

**2026**

**Solo Dance Series Handbook**



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# GENERAL INFORMATION

Please read the technical portion of the Handbook closely when creating programs for the 2026 season as there are some new rules that will be implemented this year. All new rules for 2026 will be underlined in all documents to outline what is new. Rules are highlighted in yellow so that everyone will pay special attention to major rule changes that may have been added since the first publishing of this Handbook. We will also include an overview below of some of the more important new rules in this document. Registration for the National Solo Dance Series is January 2, 2026, through April 1, 2026 @11:59 p.m. mountain time. **LATE ENTRIES will be accepted until May 1, 2026 @ 11:59 p.m. mountain time. Skaters must be registered for the Series to have scores count for the National Solo Dance Final. The LATE ENTRY FEE will be \$150.00 in addition to the initial Registration Fee.**

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

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

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

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

ijsLive is required, and it's the LOC's responsibility to coordinate with their Chief Scoring Official as soon as the sanction is approved (sanction number required) to request the link.

**Junior and Senior Free Dance starting orders will be the reverse order of the Rhythm Dance results for all Solo Series competitions and at the Final.**

When more than 18 skaters register for Junior or Senior Combined the event shall be broken into two or more sections. Maximum section size is 18. The same officials will be assigned to each section barring unforeseen circumstances, and the results will be final after all sections have concluded. There are NO FINAL ROUNDS.

**Please remember the following existing general rules:**

## **Invitations to the 2026 National Solo Dance Final**

Following the conclusion of the season, those skaters in the Solo Pattern Dance, Combined Event, and Shadow Dance events from each section that have competed in at least two Solo Dance Series competitions and meet the following criteria (specific to event type) will be invited\* (see p.3) to advance to the National Solo Dance Final competition (NSDF). Qualification is based on a skater/team's highest IJS score at a designated Series competition for all events. To qualify for the Final in Pattern Dance a skater must have competed in that event at 2 or more competitions, for Combined they must have competed in that event at 2 or more competitions, and Shadow also must have competed in that event in 2 competitions. In other words, a skater cannot qualify in a Combined event for the Final by competing at one Series competition, and only competing Pattern Dance at another to meet the "2 competition" requirement.

## **1) SOLO PATTERN DANCE AND COMBINED EVENTS ONLY:**

- a. Those skaters in each section who finish in the top six (6) for the total IJS score in each level will receive an invitation to advance to the National Solo Dance Final.

## **2) SHADOW PATTERN DANCE EVENTS ONLY:**

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

**The skater's Home Club will be used to determine the Section the skater represents.** The skater's Section used when registering will remain the same throughout the Series. For Shadow Dance, the section the team will represent will be determined by the section of the skater who registers the team.

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

A variation of a fill-up rule may be used if fewer than six (6) skaters per Section qualify to receive invitations to the NSDF at any level in the Series for the Solo Pattern Dance and Combined Events or if fewer than three (3) teams per section qualify to receive invitations to the NSDF in Shadow Dance events. **This exception will not be used when skaters from more than one section could be considered as a replacement.**

### **Declining an Invitation to the Final**

Following participation in the 2026 Solo Dance Series competitions, it is expected that skaters will compete at the 2026 National Solo Dance Final upon qualification.

### **Costume Requirements**

The Solo Dance Series will follow all costume rules and requirements as stated for Ice Dance in the 2025 - 2026 U.S. Figure Skating Rulebook (Rule **8020**).

### **Behavior of Competitors during Competition**

The Solo Dance Series will follow all behavior of competitors requirements including the Call to Start rules for IJS as stated in the 2025 - 2026 U.S. Figure Skating Rulebook (Rule **1321**).

Earbuds and headphones of any kind will not be allowed on any practice sessions or warm-ups associated with any Solo Series competition. If a skater is found to be wearing them on a practice session for the Solo Series, they are subject to be disqualified for the event (Rule **1322**).

### **Pattern Dance Starts**

All Pattern Dances must start on the judges' left side unless directed otherwise by the published rules for each dance for the season or by the Referee.

# IMPORTANT to REMEMBER!

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

For the Combined Events, please refer to the requirements page for each level for details on qualifications for each level. No skater may enter an event where they have passed the corresponding Skating Skills test three levels above the event level they wish to enter. Once a skater has competed in a Series at a certain level in the prior year, they may not register for a lower level.

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

Please take note of the list of illegal elements on p.42, as they have been updated. These illegal elements apply to all aspects of the Solo Series, including pattern dance.

## **Rhythm Dance & Free Dance - Crossovers:**

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

**Lip Synching is Not Permitted:** For all Solo Series Segments, lip synching will be considered a choreographic deduction by the judging panel and the Referee.

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

## **Warm-up Times and (Group Sizes):**

**PATTERN DANCE: 3 minutes**

Preliminary - Bronze PD & Juvenile Combined: **(10)** per warm-up

Pre-Silver - International PD, Intermediate & Novice Combined: **(8)** per warm-up

**SHADOW DANCE: 3 minutes - (5) teams per warm-up**

**FREE DANCE: 3 minutes – Juvenile, Intermediate (8) & Novice (6) per warm-up**

**JUNIOR and SENIOR RHYTHM DANCE & FREE DANCE: 4 minutes - (6) per warm-up**

**NOTE: One (1) skater may be added to one (1) group only when there are time constraints with the schedule and only at the Referee's discretion.**

# SOLO PATTERN DANCE

The Solo Pattern Dance event is comprised of two (2) pattern dances at each level. The results from both dances will be combined to create a final score and an overall result.

## Please Remember:

All levels will have a first dance assigned for all qualifying series competitions including the Series Final. The second dance for Bronze and higher Series Pattern Dance Events, including the Series Final, will consist of a Variation Dance. **For rules on the Variation Dance see p.23, for Preliminary and Pre-Bronze, a second Pattern Dance will be skated as published.**

- Music for pattern dance is Skater's Choice and must be provided by the skater, see rules on page 7.
- All pattern dances, except Shadow, include "Key Points" which are part of the criteria to attain levels.
- **Touching the ice with hand(s) at any time during a pattern dance event will be considered a choreographic violation.**
- All pattern dances will use "Solo Series Dance Steps" for all competitors. All skaters will be using the same steps. **Please refer to the Pattern Dance diagrams following p.44 (Appendix A) for the steps to be skated along with the number of sequences, tempo, Key Points, and time limits for Skater's Choice music.**

## The following levels will be offered:

	Standard Track Test Requirements	Dances (number of sequences to be skated)
<b>Preliminary</b>	No test or passed the complete Preliminary Dance Test & must not have passed the <b>Bronze</b> Skating Skills Test	1 <sup>st</sup> Dance: <b>Dutch Waltz (3)</b> sequences 2 <sup>nd</sup> Dance: <b>Tango Canasta (3)</b> sequences
<b>Pre-Bronze</b>	Must have passed the complete Preliminary or Pre-Bronze Dance Test & must not have passed the <b>Pre-Silver</b> Skating Skills Test	1 <sup>st</sup> Dance: <b>Tango Fiesta (3)</b> sequences 2 <sup>nd</sup> Dance: <b>Cha Cha (3)</b> sequences
<b>Bronze</b>	Must have passed the complete Pre-Bronze or Bronze Dance Test & must not have passed the Silver Skating Skills Test	1 <sup>st</sup> Dance: <b>Hickory Hoedown (3)</b> sequences 2 <sup>nd</sup> Dance: <b>Willow Waltz Variation Dance (2)</b> sequences <i>Note: The beats per minute for the Willow have changed.</i>
<b>Pre-Silver</b>	Must have passed the complete Bronze or Pre-Silver Dance Test	1 <sup>st</sup> Dance: <b>European Waltz (2)</b> sequences 2 <sup>nd</sup> Dance: <b>Foxtrot Variation Dance (2)</b> sequences
<b>Silver</b>	Must have passed the complete Pre-Silver or Silver Dance Test	1 <sup>st</sup> Dance: <b>American Waltz (2)</b> sequences 2 <sup>nd</sup> Dance: <b>Rocker Foxtrot Variation Dance (2)</b> sequences
<b>Pre-Gold</b>	Must have passed the complete Silver or Pre-Gold Dance Test	1 <sup>st</sup> Dance: <b>Starlight Waltz (2)</b> sequences 2 <sup>nd</sup> Dance: <b>Kilian Variation Dance (4)</b> sequences
<b>Gold</b>	Must have passed the complete Pre-Gold or Gold Dance Test	1 <sup>st</sup> Dance: <b>Argentine Tango (2)</b> sequences 2 <sup>nd</sup> Dance: <b>Westminster Waltz Variation Dance (2)</b> sequences
<b>International</b>	Must have passed the complete Gold or International Dance Test	1 <sup>st</sup> Dance: <b>Tango Romantica (2)</b> sequences 2 <sup>nd</sup> Dance: <b>Austrian Waltz Variation Dance (1)</b> sequence

# SHADOW PATTERN DANCE

The Shadow Pattern Dance event is comprised of one (1) Pattern Dance at each level.

A team may be comprised of two skaters of any gender. **Solo Series Steps will be used as outlined in Appendix A: Pattern Dance Reference Materials.**

Music for Shadow Dance is Skater's Choice and must be provided by the skaters, see rules on p.7.

