

**E****ICE DANCING****1 Definitions**

Ice Dancing consists of:

- 1.1 Compulsory Dance(s) (the skating of prescribed dances);
- 1.2 Original Dance (with [prescribed](#) rhythms);
- 1.3 Free Dance.
- 1.4 The composition of the 'dance couple' shall be one lady and one man.
- 1.5 The terminology listed below shall be as defined by the most recent ISU regulations and/or communications:
  - 1.5.1 Axis (ISU Rule 601);
  - 1.5.2 Patterns (ISU Rule 602);
  - 1.5.3 Introductory Steps and Step Sequences (ISU Rule 603);
  - 1.5.4 Steps, Turns and Movements (ISU Rule 604);
  - 1.5.5 Holds (ISU Rule 605); and
  - 1.5.6 Musical definitions (ISU Rule 606).

**2 Compulsory dances**

2.1 Compulsory dances are defined as dances skated to prescribed patterns to music with defined rhythms and tempo.

2.2 The following are the compulsory dances:

- |                         |                               |
|-------------------------|-------------------------------|
| (1) Swing Fourteenstep  | (14) Quickstep                |
| (2) Foxtrot             | (15) <a href="#">Finnstep</a> |
| (3) Rocker Foxtrot      | (16) Paso Doble               |
| (4) European Waltz      | (17) Rhumba                   |
| (5) American Waltz      | (18) Rhumba D'Amour           |
| (6) Westminster Waltz   | (19) Cha-Cha Congelado        |
| (7) Viennese Waltz      | (20) Silver Samba             |
| (8) Austrian Waltz      | (21) Tango                    |
| (9) Starlight Waltz     | (22) Argentine Tango          |
| (10) Ravensburger Waltz | (23) Tango Romantica          |
| (11) Golden Waltz       | (24) Blues                    |
| (12) Kilian             | (25) Midnight Blues           |
| (13) Yankee Polka       |                               |

2.3 Special patterns of dances will be permitted in competitions in small rinks and will also be accepted for use in tests at small rinks, in respect of the following dances:

- |                |                 |
|----------------|-----------------|
| Tango          | Blues           |
| Rocker Foxtrot | Starlight Waltz |

- 2.4 Compulsory Dance(s) shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice and Pre-Novice sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level.

### 3 Sequences and duration of Compulsory Dances

- 3.1 Each Compulsory Dance must be skated by each couple alone on the ice surface as follows:

- (a) for one (1) sequences of the dance:  
Rhumba D'Amour

- (b) for two (2) sequences of the dance:
- |                          |                    |
|--------------------------|--------------------|
| European Waltz           | American Waltz     |
| Starlight Waltz          | Ravensburger Waltz |
| Westminster Waltz        | Austrian Waltz     |
| Golden Waltz             | Silver Samba       |
| Tango                    | Argentine Tango    |
| Tango Romantica          | Yankee Polka       |
| Cha-Cha Congelado        | Midnight Blues     |
| <a href="#">Finnstep</a> |                    |

- (c) for three (3) sequences of the dance:
- |                |       |
|----------------|-------|
| Viennese Waltz | Blues |
| Paso Doble     |       |

- (d) for four (4) sequences of the dance:
- |                    |           |
|--------------------|-----------|
| Swing Fourteenstep | Foxtrot   |
| Rocker Foxtrot     | Quickstep |
| Rhumba             |           |

- (e) for six (6) sequences of the dance:  
Kilian

- 3.2 All Compulsory Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for the starting order.

- 3.3 For all competitions and championships, the official Compulsory Dance music to be used must be the current series of the ISU Ice Dance music. For all the Compulsory Dances, six (6) pieces of music are made available by the ISU. In all cases, the sixth (6<sup>th</sup>) piece of music will only be used during the warm-up of each starting group and no couple shall use the sixth tune for the competitive event itself.

## 4 General requirements for Compulsory Dances

All Compulsory Dances may be commenced with optional introductory steps. However, these introductory steps must not exceed the introductory phrasing of the dance.

