

**E****ICE DANCE****1 Definitions**

- 1.1 The discipline of Ice Dance consists of:
- 1.1.1 Couples Ice Dance
    - 1.1.1.1 Pattern Dance(s) (the skating of prescribed dances); or
    - 1.1.1.2 Rhythm Dance (with prescribed rhythm(s)); and
    - 1.1.1.3 Free Dance.
  - 1.1.2 Solo Ice Dance (with effect from 1 July 2021)
    - 1.1.2.1 Pattern Dance(s) (the skating of prescribed dances); or
    - 1.1.2.2 Rhythm Dance (with prescribed rhythm(s)); and
    - 1.1.2.3 Free Dance.
- 1.2 The composition of the Couple shall be one lady and one man and a Solo Ice Dancer shall be either a lady or a 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 701);
  - 1.3.2 Patterns (ISU Rule 702);
  - 1.3.3 Series of Steps (ISU Rule 703);
  - 1.3.4 Steps, Turns and Movements (ISU Rule 704);
  - 1.3.5 Dance Holds (ISU Rule 705); and
  - 1.3.6 Musical Definitions (ISU Rule 706).

**2 Sections**

The sections in the Couples and Solo Ice Dance discipline are:

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

**3 Age Entry Requirements**

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

- 3.1 Couples Ice Dance

- 3.1.1 Senior: Both the lady and the man comprising the Couple must have reached the age of fifteen (15) before the 1<sup>st</sup> of July preceding the competition.
- 3.1.2 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 1<sup>st</sup> of July preceding the competition.
- 3.1.3 Advanced 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) for the lady and seventeen (17) for the man before the 1<sup>st</sup> of July preceding the competition.
- 3.1.4 Intermediate Novice: Both the lady and the man comprising the Couple must not have reached the age of fifteen (15) before the 1<sup>st</sup> of July preceding the competition.
- 3.1.5 Pre-Novice: Both the lady and the man comprising the Couple must not have reached the age of thirteen (13) before the 1<sup>st</sup> of July preceding the competition.

## 3.2 Solo Ice Dance

- 3.2.1 Senior: Either the lady or the man must have reached the age of fifteen (15) before the 1<sup>st</sup> of July preceding the competition.
- 3.2.2 Junior: Either the lady or the man must have reached the age of thirteen (13) but not the age of nineteen (19) before the 1<sup>st</sup> of July preceding the competition.
- 3.2.3 Advanced Novice: Either the lady or the man must have reached the age of ten (10) but not the age of seventeen (17) before the 1<sup>st</sup> of July preceding the competition.
- 3.2.4 Intermediate Novice: Either the lady or the man must not have reached the age of sixteen (16) before the 1<sup>st</sup> of July preceding the competition.
- 3.2.5 Pre-Novice: Either the lady or the man must not have reached the age of fifteen (15) before the 1<sup>st</sup> of July preceding the competition.

## 4 Test Entry Requirements

### 4.1 Couples Ice Dance

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

#### 4.1.1 Senior:

4.1.1.1 for the National Championships both the lady and the man must have passed the Gold Couples Ice Dance Star Test; and

4.1.1.2 for an Interprovincial Championship both the lady and the man of the Couple must have passed the Gold Pattern Dance Test and the Silver Couples Ice Dance Star Test Part A.

#### 4.1.2 Junior:

4.1.2.1 for the National Championships both the lady and the man must have passed the Intergold Couples Ice Dance Star Test; and

4.1.2.2 for an Interprovincial Championship both the lady and the man must have passed the Intergold Pattern Dance Test and the Silver Couples Ice Dance Star Test Part A.

#### 4.1.3 Advanced Novice:

4.1.3.1 for the National Championships both the lady and the man must have passed the Silver Couples Ice Dance Star Test; and

4.1.3.2 for an Interprovincial Championship both the lady and the man must have passed the Silver Pattern Dance Test and the Silver Couples Ice Dance Star Test Part A.

#### 4.1.4 Intermediate Novice:

4.1.4.1 for the National Championships both the lady and the man must have passed the Intersilver Couples Ice Dance Star Test; and

4.1.4.2 for an Interprovincial Championship both the lady and the man must have passed the Intersilver Pattern Dance Test and the Intersilver Couples Ice Dance Star Test Part A.