The following levels will be offered:

Level	Standard Track Test Requirements	Dance (number of sequences to be skated)
<b>Preliminary</b>	One partner must not have passed higher than the complete Preliminary Dance Test.	<b>Rhythm Blues (3)</b> sequences
<b>Pre-Bronze</b>	One partner must not have passed higher than the complete Pre-Bronze Dance Test.	<b>Cha Cha (3)</b> sequences
<b>Bronze</b>	One partner must not have passed higher than the complete Bronze Dance Test.	<b>Ten Fox (3)</b> sequences
<b>Pre-Silver</b>	One partner must not have passed higher than the complete Pre-Silver Dance Test.	<b>Fourteenstep (4)</b> sequences
<b>Silver</b>	One partner must not have passed higher than the complete Silver Dance Test.	<b>Tango (2)</b> sequences
<b>Pre-Gold</b>	One partner must not have passed higher than the complete Pre-Gold Dance Test.	<b>Paso Doble (3)</b> sequences
<b>Gold</b>	One partner must not have passed higher than the complete Gold Dance Test.	<b>Quickstep (3)</b> sequences
<b>International</b>	Open, no level restrictions.	<b>Yankee Polka (2)</b> sequences

# COMBINED EVENTS

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

- 1.) **Juvenile, Intermediate and Novice:** one (1) Pattern Dance  
**Junior and Senior:** one (1) Rhythm Dance
- 2.) **Juvenile thru Senior:** one (1) Free Dance

All music for the pattern dances is Skater's Choice. See rules below.

**All pattern dances include Key Points which are part of the criteria to attain levels.**

All pattern dances will use “**Solo Series Steps**” for all competitors, so that skaters are using the same steps. **Please refer to the pattern dance diagrams following page 44 (Appendix A) for the steps to be skated along with the number of sequences, tempo, Key Points, and maximum time for Skater's Choice music.**

## 2026 Skater's Choice Music Rules

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

The music may be an original choice by the skater/coach or downloaded from the selections made available on Members Only (Testing, Overview - scroll down to view pattern dance selections).

The music may be either vocal or orchestral and it must be within + or – two beats per minute of the required beats per minute for each Pattern Dance. The chosen music must also conform to the style of music appropriate for the rhythm of the selected dance. **If the chosen music does not reflect the rhythm and the style of the Pattern Dance to be skated a music deduction may be taken.** The beats per minute and maximum skating time are all included on the Pattern Dance Diagram for each dance. Music that does not conform to these rules is also subject to a deduction.

**Each skater will be timed from their first movement until they completely stop.** If the skating time exceeds the maximum allotted skating time listed on the pattern diagram standard timing deductions will apply as outlined on the “Who Is Responsible” chart in the Series Officials' Manual (Appendix A).

**For the Variation Dances, a maximum time is listed. Please refer to the Pattern Dance diagrams in Appendix A.**

## JUVENILE COMBINED EVENT:

Test qualifications as of April 1, 2026, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Preliminary solo or standard Preliminary partnered pattern dance test or have passed the standard solo or partnered Bronze free dance test. Skaters must not have passed any Silver or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Bronze free dance. Skaters must not have passed the Pre-Gold or higher skating skills test. **Per 2025/26 USFS Rulebook (Rule 8361), any standard solo free dance test may be taken only after the candidate has completed the corresponding level required prerequisites.**

### 2026 Pattern Dance Selection for Juvenile:

**Willow Waltz (2) sequences - All Competitors skate Seq. 1, B-Steps and Seq. 2, A-Steps**

### Free Dance Requirements for Juvenile: 1:30 +/- 10 seconds

The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.	
<b>Edge Elements</b>	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
<b>Spin</b>	<b>One (1) Dance Spin, but no more.</b> Specifications for Season 2026 Dance Spin – A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  *Flying Spins or Flying Entries are illegal elements.
<b>Choreographic Character Step Sequence (ChSt)</b>	<b>One (1) Choreographic Character Step Sequence</b> performed on the short axis and started with a stop or skidding movement.  <b>Not permitted:</b> Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met.
<b>Sequential Twizzle Series (SqTw)</b>	<b>One (1) Set of Sequential Twizzles.</b> Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, <b>hop on one foot</b> , and/or transfer of weight while on two feet between twizzles is considered as a step).
<b>Maximum Level</b>	<b>Up to Level 2 will be considered for Level.</b>

## INTERMEDIATE COMBINED EVENT:

Test qualifications as of April 1, 2026, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard Bronze solo or standard Bronze partnered pattern dance test or have passed the standard solo or partnered Intermediate Pre-Silver free dance test. Skaters must not have passed any Pre-Gold or higher solo or partnered pattern dance tests and must not have passed any solo or partnered free dance tests higher than the Silver free dance. Skaters must not have passed the Gold skating skills test. **Per 2025/26 USFS Rulebook (Rule 8361), any standard solo free dance test may be taken only after the candidate has completed the corresponding level required prerequisites.**

### 2026 Pattern Dance Selection for Intermediate:

**Tango (2) sequences - All Competitors skate Seq. 1, A-Steps and Seq. 2, B-Steps**

### Free Dance Requirements for Intermediate: 1:50 +/- 10 seconds

The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.	
<b>Edge Elements</b>	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
<b>Spin</b>	<b>One (1) Dance Spin, but no more.</b> - Specifications for Season 2026 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  *Flying Spins or Flying Entries are illegal elements.
<b>Choreographic Character Step Sequence (ChSt)</b>	<b>One (1) Choreographic Character Step Sequence</b> performed on the long axis and started with a stop or skidding movement.  <b>Not permitted:</b> Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met.
<b>Sequential Twizzle Series (SqTw)</b>	<b>One (1) Set of Sequential Twizzles.</b> Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, <b>hop on one foot</b> , and/or transfer of weight while on two feet between twizzles is considered as a step).
<b>Choreographic Element</b>	<b>One (1) additional chosen from the following</b> <ul style="list-style-type: none"> <li>• Choreographic Sliding Movement</li> <li>• Choreographic Spinning Movement</li> <li>• Choreographic Twizzling Movement</li> </ul>
<b>Maximum Level</b>	<b>Up to Level 3 will be considered for Level.</b>

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

## NOVICE COMBINED EVENT:

Test qualifications as of April 1, 2026, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least one dance of the standard Silver solo or standard Silver partnered pattern dance test or have passed the standard solo or partnered Silver free dance test. **Per 2025/26 USFS Rulebook (Rule 8361), any standard solo free dance test may be taken only after the candidate has completed the corresponding level required prerequisites.**

### 2026 Pattern Dance Selection for Novice:

**Quickstep (2) sequences + ChSt Exit \* See diagram in Appendix A for specifications.**

### Free Dance Requirements for Novice: 2:20 +/- 10 seconds

<p>The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline. <b>Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate.</b></p>	
<b>Edge Elements</b>	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
<b>Spin</b>	<b>One (1) Dance Spin, but no more.</b> Specifications for Season 2026 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  *Flying Spins or Flying Entries are illegal elements.
<b>Step Sequence</b>	<b>One (1) Style B</b> Midline, Diagonal, or Circular  <b>Note:</b> The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen. <b>Not permitted:</b> stops, loops, and retrogressions.  <b>Note:</b> The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <b><u>However, if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel and considered a retrogression by the judges.</u></b>
<b>Sequential Twizzle Series (SqTw)</b>	<b>One (1) Set of Sequential Twizzles.</b> Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, <b><u>hop on one foot</u></b> , and/or transfer of weight while on two feet between twizzles is considered as a step).
<b>Choreographic Elements</b>	<b>Two (2) chosen from the following:</b> <ul style="list-style-type: none"> <li>• Choreographic Character Step Sequence (started with a stop or skidding movement)</li> <li>• Choreographic Sliding Movement</li> <li>• Choreographic Spinning Movement</li> <li>• Choreographic Twizzling Movement</li> </ul>
<b>Maximum Level</b>	<b>Up to Level 4 will be considered for Level.</b>

## JUNIOR COMBINED EVENT:

Test qualifications as of April 1, 2026, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed at least two dances of the standard Pre- Gold solo or standard Pre-Gold partnered pattern dance test or have passed the standard Pre-Gold solo or partnered free dance test. **Per 2025/26 USFS Rulebook (Rule 8361), any standard solo free dance test may be taken only after the candidate has completed the corresponding level required prerequisites.**

### Rhythm Dance Requirements for Junior:

<b>Duration</b>	<b>2:50 +/- 10 seconds</b>
<b>Music Requirements</b>	<p>The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is “<b>The Music, Dance Styles and Feeling of the 1990s</b>”. The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/ Theme mentioned above as well as the Required Characteristics mentioned below.</p> <p>Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock. <b>Required Characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s.</b> What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>- Remixed and/or remastered music, including cover versions, is permitted.</li> <li>- Music created via AI in the “Style of 1990’s” is also permitted.</li> <li>- The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade.</li> <li>- <b>The Rhythm Dance should NOT be skated in the style of a Free Dance.</b></li> <li>- To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</li> </ul> <p>Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.</p>
<b>Edge Element</b>	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
<b>Step Sequence</b>	<p><b>One (1) Step Sequence, Style B.</b></p> <ul style="list-style-type: none"> <li>• Skated to any dance style of the prescribed decades.</li> <li>• Chosen pattern may ONLY be Midline or Diagonal.</li> <li>• Touching the ice with any part of the body is allowed but not longer than 5 seconds each time.</li> <li>• Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</li> </ul> <p><b>Not permitted:</b> Loop(s) or Retrogression(s)</p> <p><b>Note:</b> The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <b><u>However, if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel and considered a retrogression by the judges.</u></b></p>