### 4.1 Accuracy

The steps, edges, elements/movements and dance holds must be in accordance with the dance descriptions and Regulations. Subject to general conformity with the basic requirements, some latitude is given to allow a couple to demonstrate their own individual style. This is usually accomplished by the use of a variety of arm and/or leg movements. Movements or positions of arms and/or hands, which differ from those specified in the description of the required dance holds are permitted, provided that the leading hand of the Man remains in the prescribed position for the hold.

### 4.2 Placement

The pattern of the dances must be skated in accordance with the regulations. Maximum utilisation of the ice surface is desirable, which requires deep edges and good flow. Ice coverage must not be obtained by the use of flat or shallow edges. In a regulation-sized rink for the Compulsory Dances (56-60 metres by 26-30 metres), the couples may not cross the long axis of the rink. In rinks less than regulation-size, the couple may cross the long axis proportionally to the width of the rink.

### 4.3 Skating Skills

Good basic skating quality is required. Deep edges should be skate with speed, flow and easy glide in an effortless manner. Cleanness and sureness of steps, edges and lobe transitions should be evident. The skater must carry the weight over the skating foot.

Footwork must be neat and precise. Two-footed skating must be avoided except where it is required. Good and equal technical ability are required for both partners. The knee of the skating leg should be flexible with a rhythmic rise and fall. On chassés and progressives the feet should be lifted as small a distance from the ice.

### 4.4 Timing

The dances must be skated in strict time to the music with the start of the first step of the dance on beat 1 of the 9<sup>th</sup> measure of the particular tune (unless otherwise specified). The prescribed number of beats employed for each step/movement must be in accordance with the Regulations.

All movements must be co-ordinated with the rhythm of the music so that all steps are completed without any break in continuity.

#### 4.5 Style

Carriage should be upright but not stiff with the head held up. All actions should be easy and flowing and performed in an elegant manner. The dance holds should be firm and the fingers neither spread nor clenched. There should be no apparent struggle for speed and speed should not be obtained at the expense of good style. The free leg and foot should be turned out and extended and the toe pointed downward.

#### 4.6 Unison

The couple should skate as close together as possible keeping a constant distance between them. All movements such as leg swings, knee bends and lean should be equal and well coordinated and their performance should be balanced. The partners should move as one. The Man should show his ability to lead and the Lady to follow.

#### 4.7 Interpretation

The dance must be skated smoothly and rhythmically with the character of the music being correctly interpreted. Such interpretation shall be shown by variations in the execution of the dance movements that reflect the rhythm patterns in the music. The overall effect should be such that each Compulsory Dance has a distinct flavour. The partners should relate to one another.

## 5 Original Dance

5.1 The Original Dance is the skating by a couple of a dance of their own creation to dance music they have selected for the designated rhythm. The Original Dance must reflect the character of the designated dance rhythm(s) and be translated to the ice by demonstrating technical skill with steps and movements along with flow and the use of edges. The rhythm(s) of this dance, the permissible range of tempo, the duration and any possible changes for the Senior and Junior sections will be those specified by the ISU Ice Dance Technical Committee annually.

5.2 The original dance shall be skated in all Senior and Junior International competitions and in the Senior and Junior sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.

