

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

- 1.1 The discipline of Ice Dancing consists of:
- 1.1.1 Pattern Dance(s) (the skating of prescribed dances); or
 - 1.1.2 Short Dance (with prescribed rhythms); and
 - 1.1.3 Free Dance.
- 1.2 The composition of the Couple shall be one lady and one man.
- 1.3 The terminology listed below shall be as defined by the most recent ISU General Regulations, Technical Rules and ISU Communication(s):
- 1.3.1 Axis (ISU Rule 601);
 - 1.3.2 Patterns (ISU Rule 602);
 - 1.3.3 Introductory Steps and Step Sequences (ISU Rule 603);
 - 1.3.4 Steps, Turns and Movements (ISU Rule 604);
 - 1.3.5 Holds (ISU Rule 605); and
 - 1.3.6 Musical Definitions (ISU Rule 606).

2 Sections

The sections in the Ice Dancing discipline are:

- 2.1 Senior;
- 2.2 Junior;
- 2.3 Novice; and
- 2.4 Pre-Novice.

3 Age Entry Requirements

The age requirements for the sections in Ice Dancing are as follows:

- 3.1 Senior: Both the lady and the man comprising the Couple must have reached the age of fourteen (14) before the 1st of July preceding the competition.
- 3.2 Junior: Both the lady and the man comprising the Couple must have reached the age of thirteen (13) but not the age of nineteen (19) for the lady and twenty-one (21) for the man before the 1st of July preceding the competition.

- 3.3 Novice: Both the lady and the man comprising the Couple must have reached the age of ten (10) but not the age of fifteen (15) before the 1st of July preceding the competition.
- 3.4 Pre-Novice: Both the lady and the man comprising the Couple must have reached the age of ten (10) but not the age of fifteen (15) before the 1st of July preceding the competition.

4 Test Entry Requirements

To be eligible to compete in the Ice Dancing sections concerned, the lady and the man of the Couple must have passed the following tests:

- 4.1 Senior:
- 4.1.1 for the National Championships both the lady and the man of the Couple must have passed Ice Dance Gold Star Test; and
 - 4.1.2 for an Interprovincial Championship both the lady and the man of the Couple must have passed the Skating Skills Level 5 Test.
- 4.2 Junior:
- 4.2.1 for the National Championships both the lady and the man of the Couple must have passed the Ice Dance Intergold Star Test; and
 - 4.2.2 for an Interprovincial Championship both the lady and the man of the Couple must have passed the Skating Skills Level 4 Test.
- 4.3 Novice:
- 4.3.1 for the National Championships both the lady and the man of the Couple must have passed the Ice Dance Silver Star Test; and
 - 4.3.2 for an Interprovincial Championship both the lady and the man of the Couple must have passed the Skating Skills Level 3 Test.
- 4.4 Pre-Novice:
- 4.4.1 for the National Championships both the lady and the man of the Couple must have passed the Ice Dance Bronze Star Test; and
 - 4.4.2 for an Interprovincial Championship both the lady and the man of the Couple must have passed the Skating Skills Level 3 Test.

5. Duration of Skating

- 5.1 The skating time of the program must be reckoned from the moment one of the skaters of the Couple begins to move or skate until both of the skaters of the Couple arrive at a complete stop at the end of the program.
- 5.2 The skating time of the program (unless otherwise decided by the ISU Ice Dance Technical Committee) must not exceed the time limit (mm:ss) for the different programs and sections set forth below:

SECTION	Short Dance	Free Dance
Senior	02:50	04:00
Junior	02:50	03:30
Novice	---	03:00
Pre-Novice	---	02:30

- 5.3 In the Short and Free Dances, the skating time must be completed within ten (10) seconds (either plus or minus) of the indicated skating 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 program is completed before or after the required time minus or plus ten (10) seconds, respectively, the timekeepers shall inform the Referee of the number of seconds lacking or in excess. If a couple fails to finish the program 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 or 0.1 mark deduction from both marks for the 6.0-based judging system. If the duration of the program is thirty (30) seconds or more under the required time limit no marks will be awarded.
- 5.4 Any Required Element in the Short and Free Dance commenced after the maximum time indicated (program time plus ten (10) seconds) will be considered by the Technical Panel as omitted.