<p><b>Sequential Twizzle Series (SqTw)</b></p>	<p><b>One (1) Set of Sequential Twizzles.</b> Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, <b>hop on one foot</b>, and/or transfer of weight while on two feet between twizzles is considered as a step).</p> <p><b>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</b></p>
<p><b>Pattern Dance Elements</b></p> <p><b>1RH followed by 1QS</b></p>	<p><b>One (1)</b> Sequence of the Rhumba immediately followed by one <b>(1)</b> Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with a <b>consistent tempo</b>: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time. The first step of the dance must be skated on beat one of a musical phrase.</p> <p>1RH (Steps #1-16) and 1QS (Steps #1-18) in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix A.</p> <p>Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side.</p> <ul style="list-style-type: none"> <li>• 1RH must be skated in accordance with the beats per steps outlined in Appendix A at the end of this Handbook.</li> <li>• 1QS must be skated in accordance with the beats per steps described in the USFS Rulebook</li> </ul> <p>Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value.</p> <p><b>See Pattern Dance Appendix A for Key Points and diagrams.</b></p>
<p><b>Additional Information</b></p>	<p>Pattern:</p> <ul style="list-style-type: none"> <li>• The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier.</li> <li>• <b>In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Elements.</b></li> <li>• Loops in any direction that do not cross the long axis are permitted.</li> </ul> <p>Stops:</p> <ul style="list-style-type: none"> <li>• After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>• During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.</li> <li>• <b><u>A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop.</u></b></li> </ul> <p>Touching the ice with hands:</p> <ul style="list-style-type: none"> <li>• Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season’s requirements. The exception this season is in the Style B Step Sequence.</li> </ul> <p>Note: Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.</p>

## Free Dance Requirements for Junior:

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

## SENIOR COMBINED EVENT:

Test qualifications as of April 1, 2026, or when the skater submits their registration to be a solo dance series participant, whichever date is earliest. Skaters must have passed the standard solo or standard partnered Gold pattern dance test or have passed the standard Gold solo or partnered free dance test. **Per 2025/26 USFS Rulebook (Rule 8361), any standard solo free dance test may be taken only after the candidate has completed the corresponding level required prerequisites.**

### Rhythm Dance Requirements for Senior:

Duration	2:50 +/- 10 seconds
Music Requirements	<p>The theme and music selected for the Rhythm Dances for both Junior and Senior for the season 2025/26 is <b>“The Music, Dance Styles and Feeling of the 1990s”</b>. The Rhythm Dance for the 2025/2026 season takes inspiration from the <b>high energy</b> and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/ Theme mentioned above as well as the Required Characteristics mentioned below.</p> <p>Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock.  <b>Required Characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s</b> What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom.</p> <p>Notes:  - Remixed and/or remastered music, including cover versions, is permitted.  - Music created via AI in the “Style of 1990’s” is also permitted.  - The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade.  - <b>The Rhythm Dance should NOT be skated in the style of a Free Dance.</b>  - To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</p> <p>Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.</p>
Edge Element	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Step Sequence	<p><b>One (1) Step Sequence, Style B.</b></p> <ul style="list-style-type: none"> <li>• Skated to any dance style of the prescribed decade.</li> <li>• Chosen pattern may <b>ONLY</b> be Midline or Diagonal.</li> <li>• Touching the ice with any part of the body is allowed but not longer than 5 seconds.</li> <li>• Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</li> </ul> <p><b>Not permitted:</b> Loop(s) or Retrogression(s)</p> <p><b>Note:</b> The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <b><u>However, if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel and considered a retrogression by the judges.</u></b></p>
Sequential Twizzle Series (SqTw)	<p><b>One (1) Set of Sequential Twizzles.</b> Two twizzles skated one after the other with up to one step in between twizzles. (Each push, including a scooter push, <b><u>hop on one foot</u></b>, and/or transfer of weight while on two feet between twizzles is considered as a step).</p> <p>May be skated anywhere in the program except in the required step sequence or PSt.  <b>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</b></p>

<p><b>Choreographic Rhythm Sequence (ChRS)</b></p>	<p><b>One (1) Choreographic Rhythm Sequence</b> – Skated to any Dance Style from the 1990s.</p> <p><b>Pattern:</b> The skater performs steps around the short axis and must proceed from barrier to barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier. <b><u>If the skater does not use the short axis in any way, for example they do the entire ChRS near the blue line, this element will be ignored.</u></b></p> <p><b>Stops</b> – One (1) at the beginning, <b>during</b> or end of the element for no more than 5 seconds. (This will count as one (1) of the permitted stops) <b><u>A stop performed at the beginning or end of the ChRS will be considered as part of the element.</u></b> Performing steps/movements in a small circular pattern during a Stop is not considered as a retrogression.</p> <p><b>Not Permitted:</b> Loop(s) and Retrogression(s) (Not Permitted items are assessed in Judges’ GOE)</p>
<p><b>Pattern Dance Type Step Sequence (PSt)</b></p>	<p><b>One (1) Pattern Dance Type Step Sequence – Style D</b></p> <p><b>Rhythm:</b> Skated to any dance style chosen from the 90s – minimum of 120 beats per minute in 2/2, 2/4 or 4/4 time.</p> <p><b>Duration:</b> any exact number of musical phrases</p> <p><b>Pattern:</b> Circular shape</p> <ol style="list-style-type: none"> <li>Starting with a Choreographic Spin (<b>ChSp</b>) for at least <b>two</b> revolutions, <b>in either direction</b>, on two feet or a combination of two feet and one foot but not one foot alone for three revolutions. This <b>ChSp</b> must be performed on the Judges’ side and must cross the short axis during the element. This should travel some, but part may be in place and not count as a stop. See page</li> <li>Continuing the PSt including the four different difficult turns (listed below).</li> <li>Concluding the PSt with the skater closing the circular shape in front of the Referee <b>around</b> the short axis by performing a Helicopter type movement (refer to the definition below).</li> <li>Technical Requirements: Forward Outside Mohawk, Back entry Bracket, Back entry Rocker and Counter.</li> </ol> <p><b>Note for Timing:</b> All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge to be considered for level. This would also be an error to consider in the GOE for the judges if not done correctly.</p> <p><b>Not permitted:</b> Stop(s), Loop(s) and Retrogression(s).</p> <p><b>Note:</b> The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <b><u>However, if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel and considered a retrogression by the judges.</u></b></p> <p><b>Helicopter type movement:</b> A movement skated in any direction executing double three turns of at least one full revolution with the free leg extended and elevated at 45 degrees or higher to the side, back, in front or any combination.</p>
<p><b>Additional Information</b></p>	<p><b>Pattern:</b></p> <ul style="list-style-type: none"> <li>The pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier.</li> <li>In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element.</li> <li>Loops in any direction that do not cross the long axis are permitted.</li> </ul> <p><b>Stops:</b></p> <ul style="list-style-type: none"> <li>After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.</li> <li><b><u>A Dance Spin or Choreographic Spinning Movement that does not travel will be considered as a stop.</u></b></li> </ul> <p><b>Touching the ice with hands:</b></p> <ul style="list-style-type: none"> <li>Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season’s requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation.</li> </ul> <p><b>Note:</b> Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.</p>

## Free Dance Requirements for Senior:

<b>Duration</b>	<b>3:30 +/- 10 seconds</b>
<b>Music</b>	Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program.  <b>Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.</b>
<b>Edge Elements</b>	<b>Two options:</b> 1) <b>One (1) Combination Edge Element plus one Short Edge Element</b> of a different Type than performed in the combination. <b>OR</b> 2) <b>Three (3) different Types of Short Edge Elements.</b> (Spiral Type maybe be repeated once with different positions in each.)  Combination Edge Element may not exceed thirteen ( <b>13</b> ) seconds in total. Short Edge Elements may not exceed eight ( <b>8</b> ) seconds.
<b>Spin</b>	<b>One (1) Dance Spin, but no more.</b>  Minimum of three revolutions on one foot with or without change(s) of foot by the skater. *Flying Spin or Flying Entries are illegal elements.
<b>Step Sequence</b>	<b>One (1) Step Sequence, Style B</b> , from the following list: serpentine, circular, midline or diagonal.  The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence as a Choreographic Element.  <b>Not permitted:</b> Stop(s), Loop(s) and Retrogression(s).  <b>Note:</b> The entry or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <b><u>However, if a difficult turn is executed during a retrogression with both entry and exit edge, it will not be considered for level by the Technical Panel and considered a retrogression by the judges.</u></b>
<b>One Foot Turns Sequence</b>	<b>One (1), One Foot Turns Sequence</b> to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle considered for levels 1 and 2, and Double Twizzle considered for levels 1 - 4).
<b>Solo Twizzle Series (SoTw)</b>	<b>One (1) Solo Twizzle Series.</b> At least two steps between 1 <sup>st</sup> and 2 <sup>nd</sup> twizzle are required but no more than four steps between twizzles. (Each push, including a scooter push, <b>hop on one foot</b> and/or transfer of weight while on two feet between twizzles is considered as a step.)  <b>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for level in the RD.</b>
<b>Choreographic Elements</b>	<b>Three (3) Different Choreographic Elements to be selected from the following:</b> <ul style="list-style-type: none"> <li>• Choreographic Character Step Sequence (started with a stop or skidding movement) <b>Note: must be a different pattern than StSq or will receive “!”</b></li> <li>• Choreographic Sliding Movement</li> <li>• Choreographic Spinning Movement</li> <li>• Choreographic Twizzling Movement (can only be performed after required Twizzles)</li> </ul>

**2026**  
**Technical Rules**  
**and Level**  
**Requirements**

## BASIC PRINCIPLES OF CALLING APPLICABLE TO ALL REQUIRED ELEMENTS

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

# PATTERN DANCE

## DEFINITIONS

**Note: Internationally, a C Step is known as a Mohawk, and an S Step is known as a Choctaw. Pattern Dance definitions and Key Points are written using the new terminology, but the 2026 Solo Series diagrams are unchanged as U.S. Figure Skating continues to update materials.**

### Change of Edge

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

### Edge

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

### **C Step (Mohawk)**

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

### **Open C Step (Mohawk)**

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

### **Closed C Step (Mohawk)**

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

### **Open S Step (Choctaw)**

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

### **Closed S Step (Choctaw)**

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

### **Cross Roll (forward/backward) (CR)**

A roll started with the action of the free foot approaching the skating foot from the side and passing continuously the skating foot on the ice to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a “rolling movement”. Following this movement, an outside edge is required.

