to the ice with the boot of the free leg extended upwards, creating almost a full split, while the skater is spinning.

Illegal Elements and Movements in Shadow, Pattern and Variation Dance

In addition to the above, the following elements and movements are illegal during any opening or exit choreography to a pattern or variation dance.

- Any Edge Element or Spin that would meet at least the criteria for a basic level

Note:

If there is an illegal element(s)/movement(s)/pose(s) anywhere in the program or pattern dance (including introductions or exits), it is identified and receives the appropriate deduction. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element, the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled. The same principle and deduction will apply to Choreographic Elements (Confirmed or Ignored + the deduction) The deduction for an Illegal Element/Movement (2.0) will apply for all levels.

Any feature that contains or is considered an illegal element, that feature will not be considered for level.

Appendix A



2025 Pattern Dance Reference Materials

Definitions

Diagrams with Key Points

Definitions:

Correct Edge:

Correct Edge means that the Edge is clean for the **whole** duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

Correct Turn:

Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

Correct Foot Placement:

The foot must be placed on the ice as described in the definition of the turn.

Cross Rolls

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. 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.

Solo Series Dance Steps:

The required steps for solo dance will be the same for all competitors. Depending on the dance, the woman's, man's or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Series Dance Steps to be skated for each dance.

A Steps:

This refers to steps that are marked as "A Steps" or "Woman's" on the pattern dance diagram.

B Steps:

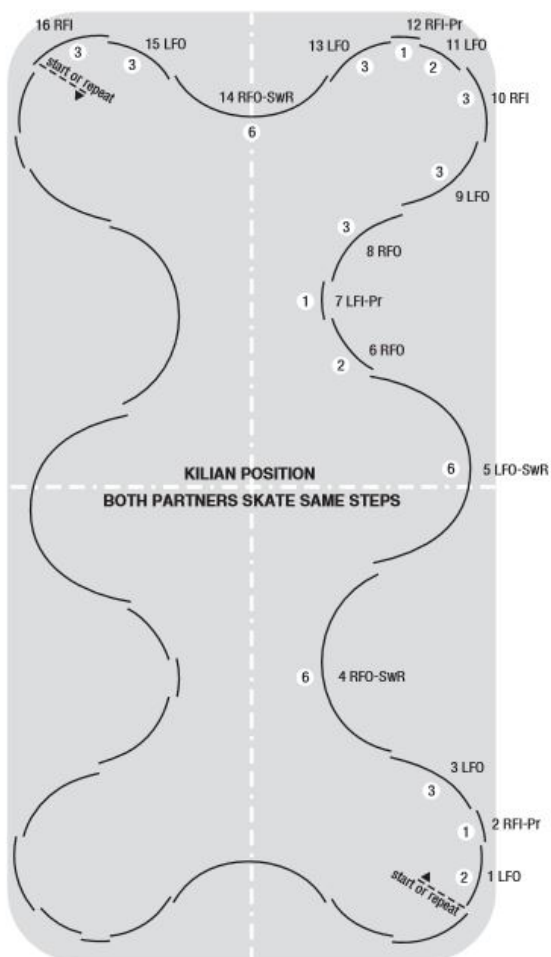
This refers to steps that are marked as "B Steps" or "Man's" on the pattern dance diagram.

Shadow Dance Cross Tracking:

Shadow Dance Cross Tracking Two skaters perform the pattern dance down the length of the rink in a side-by-side manner, without intentionally touching during the pattern dance sequence, and then cross each other's track on the end pattern (unless otherwise prescribed-check the pattern dance diagram in Appendix A of this handbook) so that they are on opposite sides for the next sequence of the dance. If the skaters are on the opposite side for the next sequence, Cross Tracking should be counted towards a level. This is done only once for each required sequence or section of the pattern dance. "Follow the Leader" style tracking down the sides with changing the "Leader" does not count as Cross Tracking. "Follow the Leader" style tracking is allowed however on the end pattern in order to change sides. If the skaters intentionally touch during the dance, this will be reflected in the GOE.

U.S. Dutch Waltz - 2025 Preliminary Shadow

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Dutch Waltz - USDW for Shadow

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 6 beats

Minimum Pattern Time: 0:20.6 - Maximum Pattern Time: 0:21.2 - Maximum Overall Time: 1:30

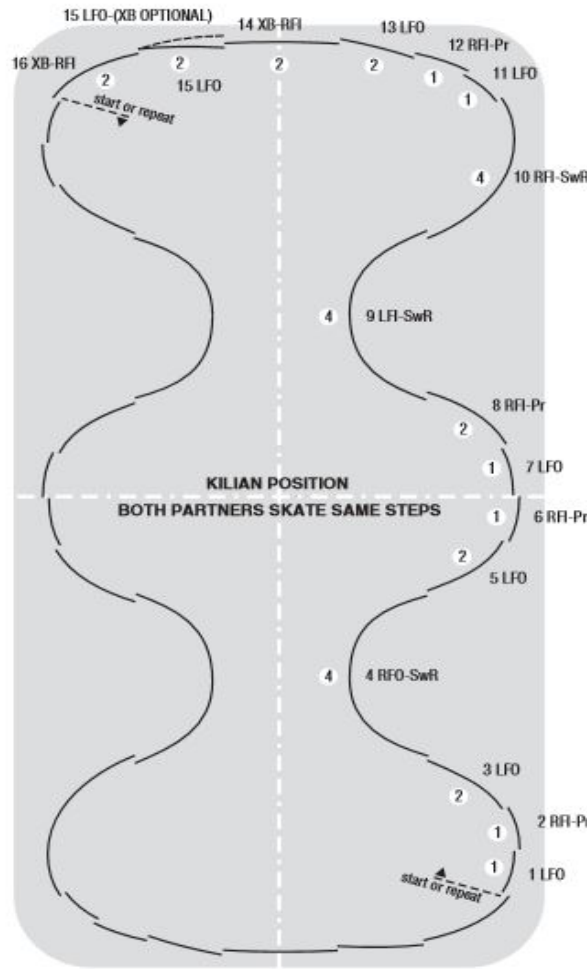
2025 Shadow Dance: Cross Tracking Between Steps 11 and 16

Key Points do not apply to Shadow Dance

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-16 | 16 | 2 | 4 | 6 | 8 | 10 | 12 | 13 | 14 |

Rhythm Blues – 2025 Preliminary First Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Rhythm Blues – RPD3

Traditional: 3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:21.3 Maximum Pattern Time: 0:22.3 Maximum Overall Time: 1:30

Key Point 1 - Step 9, LFI Swing Roll – Bullet Point: Correct Edge

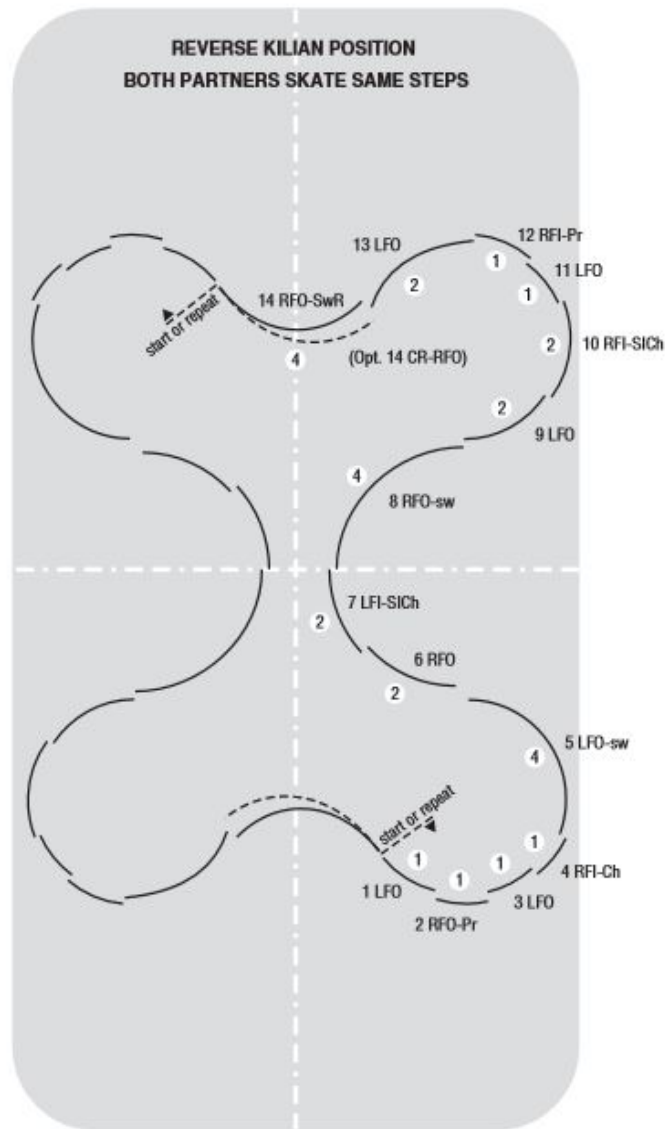
Key Point 2 - Step 14, Cross Behind RFI – Bullet Point: Correct Cross Behind

Note: A slide chasse for step 14 is not the correct step and will not be considered for level

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-16 | 16 | 2 | 4 | 6 | 8 | 10 | 12 | 13 | 14 |

Tango Canasta – 2025 Preliminary Second Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Canasta Tango – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:15.8 Maximum Pattern Time: 0:16.5 Maximum Overall Time: 1:25