6 Pattern Dances

- 6.1 Pattern Dances are defined as dances skated to prescribed patterns to music each with defined rhythms and tempo.

- 6.2 The descriptions, charts and diagrams of the step sequences of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- 6.3 Pattern Dance(s) may be skated in the Junior and Senior sections of International Competitions and shall be skated in the Novice and Pre-Novice sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level.
- 6.4 The following are the Pattern Dances and shall always be skated in the order listed below:

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

- 6.5 Special patterns of the following Pattern Dances will be permitted in competitions and tests in small rinks:

Tango	Blues
Rocker Foxtrot	Starlight Waltz

- 6.6 Pattern Dance(s) to be skated in International competitions and/or sequences/sections of the Pattern Dance(s) (as required elements of the Junior Short Dance) or combination(s) of steps/turns from the Pattern Dances which may be included as required element(s) in the Short Dance shall be selected from the Pattern Dances listed in rule E.2.3.

7 Sequences, duration and side to start of Pattern Dances

- 7.1 Each Pattern Dance must be skated by each couple alone on the ice surface as follows:
- (a) 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
Finnstep	

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

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

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

7.2 All Pattern 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.

7.3 For all competitions and championships, the official Pattern Dance music to be used must be the current series of the ISU Pattern Dance music. For all the Pattern Dances, six (6) pieces of music are made available by the ISU. In all cases, the sixth (6th) 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.

8 General requirements for Pattern Dances

All Pattern Dances may be commenced with optional introductory steps that must not exceed the introductory phrasing (eight (8) measures) of the particular tune (unless otherwise specified). This rule does not apply if the Pattern Dance is a required element in the Short Dance.

8.1 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.

8.2 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 Pattern 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.

8.3 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 a small a distance from the ice.

8.4 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 9th 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.

8.5 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 should neither be 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 should be extended and the foot of the free leg should be turned out with the toe pointed downward.

8.6 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.

8.7 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 Pattern Dance has a distinct flavour. The partners should relate to one another.

9 General Requirements for the Short and Free Dances

9.1 The NTC shall announce for the National, Interprovincial and Provincial Championships the detailed requirements, guidelines and/or the commencement and end dates for the skating season for the Short and Free Dances if such requirements, guidelines, commencement and/or end dates do not correspond to the ISU Ice Dance Technical Committee requirements and/or skating season.

9.2 Touching the ice with the hand(s) is not permitted. Kneeling or sliding on two knees, or sitting on the ice is also not allowed and it will be considered by the Technical Panel as a fall.

9.3 The following Elements and Movements are not permitted in the Short and Free Dances unless otherwise stated in an ISU Ice Dance Technical Committee communication:

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

9.3.1.1 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
- 9.3.1.2 Lying or sitting on the partner's head;
- 9.3.1.3 Sitting or standing on the partner's shoulder or back;
- 9.3.1.4 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
- 9.3.1.5 The lifted partner in an upside down split pose (with sustained 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;
- 9.3.2 Jumps (or Throw Jumps) of more than one (1) revolution or jumps of one (1) revolution skated at the same time by both partners; and
- 9.3.3 Lying on the ice.

10 Short Dance

- 10.1 The Short Dance is a dance created by an Ice Dance Couple to dance music with designated rhythm(s) and/or theme(s) selected by the ISU Ice Dance Technical Committee annually for the season. The dance must reflect the character of the designated dance rhythm(s) and/or theme(s) and be translated to the ice by demonstrating technical skill with steps and movements along with flow and the use of edges. The dance will contain elements selected by the ISU Ice Dance Technical Committee from the list of required elements listed in rule E.10.11. The rhythm or group of rhythms and/or theme(s) as well as the guidelines and technical requirements for the Junior and Senior sections, including the specified elements will be published annually by the ISU Ice Dance Technical Committee subject to rule E.9.1.
- 10.2 The Short Dance shall be skated in all the Senior and Junior sections of 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.