### **Cross Stroke (XS)**

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

### **Crossed Step In Front (XF)**

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

### **Crossed Step Behind (XB)**

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

### **Swing S Step (Choctaw)**

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

### **Sequence of Pattern Dance**

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

### **Slip Step**

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

### **Swing Rocker or Counter**

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

## Swing Roll

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

## Three Turn

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

## Shadow Dance Cross Tracking

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

## Correct Turn/Correct Step

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

## Interruption

An interruption is the result of an obvious error, ie; stumble or loss of balance where one or more steps of the dance are partially or fully missing. This does not include a step held for the wrong number of beats. A completely wrong step may be considered an interruption however a poorly executed step or an incorrect free leg action shall not be considered an interruption.

## ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

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

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

## Additional Principles of Calling

Applicable to Pattern Dance Elements:

- If a Fall or Interruption occurs at the entrance to or during a Pattern Dance Element and the Element is immediately resumed, the Element shall be identified and given a Level according to the requirements met before and after the Fall or Interruption or ignored if the requirements for Basic Level are not met.
- If a Skater starts on the wrong side of the rink, the Referee must blow the whistle immediately and have them restart on the correct side. The TC may alert the Referee by headset if the Referee doesn't notice it. If the whistle is not blown, the Technical Panel will call each pattern with no penalty to the Skater. **(This does not apply to the Pattern Dance Element in the RD in which case the element would be ignored if started on the wrong side)**
  - The process used by the Technical Panel to identify Key Points and their correct execution is the same process as for identification of Required Elements and Levels (i.e. by majority). Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as:
    - "Yes": meaning, "all Key Point Features are met and all Edges/Steps are held for the required number of beats", or
    - "Timing": meaning, "all Key Points Features are met but one or several Edges/Steps are not held for the required number of beats", or
    - "No": meaning, "one or several Key Point Features are not met, whether or not Edges/Steps are held for the correct number of beats" or the Key Point is not identified due to a fall or interruption, or
    - "X": meaning a Key Point was not attempted.
  - If the Pattern Dance Element is interrupted one (1) measure or less (4 or 6 beats based on the PDE) – the key points are called as identified and the level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less. **(The level cannot be lowered below a level 1 if 75% of the dance has still been completed)**
  - If the Pattern Dance Element is interrupted more than one (1) measure (4 or 6 beats based on the PDE) but 75% of the steps are completed, the key points are called as identified and the level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one measure. **(The level cannot be lowered below a level 1 if 75% of the dance has still been completed)**
  - For Pattern Dance Elements, an interruption may be, but is not limited to, Fall(s), missing step(s), touchdown(s), etc...
  - Evaluating the percentage of steps for Pattern Dances is based on the total number of steps completed.
  - A Pattern Dance sequence that does not have 50% of the steps completed to meet the requirement for a basic level will be ignored and will not take up a box.

## Characteristics of Levels for Shadow Events

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

## Characteristics of Levels for All Pattern Dances and the Pattern Dance Elements in the Rhythm Dance

Basic Level	Level 1	Level 2	Level 3	Level 4
<u>50% of the Pattern Dance Element is completed</u>	<u>75% of the Pattern Dance Element is completed</u>	<u>75% of the Pattern Dance Element is completed</u> <u>AND</u> <u>1 Key Point is correctly executed</u>	<u>90% of the Pattern Dance Element is completed</u> <u>AND</u> <u>2 Key Points are correctly executed</u>	<u>100% of the Pattern Dance Element is completed without interruption</u> <u>AND</u> <u>3 Key Points are correctly executed</u>

## ADDITIONAL DEFINITIONS, SPECIFICATIONS AND NOTES

### Key Points:

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

## SOLO VARIATION PATTERN DANCE

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

### Characteristics of Levels for Variation Sequence for Variation Pattern Dance:

Basic Level	Level 1	Level 2	Level 3	Level 4
No more than 50% of the pattern in total may be interrupted and at least <b>75% must be an original creation</b> and not from an existing pattern dance or the element will receive no level.	<u>No more than 25% of the pattern in total may be interrupted</u>	<u>No more than 25% of the pattern in total may be interrupted</u>  <u>And</u>  <b><u>1 Required Turn executed correctly</u></b>	<u>No more than 10% of the pattern in total may be interrupted</u>  <u>And</u>  <b><u>2 Required Turns executed correctly</u></b>	<u>100% of the pattern must be completed</u>  <u>And</u>  <b><u>3 Required Turns executed correctly</u></b>

**\*Note: All turns must be executed as published for the Key Point to be awarded (e.g., a single twizzle means 1 rotation only). No credit for a double twizzle.**

# DANCE SPINS

## DEFINITION

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

## ADDITIONAL PRINCIPLES OF CALLING FOR SPINS

1. The first performed Dance Spin shall be identified as the Required Dance Spin, classified as Dance Spin, and given a Level, or ignored if the requirement for Basic Level are not met. Subsequent Dance Spins of three or more rotations shall be identified as an "Extra Element", will receive the abbreviation DSp+ExEI. It indicates that the element receives No Value, it occupies a box and will receive a -1 Point deduction for Junior and Senior or -0.5 for all Novice levels.
2. A Change of direction or one foot turns on the spot before resuming the rotations shall not be considered as an interruption.
3. If a Fall or Interruption occurs at the attempt of a Dance Spin before the requirements for Basic Level have been fulfilled and the Dance Spin is resumed, the Dance Spin shall be identified and given a Level according to what is executed after resumption.
4. **If a Fall or Interruption occurs during a Dance Spin, the Dance Spin shall be identified and given a Level according to the requirements met before the Fall or Interruption. If the spin is resumed to fill up time it shall be ignored and not considered for level.**
5. A Dance Spin must be performed on the spot and not significantly traveling across the ice for the entire movement, or it will be considered as a Twizzle and part of the choreography.
6. A flying entry is an illegal element. A Dance Spin with a flying entry will be called and receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled.
7. **If a Skater has a touch down during the Dance Spin due to a Loss of control, or the Skater performs a push without changing feet, the Level will be reduced by one Level. A push without a change of foot will be considered as a touch down. A touch down of more than ½ rotation will be considered an interruption.**
8. A Dance Spin performed in the Rhythm Dance will be ignored by the Technical Panel.
9. A Difficult Variation shall be considered for Level when held for at least 3 continuous rotations.
10. A Jump within a Dance Spin is not permitted unless not more than a half rotation as part of an exit.

## ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

### BASIC POSITIONS IN SOLO DANCE SPINS

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

## DIFFICULT FEATURES

### Difficult Variations of Basic Upright Positions (examples)

- “**Biellmann**” type—body upright with the heel of the boot pulled by the hand behind and above the level of the head.
- Full layback** with upper body arched back from the waist towards the ice or sideways with upper body bent to the side from the waist towards the ice.
- Split** with both legs straight and the boot/skate of the free leg held up higher than the head.
- Upper body arched back or sideways** with free foot almost touching the head in a full circle (doughnut/ring: maximum of half a blade length between head and blade)
- Charlotte: Upper body bent forward with head close to touching the skating leg, (less than 45 degrees between torso and skating leg) which should be mostly straight. Free leg position is optional.**

### Difficult Variations of Basic Sit Positions (examples)

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

### Difficult Variations of Basic Camel Positions (examples – must be in one position for 3 rotations)

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

### Difficult Variations of Entries and Exits

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

### Different Direction of Spinning Rotation

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

### DIFFICULT FEATURES – Notes:

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

**Notes:**

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

**Characteristics of Levels for Dance Spins**

<b>Basic Level</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
At least three rotations continuously on one foot	At least three rotations continuously on one foot	At least three rotations continuously on one foot	At least three rotations continuously on one foot	At least three rotations continuously on one foot
	One (1) Difficult Variation from any Basic Position	Two (2) Different Difficult Variations from any Two (2) Different Basic Positions	Three (3) Different Difficult Variations from three (3) Different Basic Positions	Four (4) Different Difficult Variations from three (3) Different Basic Positions
	OR	OR	OR	OR
	Different direction of spinning rotation	One (1) Difficult Variation from any Basic Position and Different direction of spinning rotation	Two (2) Different Difficult Variations from two (2) Different Basic Positions and Different direction of spinning rotation	Three (3) Different Difficult Variations from three (3) Different Basic Positions and Different direction of spinning rotation <b><u>which must include a Difficult Variation</u></b>
				OR
				Three (3) Different Difficult Variations from Three (3) Different basic positions AND entry or exit

# DANCE EDGE ELEMENTS

## DEFINITIONS

### Short Edge Element

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

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

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

### Combination Edge Element

A Combination Edge Element consists of two Short Edge Elements performed consecutively that progress on two separate curves to form a serpentine-like (S-shaped) pattern. The short edge element on each lobe must be sustained, in position, for at least three (3) seconds to be considered for level, but a Combination Edge Element may not exceed thirteen (13) seconds in total. A change of position is not required for each part of the Combination Edge Element. A change of foot is permitted between each Short Edge Element with no more than 2 steps\* between each part. A turn on the entry or exit is permitted. The primary focus is on the quality of edge for each part, and the secondary focus is on the positions attained.