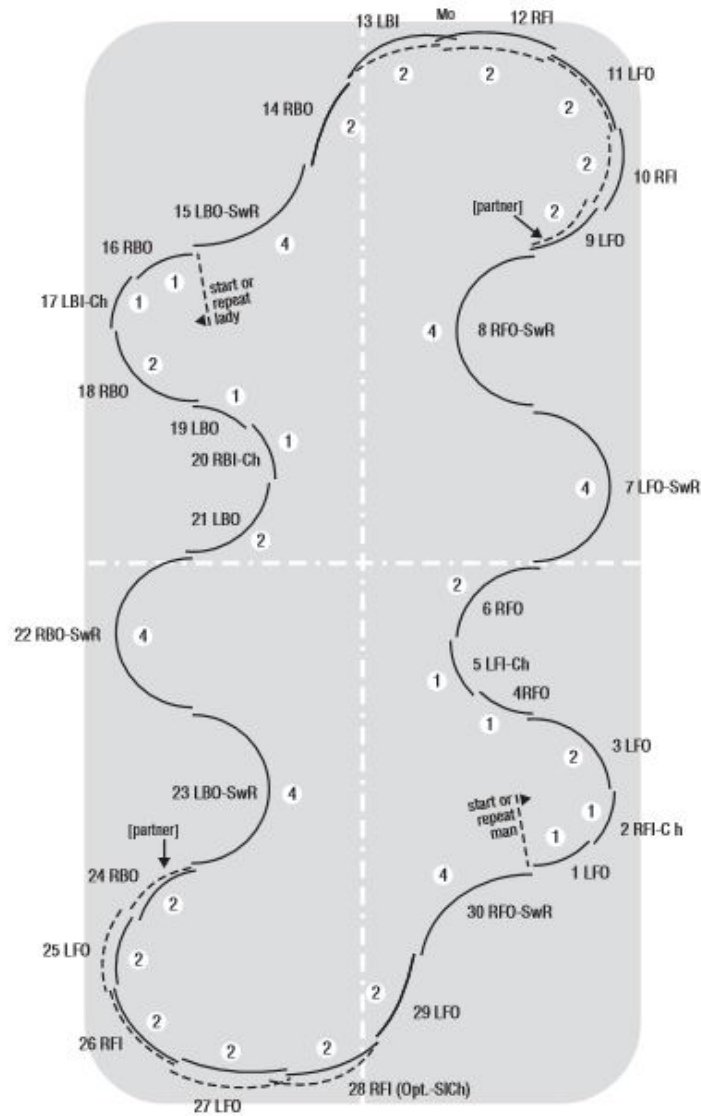
Key Point 1 - Step 5, LFO Swing Roll – Bullet Point: Correct Edge

Key Point 2 - Step 10, RFI Slide Chasse – Bullet Point: Free Foot Must Pass Skating Foot

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-14 | 14 | 1 | 4 | 6 | 7 | 8 | 11 | 11 | 13 |

Swing Dance – 2025 Pre-Bronze First Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate A-Steps (Woman's Steps)



Swing Dance – RPD2

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 4 beats

Minimum Pattern Time: 0:39.2 - Maximum Pattern Time: 0:40.9 - Maximum Overall Time: 1:45

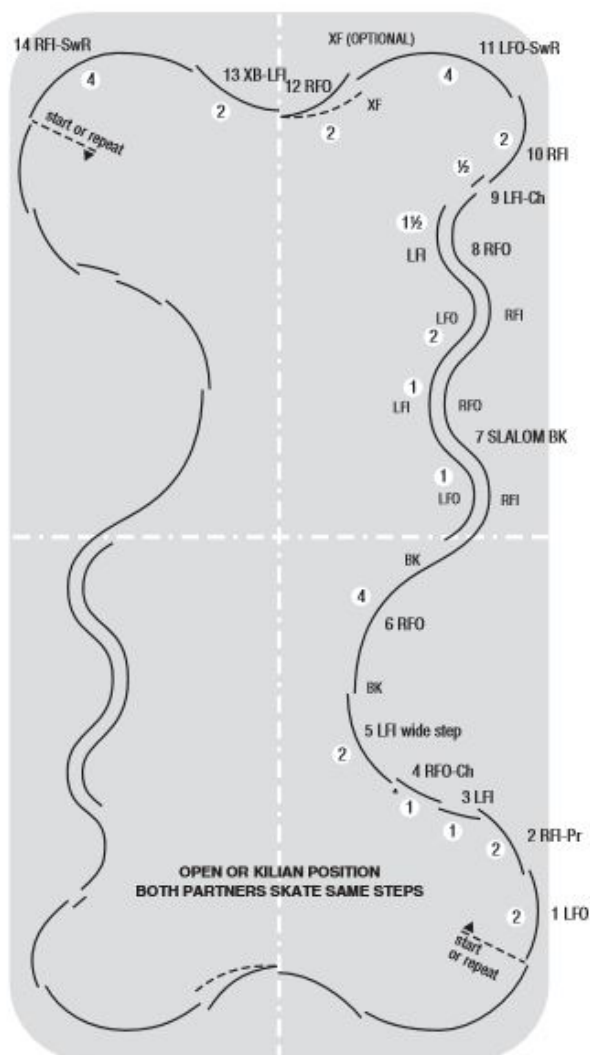
Key Point 1 – A-Steps 27 & 28, LFO/RFI Slide Chasse – Bullet Point: Correct Edges

Key Point 2 – A-Steps 12 & 13, Open Mohawk – Bullet Point: Correct Foot Placement

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-30 | 30 | 4 | 8 | 12 | 16 | 18 | 22 | 24 | 28 |

U.S. Cha Cha - 2025 Pre-Bronze Second Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Cha Cha - RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:18.8 - Maximum Pattern Time: 0:19.6 - Maximum Overall Time: 1:40

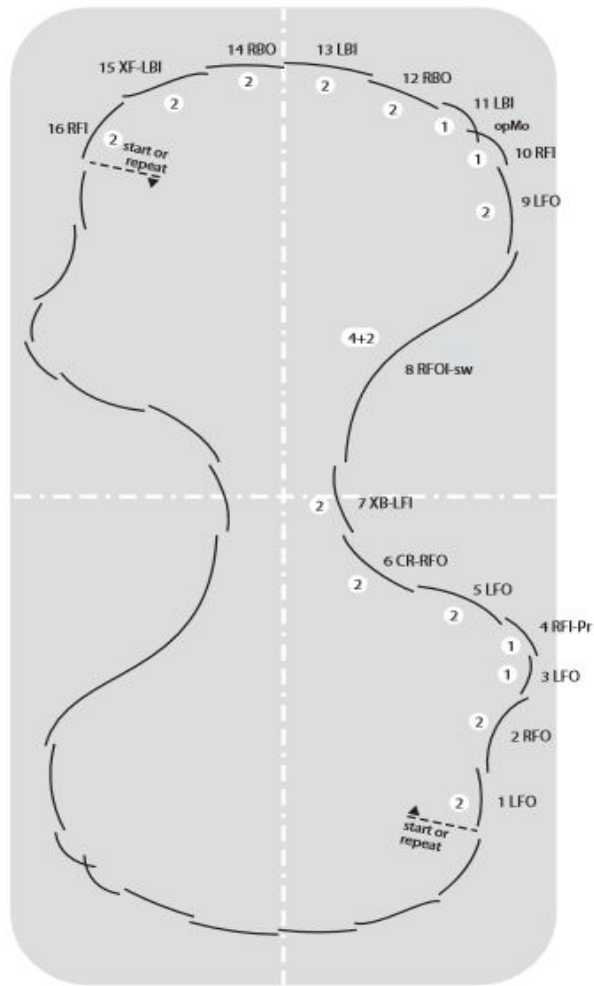
Key Point 1 - Step 6, RFO – Bullet Point: Correct Edge

Key Point 2 - Steps 10 & 11, RFI, LFO – Bullet Point: Correct Edge

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-14 | 14 | 1 | 4 | 6 | 7 | 8 | 11 | 11 | 13 |

Tango Fiesta – 2025 Pre-Bronze Shadow Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Tango Fiesta – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:17.5 Maximum Pattern Time: 0:18.1 Maximum Overall Time: 1:30