#### 4.1.5 Pre-Novice:

4.1.5.1 for the National Championships both the lady and the man must have passed the Bronze Couples Ice Dance Star Test; and

4.1.5.2 for an Interprovincial Championship both the lady and the man must have passed the Bronze

Pattern Dance Test and the Bronze Couples Ice Dance Star Test Part A.

## 4.2 Solo Ice Dance

To be eligible to compete in the Solo Ice Dance sections concerned, the lady or the man must have passed the following tests:

### 4.2.1 Senior:

4.2.1.1 for the National Championships the lady or the man must have passed the Gold Couples or Solo Ice Dance Star Test; and

4.2.1.2 for an Interprovincial Championship the lady or the man must have passed the Gold Pattern Dance Test and the Silver Couples or Solo Ice Dance Star Test Part A.

### 4.2.2 Junior:

4.2.2.1 for the National Championships the lady or the man must have passed the Intergold Couples or Solo Ice Dance Star Test; and

4.2.2.2 for an Interprovincial Championship the lady or the man must have passed the Intergold Pattern Dance Test and the Silver Couples or Solo Ice Dance Star Test Part A.

### 4.2.3 Advanced Novice:

4.2.3.1 for the National Championships the lady or the man must have passed the Silver Couples or Solo Ice Dance Star Test; and

4.2.3.2 for an Interprovincial Championship the lady or the man must have passed the Silver Pattern Dance Test and the Silver Couples or Solo Ice Dance Star Test Part A.

### 4.2.4 Intermediate Novice:

4.2.4.1 for the National Championships the lady or the man must have passed the Intersilver Couples or Solo Ice Dance Star Test; and

4.2.4.2 for an Interprovincial Championship the lady or the man must have passed the Intersilver Pattern Dance Test and the Intersilver Couples or Solo Ice Dance Star Test Part A.

### 4.2.5 Pre-Novice:

4.2.5.1 for the National Championships the lady or the man must have passed the Bronze Couples or Solo Ice Dance Star Test; and

4.2.5.2 for an Interprovincial Championship the lady or the man must have passed the Bronze Pattern

Dance Test and the Bronze Couples or Solo Ice  
Dance Star Test Part A.

## 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 or the Solo Dancer begins to move or skate until both of the skaters of the Couple or the Solo Dancer 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	Couples Dance		Solo Dance	
	Rhythm Dance	Free Dance	Rhythm Dance	Free Dance
<b>Senior</b>	02:50	04:00	02:10	02:40
<b>Junior</b>	02:50	03:30	02:10	02:20
<b>Advanced Novice</b>	---	03:00	---	02:00
<b>Intermediate Novice</b>	---	02:30	---	01:50
<b>Pre-Novice</b>	---	02:00	---	01:40

- 5.3 In the Rhythm 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 deduction in the total marks for up to every five (5) seconds lacking or in excess in accordance with rule G.4.3(a). 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 Rhythm 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) shall be skated in the Advanced Novice, Intermediate 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) Fourteenstep        | (18) Yankee Polka      |
| (2) Foxtrot             | (19) Quickstep         |
| (3) Rocker Foxtrot      | (20) Finnstep          |
| (4) Tea Time Foxtrot    | (21) Paso Doble        |
| (5) Swing Dance         | (22) Rhumba            |
| (6) Dutch Waltz         | (23) Rhumda D'Amour    |
| (7) Willow Waltz        | (24) Cha-Cha Congelado |
| (8) European Waltz      | (25) Silver Samba      |
| (9) American Waltz      | (26) Tango Fiesta      |
| (10) Westminster Waltz  | (27) Tango Canasta     |
| (11) Viennese Waltz     | (28) Tango             |
| (12) Austrian Waltz     | (29) Argentine Tango   |
| (13) Starlight Waltz    | (30) Tango Romantica   |
| (14) Ravensburger Waltz | (31) Rhythm Blues      |
| (15) Golden Waltz       | (32) Blues             |
| (16) Kilian             | (33) Midnight Blues    |
| (17) Maple Leaf March   |                        |
- 6.5 In special circumstances the National Technical Committee may specify alternative patterns for the Pattern Dances for ice rinks that are less than the regulation-sized ice rinks (i.e. 27m by 56m).
- 6.6 In the case of Solo Ice Dance, irrespective of whether the competitor is a lady or a man, the Pattern Dance steps performed must be those of the lady.
- 6.7 A detailed description of each compulsory dance can be found in the ISU Handbook Ice Dancing 2003.