- 10.3 The music for the Short Dance, including the music for the specified Pattern Dance (when included as a Required Element) is to be provided by the Couple. Only dance music with an audible rhythmic beat may be used and the couple must skate primarily to the rhythmic beat. Vocal music using lyrics is permitted.
- 10.4 The choreography must fit to the phrasing of the music and must express and reflect the character of the dance. The incorrect selection of music (rhythm(s) and/or tempo) will be penalised. The Couple is required to submit the name/title of the selected music and the rhythm(s)/theme(s) of their program when registering their music for the information of the Referee and Judges.
- 10.5 The pattern of the dance must generally proceed in a constant direction 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 (unless otherwise permitted by the ISU Ice Dance Technical Committee).
- 10.6 All dance steps, turns, rotations and changes of position are permitted provided they are appropriate for the designated rhythm(s) and the music chosen. Repetition of any steps, turns and movements is permitted. Difficult, original, varied and intricate footwork is required for both skaters.
- 10.7 There are no restrictions on dance holds (or variations thereof). Skating in hand-in-hand hold with fully extended arms is permitted only if in the character of the rhythm chosen, but must not be used excessively.
- 10.8 The partners must not separate except to change dance hold or to perform non-touching step/turn sequences, a set of twizzles or during the permitted stops. The 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.
- 10.9 After the clock is started with the first movement, the Couple must not remain in one place for more than ten (10) seconds. Up to two (2) full stops are permitted during the program 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.

- 10.10 The program must be developed through skating skill and 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. Programs must be choreographed to all sides of the skating arena and not only focused towards the side where the Judges are seated.
- 10.11 The Required Elements that are to be included in the composition of the Short Dance and the specific requirements of each Required Element shall be specified annually by the ISU Ice Dance Technical Committee subject to rule E.9.1. The following list of Required Elements may be included as Required Elements for the season in the Short Dance:
- 10.11.1 Dance Lift(s);
 - 10.11.2 Dance Spin(s);
 - 10.11.3 Set(s) of Twizzles;
 - 10.11.4 Step Sequence(s);
 - 10.11.5 Sequence(s)/sections of Pattern Dances (always included in the Junior Short Dance as a set Required Element); and
 - 10.11.6 Partial step sequence(s) (combination(s) of steps/turns from the Pattern Dances).

11 Free Dance

- 11.1 The Free Dance is defined as the skating by a couple of a creative dance program with dance steps and movements expressing the character/rhythm(s) of the dance music chosen by the couple. The couples are required to execute the elements listed below including any ISU Ice Dance Technical Committee (for the Senior, Junior and Novice sections) and NTC (for the Pre-Novice section) specified lifts, spins, step sequences and twizzles subject to rule E.9.1.
- 11.2 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.
- 11.3 The Free Dance must:
- 11.3.1 contain combinations of new or known dance steps and movements including required elements

composed into a well-balanced, whole unit displaying excellent skating technique and the personal creativity of the couple in concept, arrangement and expression;

- 11.3.2 include the required elements that must be skated in time and phase with the music. The couple should skate primarily in time to the rhythmic beat, and not to the melody alone;
- 11.3.3 be choreographed to clearly reflect the dance character, accents and nuances of the chosen dance music;
- 11.3.4 demonstrate a close relationship between partners with obvious, distinct changes of mood and pace with variations in speed and tempo and that utilises the whole ice surface;
- 11.3.5 not have the concept of a Pair or show program;
- 11.4 Acceptable music for the Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:
 - 11.4.1 The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone;
 - 11.4.2 For the Senior and Junior sections, the music may contain vocals;
 - 11.4.3 For the Novice and Pre-Novice sections, the music may not contain vocals;
 - 11.4.4 The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program;
 - 11.4.5 The music must have at least one (1) change of tempo and/or expression. This change may be gradual or immediate, but in either case the change must be obvious;
 - 11.4.6 All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect;

- 11.4.7 The music must be suitable for the couple's skating skills and technical ability; and
- 11.4.8 Any Free Dance music that does not comply with these guidelines will be severely penalised.
- 11.5 All steps and turns are permitted. Deep edges and intricate footwork displaying skating skill, difficulty, variety and originality that constitute the distinct technical content of the dance must be included in the program and performed by both partners. 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).
- 11.6 All elements and movements are permitted provided that they are appropriate to the character of the music and the concept of a well balanced program and are in accordance with the definitions listed in Rule E.1.5.
- 11.7 The number of separations to execute intricate footwork is unlimited but each such separation 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.
- 11.8 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, separately or one after the other.
- 11.9 Pair skating elements as defined in section D (excluding spirals, spins and step sequences) are not allowed.
- 11.10 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.
- 11.11 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.