- 5.3 The incorrect selection of music for the rhythm(s) chosen must be severely penalised by the Judges. Orchestral music is preferred. Vocal music using lyrics is permitted.
- 5.4 Only music with a rhythmic beat may be used and the couple must skate to the rhythmic beat. Minor variations within the permitted range in tempo are allowed. Two (2) or three (3) selections of music may be used. Each selection may have a different tempo but each must be within the range of the tempo permitted. When multiple rhythms are prescribed for the particular season, the couple are required to list the rhythms in the order in which they will be skated for the information of the Referee and Judges.
- 5.5 The musical introduction to the original dance may be without beat or melody for a maximum of ten (10) seconds.
- 5.6 The duration of the original dance shall not exceed the time limit as set forth by the most recent ISU regulation(s) for the Senior and Junior sections. The time of the dance shall be reckoned from the moment one of the skaters' of the couple begins to move or skate until arriving at a complete stop at the end of the program. The dance must be completed within ten (10) seconds (either plus or minus) of the required time. The timekeepers shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the dance is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeepers shall inform the Referee. If a couple fails to finish the dance within the allowed range of time, there should be a 1.0 point deduction in the total marks for up to every five (5) seconds lacking or in excess. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.
- 5.7 Except during the required footwork sequence(s), the pattern of the dance must generally proceed in a constant direction (either clockwise or anti-clockwise) and must not cross the long axis of the ice surface except once at each end of the rink within no more than twenty (20) metres of the barrier. Loops in either direction are permitted provided that they do not cross the long axis.
- 5.8 All steps, turns, rotations and changes of position are permitted provided they are appropriate for the designated rhythm and the music chosen. Repetition of any steps is permitted. Difficult, original and intricate footwork is required for both skaters. A program that relies heavily on the use of

chassés and progressives (runs), posing and one-directional skating is considered to be less difficult than one containing changes of edge, rockers, choctaws and other such steps and turns and multi-directional skating. Excessive skating on two (2) feet by either partner or both is considered as showing inability to skate or maintain balance and therefore should be penalised by the judges. However, up to one (1) highlight of which one (1) or both partner(s) are on two (2) feet may be included (maximum duration – five (5) seconds). Kneeling or sliding on two (2) knees on the ice and/or touching the ice with hand(s) are not permitted. A program that is choreographed so that its performance extends to all side of the arena is preferable to one directed to only one side (the Judge's side).

- 5.9 The partners must not separate except to change dance hold to perform the midline step sequence or the permitted stops. Any change of dance hold must not exceed the duration of one (1) measure of music. The separations at the beginning and/or end of the program may be up to ten (10) seconds in duration without restrictions on the distance of the separation.
- 5.10 There are no restrictions on dance holds except hand-in-hand holds with fully extended arms that are not permitted.
- 5.11 Up to two (2) full stops are permitted but the duration of each stop must not exceed five (5) seconds unless otherwise specified. Any choreography appropriate to the music selection (including a separation of no more than two (2) arms length apart) may be included. After the clock is started with the first movement, the Couple must not remain in one place for more than ten (10) seconds.
- 5.12 The program must be developed through skating quality rather than through non-skating actions such as sliding on one knee or use of toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music.
- 5.13 The required technical elements shall be those specified annually by the ISU Ice Dance Technical Committee for the Senior and Junior sections and may include the following:
- 5.13.1 Dance Lift(s);
  - 5.13.2 Dance Spin(s);
  - 5.13.3 Step Sequence(s) in hold;
  - 5.13.4 Non-touching step sequence; and
  - 5.13.5 Set of Sequential Twizzles.

5.14 The following Elements and Movements are not permitted in the Original Dance unless otherwise stated in an ISU Ice Dance Technical Committee communication:

5.14.1 **Movements and/or poses in the Lifts**, which include:

5.14.1.1 The lifting hand(s) of the lifting partner are higher than his head. However, it is not considered an illegal lift if: (a) the point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner is not sustained higher than the lifting partner's head; (b) the lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than two (2) seconds

5.14.1.2 Lying or sitting on the partner's head;

5.14.1.3 Sitting or standing on the partner's shoulder or back;

5.14.1.4 The lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s) or by holding the hand(s) with full arm extension by both partners; and

5.14.1.5 The lifted partner in an upside down split pose (with angle between thighs more than 45 degrees. However, a brief movement through an upside down split pose (with any angle between the thighs) will be permitted if it is not established/sustained or if it is used only to change pose;

5.14.2 Jumps of more than one (1) revolution or jumps of one (1) revolution skated at the same time by both partners;

5.14.3 Kneeling on two (2) knees; and

5.14.4 Lying on the ice.

## 6 Free Dance

6.1 The free dance is defined as the skating by a couple of a creative program with dance steps and movements expressing the character of the music chosen by the couple. The couples are required to execute the elements listed below including any ISU Ice Dance Technical Committee