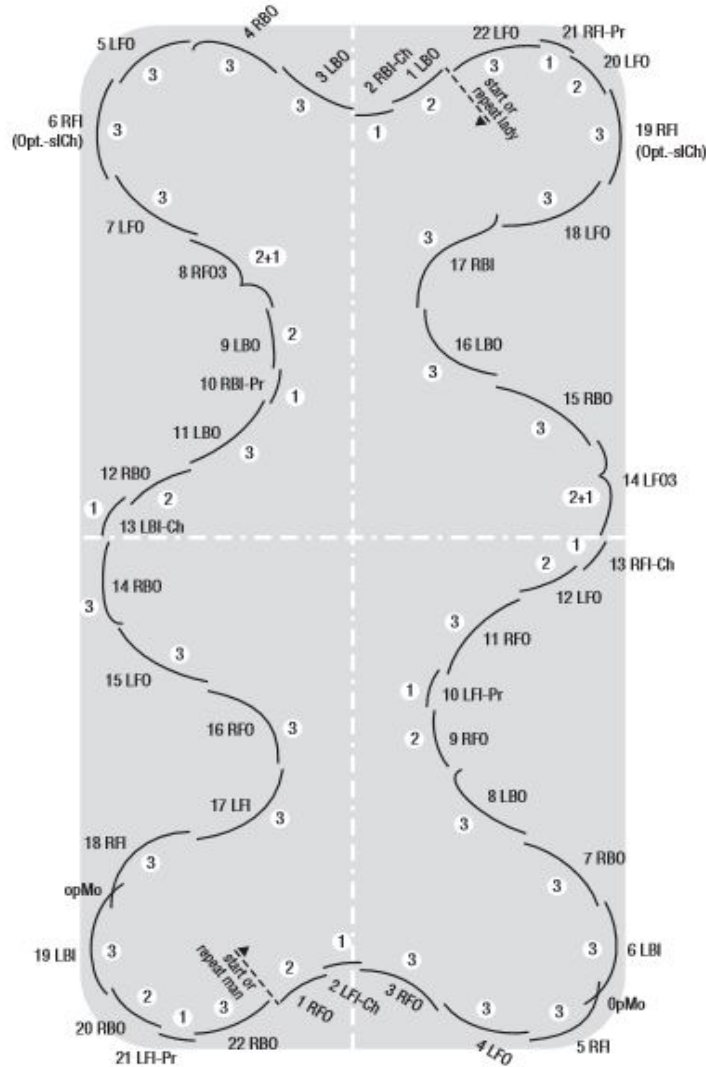
2025 Shadow Dance: Cross Tracking Between Steps 12 and 16

Key Points do not apply to Shadow Dance

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-16 | 16 | 2 | 4 | 6 | 8 | 10 | 12 | 13 | 14 |

U.S. Willow Waltz – 2025 Bronze First Dance

Set Pattern Dance – Solo Series Steps: All Competitors Skate A-Steps (Woman’s Steps)



U.S. Willow Waltz – W

3 sequences required for Variation Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.1 - Maximum Pattern Time: 0:23.8 - Maximum Overall Time: 1:50

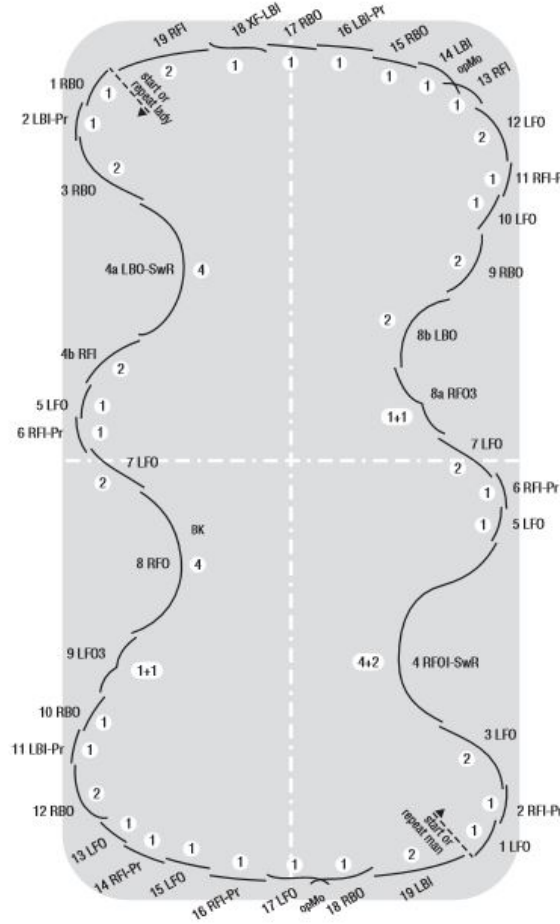
Key Point 1 – A-Step 8 RFO Three Turn – Bullet Point: Correct Edge & Turn

Key Point 2 – A-Steps 18 & 19, RFI to LBI Open Mohawk - Bullet Point: Correct Edges & Turn

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-22 | 22 | 2 | 6 | 9 | 11 | 13 | 17 | 18 | 20 |

U.S. Ten-Fox – 2025 Bronze Variation Dance

Set Pattern Dance – Solo Series Steps: Sequence 1 All Competitors Skate A-Steps (Woman’s Steps) and Sequence 2 is the Variation portion.



Ten-Fox – RPD2
Solo Dance Series

2 sequences required for
Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:18.8 - Maximum Pattern Time: 0:19.6 - Maximum Overall Time: 1:40

Sequence 1:

Key Point 1 – A-Step 9, LFO Three Turn – Bullet Point: Correct Turn

Key Point 2 – A-Steps 17 & 18, LFO OpMo to RBO - Bullet Point: Correct Edges & Foot Placement

*Note: A slide chasse for step 17 is not the correct step and will not be considered for level

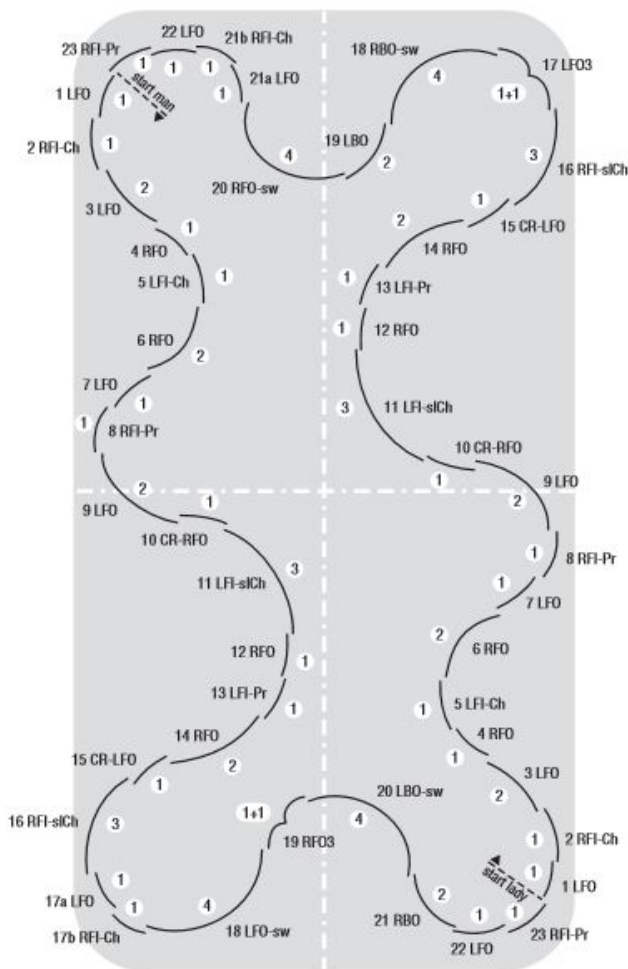
Sequence 2: Variation

Required Turns for Variation: First forward Outside 3 turn and First Inside Mohawk attempted on either foot will be considered for level when executed correctly.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-19 | 19 | 2 | 5 | 8 | 10 | 11 | 14 | 15 | 17 |

U.S. Hickory Hoedown - 2025 Juvenile Combined Dance & *Bronze Shadow

Set Pattern Dance – Solo Series Steps: All Competitors Skate A-Steps (Woman's Steps)



U.S. Hickory Hoedown – HH (for both events)

3 sequences required for Solo Dance Series Competition
 Number of Measures per Pattern: 10 of 4 beats

Minimum Pattern Time: 0:22.6 - Maximum Pattern Time: 0:23.5 - Maximum Overall Time: 1:50

Juvenile Combined:

Key Point 1 – A-Steps 7-9 LFO,RFI,LFO, Progressive - Bullet Point: Correct Edges

Key Point 2 – A-Steps 19 & 20, LBO, RFO Swing Roll – Bullet Point: Correct Edges

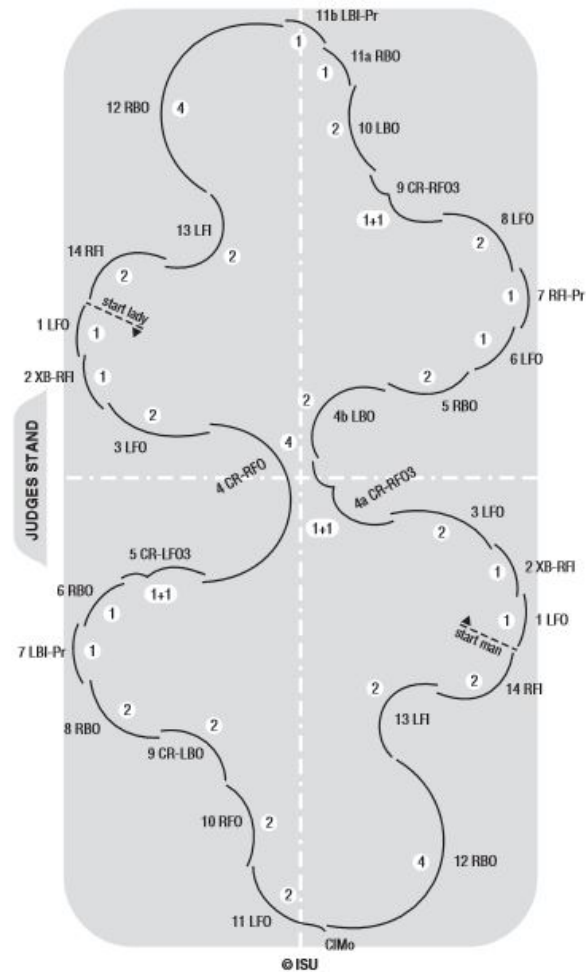
2025 Shadow Dance: Cross Tracking Between Steps 17 and 23