12 Senior Ice Dance Section Requirements

- 12.1 The Senior Ice Dance section consists of a Short Dance and a Free Dance.
- 12.2 For the Senior Short Dance requirements and regulations, refer to rule E.9 and E.10.
- 12.3 The Senior Free Dance must include, in addition to meeting the requirements stipulated in rule E.9 and E.11, the following elements:
- 12.3.1 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.
 - 12.3.2 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 subject to rule E.5.3.
 - 12.3.3 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.
 - 12.3.4 Straight Line Step Sequence
According to ISU Rule 603, paragraph 4 (Group A) and further specified by the ISU Ice Dance Technical Committee for the skating season.
 - 12.3.5 Curved Step Sequence
According to ISU Rule 603, paragraph 4 (Group B) and further specified by the ISU Ice Dance Technical Committee for the skating season.
 - 12.3.6 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.

13 Junior Ice Dance Section Requirements

- 13.1 The Junior Ice Dance section consists of a Short Dance and a Free Dance.
- 13.2 For the Junior Short Dance requirements and regulations, refer to rule E.9 and E.10.

13.3 The Junior Free Dance must include, in addition to meeting the requirements stipulated in rule E.9 and E.11, the following elements:

13.3.1 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.

13.3.2 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 subject to rule E.5.3.

13.3.3 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.

13.3.4 Straight Line Step Sequence

According to ISU Rule 603, paragraph 4 (Group A) and further specified by the ISU Ice Dance Technical Committee for the skating season.

13.3.5 Curved Step Sequence

According to ISU Rule 603, paragraph 4 (Group B) and further specified by the ISU Ice Dance Technical Committee for the skating season.

13.3.6 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.

14 Novice Ice Dance Section Requirements

14.1 The Novice Ice Dance section consists of two (2) Pattern Dances and a Free Dance.

14.2 The NTC shall announce the Pattern 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.

14.3 The Pattern Dances – Novice

14.3.1 Two (2) Pattern Dance groups shall be in effect from the following three (3) groups of Pattern Dances for the skating season indicated:

14.3.1.1 Group 1

- a) European Waltz (two (2) sequences)
- b) Tango (two (2) sequences)

14.3.1.2 Group 2

- a) Rocker Foxtrot (four (4) sequences)
- b) Starlight Waltz (two (2) sequences)

14.3.1.3 Group 3

- a) Kilian (six (6) sequences)
- b) Blues (three (3) sequences)

14.3.2 For the skating season indicated, the following two groups of Pattern Dances will be in effect:

14.3.2.1 1 July 2011 to 30 June 2012

- a) Group 1
- b) Group 2

14.3.2.2 1 July 2012 to 30 June 2013

- a) Group 2
- b) Group 3

14.3.2.3 1 July 2013 to 30 June 2014

- a) Group 3
- b) Group 1

14.3.3 One (1) group of Pattern Dances (consisting of the two Pattern Dances indicated in part E.14.3.1) from the two (2) Pattern Dance Groups indicated in part E.14.3.2 will be announced for the Championship concerned.

14.3.4 The selected Pattern Dance Group 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 completion of the draw for the starting order of competitors.

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

14.4 The Novice Free Dance must include, in addition to meeting the requirements stipulated in rule E.9 and E.11, the following elements:

14.4.1 Lifts

Two (2) different types of Short Lifts (chosen from straight-line, curve or rotational in accordance with ISU Rule 604, paragraph 16 (b), (c), and (d)) with a maximum of six (6) seconds.

An additional third Lift for a maximum of six (6) seconds without any requirement for the Level of Difficulty may be included but only the first two (2) Lifts performed will be identified and considered in determining the Level of Difficulty and called by the Technical Panel. If a further fourth Lift is included the Lift will be called by the Technical Panel as an extra element.