- specified lifts, spins, step sequences and twizzles for the Senior, Junior, Novice and Pre-Novice sections.
- 6.2 The free dance shall be skated in all Senior and Junior International competitions and in the Senior, Junior, Novice and Pre-Novice sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level.
- 6.3 The Free Dance must:
- 6.3.1 contain combinations of new or known dance steps and movements including required elements and step sequences composed into a program displaying good skating technique and the personal ideas of the couple in concept, arrangement and expression;
  - 6.3.2 be choreographed to clearly reflect the character, accents and nuances of the chosen music;
  - 6.3.3 demonstrate change of pace and variations in speed and tempo and that utilises the whole ice surface;
  - 6.3.4 not have the concept of a pair free skating program or an Exhibition dance;
- 6.4 The duration of the free dance shall not exceed the time limit as set forth by the most recent ISU regulation(s) for the Senior, Junior, Novice and Pre-Novice sections or Section E of these regulations or the most recent NTC communication(s). The time of the dance shall be reckoned from the moment one of the skaters' of the couple begins to move or skate until arriving at a complete stop at the end of the program. The dance must be completed within ten (10) seconds (either plus or minus) of the required time. The timekeepers shall advise the Referee of the expiration of the required time plus ten (10) seconds and the Referee shall indicate same by the blowing of a whistle. If the dance is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeepers shall inform the Referee. If a couple fails to finish the dance within the allowed range of time, there should be a 1.0 mark deduction in the total mark for up to every five (5) seconds lacking or in excess. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.
- 6.5 Acceptable music that includes vocal music, with the exception of the Novice and Pre-Novice sections where vocal music is not permitted, must have an audible rhythmic

beat and melody, or audible rhythmic beat alone, but not melody alone. The couple should skate primarily in time to the rhythmic beat and not to the melody alone. A program that displays a change of tempo and a well-balanced use of melody, rhythmic beat and musical accents and not melody alone is considered to be of a higher quality since it shows a greater variety of dancing skills and reflects the concept of Ice Dancing as a competitive sport. Skating out of time or out of phase with the music must be penalised. The Couples are required to submit the name of the selected music or the title or theme of their program for the information of the Referee and Judges.

- 6.6 All steps and turns are permitted. Deep edges and intricate footwork displaying skating skill, difficulty, variety and originality must be included and performed by both partners. A program that relies heavily on the use of cross cuts, simple stroking and running, one directional skating, excessive stopping and posing is considered to have insufficient required difficulty, intricacy and variety of linking dance footwork (e.g. three's, mohawks, rockers, Choctaws, counters, brackets, twizzles, etc.). A program choreographed so that its performance extends to all sides of the arena is preferable to one directed to only one side (Judges side).
- 6.7 Free skating elements and movements, within the limitations indicated, are permitted when they are appropriate to the character of the music and concept of a well balanced program. Lifts, jumps, dance jumps, hops, dance spins, pirouettes and other dance movements must be in accordance with the definitions listed in Rule E.1.5.
- 6.8 The number of separations to execute intricate footwork is unlimited but may not exceed five (5) seconds. The distance between the partners should not exceed two (2) arms lengths. The separations at the beginning and/or end of the program may not exceed ten (10) seconds with no restriction on the distance of the separation between the partners.
- 6.9 All changes of **hold** are permitted. Many and varied dance holds increase the difficulty of the program and therefore, should be included. Skating face to face is considered to be more difficult than skating side by side, hand in hand or separately, or one after the other.
- 6.10 Pair skating elements as defined in section D (excluding spirals, spins and step sequences) are not allowed.