Key Points do not apply to Shadow Dance

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-23 | 23 | 2 | 6 | 9 | 12 | 14 | 17 | 18 | 21 |

Foxtrot – 2025 Pre-Silver First Dance Intermediate Combined

Optional Pattern Dance – Solo Series Steps: All Competitors Skate A-Steps (Woman’s Steps)



Foxtrot – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:16.5 Maximum Pattern Time: 0:17.1 Maximum Overall Time: 1:30

Key Point 1 – A-Step 4, CR-RFO - Bullet Points: Correct Cross Roll, Correct Edge

Key Point 2 – A-Steps 9 & 10, CR-LBO, RFO – Bullet Points: Correct Cross Roll, Correct Edges

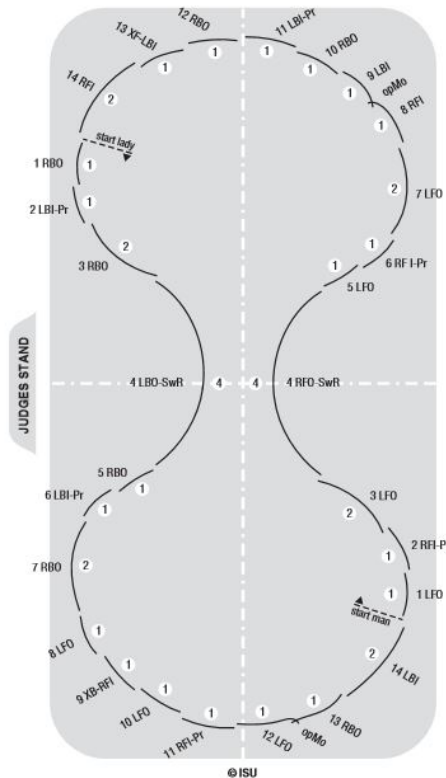
| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-14 | 14 | 1 | 4 | 6 | 7 | 8 | 11 | 11 | 12 |

Fourteen Step – 2025 Pre-Silver Variation Dance

Set Pattern Dance – Solo Series Steps:

Sequences 1: A-Steps (Woman’s Steps) Sequence 3: B-Steps (Man’s Steps)

Sequences 2 & 4: Variation portion (Must be the same for each sequence)



Fourteen Step FO

4 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 5 of 4 beats

Minimum Pattern Time: 0:10.5 - Maximum Pattern Time: 0:10.9 - Maximum Overall Time: 1:20

Sequence 1:

Key Point 1 – A-Step 4, LBO Swing Roll – Bullet Point: Correct Edge

Key Point 2 – A-Steps 12 & 13, LFO to RBO Open Mohawk - Bullet Point: Correct Turn

*Note: A slide chasse for step 12 is not the correct step and will be considered for level

Sequence 3:

Key Point 1 – B-Step 4, RFO Swing Roll – Bullet Point: Correct Edge

Key Point 2 – B-Steps 8 & 9, RFI to LBI Open Mohawk - Bullet Point: Correct Turn

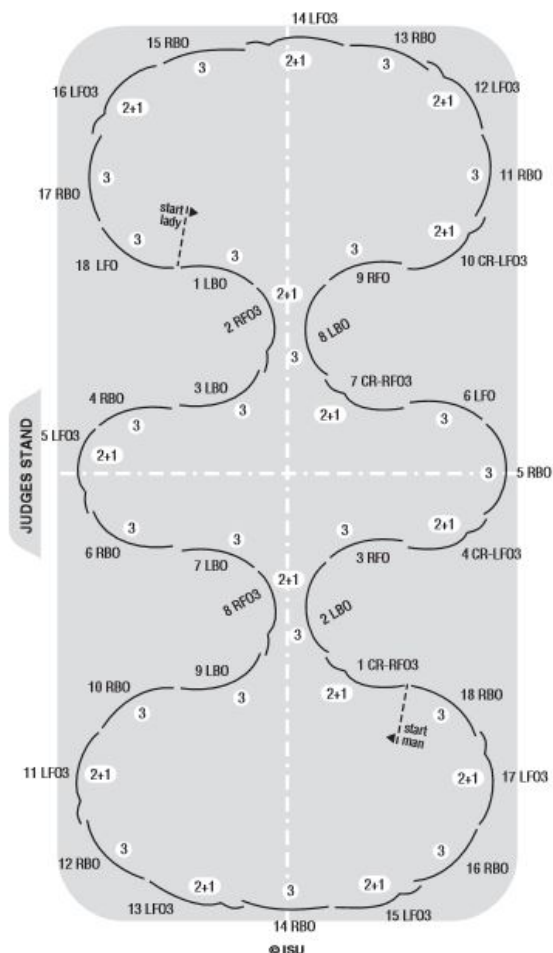
Sequence 2 & 4: Variation

Required Turns for Variation: First Back Outside 3 Turn and First Back Outside Mohawk attempted on either foot will be considered for level when executed correctly.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-14 | 14 | 1 | 4 | 6 | 7 | 8 | 11 | 11 | 12 |

European Waltz – 2025 Pre-Silver Shadow Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate A-Steps (Woman’s Steps)



European Waltz – EW

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 18 of 3 beats

Minimum Pattern Time: 0:23.6. - Maximum Pattern Time: 0:24.4. - Maximum Overall Time: 1:20

2025 Shadow Dance: Cross Tracking Between Steps 12 and 17

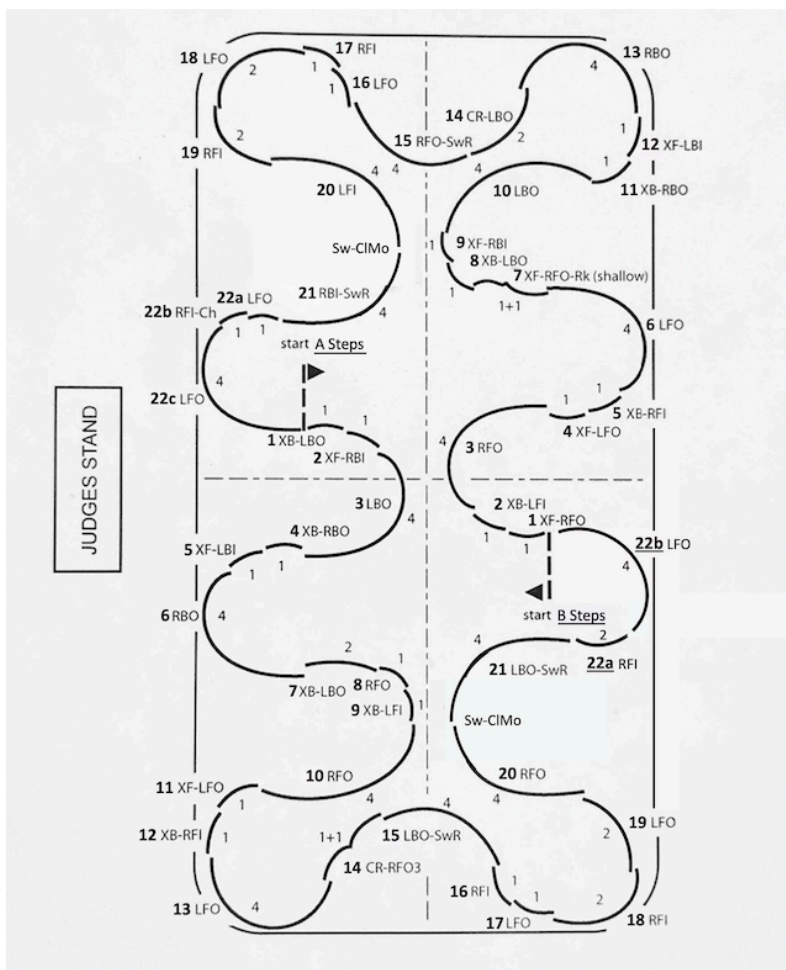
Key Points do not apply to Shadow Dance

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-18 | 18 | 2 | 5 | 7 | 9 | 11 | 14 | 14 | 16 |

Tango – 2025 Silver First Dance

Optional Pattern Dance –

Solo Series Steps: Sequence 1 A-Steps (Women’s Steps), Sequence 2 B-Steps (Man’s)



Tango – TA

2 sequences required for Variation Solo Dance Series Competition

Number of Measures per Pattern: 13 of 4 beats

Minimum Pattern Time: 0:28.4. - Maximum Pattern Time: 0:29.4. - Maximum Overall Time: 1:35

Sequence 1: A-Steps

Key Point 1 – A-Steps 13 -15 (LFO, CR-RFO3, LBO-SwR) Bullet Points: Correct Cross Roll, Turn and Correct Edge

Key Point 2 – A-Steps 20 - 21 (RFO Sw-CIMo, LBO-SwR) Bullet Points: Correct Placement of the Free Foot, Correct Turn and Correct Edge