**\*If there are more than 2 steps between each part of the Combination Edge Element, it will be called as two Short Edge Elements and occupy two boxes.**

### Spiral Type Edge Element - (SpEe)

A Spiral is a position with one blade on the ice and the free leg (**including knee and foot**) are higher than the hip level. Spiral positions may be classified according to the position of the free leg (extended to back, sideways, in front, split, etc.) An Attitude, a pose on one leg with the other lifted in back, the knee bent at an angle of 90 degrees and well turned out so that the knee is higher than the foot, is also considered a Spiral Type Edge Element.

### Crouch Type Edge Element – (CrEe)

A two-footed movement in which a skater travels along the ice with two knees bent (thighs at least parallel to the ice) or with one knee bent (thigh at least parallel to the ice) and one leg extended to the side, back or front. **(A simple Lunge is not considered as an Edge Element, but as choreography.)**

A Shoot the Duck on one foot with the skating leg in a bent position and the skating thigh at least parallel to the ice with the free leg directed forward parallel to, and off the ice.

**Note: Inside Spread Eagles in a full crouch will be considered a Crouch Type Edge Element and an Outside Spread Eagle in a crouch position will be considered as a Spread Eagle Type Edge Element.**

### Spread Eagle Type Edge Element - (SeEe)

A two-footed movement in which a skater travels along the ice with one foot on a forward edge/ tracing and the other on a matching backward edge/tracing on the same curve. Only a Spread Eagle skated on an outside edge will be considered as an Edge Element when performed as a Short Edge Element. A Spread Eagle skated on an inside edge will only be considered as an Edge Element when performed as a crouch Type or the **second** part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. An inside Spread Eagle will not be considered for difficult exit for an Edge Element.

### Ina Bauer Type Edge Element – (IBEe)

A two-footed movement in which a skater travels along the ice, on a curve, with one foot on a forward edge/tracing and the other on a matching backward edge/tracing on a different but parallel tracing.

## ADDITIONAL PRINCIPLES OF CALLING

### Applicable to all Edge Elements:

- If an edge element is sustained for less than 3 seconds, this shall not be identified.
- The Edge Element type receives a level according to the requirements met or ignored if the requirements for Basic Level are not met.
- The first performed Edge Element(s) shall be identified as the required Edge Element(s) and given a Level or ignored if the requirements for Basic Level are not met. Subsequent Edge Element(s) which fulfill the minimum requirements for “Basic” level shall be identified as an Edge Element classified as an “extra element”, will receive the abbreviation e.g. SpEe+ExEI. It indicates that the element receives No Value, it occupies a box and will receive a -1 point deduction for Junior and Senior or -0.5 points for all Novice levels.
- If a Fall or Interruption occurs at the attempt of an Edge Element and it did not fulfill the requirements for Basic Level, the 2<sup>nd</sup> attempt will be considered for level.
- Any Edge Element(s) or part of a Combination Edge Element of a repeated Type shall be classified as “not according to requirements” and will receive the abbreviation \* (e.g., CrEe\*). It indicates that the element receives No Value, it occupies a box, and it will count as an Edge Element. This does not apply to:
  - The second part of a Combination Edge Element (composed of two Short Edge Elements on two curves forming a serpentine pattern) may repeat the type.
  - If the position within the Combination Edge Element is repeated, it will be considered for level in both parts of the element when using the Change of Edge feature to connect both parts of the Edge Element and the position must be maintained throughout the Change of Edge.
  - A maximum of two Spiral type Edge Elements can be used whether within a combination edge element, or as two short edge elements, or as one part of a combination element and as a short edge element. When the two Spiral type Edge Elements are not both within the same combination edge element, using the Change of Edge Difficult Feature, they must be in different positions.
- Any Edge Element of a Type, not according to the Required Elements for Rhythm Dance or the Well-Balanced Free Dance Program which fulfill the minimum requirements for Basic Level shall be classified as an element not according to the requirements, will receive the abbreviation\* (e.g. CrEe\* (if the Type of Edge Element can be identified) or Ee\* (if the Type of Edge Element cannot be identified)). It indicates that the element receives No Value, it occupies a box, and it will count as a Dance Edge Element(s)
- A chosen example of a Difficult Position shall be considered for Level only the first time it occurs. (Except for repeating a position when using the Change of Edge feature in a Combination Edge Element while maintaining the position through the Change of Edge)
- If a Fall or Interruption occurs during an Edge Element, the element shall be identified and given a Level according to the requirements met before the Fall or interruption or ignored if the requirements for Basic Level are not met. If the skater continues the Edge Element after the Fall for the purposes of filling time, this will not be considered as “not according to the requirements.
- If a loss of control with additional support (touch down by hand(s)) occurs after an edge element has commenced and continues after the touchdown (without interruption), its level shall be reduced by 1 per touch down (in a combination edge element only the level of the short edge element where the touchdown occurred shall be reduced by 1 level).
- Inside Spread Eagles will not be considered as an Edge Element and only considered basic choreography unless it is the second part of a Combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle. Inside Spread Eagles in a full crouch however will be identified as a Crouch Type Edge Element if the crouch is clearly established with the thighs at least parallel to the ice.
- Inside Spread Eagles will not be considered as a difficult exit for an Edge Element.

### **Applicable to Combination Edge Elements:**

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

### **ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES**

#### **Difficult Positions/Features:**

#### **Spiral Type Difficult Positions – must be held for 3 seconds to be considered for level:**

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

**Note: Examples a) (Split, held and extended behind the upper body), and d) (Kerrigan) shall be considered as the same Difficult Position.**

**Crouch Type Difficult Position - must be held for 3 seconds to be considered for level:**

Hydroblade: A movement done almost level with, and parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it will be considered a Choreographic Sliding Movement when the Choreographic Sliding Movement is an option as one of the elements to be skated or penalized if the movement violates any other rules.

**Spread Eagle Type Difficult Position - must be held for 3 seconds to be considered for level:**

Any Outside Spread Eagle. (Inside Spread Eagle only considered an Edge Element when used as 2nd part of a combination Edge Element following an Outside Spread Eagle and changing edge to the Inside Spread Eagle)

**Ina Bauer Type Difficult Position - must be held for 3 seconds to be considered for level:** Any Outside Ina Bauer. (An inside Ina Bauer is not considered difficult.)

**Entry Features:**

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

**Exit Features:**

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

**Arm/Upper Body Features:**

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

## **Combination Dance Edge Element Additional Features:**

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

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

## Characteristics of Levels for Dance Edge Elements

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

### Adjustments to Level

- During an Edge Element, any deviation from the established edge will reduce the level by "1" by the Technical Panel. The element will still receive a Basic Level only if the requirements for a Basic Level are met. (a small deviation following an entry feature or just prior to an exit feature shall be ignored)
- **If an Edge Element is done entirely on a flat (straight line), the element will receive a Basic Level, regardless of any features attained.**

# TWIZZLES

## ADDITIONAL PRINCIPLES OF CALLING

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

## ADDITIONAL DEFINITIONS, SPECIFICATIONS, AND NOTES

### Twizzle Features (groups of examples)

#### Group A – (Hands, including wrists)

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

#### Group B – (Skating Leg and Free Leg)

1. Coupé in front, side or behind with free foot in contact with the skating leg in at least 45 degrees open hip position.
2. Holding the blade or boot of the free foot.
3. Free foot crossed behind the skating foot and close to the ice.
4. Free leg extended or bent with more than 45 degrees from the inner thigh to the vertical axis.
5. Sit position (at least **120 degrees** between the thigh and shin of the skating leg).
6. Changing the level of the skating leg (knee) with a continuous wave (up/down) motion.

#### Group C – (Upper Body, Entry and Exit)

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

## NOTES ON ADDITIONAL FEATURES

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

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

## Characteristics of Levels for Twizzle Elements

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

# STEP SEQUENCES

## ADDITIONAL PRINCIPLES OF CALLING

### Applicable to Step Sequences:

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

### Characteristics of Levels for Style B Step Sequence Element:

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

Note: **Only the first attempt of each difficult turn will be considered for level.** List of difficult turns for consideration: Rocker, Counter, Bracket, Twizzle for Level 1 and 2, Double Twizzle for Levels 1-4, Forward Outside C Step or S Step.

## Pattern Dance Type Step Sequence (PSt)

### ADDITIONAL PRINCIPLES OF CALLING PATTERN DANCE TYPE STEP SEQUENCES

1. The pattern must meet the requirements for the season. The basic steps should look very much like a Pattern Dance.
2. The PSt will end at the location designated in the Rhythm Dance requirements.
3. The following four different Difficult Turns will be considered for level: Back Entry Rocker, Counter, Back Entry Bracket, Forward Outside C Step. Only the first attempt will be considered for level **and only two (2) beats per entry and exit edge are allowed.**
4. The music must obey the requirements as listed in the Rhythm Dance Requirements. (For judges only)
5. An Edge Element that meets the requirements for a Basic Level occurs within a PSt when not permitted will be identified as an Extra Element(s) ExEI and receives a deduction e.g. PSt2+ExEI.
6. \*Not permitted in the PSt:
  - Loop (s), Retrogression(s), Spin(s), Stop(s)
  - Jumps (small toe hops with no rotation, if appropriate for the music, are allowed)

**\*Note – Only 50% of the pattern needs to be complete for the technical panel to identify the PSt. Any other errors are considered by the judges and reflected in the GOE. Not Permitted movements are also penalized by the judging panel, not the technical panel.**

### Characteristics of Levels for Pattern Dance Step Sequence Element:

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

# ONE FOOT TURNS SEQUENCE

## ADDITIONAL PRINCIPLES OF CALLING

1. One Foot Turns Sequence consists of Difficult Turns performed on one foot.
2. The One Foot Turns element shall be identified when all four turns have been attempted or the skater has missed one (1) or two (2) turns due to an error.
3. Two difficult turns used as part of choreography or as an entry into or exit out of another element shall not be identified as a One Foot Turns Sequence.
4. Additional One Foot turns and power-pulls may be included.
5. If a loss of control with additional support occurs during the One Foot Turns Sequence and continues without interruption, its Level shall be reduced by one Level per error.
6. If a Fall or Interruption occurs during a One Foot Turns Sequence and the Element is immediately resumed, the element shall be identified and given a Level according to the requirements met before the Fall or Interruption or ignored if the requirements for Basic Level are not met.
7. Hops/jumps landing on the same foot during the One Foot Turns Sequence are permitted.

