ICE DANCE SECTIONS MASTER SPREADSHEET - SEASON 2020 -2021

DIVISION A	Age Requirements	Age Requirements	Tests Required	NATIONALS PASS		PATTERN DANCES								RHYTHM DANCE REQUIREMENTS				FREE DANCE REQUIREMENTS			
	COUPLES DANCE	SOLO DANCE		STAR PART A	STAR PART B	COUPLES DANCE				SOLO DANCE				Couples Dance Length	Solo Dance Length	Couples Dance Elements	Solo Dance Elements	Couples Dance length	Solo Dance Length	Couples Dance Elements	Solo Dance Elements
Pre-Novice Dance	Man or Lady must not have reached 15 by 1st July preceding the competition	NA	Level 1 and Bronze Pattern Dance test	Bronze Couples or Solo Dance	Bronze Couples or Solo Dance	Foxtrot 4 Sequences	Dutch Waltz 2 Sequences	Rhythm Blues 3 Sequences		NA	NA	NA	NA	N/A	N/A	N/A	N/A	2:00 (+/- 10 Secs)	1:40 (+/-10 Secs)	1x Dance Spin (max Level 1) 1x Synchronized Twizzles FO Variation 2 Choreographic Elements: 1x Choreographic Character Step Seq 1x Chosen from: Choreographic Lift, Choreographic spinning movement, Choreographic twizzling movement and Choreographic Slide	NA
Intermediate Novice Dance	Man or Lady must not have reached 16 by 1st July preceding the competition	NA	Level 2 and Inter-Silver Pattern Dance test	Inter-Silver Couples or Solo Dance	Inter-Silver Couples or Solo Dance	Foxtrot 4 Sequences	European Waltz 2 Sequences	Killian 6 Sequences	Starlight Waltz 2 Sequences 4 Sections Steps #1-17 + #18-32	NA	NA	NA	NA	N/A	N/A	N/A	N/A	2:30 (+/- 10 Secs)	1:50 (+/-10 Secs)	1x Short Lift (minimum 3 secs, max 7 secs) 1x Dance Spin (max Level 2) 1x Synchronized Twizzles FO Variation 2 Choreographic Elements: 1x Choreographic Character Step Seq 1x Chosen from: Choreographic Lift, Choreographic Spinning movement, Choreographic twizzling movement and Choreographic slide	NA
Advanced Novice Dance	Man or Lady must have reached 10 but not reached 17 by 1st July preceding the competition	NA	Level 2 and Silver Pattern Dance test	Silver Couples or Solo Dance	Silver Couples or Solo Dance	Westminster Waltz 2 Sequences 4 Sections Steps #1-10 + Steps #11 + 22	Blues 3 Sequences			NA	NA	NA	NA	N/A	N/A	N/A	N/A	3:00 (+/- 10 Secs)	2:00 (+/- 10 Secs)	1x Short Lift (minimum 3 secs, max 7 secs) 1x Dance Spin (max level 3) 1x Synchronized Twizzles (Free Dance Variation) 1x Step Seq: Style B 2 Choreographic Elements: 1x Choreographic Character Step Seq AND 1x chosen from: Choreographic lift, Choreographic spinning movement, Choreographic twizzling movement and Choreographic slide	NA

DIVISION B	Age Requirements	Age Requirements	Tests Required	NATIONALS PASS		PATTERN DANCES								RHYTHM DANCE REQUIREMENTS				FREE DANCE REQUIREMENTS			
	COUPLES DANCE	SOLO DANCE		STAR PART A	STAR PART B	COUPLES DANCE				SOLO DANCE				Couples Dance Length	Solo Dance Length	Couples Dance Elements	Solo Dance Elements	Couples Dance Length	Solo Dance Length	Couples Dance Elements	Solo Dance Elements
Bronze Open Dance	Must NOT have reached 25 by 1st July preceding the competition	Must NOT have reached 25 by the 1st July preceding the competition	Level 1 but not Inter-Silver Pattern dance test or Inter-Silver Star A or B	N/A	N/A	14 Step 4 sequences CIP	Fiesta Tango 3 Sequences CIP	Foxtrot 4 Sequences GIP	Willow Waltz 2 sequences GIP	14 Step 4 sequences CIP	Fiesta Tango 3 Sequences CIP	Foxtrot 4 Sequences GIP	Willow Waltz 2 sequences GIP	N/A	N/A	N/A	N/A	2:00 (+/-10sec) must have a change of tempo/ expression	1:50 (+/-10sec) must have a change of tempo/ expression	1x Dance Spin - no combo or flying entry permitted (max level 2) 1x Set of Sequential Twizzles 1x Character Step seq 1x Choreographic element chosen from: Choreographic lift (minimum 3 max 10secs), Choreographic spinning movement, Choreographic twizzling movement, Choreographic slide	1x Short Edge Element (minimum 3 secs, max 7 secs in length) 1x Dance Spin - no combo or flying entry permitted (max level 2) 1x Choreographic Step Seq: Circular/ Midline/ Diagonal 1x Set of Sequential Twizzles