- 6.11 Full stops, in which the couple remains stationary on the ice while performing body movements, twisting, posing and the like are permitted, but must not exceed five (5) seconds.
- 6.12 The program must be developed through skating quality rather than through non-skating actions such as sliding on one knee or toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music. Touching the ice with hand(s) is/are not permitted.
- 6.13 The following Elements and Movements are not permitted in the Free Dance unless otherwise stated in an ISU Ice Dance Technical Committee communication:
- 6.13.1 Movements and/or poses in the Lifts, which include:
- 6.13.1.1 The lifting hand(s) of the lifting partner are higher than his head. However, it is not considered an illegal lift if: (a) the point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner is not sustained higher than the lifting partner's head; (b) the lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than two (2) seconds
- 6.13.1.2 Lying or sitting on the partner's head;
- 6.13.1.3 Sitting or standing on the partner's shoulder or back;
- 6.13.1.4 The lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s) or by holding the hand(s) with full arm extension by both partners; and
- 6.13.1.5 The lifted partner in an upside down split pose (with angle between thighs more than 45 degrees. However, a brief movement through an upside down split pose (with any angle between the thighs) will be permitted if it is not established/sustained or if it is used only to change pose;
- 6.13.2 Jumps of more than one (1) revolution or jumps of one (1) revolution skated at the same time by both partners;

- 6.13.3 Kneeling on two (2) knees; and
- 6.13.4 Lying on the ice.

## 7 Senior Ice Dance Section Requirements

- 7.1 The couple must have reached the age of 14 before the 1<sup>st</sup> of July preceding the competition.
- 7.2 To be eligible to compete in:
  - 7.2.1 the National Championships the couple must have passed the Ice Dance Gold Star Test; and
  - 7.2.2 An Interprovincial Championship the couple must have passed the Skating Skills Level 5 Test.
- 7.3 The NTC shall announce the compulsory dances to be skated at the National and Interprovincial Championships and the commencement and end dates for the skating season if the announced skating season does not correspond to the ISU skating season.
- 7.4 The Senior Ice Dance section consists of **one (1)** Compulsory Dance, an Original Dance and a Free Dance.
- 7.5 The Compulsory Dance – Senior
  - 7.5.1 The **one (1)** Compulsory Dance shall be selected from the list of Compulsory Dances specified by the ISU Ice Dance Technical Committee for the skating season.
  - 7.5.2 The selected Compulsory Dance may be announced at the commencement of or during the skating season, or after the closing date for entries for the championship concerned but no later than at the time of the draw.

A detailed description of each compulsory dance can be found in the ISU Handbook Ice Dancing 2003.
- 7.6 The Original Dance – Senior
  - 7.6.1 The duration of the program shall not exceed the time (plus or minus ten (10) seconds) specified by the ISU Ice Dance Technical Committee for the skating season.

7.6.2 The guidelines for the original dance selected shall be those specified by the ISU Ice Dance Technical Committee for the skating season. In addition, Section E, part 5 of these regulations must also be adhered to unless specifically amended by the ISU Ice Dance Technical Committee.

## 7.7 The Free Dance – Senior

7.7.1 The maximum duration of the program shall be four (4) minutes (plus or minus ten (10) seconds).

7.7.2 In addition to meeting the requirements stipulated in Section E, part 6, the following elements must be included:

### 7.7.2.1 Short Lifts

According to ISU Rule 604 paragraph 16 (a), (b), (c) and (d) and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 7.7.2.2 Long Lifts

According to ISU Rule 604 paragraph 16 (e), (f) and (g) and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 7.7.2.3 Dance Spins

According to ISU Rule 604 paragraph 14 (e)(i) and (ii) and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 7.7.2.4 Straight Line Step Sequence

According to ISU Rule 603, paragraph 3A and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 7.7.2.5 Curved Step Sequence

According to ISU Rule 603, paragraph 3B and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 7.7.2.6 Synchronised Twizzles

According to ISU Rule 604, paragraph 14 (a) and (b)(i) and further specified by the ISU Ice Dance Technical Committee for the skating season.