## Additional Definitions, Specifications to Definitions and Notes

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

### Notes:

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

## Characteristics of Levels for One Foot Turns Sequence Element

Basic Level	Level 1	Level 2	Level 3	Level 4
At least <b>2 Types</b> of One Foot Turns are executed  <u>(All 4 turns should be attempted unless 1 or 2 are missed due to an error)</u>	<b>1 Type</b> of One Foot Turns correctly executed	<b>2 different Types</b> of One Foot Turns correctly executed	<b>3 different Types</b> of One Foot Turns correctly executed	<b>ALL 4 different</b> Types of One Foot Turns correctly executed  AND  All Turns are <b>100% clean</b>

# DEFINITIONS OF CHOREOGRAPHIC ELEMENTS

## Choreographic Spinning Movement:

Can be performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or traveling.

The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee/boot (but not two knees).
- If a skater performs a pause within the first three (3) rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).

## Choreographic Twizzling Movement:

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

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

## Choreographic Character Step Sequence:

The following requirements apply:

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

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

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

## Choreographic Rhythm Sequence (Senior RD – For Season 2026)

The following requirements apply:

- Performed anywhere in the program and skated to any dance style.
- Pattern - Skater will perform steps around the short axis and must proceed from barrier to barrier. Skater must be no more than two (2) meters from either barrier.
- Stop – Only 1 at the beginning, **during or** end of the element for no more than 5 seconds. (this will count as one of the permitted stops)
- No retrogressions or loops permitted. (During a stop, movements in any direction away from the point of origin up to approximately one (1) meter, will not be considered a retrogression).

## **ADDITIONAL PRINCIPLES OF CALLING**

### **Choreographic Character Step Sequence/Choreographic Rhythm Sequence:**

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

### **Choreographic Sliding Movement:**

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

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
- Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered as a Fall as long as no additional support is required.
- Performing a simple lunge movement will not be considered a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel, i.e. on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

## **ADDITIONAL PRINCIPLES OF CALLING – ALL CHOREOGRAPHIC ELEMENTS**

- Any Choreographic Element/Movement combined with another Required Element as an 'Entry' or 'Exit' feature will not be considered by the Technical Panel as a required Choreographic Element/Movement. It will only be considered by the Technical Panel as an 'entry' and/or 'exit' feature.
- Only the first performed required number of different Choreographic Elements shall be identified as the required Choreographic Elements. Subsequent Choreographic Step Sequences will not be identified and considered as choreography by the Judges panel.
- If there is an illegal element(s)/movement(s)/pose(s) during the execution of any Choreographic Element, the deduction for an illegal element(s) /movement(s) / pose(s) will apply and the element will be confirmed.

## HOW TO IDENTIFY AND CONFIRM CHOREOGRAPHIC ELEMENTS

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

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

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

### EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER

Symbol	Action	Explanation
<	Reduce by 1 Level: interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE) the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details chart as: "<" to indicate an interruption of one (1) measure or less. <u>(Cannot go below a level 1 if 75% of the dance is complete)</u>
<<	Reduce by 2 Levels: interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details chart as: "<<" to indicate an interruption of more than one (1) measure. <u>(Cannot go below a level 1 if 75% of the dance is complete)</u>
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
<b>ExEI</b>	-1.0 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEI" will be added and the element receives a deduction.  For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receive a deduction: ChSt1+ExEI
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
<b>F</b>	Fall in Element -1.0 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Data Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall
<b>Fx</b>	Multiple Falls in Element	If there are multiple Falls (Fx) within an Element, this is identified by the Technical Specialist as a Fall in Element and Data Operator pushes the respective button "Fall in Element".
<b>!</b>	Choreo Element is identified and does not fulfill all requirements.	If Choreographic Element is identified and does not fulfill all the requirements, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart.

# ILLEGAL ELEMENTS and MOVEMENTS/FALLS

## Fall

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

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

## Illegal Elements / Movements / Poses

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

- Jumps of more than half (1/2) revolution (including Back Flips)
- 2 or more consecutive 1/2 rotation jumps (jumps are not consecutive if there are two or more steps in-between)
- Lying or sitting on the ice (except where permitted)
- Toe Assisted Split Jumps of any kind. (A Ballet Jump where the skater takes off and lands on the same toe with less than 1/2 rotation will be considered a hop and not a split jump, unless the Ballet Jump is done so the thighs are spread equal to, or more than 90 degrees, in which case it would be illegal)
- Edge Split jumps more than 90 degrees at the thighs. (Split Jumps with an edge take off where the legs at the thigh are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.)
- Flying entries for Dance Spins
- Illusions\*

### \*Definition Illusion:

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

**Note:** If there is an illegal element(s)/movement(s)/pose(s) anywhere in the program, it is identified and receives the appropriate deduction. If there is an illegal element(s)/movement(s)/pose(s) during the execution of any element, the element will receive a Level per the requirements performed or ignored if the minimum requirement for Basic Level is not fulfilled. The same principle and deduction will apply to Choreographic Elements (Confirmed or Ignored + the deduction) The deduction for an Illegal Element/Movement (2.0) will apply for Junior and Senior, 1.0 for Juvenile through Novice categories.

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

## Illegal Elements and Movements in Shadow, Pattern and Variation Dance

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

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

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

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

## Appendix A



# 2026 Pattern Dance Reference Materials

## Definitions & Diagrams with Key Points

**New this year: Referees may use an App called Auto BPM to time pattern dances. No other App is approved and using a stopwatch timing is still the standard for those who wish to.** If the tempo is off by a beat or two per minute, the stopwatch method should be used as a backup.

**Note: Touching the ice with **hand(s)** during any pattern dance, introduction or the exit is considered a choreographic violation.**

**Note: All skaters planning on competing at an international, pay attention to the maximum times for pattern dances as they are calculated differently than the U.S. dances.**

## DEFINITIONS

### Correct Edge:

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

### Correct Turn:

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

### Correct Foot Placement:

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

### Cross Rolls

Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement. The free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

### Interruption

**An interruption is the result of an obvious error, ie; stumble or loss of balance where one or more steps of the dance are partially or fully missing. This does not include a step held for the wrong number of beats. A completely wrong step may be considered an interruption however a poorly executed step or an incorrect free leg action shall not be considered an interruption.**

### Solo Series Dance Steps:

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

### A Steps:

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

### B Steps:

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

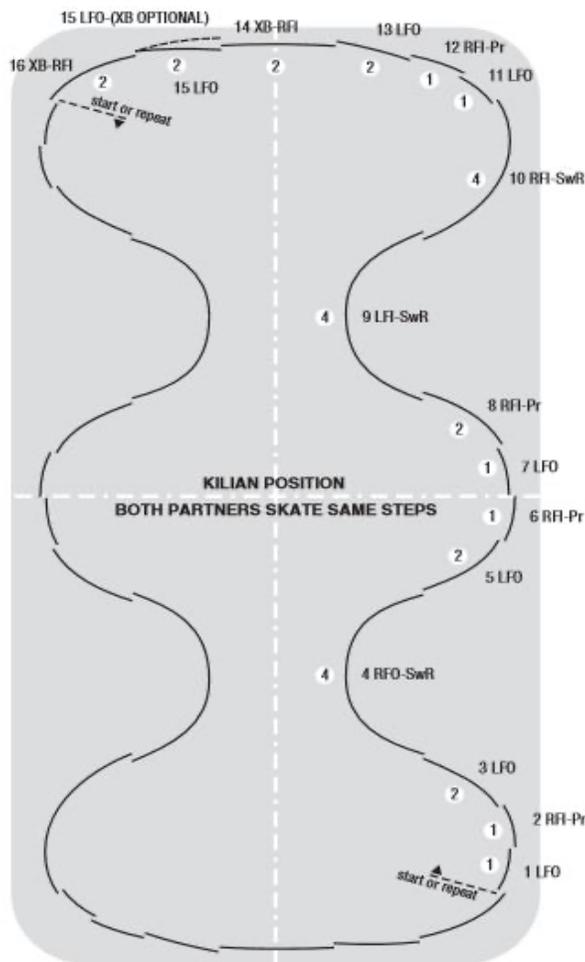
### Shadow Dance Cross Tracking:

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

# **2026 Shadow Dance Diagrams**

# Rhythm Blues – 2026 Preliminary Shadow Dance

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



## Rhythm Blues Code for Shadow – RPD3

(3) sequences required for Solo Dance Series Competition

**88 BPM** +/- 2 beats per minute Number of Measures per Sequence: **8 of 4 beats**

Minimum Sequence Time: **0:21.3** Maximum Sequence Time: **0:22.3** Maximum Overall Time: **1:30**