Sequence 2: B-Steps

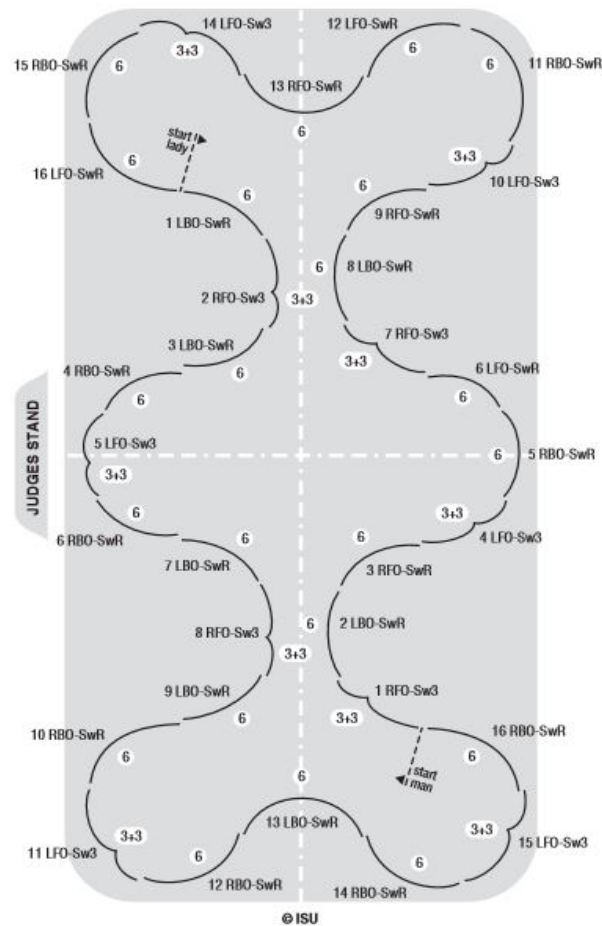
Key Point 1 – B-Step 7 (XF-RFO-Rk) Bullet Points: Correct Turn

Key Point 2 – B-Steps 20 - 21 (LFI Sw-CIMo, RBI-SwR) Bullet Points: Correct Placement of the Free Foot, Correct Turn and Correct Edge

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-22 | 22 | 2 | 6 | 9 | 11 | 13 | 17 | 18 | 20 |

American Waltz – 2025 Silver Variation Dance & Intermediate Combined

Optional Pattern Dance – Solo Series Steps: For Intermediate Combined All Competitors Skate A-Steps (Woman’s Steps) For Silver Variation, Sequence 1 will be A-Steps and Sequence 2 is the Variation portion.



American Waltz – AW

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 6 beats

Minimum Pattern Time: 0:28.8 Maximum Pattern Time: 0:29.4 Maximum Overall Time: 1:35

Intermediate Combined and Sequence 1 of Silver Variation:

Key Point 1 – A-Step 2 RFO Swing 3 Turn – Bullet Point: Correct Edge & Correct Turn

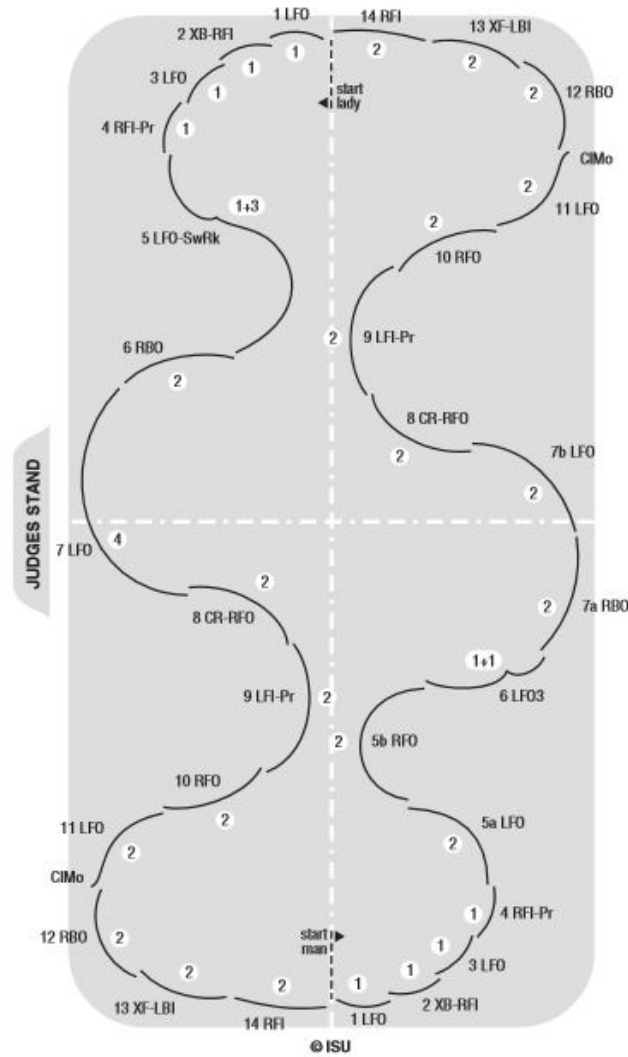
Key Point 2 – A-Step 13, LBO Swing Roll - Bullet Point: Correct Edge

Required Turns for Variation: First Forward Rocker and First *Single Twizzle attempted on either foot will be considered for level when executed correctly *Only a Single Twizzle will be considered for level, more than one rotation will not be awarded and count as the Twizzle attempt.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-16 | 16 | 2 | 4 | 6 | 8 | 10 | 12 | 13 | 14 |

Rocker Foxtrot – 2025 Silver Shadow Dance

Set Pattern Dance – Solo Series Steps: Sequences 1 & 3 A-Steps (Women’s Steps), Sequence 2 B-Steps (Man’s)



Rocker Foxtrot – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beat

Minimum Pattern Time: 0:15.8 Maximum Pattern Time: 0:16.5 - Maximum Overall Time: 1:30

2025 Shadow Dance: Cross Tracking Between Steps 12 and 14

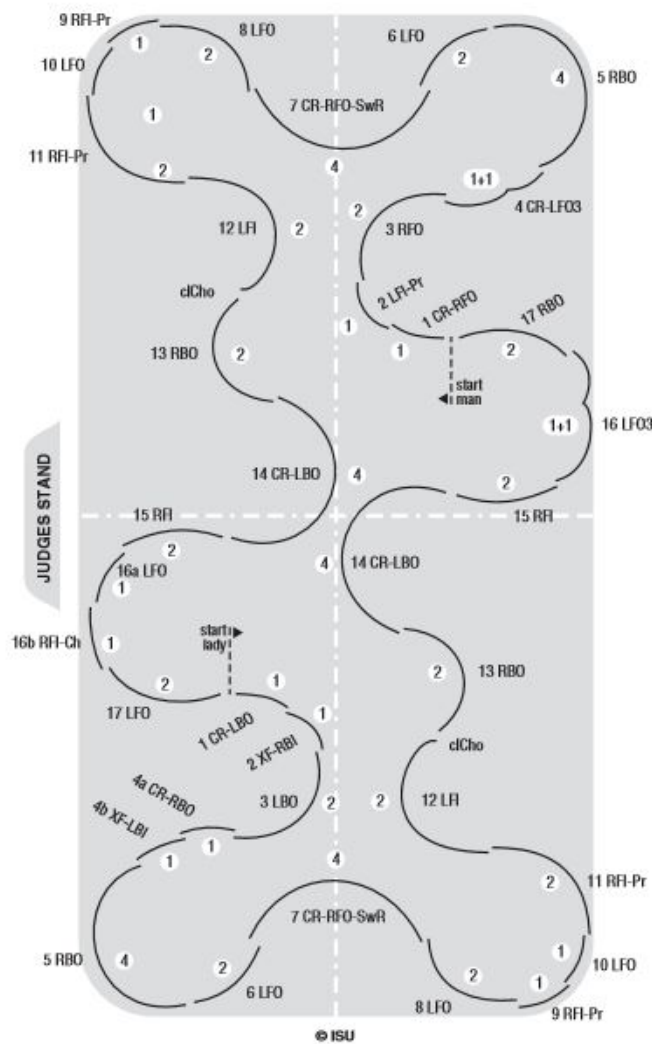
Key Points do not apply to Shadow Dance

*Remember steps rotate each sequence: A-Steps, B-Steps, A-Steps as listed as the Solo Series steps above.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-14 | 14 | 1 | 4 | 6 | 7 | 8 | 11 | 11 | 12 |

Blues - 2025 Pre-Gold First Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate A-Steps (Woman’s Steps)



Blues – BL

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 9 of 4 beats

Minimum Pattern Time: 0:24 Maximum Pattern Time: 0:25.2 Maximum Overall Time: 2:00

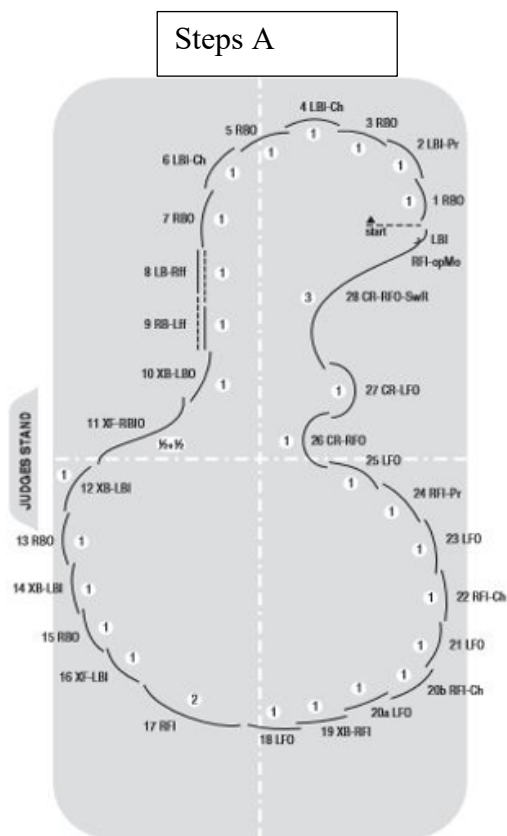
Key Point 1 – A-Steps 5 - 7, RBO, LFO, RFO Cross Swing Roll – Bullet Point: Correct Cross Roll & Edges

Key Point 2 – A-Steps 12 & 13, LFI to RBO Closed Choctaw - Bullet Point: Correct Turn

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-17 | 17 | 2 | 4 | 7 | 9 | 10 | 13 | 14 | 15 |

Paso Doble – 2025 Pre-Gold Variation Dance

Optional Pattern Dance – Solo Series Steps Sequence 1 will be A-Steps and Sequence 2 is the Variation portion.