Should a Stationary-type Lift be performed in the first two (2) Lifts executed, it will be identified and called by the Technical Panel, occupy a "box", awarded no value and considered as an extra element.

14.4.2 Dance Spin

One (1) Spin but not more (in accordance with ISU Rule 604 paragraph 14 (e)(i)) consisting of at least three (3) rotations on one foot for both partners. A Combination Spin is not permitted and should it be performed it will be called by the Technical Panel, occupy a "box", awarded no value and considered as an extra element.

14.4.3 Step sequence

One (1) Step Sequence in hold from Group A (Straight Line) or Group B (Curved) in accordance with ISU rule 603, para 4) must be performed and any further restrictions and clarifications published by the ISU Ice Dance Technical Committee must be adhered to.

14.4.4 Synchronised Twizzles

One (1) set comprising of two (2) twizzles on one foot for each partner with up to three (3) steps in between. The Twizzles must conform to ISU rule 604, para 14 (a) and (b)).

Only the first set of Synchronised Twizzles will be identified and called by the Technical Panel for the Level of Difficulty.

14.5 In all the Required Elements of the Free Dance, all features only up to Level 4 will be counted by the Technical Panel.

15 Pre-Novice Ice Dance Section Requirements

15.1 The Pre-Novice Dance section consists of two (2) Pattern Dances and a Free Dance.

15.2 The ISU Ice Dance Technical Committee or the NTC shall announce the Pattern Dances to be skated at the National and Interprovincial Championships and the commencement and end dates for the skating season.

15.3 The Pattern Dances – Pre-Novice

The two (2) Pattern Dances to be skated for the skating season from the following two (2) groups are:

15.3.1 Group 1 (1 July 2011 to 30 June 2012)
(a) Swing Fourteenstep (four (4) sequences)
(b) European Waltz (two (2) sequences)

15.3.2 Group 2 (1 July 2012 to 30 June 2013)
(a) Foxtrot (four (4) sequences)
(b) American Waltz (two (2) sequences)

Notwithstanding the commencement and end dates indicated in parts E.15.3.1 and E.15.3.2, the Group 1 Pattern Dances shall be effective in all skating seasons commencing on 1 July in odd numbered years and Group 2 shall be effective in all skating seasons commencing on 1 July in even numbered years.

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

15.4 The Pre-Novice Free Dance must include, in addition to meeting the requirements stipulated in rule E.9 and E.11, the following elements:

15.4.1 Lifts
One (1) Short Lift (chosen from straight-line, curve or rotational in accordance with ISU Rule 604, paragraph 16 (b), (c), and (d)) with a maximum of six (6) seconds.

An additional second Lift for a maximum of six (6) seconds without any requirement for the Level of Difficulty may be included but only the first Lift performed will be identified and considered in determining the Level of Difficulty and called by the Technical Panel. If a further third Lift is included

the Lift will be called by the Technical Panel as an extra element.

Should a Stationary-type Lift be performed in the first Lift executed, it will be identified and called by the Technical Panel, occupy a "box", awarded no value and considered as an extra element.

15.4.2 Step sequence

One (1) Step Sequence in hold from Group A (Straight Line) or Group B (Curved) in accordance to ISU rule 603, para 4) must be performed and any further restrictions and clarifications published by the ISU Ice Dance Technical Committee must be adhered to.

15.4.3 Synchronised Twizzles

One (1) set comprising of two (2) twizzles on one foot for each partner with up to three (3) steps in between. The Twizzles must conform to ISU rule 604, para 14 (a) and (b)).

Only the first set of Synchronised Twizzles will be identified and called by the Technical Panel for the Level of Difficulty.

15.5 In all the Required Elements of the Free Dance, all features only up to Level 2 will be counted by the Technical Panel.

15.6 The Dance Spin is not included in the list of Required Elements. However, a spinning movement skated by the couple together in any hold around a common axis on one (1) or two (2) feet with any number of rotations is permitted. The Couple may choose to include this spinning movement for choreographic purposes. The Technical Panel will ignore this movement and the Judges will not consider this movement as one of the permitted stops.