## 8 Junior Ice Dance Section Requirements

- 8.1 The couple must have reached the age of 13 but not the age of 19 for the lady and 21 for the man before the 1<sup>st</sup> of July preceding the competition.
- 8.2 To be eligible to compete in:
- 8.2.1 the National Championships the couple must have passed the Ice Dance Intergold Star Test; and
- 8.2.2 An Interprovincial Championship the couple must have passed the Skating Skills Level 4 Test.
- 8.3 The NTC shall announce the compulsory dances to be skated at the National and Interprovincial Championships and the commencement and end dates for the skating season if the announced skating season does not correspond to the ISU skating season.
- 8.4 The Junior Ice Dance section consists of **one (1)** Compulsory Dance, an Original Dance and a Free Dance.
- 8.5 The Compulsory Dance – Junior
- 8.5.1 The **one (1)** Compulsory Dance shall be selected from the list of Compulsory Dances specified by the ISU Ice Dance Technical Committee for the skating season.
- 8.5.2 The selected Compulsory Dance may be announced at the commencement of or during the skating season, or after the closing date for entries of the championship concerned but no later than at the time of the draw.

A detailed description of each compulsory dance can be found in the ISU Handbook Ice Dancing 2003.

- 8.6 The Original Dance – Junior
- 8.6.1 The duration of the program shall not exceed the time (plus or minus ten (10) seconds) specified by the ISU Ice Dance Technical Committee for the skating season.
- 8.6.2 The guidelines for the original dance selected shall be those specified by the ISU Ice Dance Technical Committee for the skating season. In addition, Section E, part 5 of these regulations must also be

adhered to unless specifically amended by the ISU Ice Dance Technical Committee.

## 8.7 The Free Dance – Junior

8.7.1 The maximum duration of the program shall be three (3) minutes and thirty (30) seconds (plus or minus ten (10) seconds).

8.7.2 In addition to meeting the requirements stipulated in Section E, part 6, the following elements must be included:

### 8.7.2.1 Short Lifts

According to ISU Rule 604 paragraph 16 (a), (b), (c) and (d) and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 8.7.2.2 Long Lifts

According to ISU Rule 604 paragraph 16 (e), (f) and (g) and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 8.7.2.3 Dance Spins

According to ISU Rule 604 paragraph 14 (e)(i) and (ii) and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 8.7.2.4 Straight Line Step Sequence

According to ISU Rule 603, paragraph 3A and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 8.7.2.5 Curved Step Sequence

According to ISU Rule 603, paragraph 3B and further specified by the ISU Ice Dance Technical Committee for the skating season.

### 8.7.2.6 Synchronised Twizzles

According to ISU Rule 604, paragraph 14 (a) and (b)(i) and further specified by the ISU Ice Dance Technical Committee for the skating season.

## 9 Novice Ice Dance Section Requirements

- 9.1 The lady of the couple must not have reached the age of 15 and the man may not have reached the age of 17 before the 1<sup>st</sup> of July preceding the competition. Both members of the couple must have reached the age of 10 before the 1<sup>st</sup> of July preceding the competition.
- 9.2 To be eligible to compete in:
- 9.2.1 the National Championships the couple must have passed the Ice Dance Silver Star Test; and
- 9.2.2 An Interprovincial Championship the couple must have passed the Skating Skills Level 3 Test.
- 9.3 The NTC shall announce the compulsory dances to be skated at the National and Interprovincial Championships and the commencement and end dates for the skating season if the announced skating season does not correspond to the ISU skating season.
- 9.4 The Novice Ice Dance section consists of two (2) compulsory dances and a free dance.
- 9.5 The Compulsory Dances – Novice
- 9.5.1 The two (2) compulsory dances shall be selected from the specified group for the season consisting of the following three (3) compulsory dances:
- 9.5.1.1 Group 1 (skated in odd numbered years)
- a) Rocker Foxtrot (four (4) sequences)
  - b) European Waltz (two (2) sequences)
  - c) Paso Doble (three (3) sequences)
- 9.5.1.2 Group 2 (skated in even numbered years)
- a) American Waltz (two (2) sequences)
  - b) Kilian (six (6) sequences)
  - c) Tango (two (2) sequences)
- 9.5.2 The selected compulsory dances may be announced at the commencement of or during the skating season, or after the closing date for entries for the championship concerned but no later than at the time of the draw.