Paso Doble – RPD2

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 8 of 4 beats

Minimum Pattern Time: 0:16.8. - Maximum Pattern Time: 0:17.5 - Maximum Overall Time: 1:25

Sequence 1:

Key Point 1 – A-Step 11, Inside to Outside Change of Edge - Bullet Point: Correct Edges

Key Point 2 – A-Steps 26 & 27, Cross Right and Left FO Cross Roll – Bullet Point: Correct Edges

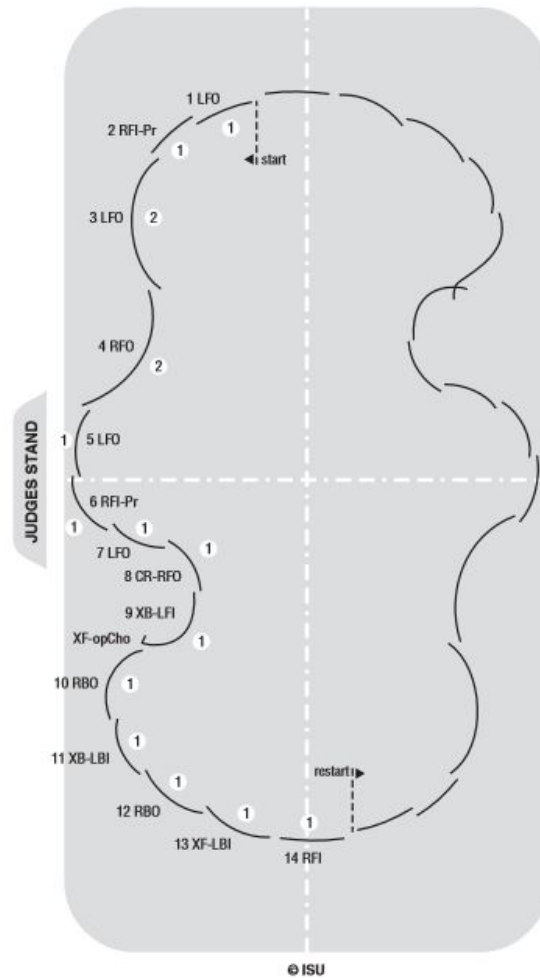
Sequence 2:

Required Turns for Variation: First Forward Outside Rocker and First Choctaw attempted on either foot will be considered for level when executed correctly.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-28 | 28 | 3 | 7 | 11 | 14 | 17 | 21 | 22 | 25 |

Kilian - 2025 Novice Combined & Pre-Gold Shadow Dance

Optional Pattern Dance – Solo Series Steps: All Competitors Skate Same Steps



Kilian – KL for Novice Combined and RPD4 for Shadow

4 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 4 of 4 beats

Minimum Pattern Time: 0:08.1 - Maximum Pattern Time: 0:08.4 - Maximum Overall Time: 1:25

Novice Combined:

Key Point 1 - Steps 3 & 4, LFO & RFO – Bullet Point: Correct Edges

Key Point 2 - Steps 9 & 10, Cross Behind LFI to RBO Open Choctaw - Bullet Point: Correct Turn

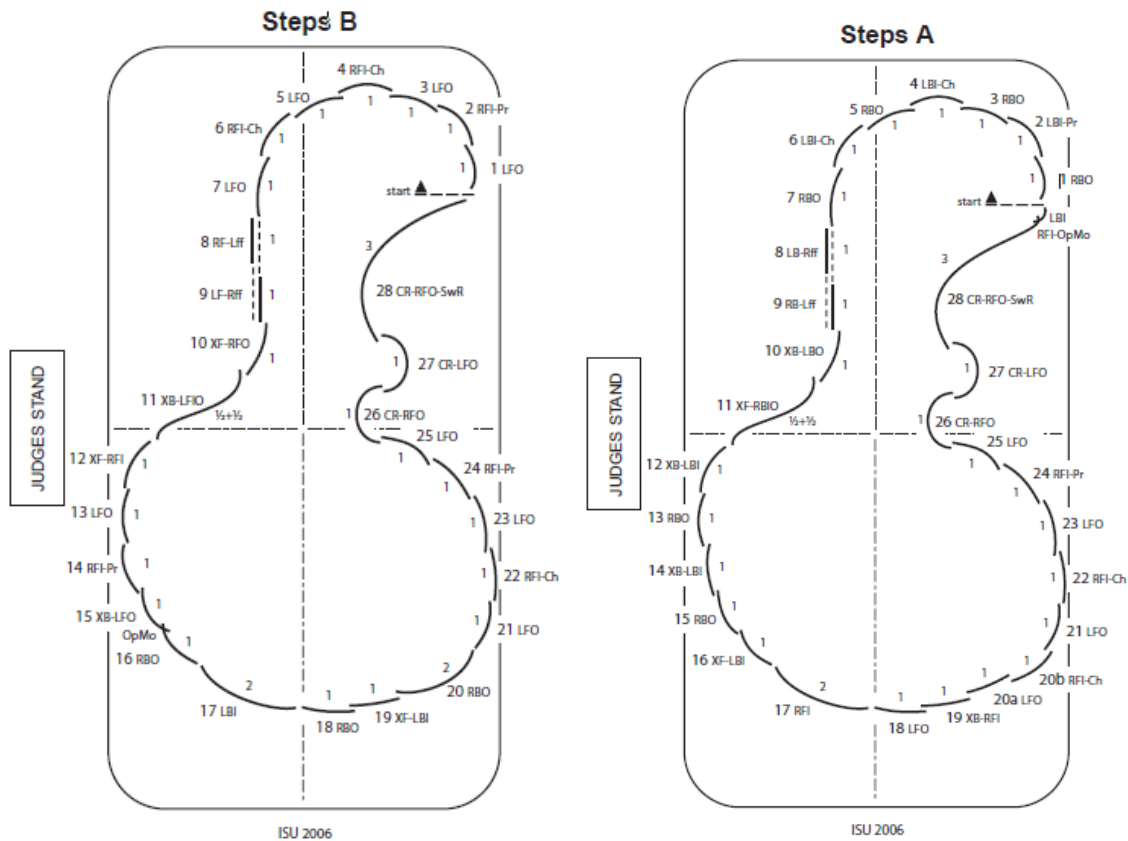
2025 Shadow Dance: Cross Tracking Between Steps 12 and 14

Key Points do not apply to Shadow Dance

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-14 | 14 | 1 | 4 | 6 | 7 | 8 | 11 | 11 | 12 |

Paso Doble – 2025 Junior Rhythm Dance

Set Pattern Dance – Solo Series Steps: Sequence 1, A-Steps and Sequence 2, B-Steps



Paso Doble – In Software for Rhythm Dance, (1PD & 2PD)
 2 sequences required for Rhythm Dance, Solo Ice Dance Competition
 Number of Measures per Pattern: 8 of 4 beats
 Minimum Pattern Time: 0:16.8 Maximum Pattern Time: 0:17.5

Sequence 1, A-Steps (1PD)

Key Point 1 – A-Steps 11 & 12, XF-RBIO, XB-LBI
Key Point 2 – A-Step 28, CR-RFO-SwR, RFI OpMo

Sequence 1, B-Steps (2PD)

Key Point 1 – A-Steps 15 & 16, XB-LFO OpMo, RBO
Key Point 2 – A-Step 28, CR-RFO-SwR,

Bullet Points for all Key Points: Must include correct turns, edges, foot placement and timing.