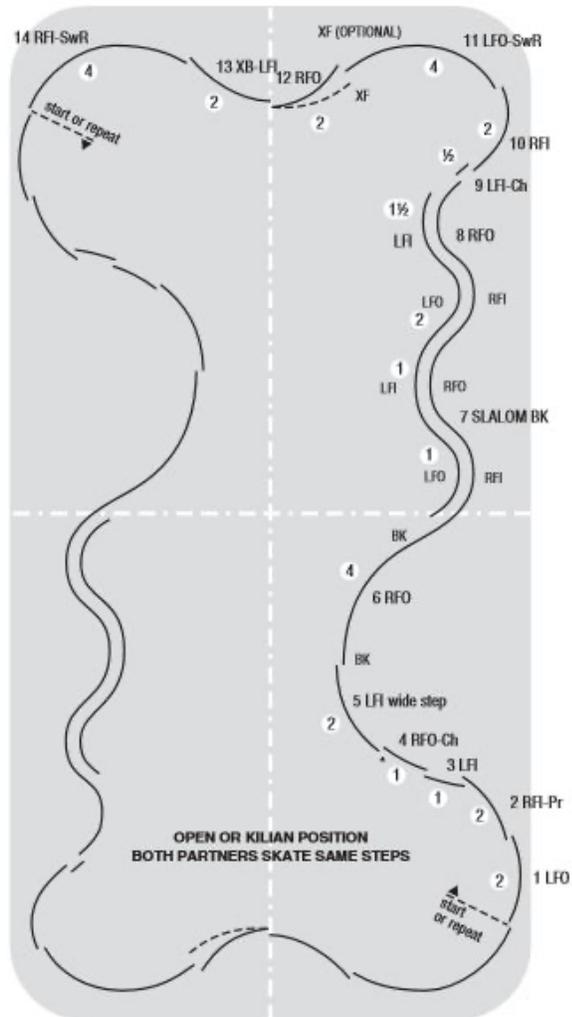
### 2026 Shadow Dance: Cross Tracking Between Steps 11 and 16

Key Points do not apply to Shadow Dance.

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

# U.S. Cha Cha - 2026 Pre-Bronze Shadow Dance

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



## Cha Cha Code for Shadow - C

(3) sequences required for Solo Dance Series Competition

**100 BPM** +/- 2 beats per minute Number of Measures per Sequence: **8 of 4 beats**

Minimum Sequence Time: **0:18.8** Maximum Sequence Time: **0:19.6** Maximum Overall Time: **1:30**

### 2026 Shadow Dance: Cross Tracking Between Steps 11 and 14

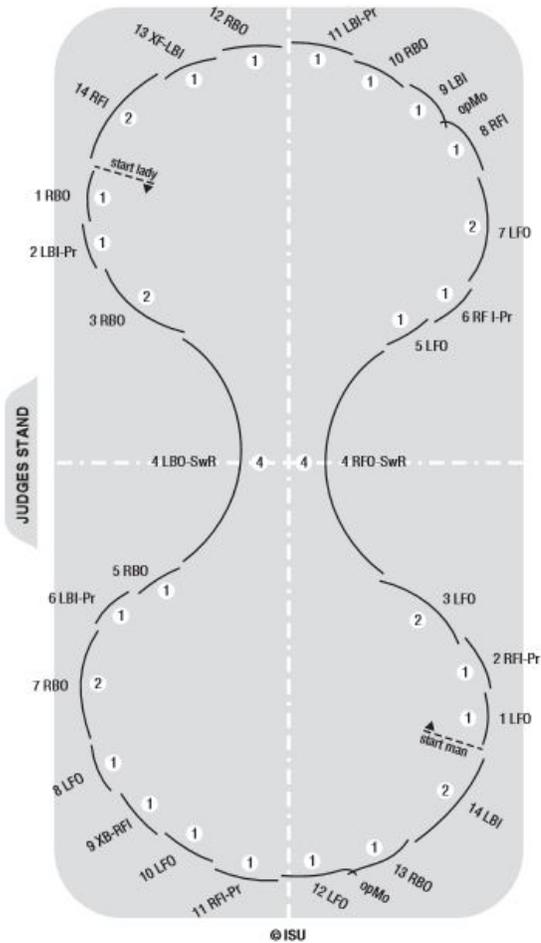
Key Points do not apply to Shadow Dance.

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



## Fourteenstep – 2026 Pre-Silver Shadow Dance

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



### Fourteenstep Code for Shadow – FO

(4) sequences required for Solo Dance Series Competition

**112 BPM** +/- 2 beats per minute Number of Measures per Sequence: **5 of 4 beats**

Minimum Sequence Time: **0:10.5** Maximum Sequence Time: **0:10.9** Maximum Overall Time: **1:20**

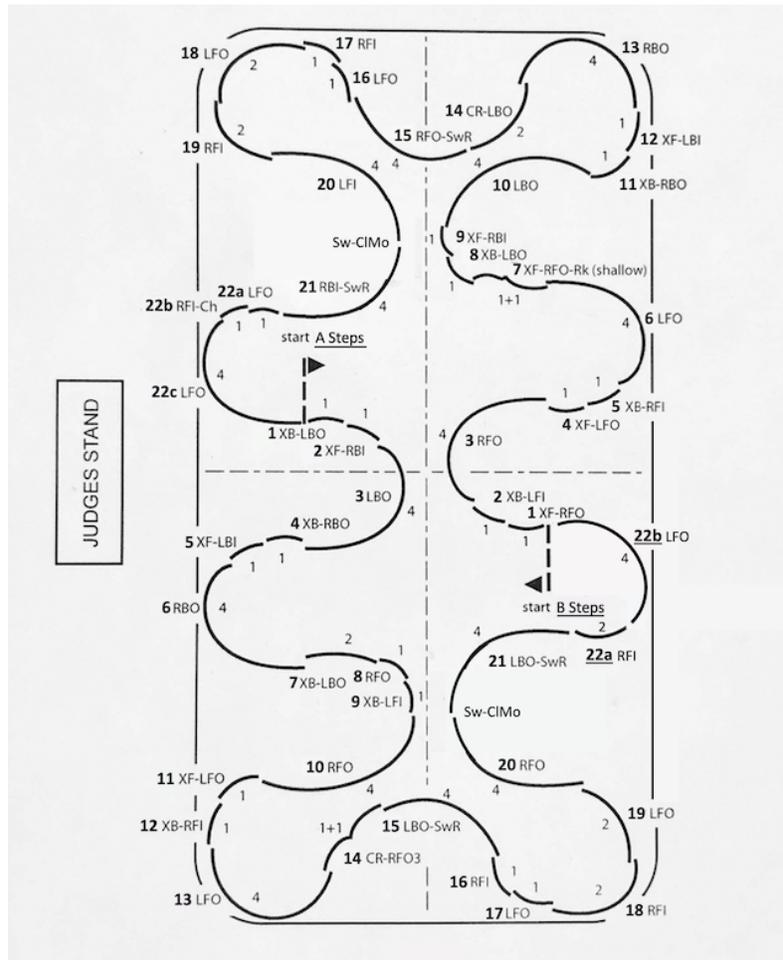
### 2026 Shadow Dance: Cross Tracking Between Steps 10 and 14

Key Points do not apply to Shadow Dance.

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

# Tango – 2026 Silver Shadow Dance

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



## Tango Code for Shadow – TA

(2) sequences required for Solo Dance Series Competition

**108 BPM +/- 2 beats per minute** Number of Measures per Sequence: **13 of 4 beats**

Minimum Sequence Time: **0:28.4** Maximum Sequence Time: **0:29.4** Maximum Overall Time: **1:35**

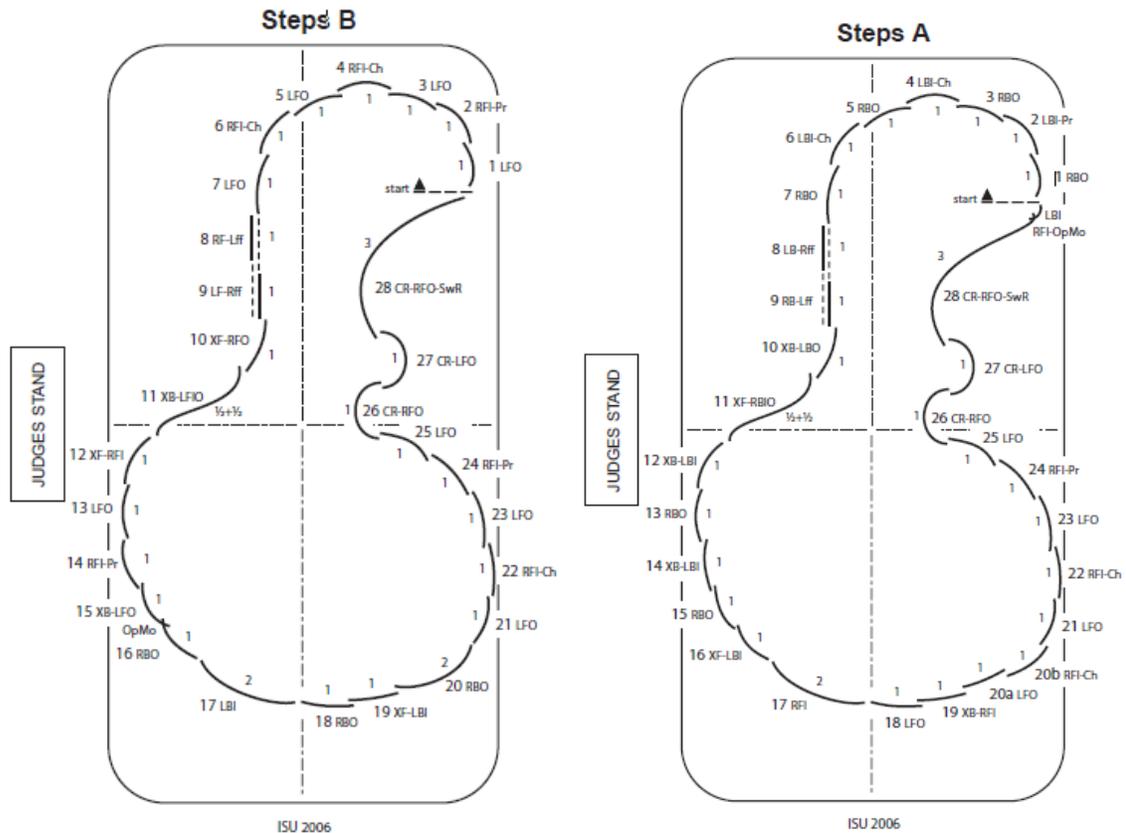
### 2026 Shadow Dance: Cross Tracking Between Steps 10 and 14

Key Points do not apply to Shadow Dance.