A detailed description of each compulsory dance can be found in the ISU Handbook Ice Dancing 2003.

- 9.6 The Free Dance – Novice
- 9.6.1 The maximum duration of the program shall be three (3) minutes (plus or minus ten (10) seconds).
- 9.6.2 In addition to meeting the requirements stipulated in Section E, part 6, the following elements must be included:
- 9.6.2.1 Lifts  
Two (2) different types of lifts (stationery, straight-line, curve and rotational in accordance with Rule E.1.5.4) but not more with a maximum of five (5) seconds.
- 9.6.2.2 Dance Spin  
One (1) Spin but not more (in accordance with Rule E.1.5.4) consisting of at least three (3) rotations on one foot for both partners. A Combination Spin is not permitted.
- 9.6.2.3 Step sequence  
One (1) Circular Step Sequence in an anti-clockwise pattern and in Waltz, Tango and/or Foxtrot hold. The full width of the ice surface on the short axis of the rink must be utilized.
- 9.6.2.4 Synchronised Twizzles  
One (1) set comprising of two (2) twizzles on one foot for both partners with up to three (3) steps in between. Each twizzle shall be at least one (1) rotation on one (1) foot performed simultaneously.

## 10 Pre-Novice Ice Dance Section Requirements

- 10.1 The lady of the couple must not have reached the age of 14 and the man may not have reached the age of 16 before the 1<sup>st</sup> of July preceding the competition. Both members of the couple must have reached the age of 10 before the 1<sup>st</sup> of July preceding the competition.
- 10.2 To be eligible to compete in:
- 10.2.1 the National Championships the couple must have passed the Ice Dance Bronze Star Test; and

- 10.2.2 An Interprovincial Championship the couple must have passed the Skating Skills Level 3 Test.
- 10.3 The NTC shall announce the compulsory dances to be skated at the National and Interprovincial Championships and the commencement and end dates for the skating season if the announced skating season does not correspond to the ISU skating season.
- 10.4 The Pre-Novice Dance section consists of two (2) compulsory dances and a free dance.
- 10.5 The Compulsory Dances – Pre-Novice
- 10.5.1 The two (2) compulsory dances to be skated in the groups are as follows:
- 10.5.1.1 Group 1 (skated in odd numbered years)
- a) Swing Fourteenstep (four (4) sequence)
  - b) European Waltz (two (2) sequences)
- 10.5.1.2 Group 2 (skated in even numbered years)
- a) Foxtrot (four (4) sequences)
  - b) American Waltz (two (2) sequences)
- 10.5.2 The compulsory dances may be announced at the commencement of or during the skating season, or after the closing date for entries for the championship concerned but no later than at the time of the draw.

A detailed description of each compulsory dance can be found in the ISU Handbook Ice Dancing 2003.

- 10.6 The Free Dance – Pre-Novice
- 10.6.1 The maximum duration of the program shall be two (2) minutes and thirty (30) seconds (plus or minus ten (10) seconds).
- 10.6.2 In addition to meeting the requirements stipulated in Section E, part 6, the following elements must be included:
- 10.6.2.1 Lifts
- One (1) dance lift (straight-line, curve or rotational in accordance with Rule E.1.5.4) but not more with a maximum of five (5) seconds.

- 10.6.2.2 Dance Spin  
One (1) Spin but not more (in accordance with Rule E.1.5.4) consisting of at least two (2) rotations on one foot for both partners. The spin may be commenced on two (2) feet by the partners. A Combination Spin is not permitted.
- 10.6.2.3 Step sequence  
One (1) Diagonal or Midline Step Sequence in varied hold (except Hand-in-Hand with fully extended arms).  
(a) Diagonal – skated as fully corner to corner as possible; or  
(b) Midline – skated along the full length of the centre (long) axis.
- 10.6.2.4 Synchronised Twizzles  
One (1) twizzle on one (1) foot for both partners. The twizzle shall be at least one (1) rotation on one (1) foot performed simultaneously.