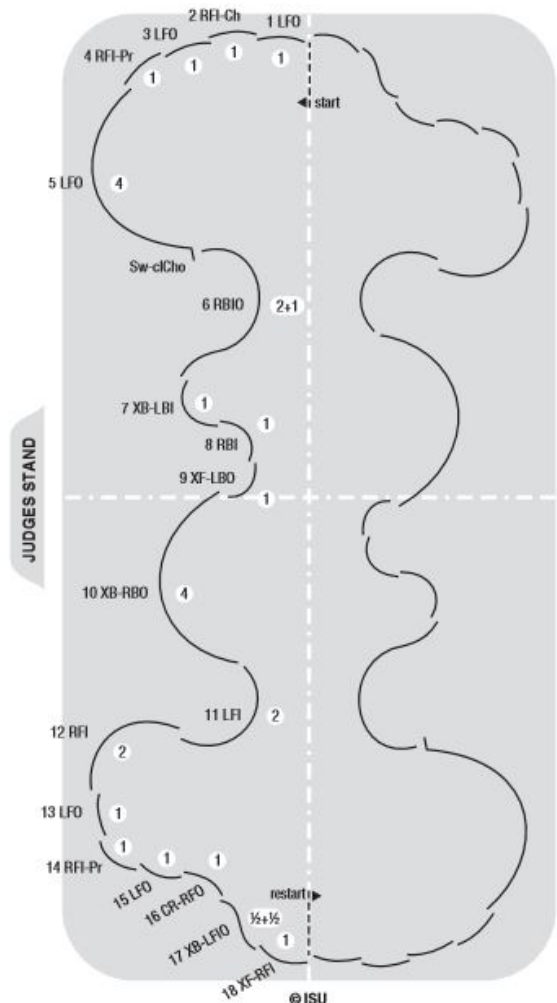
Notes:

- 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.
- Push/Transition to the next step A change of edge within the last ½ beat of the step is permitted to prepare the push/transition to the next step.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-28 | 28 | 3 | 7 | 11 | 14 | 17 | 21 | 22 | 25 |

Quickstep - 2025 Gold First Dance

Set Pattern Dance - Solo Series Steps: All Competitors Skate Same Steps



Quickstep – RPD3

3 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 7 of 4 beats

Minimum Pattern Time: 0:14.7 - Maximum Pattern Time: 0:15.3 - Maximum Overall Time: 1:20

Key Point 1 - Steps 5 & 6, LFO Swing Closed Choctaw - Bullet Point: Correct Turn

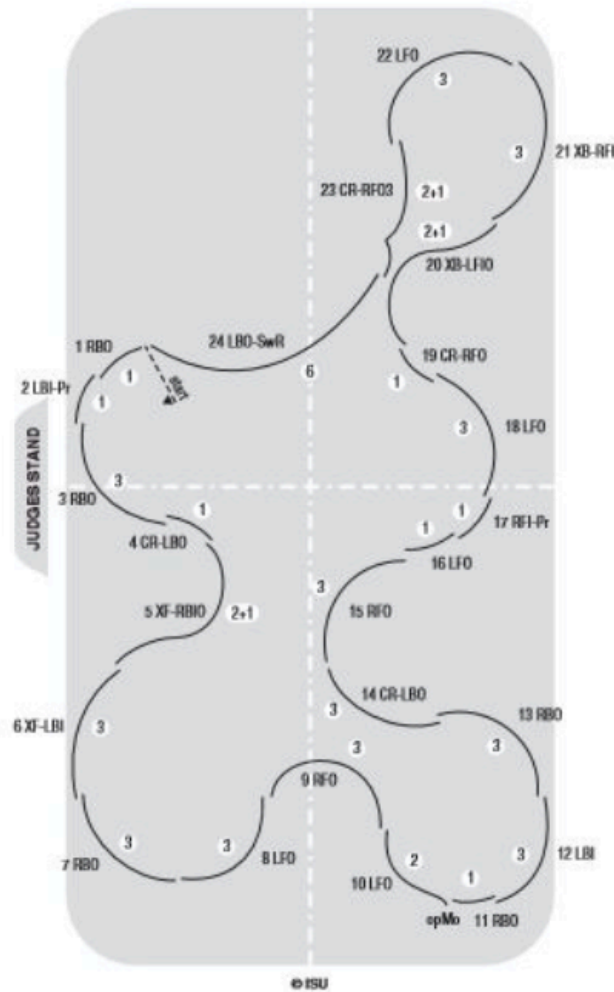
Key Point 2 - Step 17, Cross Behind LFI to LFO Change of Edge – Bullet Point: Correct Edges

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|----------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Only 1 Section | 1-18 | 18 | 2 | 5 | 7 | 9 | 11 | 14 | 14 | 16 |

Viennese Waltz – 2025 Gold Variation Dance

Optional Pattern Dance - Solo Series Steps: Sequence 1: All Competitors Skate A-Steps (Woman's Steps). Sequence 2 – Variation

Woman's Steps



Viennese Waltz – RPD2

2 sequence required for Solo Dance Series Competition

Number of Measures per Pattern: 10 of 6 beats

Minimum Pattern Time: 0:22.8. - Maximum Pattern Time: 0:23.4. - Maximum Overall Time: 1:40

Sequence 1:

Key Point 1 – A-Steps 10 & 11, LFO to RBO Open Mohawk – Bullet Point: Correct Turn

Key Point 2 – A-Steps 16-18, LFO, RFI-Pr, LFO, Forward Progressive - Bullet Point: Correct Timing

Sequence 2: Variation (This will be a full pattern Variation – once around the rink)

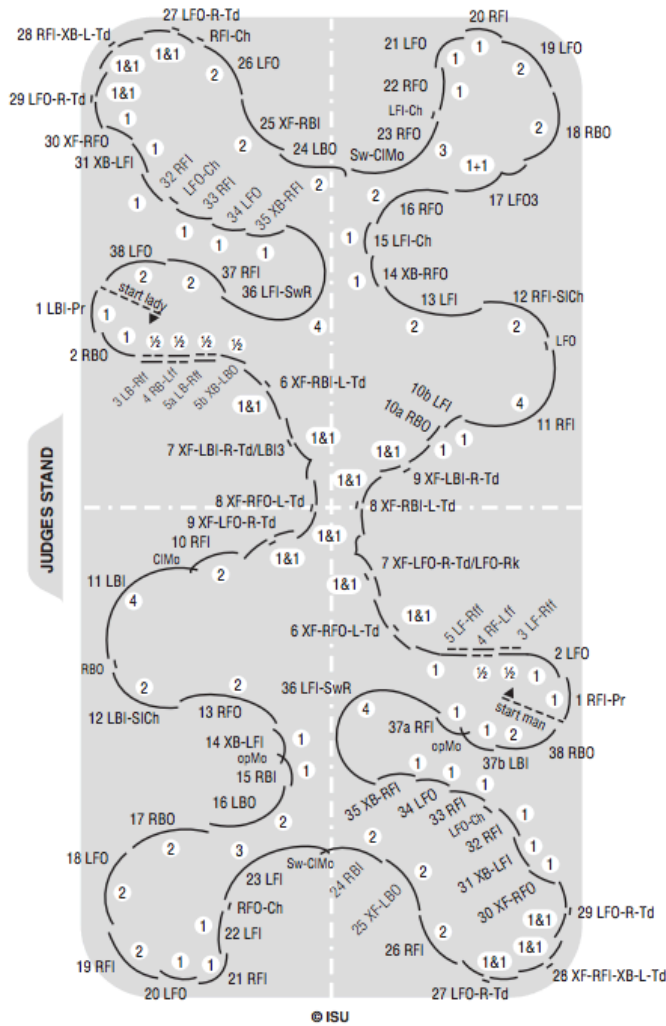
Required Turns for Variation: First Backward Outside Rocker and First Double Twizzle attempted on either foot will be considered for level when executed correctly.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|-------------------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 st Section | 1-24 | 24 | 2 | 6 | 10 | 12 | 15 | 18 | 20 | 22 |

Cha Cha Congelado – 2025 Gold/International Shadow Dance

Optional Pattern Dance - Solo Series Steps: All Competitors Skate A-Steps (Woman's Steps)

CHA CHA CONGELADO — OPTIONAL PATTERN DANCE



Cha Cha Congelado – CC

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 4 beats

Minimum Pattern Time: 0:32.5 - Maximum Pattern Time: 0:33.7 - Maximum Overall Time: 1:35

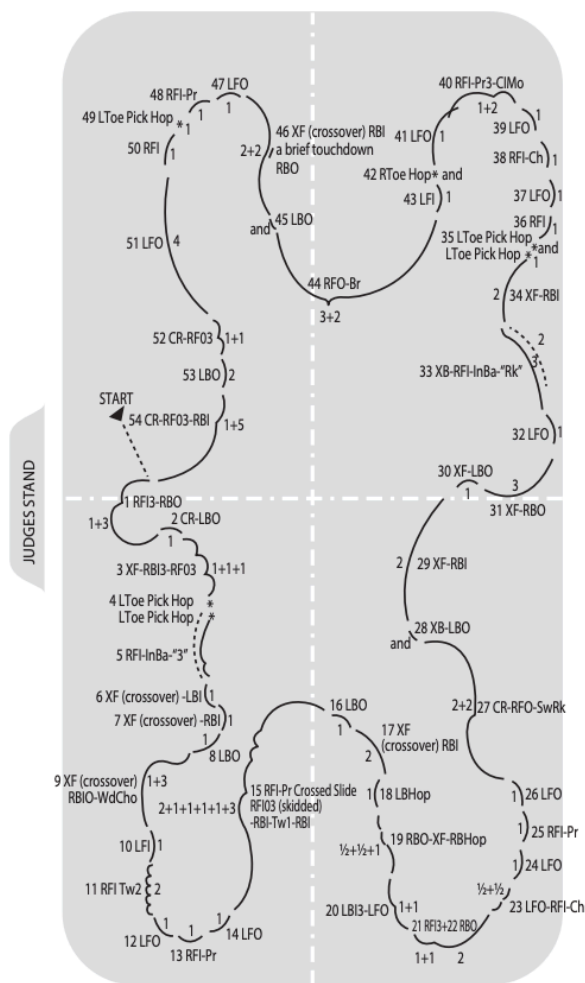
2025 Shadow Dance: Cross Tracking Between Steps 20 and 28

Key Points do not apply to Shadow Dance

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|-------------------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 st Section | 1-38 | 38 | 4 | 10 | 15 | 19 | 23 | 29 | 31 | 34 |