## 7 Sequences, duration and side to start of Pattern Dances

7.1 Each Pattern Dance must be skated by each couple or solo ice dancer 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	Swing Dance
Dutch Waltz	Willow Waltz

**(b) for three (3) sequences of the dance:**

Viennese Waltz	Blues
Paso Doble	Tango Fiesta
Tango Canasta	Rhythm Blues

**(c) for four (4) sequences of the dance:**

Fourteenstep	Foxtrot
Rocker Foxtrot	Quickstep
Rhumba	

**(d) for six (6) sequences of the dance:**

Kilian

**(e) the number of sequences may vary per season and will be announced in an ISU Communication where applicable:**

Rhumba D'Amour	Maple Leaf March
Tea Time Foxtrot	

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 or an ISU and/or NTC Communication. 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 (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.

- 7.4 The pattern of each Pattern Dance may be divided into a certain number of Sections published and updated in an ISU Communication. The number of Sections of the particular dance depends on its length (number of steps) and number of Sequences in the dance.
- 7.4 After the completion of the last step of the Pattern Dance the Couple or Solo Ice Dancer must reach their final pose within twenty (20) seconds. If this time limit is exceeded the necessary deduction will be applied.
- 7.5 An interrupted Pattern Dance shall be resumed at the nearest technically practicable point in the step sequence and which must be after the point of interruption. The Couple or Solo Ice Dancer may not skate the steps missed by the interruption.

## **8 General requirements for Pattern Dances**

During the skating of the Pattern Dance, the following must be observed:

### **8.1 Accuracy**

#### **8.1.1 Couples Ice Dance**

Refer to ISU Rule 708, 1(a). 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.

#### **8.1.2 Solo Ice Dance**

The steps, edges and elements/movements must be in accordance with the dance description and the Rules. Subject to general conformity with the basic requirements, some latitude is given to allow a Solo Ice Dancer to demonstrate their own individual style. This is usually accomplished by the use of a variety of arm and/or leg movements;

#### **8.1.3 Placement (Couple and Solo Ice Dance)**

Refer to ISU Rule 708, 1(b). 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 (refer to E.6.5) for the Pattern Dances, the Couples and Solo Ice Dancers may not cross the long axis of the rink. In rinks less than regulation-size, the Couple or Solo Ice Dancer may cross the long axis proportionally to the width of the rink.

#### 8.1.4 Skating Skills (Couple and Solo Ice Dance)

Refer to ISU Rule 708, 1(c). 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. In the case of Couples, 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 distance from the ice.

#### 8.1.5 Timing (Couple and Solo Ice Dance)

Refer to ISU Rule 708, 1(d). 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 in the description of the Pattern Dance or by the ISU and/or NTC). 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.

#### 8.1.6 Style (Couple and Solo Ice Dance)

Refer to ISU Rule 708, 1(e). 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. 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.

In the case of Couples Ice Dance, the dance holds (refer to ISU Rule 705) should be firm and the fingers should neither be spread nor clenched.

#### 8.1.7 Unison (Couples)

Refer to ISU Rule 708, 1(f). 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.

#### 8.1.8 Interpretation (Couples and Solo Dance)

Refer to ISU Rule 708, 1(g). 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. In the case of Couples, the partners should relate to one another.

### **9 General Requirements for the Rhythm and Free Dances (Couples and Solo Ice Dance)**

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 Rhythm and Free Dances if such requirements, guidelines, commencement and/or end dates do not correspond to the ISU requirements and/or skating season.

9.2 Touching the ice with the hand(s) is not permitted unless otherwise allowed by the ISU and announced in an ISU Communication.

9.3 Kneeling or sliding on two (2) knees, or sitting on the ice is also not allowed and it will be considered by the Technical Panel as a fall unless otherwise announced by an ISU Communication.