Bronze Adult Open Dance	Must have reached 25 by 1st July preceding the competition	Must have reached 25 by the 1st July preceding the competition	Level 1	N/A	N/A	14 Step 4 sequences CIP	Fiesta Tango 3 Sequences CIP	Foxtrot 4 Sequences GIP	Willow Waltz 2 sequences GIP	14 Step 4 sequences CIP	Fiesta Tango 3 Sequences CIP	Foxtrot 4 Sequences GIP	Willow Waltz 2 sequences GIP	N/A	N/A	N/A	N/A	2:00 (+/-10sec) must have a change of tempo/ expression	1:50 (+/-10sec) must have a change of tempo/ expression	1x Dance Spin - no combo or flying entry permitted (max level 2) 1x Set of Sequential Twizzles 1x Character Step seq 1x Choreographic element chosen from: Choreographic lift (min 3 max 10secs), Choreographic spinning movement, Choreographic twizzling movement, Choreographic slide	1x Short Edge Element (min 3 secs max 7 secs in length) 1x Dance Spin - no combo or flying entry permitted (max level 2) 1x Choreographic Step Seq: Circular/ Midline/ Diagonal 1x Set of Sequential Twizzles
Silver Open Dance	Must NOT have reached 25 by 1st July preceding the competition	Must NOT have reached 25 by the 1st July preceding the competition	Level 2 but not Inter-Gold Pattern dance test or Inter-Gold Star A or B	N/A	N/A	Starlight Waltz 2 Sequences CIP	Silver Samba 2 Sequences GIP	Blues 3 Sequences GIP	Tango 2 Sequences CIP	Starlight Waltz 2 Sequences CIP	Silver Samba 2 Sequences GIP	Blues 3 Sequences GIP	Tango 2 Sequences CIP	N/A	N/A	N/A	N/A	3:00 (+/-10secs) must have a change of tempo/ expression	2:20 (+/-10sec)must have a change of tempo/ expression	1x Short Lift (max 7 secs) 1x Dance Spin - no flying entry permitted (max level 3) 1x Step Seq in Hold - Style B serpentine/circular/midline/ diagonal 1x Set of Sequential Twizzles 2x Different Choreographic Elements chosen from: Choreographic lift (min 3 max 10 secs), Choreographic spinning movement, Choreographic twizzling movement, Choreographic slide, Choreographic Character step seq	1 or 2x Different Short Edge Element (min 3 secs max 7 secs in length per edge element) 1x Dance Spin (combo allowed) - no flying entry permitted (max level 3) 1x Step Seq: Circular/ Midline/ Diagonal 1x Set of Sequential Twizzles 1x Choreographic Character Step seq
Silver Adult Open Dance	Must NOT have reached 25 by 1st July preceding the competition	Must NOT have reached 25 by the 1st July preceding the competition	Level 2	N/A	N/A	Starlight Waltz 2 Sequences CIP	Silver Samba 2 Sequences GIP	Blues 3 Sequences GIP	Tango 2 Sequences CIP	Starlight Waltz 2 Sequences CIP	Silver Samba 2 Sequences GIP	Blues 3 Sequences GIP	Tango 2 Sequences CIP	N/A	N/A	N/A	N/A	3:00 (+/-10secs) must have a change of tempo/ expression	2:20 (+/-10sec)must have a change of tempo/ expression	1x Short Lift (max 7 secs) 1x Dance Spin - no flying entry permitted (max level 3) 1x Step Seq in Hold - Style B serpentine/circular/midline/ diagonal 1x Set of Sequential Twizzles 2x Different Choreographic Elements chosen from: Choreographic lift (min 3 max 10 secs), Choreographic spinning movement, Choreographic twizzling movement, Choreographic slide, Choreographic Character step seq	1 or 2x Different Short Edge Element (min 3 secs max 7 secs in length per edge element) 1x Dance Spin (combo allowed) - no flying entry permitted (max level 3) 1x Step Seq: Circular/ Midline/ Diagonal 1x Set of Sequential Twizzles 1x Choreographic Character Step seq
Gold Dance	None	None	Level 2 and Silver Pattern dance test	N/A	N/A	Westminster Waltz 2 Sequences CIP	Paso Doble 3 Sequences CIP	Midnight Blues 2 Sequences GIP	Quickstep 4 Sequences GIP	Westminster Waltz 2 Sequences CIP	Paso Doble 3 Sequences CIP	Midnight Blues 2 Sequences GIP	Quickstep 4 Sequences GIP	N/A	N/A	N/A	N/A	3:30 (+/-10secs) must have a change of tempo/ expression	2:30 (+/-10sec) must have a change of tempo/ expression	2x Different Short Dance Lifts OR 1x Combination Lift 1x Dance Spin - no flying entry permitted (max level 4) 1x Step Seq in Hold - Style B serpentine/circular/midline/ diagonal 1x One foot Step Seq - not holding 1x Set of Sequential Twizzles 2x Different Choreographic Elements chosen from: Choreographic lift (minimum 3 max 10 secs), Choreographic spinning movement, Choreographic twizzling movement, Choreographic slide, Choreographic Character step seq	1 Combination Edge Element (max 12 secs) OR 2x Different Short Edge Element (min 3 secs max 7 secs in length per edge element) 1x Dance Spin - no flying entry permitted (combo spin allowed) (max level 4) 1x Step Seq: Serpentine/Circular/ Midline/ Diagonal 1x Set of Sequential Twizzles 1x Choreographic Character Step seq 1x Choreographic Slide