Tea Time Foxtrot – 2025 International First Dance

Optional Pattern Dance - Solo Series Steps: All Competitors Skate A-Steps (Woman's Steps)



Tea Time Foxtrot – TTF

2 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 26 of 4 beats

Minimum Pattern Time: 0:56.7 - Maximum Pattern Time: 0:58.9 - Maximum Overall Time: 2:40

Section 1:

Key Point 1 – A-Step 11, RFI Double Twizzle - Bullet Point: Correct Turn

Key Point 2 – A-Step 27, CR-RFO Swing Rocker - Bullet Point: Correct Edges, Turn & Cross Roll

Section 2:

Key Point 1 – A-Steps 40-41, RFI-Pr3-CLMo – Bullet Points: Correct Edges and Correct Turns

Key Point 2 – A-Step 44, RFO Bracket - Bullet Point: Correct Turn

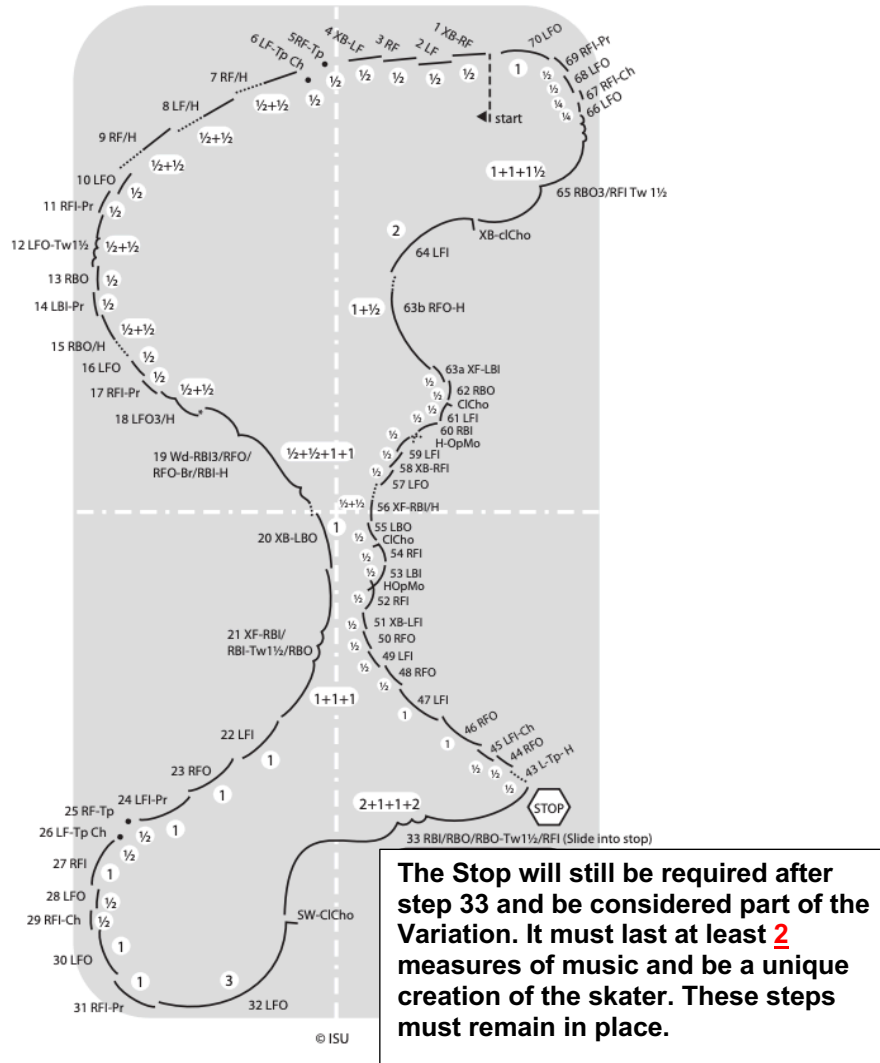
How to prepare for Sequence 2: Currently the last step of the dance (step 54 CR-RFO3-RBI) is 1+5 beats. In the repeat this will change that step to 1+1 (1 beat for cross 3 turn entrance and 1 for exit.) Then step onto a LFI edge for 4 beats. Free leg back for 2 beats and then front for 2 beats. **A video is available on the Solo Dance Page of the USFS web site.**

***Note: There is an omission and an error in the diagram. Step 4 is 1 beat and step 41 is 2 beats.**

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|-------------------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 st Section | 1-31 | 31 | 3 | 8 | 12 | 16 | 19 | 25 | 39 | 30 |
| 2 nd Section | 32-54 | 23 | 2 | 6 | 9 | 12 | 14 | 17 | 18 | 22 |

Finnstep – 2025 International Variation Dance

Optional Pattern Dance - Solo Series Steps: All Competitors Skate A-Steps (Woman's Steps)



Finnstep – RPD1

1 sequences required for Solo Dance Series Competition

Number of Measures per Pattern: 16 of 4 beats

Minimum Pattern Time: 0:38 - Maximum Pattern Time: 0:38.5 - Maximum Overall Time: 1:45

Section 1:

Key Point 1 – A-Steps 12-13, LFO-Tw 11/2, RBO – Bullet Points: Correct Turn, Correct Edge

Key Point 2 – A-Step 21, RBI 1&1/2 Twizzle, exit on RFO (diagram wrong) - Bullet Point: Correct Turn




Section 2: Variation

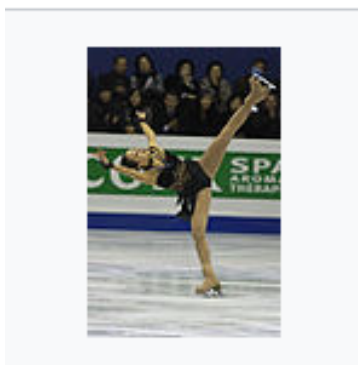
Required Turns for Variation: First Backward Counter and First Bracket attempted on either foot will be considered for level when executed correctly.

| Section | Steps | # of steps | 10% | 25% | 40% | 50% | 60% | 75% | 80% | 90% |
|-------------------------|-------|------------|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 st Section | 1-33 | 33 | 4 | 9 | 14 | 17 | 20 | 25 | 27 | 30 |
| 2 nd Section | 46-70 | 24 | 3 | 6 | 10 | 12 | 15 | 18 | 20 | 22 |





Appendix B

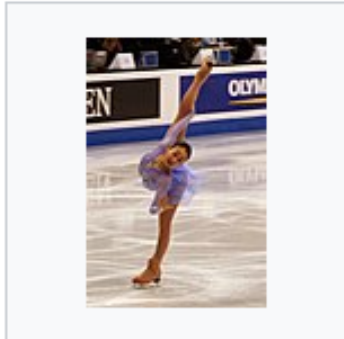
Spiral Type Edge Element – Different Positions

| | | |
|-------------------------|---|---|
| Charlotte | A Charlotte is a variation in which the torso is dropped down forward toward the skating leg and the free leg is lifted behind in a near-split position |  |
| 135 OR Fan Spiral | A fan spiral is a back outside edge spiral held with the free leg held unsupported to the skater's front or side. Ideally, this position should be held with both legs straight, although less flexible skaters attempt to compensate for a lack of strength or flexibility by not fully extending the free leg or bending the skating leg. |  |
| Kerrigan Spiral | A Kerrigan spiral is a high-leg outside spiral performed with one hand supporting the knee of the free leg. This position is named after Nancy Kerrigan. |  |

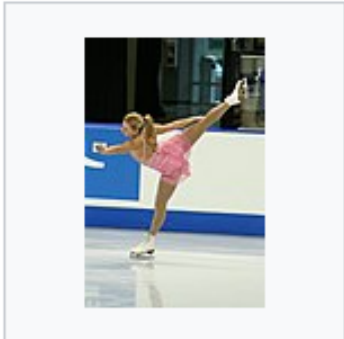


Fan/135

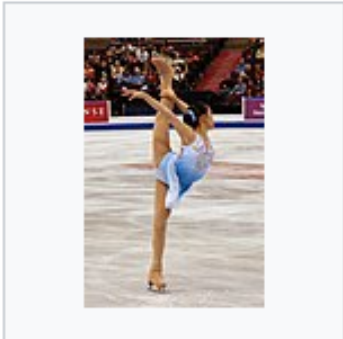
| | | |
|---------------------------------|--|---|
| <p>Arabesque Spiral</p> | <p>An arabesque spiral is the basic spiral position. The free leg is extended behind the body above hip height (at least a 90 degree angle). Some skaters are able to achieve vertical split position (170- 180 degrees) with this position.</p> |  |
| <p>Catch Foot Spiral</p> | <p>A spiral where the free leg is held with one or both hands. A catch-foot spiral does not refer to any single position, but generally refers to any spiral with the skate of the free leg being held in one or both hands. Catchfoot spirals include:</p> |  |
| <p>Biellmann Spiral</p> | <p>A Biellmann spiral is a variation of a catch foot where the free leg is pulled up higher than the head. This position requires extreme flexibility.</p> |  |
| <p>Cross Grab Spiral</p> | <p>A cross grab is a catch-foot spiral where the skate of the free leg grasped from behind by the opposite hand</p> |  |



Kerrigan spiral
(Front view)
(Mao Asada)



Kerrigan spiral
(Side view)
(Joannie Rochette)



Variation on Kerrigan spiral
(Caroline Zhang)