9.4 The following Elements and Movements are not permitted in the Rhythm and Free Dances unless otherwise stated in an ISU or NTC Communication:

#### 9.4.1 Couples Ice Dance

9.4.1.1 Lift Movements and/or poses in the Lifts that include:

- 9.4.1.1.1 The point of contact of the lifting hand(s)/arm(s) of the lifting partner with any part of the body of the lifted partner is sustained with fully extended arm(s) higher than the lifting partner's head (the supporting arm may be sustained and fully extended above the head);
- 9.4.1.1.2 sitting on the partner's head;
- 9.4.1.1.3 standing on the partner's shoulder;
- 9.4.1.1.4 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 without the assistance of the hand(s)/arm(s); and
- 9.4.1.1.5 The lifted partner in an upside down split pose (with sustained angle between thighs more than 45 degrees).

A brief movement through poses E.9.3.1.1 to E.9.3.1.5 will be permitted if it is not established (sustained) or if it is used only to change pose.

- 9.4.1.2 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

- 9.4.1.3 Lying on the ice.

#### 9.4.2 Solo Ice Dance

- 9.4.2.1 Jumps of more than one-half ( $\frac{1}{2}$ ) revolution;
- 9.4.2.2 Two or more consecutive one-half ( $\frac{1}{2}$ ) revolution jumps;
- 9.4.2.3 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);

- 9.4.2.4 Split Jumps with an edge take off where the legs are spread equal to or more than ninety (90) degrees, such as, but not limited to, a Falling Leaf;
  - 9.4.2.5 Illusions; and
  - 9.4.2.6 Lying on the ice.
- 9.5. The Rhythm and Free Dance programs 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 Rhythm Dance

- 10.1 The Rhythm Dance (ISU Rule 709) is a dance created by an Ice Dance Couple or Solo Ice Dancer to dance music with designated rhythm(s) and/or theme(s) selected by the ISU or NTC annually for the season. The dance must (a) reflect the character of the designated dance rhythm(s) and/or theme(s), (b) be translated to the ice by demonstrating technical skill with steps and movements along with flow and the use of edges and (c) fit to the phrasing of the music. Ice Dance Couples and Solo Ice Dancers must skate primarily to the rhythmic beat. The dance will contain elements selected by the ISU from the list of required elements listed in rule E.10.11. Elements should be integrated into the composition of the dance so the concept and choreography must produce the feeling of a unified dance. 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 subject to rule E.9.1.
- 10.2 The Rhythm Dance shall be skated in all the Senior and Junior sections at the National, Interprovincial and Provincial Championships and may be included in other competitions at provincial level for both Couples and Solo Ice Dance.
- 10.3 The music for the Rhythm Dance, including the music for the specified Pattern Dance (when included as a Required Element) is to be provided by the Couple. The music may be vocal and must be suitable for Ice Dance as a Figure Skating discipline. Only dance music with an audible rhythmic beat

- may be used. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program. The music must be selected in accordance with the designated rhythm(s) and/or theme(s). The music must be selected in accordance with the specified tempo when applicable. Rhythm Dance music that does not adhere to these specifications will be penalized by deductions.
- 10.4 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 from the barrier. Loops in either direction are permitted provided that they do not cross the long axis (unless otherwise permitted by the ISU).
  - 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 and Solo Ice Dancers.
  - 10.7 In Couples Ice Dance 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 In Couples Ice Dance the partners must not separate except to change dance hold or to perform Required Elements requiring a separation, Turns as transitional elements and moves during the permitted stops. The distance between partners during such separations should not exceed two (2) arm lengths. Change of hold and Turns as transitional elements must not exceed the duration of the one (1) measure of music. 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 or Solo Ice Dancer must not remain in one place for more than ten (10) seconds at the beginning and/or the end of the program. Up to two (2) full stops are permitted during the program in addition to the stops required in the Required Elements but the duration of each stop must not exceed five (5) seconds unless otherwise specified.

In Solo Ice Dance, one full (1) stop of maximum ten (10) seconds is permitted in lieu of two full (2) stops of five (5) seconds each. In Solo Ice Dance a Dance Spin or a Choreographic Spinning Movement that does not travel will be considered as a stop.

- 10.10 The Required Elements that are to be included in the composition of the Rhythm Dance and the specific requirements of each Required Element shall be specified annually by the ISU for the Couples Ice Dance and the NTC for the Solo Ice Dance subject to rule E.9.1. The following list of Required Elements may be included as Required Elements for the season in the Rhythm Dance:

Couples Ice Dance	Solo Ice Dance
Dance Lift	Edge Element
Dance Spin	Dance Spin
Step sequence	Step sequence
Synchronised Twizzles	Twizzle Series
Choreographic Element	Choreographic Character Step
Pattern Dance Element	Choreographic Sliding Movement
	Pattern Dance Element

## 11 Free Dance

- 11.1 The Free Dance is defined as the skating by a couple or Solo Ice Dancer of a creative dance program blending dance steps and movements expressing the character/rhythm(s) of the dance music chosen by the couple or Solo Ice Dancer. The couples and Solo Ice Dancers are required to execute the elements listed below specified by the ISU (for Couples Ice Dance) and NTC (for Solo Ice Dance) subject to rule E.9.1.
- 11.2 The Free Dance shall be skated in all the Senior, Junior, Advanced Novice, Intermediate Novice and Pre-Novice sections at the National-, Interprovincial- and Provincial Championships and may be included in other competitions at provincial level for both Couples and Solo Ice Dance.
- 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 or Solo Ice Dancer 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 or Solo Ice Dancer 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 obvious, distinct changes of mood and pace with variations in speed and tempo and that utilises the whole ice surface and in Couples Ice Dance demonstrate a close relationship between the partners;
- 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 Figure Skating 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 and may be vocal;
  - 11.4.2 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;
  - 11.4.3 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;
  - 11.4.4 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;
  - 11.4.5 The music must be suitable for the Ice Dance Couple's or Solo Ice Dancer's skating skills and technical ability; and
  - 11.4.6 Any Free Dance music that does not comply with these guidelines will be penalised by a deduction.

- 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 in the case of Couples Ice Dance, 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 the 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.1.3.4.
- 11.7 In Couples Ice Dance, the number of separations to execute transitional footwork or moves is unlimited. The distance between partners should not exceed two (2) arms lengths. The duration of each such separation, outside of Required Elements requiring a separation, must not exceed five (5) seconds. 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 separation, unless otherwise specified in an ISU or NTC Communication;
- 11.8 In Couples Ice Dance, 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 After the clock is started with the first movement, the Couple or Solo Ice Dancer must not remain in one place for more than ten (10) seconds at the beginning and/or the end of the program. During the program full stops (up to five (5) seconds) in addition to the stops required in the Required Elements in which the Ice Dance Couple or Solo Ice Dancer remains stationery on the ice while performing body movements, twisting, posing and the like are permitted unless otherwise specified.
- 11.10 The Required Elements that are to be included in the composition of the Free Dance and the specific requirements of each Required Element shall be specified annually by the ISU (for Couples Ice Dance) and the NTC (for Solo Ice Dance) subject to rule E.9.1. The following list of Required Elements may be included as Required Elements for the season in the Free Dance:



Couples Ice Dance	Solo Ice Dance
Dance Lift	Edge Element
Dance Spin	Dance Spin
Step sequence	Step sequence
Synchronised Twizzles	Twizzle Series
Choreographic Element	Choreographic Character Step
	Choreographic Sliding Movement

## 12 Senior Couples Ice Dance Section Requirements

- 12.1 The Senior Couples Ice Dance section consists of a Rhythm Dance and a Free Dance.
- 12.2 For the Senior Couples Rhythm Dance requirements and regulations, refer to rule E.9 and E.10.
- 12.3 For the Senior Couples Free Dance requirements and regulations, refer to rule E.9 and E.11.

## 13 Junior Couples Ice Dance Section Requirements

- 13.1 The Junior Couples Ice Dance section consists of a Rhythm Dance and a Free Dance.
- 13.2 For the Junior Couples Rhythm Dance requirements and regulations, refer to rule E.9 and E.10.
- 13.3 For the Junior Couples Free Dance requirements and regulations, refer to rule E.9 and E.11.

## 14 Advanced Novice Couples Ice Dance Section Requirements

- 14.1 The Advanced Novice Couples Ice Dance section consists of two (2) Pattern Dances and a Free Dance.
- 14.2 The NTC shall announce the two (2) Pattern Dances based on the annual ISU Communication 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. For Provincial and other competitions, the two (2) Pattern Dances must be announced no later than at the time of the draw.

- 14.3 For the Advanced Novice Couples Free Dance requirements and regulations, refer to rule E.9 and E.11.

## **15 Intermediate Novice Couples Ice Dance Section Requirements**

- 15.1 The Intermediate Novice Couples Ice Dance section consists of two (2) Pattern Dances and a Free Dance.
- 15.2 The NTC shall announce the two (2) Pattern Dances based on the annual ISU Communication 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. For Provincial and other competitions, the two (2) Pattern Dances must be announced no later than at the time of the draw.
- 15.3 For the Intermediate Novice Couples Free Dance requirements and regulations, refer to rule E.9 and E.11.

## **16 Pre-Novice Couples Ice Dance Section Requirements**

- 16.1 The Pre-Novice Couples Ice Dance section consists of two (2) Pattern Dances and a Free Dance.
- 16.2 The NTC shall announce the two (2) Pattern Dances based on the annual ISU Communication 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. For Provincial and other competitions, the two (2) Pattern Dances must be announced no later than at the time of the draw.
- 16.3 For the Pre-Novice Couples Free Dance requirements and regulations, refer to rule E.9 and E.11.

## **17 Senior Solo Ice Dance Section Requirements**

- 17.1 The Senior Solo Ice Dance section consists of a Rhythm Dance and a Free Dance.
- 17.2 For the Senior Solo Rhythm Dance requirements and regulations, refer to rule E.9 and E.10.
- 17.3 For the Senior Solo Free Dance requirements and regulations, refer to rule E.9 and E.11.

**18 Junior Solo Ice Dance Section Requirements**

- 18.1 The Junior Solo Ice Dance section consists of a Rhythm Dance and a Free Dance.
- 18.2 For the Junior Solo Rhythm Dance requirements and regulations, refer to rule E.9 and E.10.
- 18.3 For the Junior Solo Free Dance requirements and regulations, refer to rule E.9 and E.11.

**19 Advanced Novice Solo Ice Dance Section Requirements**

- 19.1 The Advanced Novice Solo Ice Dance section consists of two (2) Pattern Dances and a Free Dance.
- 19.2 The NTC shall announce the two (2) 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 from the list below. For Provincial and other competitions, the two (2) Pattern Dances must be announced no later than at the time of the draw.
- 19.3 The Pattern Dances – Advanced Novice Solo
- The two (2) Pattern Dances to be skated for the skating season will be from the following:
- (a) Starlight Waltz,
  - (b) Killian,
  - (c) Blues,
  - (d) American Waltz,
  - (e) Rocker Foxtrot
- 19.4 For the Advanced Novice Solo Free Dance requirements and regulation, refer to rule E.9 and E.11.

**20 Intermediate Novice Solo Ice Dance Section Requirements**

- 20.1 The Intermediate Novice Solo Ice Dance section consists of two (2) Pattern Dances and a Free Dance.
- 20.2 The NTC shall announce the two (2) 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 from the list below. For Provincial and other competitions, the two (2) Pattern Dances must be announced no later than at the time of the draw.

20.3 The Pattern Dances – Intermediate Novice Solo

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

- (a) Fourteen Step,
- (b) European Waltz,
- (c) Foxtrot,
- (d) Tango.

20.4 For the Intermediate Novice Solo Free Dance requirements and regulations, refer to rule E.9 and E.11.

**21 Pre- Novice Solo Ice Dance Section Requirements**

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

21.2 The NTC shall announce the two (2) 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 from the list below. For Provincial and other competitions, the two (2) Pattern Dances must be announced no later than at the time of the draw.

21.3 The Pattern Dances – Pre-Novice Solo

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

21.3.1 Group A (for skating seasons that start in even years)

- (a) Dutch Waltz,
- (b) Tango Canasta,
- (c) Rhythm Blues.

21.3.2 Group B (for skating seasons that start in odd years)

- (a) Willow Waltz,
- (b) Cha-Cha,
- (c) Tango Fiesta.

21.4 For the Pre-Novice Solo Free Dance requirements and regulations, refer to rule E.9 and E.11.