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

# Paso Doble – 2026 Pre-Gold Shadow Dance

Set Pattern Dance – Solo Series Steps: Sequence 1, **A-Steps**, Seq. 2, **B-Steps**, Seq. 3, **A-Steps**



## Paso Doble Code for Shadow – PD

(3) sequences required for Solo Dance Series Competition

**112 BPM** +/- 2 beats per minute Number of Measures per Sequence: **8 of 4 beats**

Minimum Sequence Time: **0:16.8** Maximum Sequence Time: **0:17.5** Maximum Overall Time: **1:25**

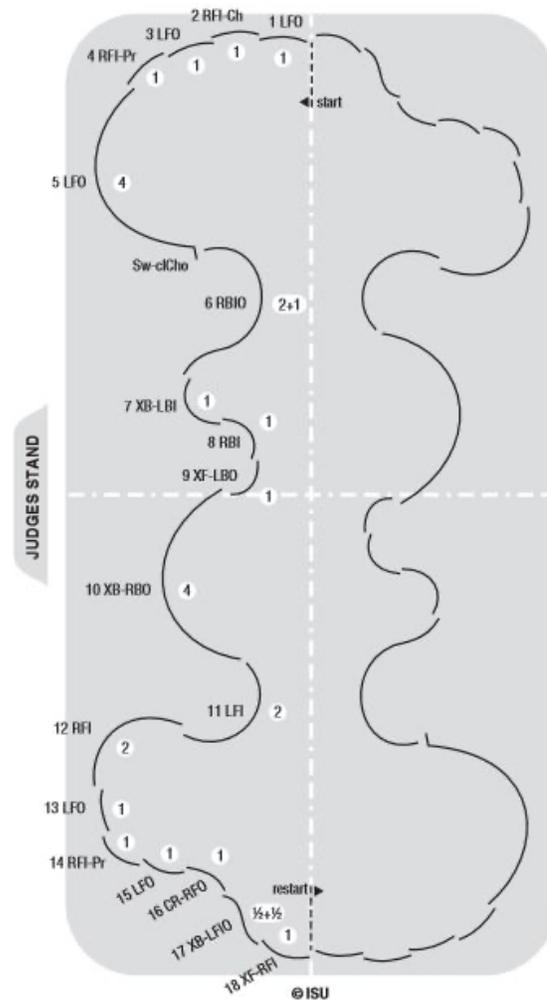
### 2026 Shadow Dance: Cross Tracking Between Steps 17 and 20

Key Points do not apply to Shadow Dance.

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

## Quickstep - 2026 Gold Shadow Dance

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



### Quickstep Code for Shadow – RPD3

(3) sequences required for Solo Dance Series Competition

**112 BPM** +/- 2 beats per minute Number of Measures per Sequence: **7 of 4 beats**

Minimum Sequence Time: **0:14.7** Maximum Sequence Time: **0:15.3** Maximum Overall Time: **1:20**

### 2026 Shadow Dance: Cross Tracking Between Steps 11 and 18

Key Points do not apply to Shadow Dance.

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



# 2026 Pattern Dance Only Diagrams

## New Calling Specifications for Levels

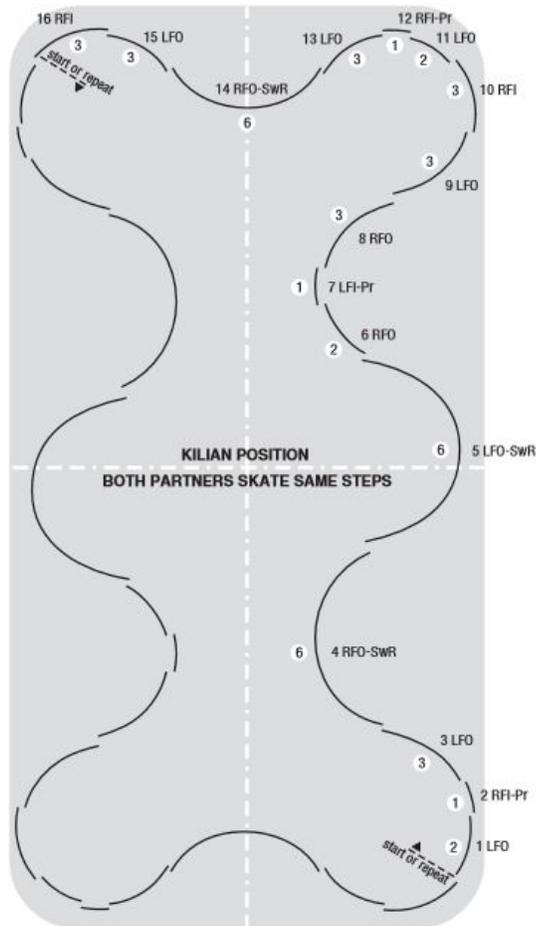
### Characteristics of Levels for Pattern Dance Elements in Combined Events

<b>Basic Level</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
50% of the Pattern Dance Element is completed	75% of the Pattern Dance Element is completed	75% of the Pattern Dance Element is completed AND 1 Key Point is correctly executed	90% of the Pattern Dance Element is completed AND 2 Key Points are correctly executed	100% of the Pattern Dance Element is completed without interruption AND 3 Key Points are correctly executed

**Important: An interruption cannot drop the level below a Level 1 if 75% of the dance has been completed.**

# U.S. Dutch Waltz - 2026 Preliminary First Dance

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



## Dutch Waltz Code – RPD3

(3) sequences required for Solo Dance Series Competition

**138 BPM** +/- 3 beats per minute Number of Measures per Sequence: **8 of 6 beats**

Minimum Sequence Time: **0:20.6** Maximum Sequence Time: **0:21.2** Maximum Overall Time: **1:30**

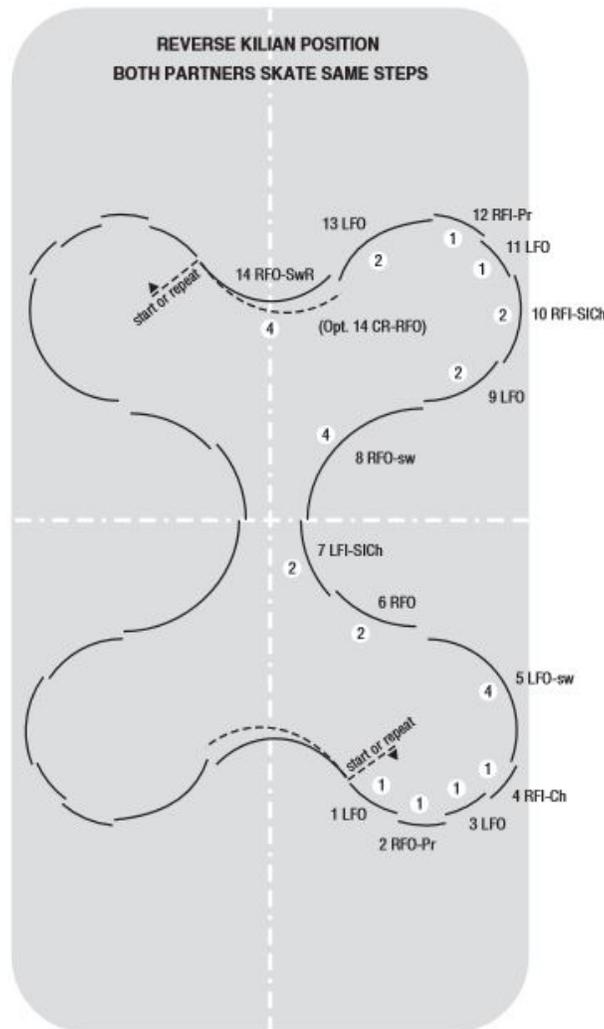
### Maximum Level 2

**Key Point 1:** Steps 1-3, LFO/RFI/LFO Progressive - Features: Correct Timing

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

# Tango Canasta – 2026 Preliminary Second Dance

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



## Tango Canasta Code – RPD3

(3) sequences required for Solo Dance Series Competition

**104 BPM** +/- 2 beats per minute    Number of Measures per Sequence: **7 of 4 beats**

Minimum Sequence Time: **0:15.8**    Maximum Sequence Time: **0:16.5**    Maximum Overall Time: **1:25**

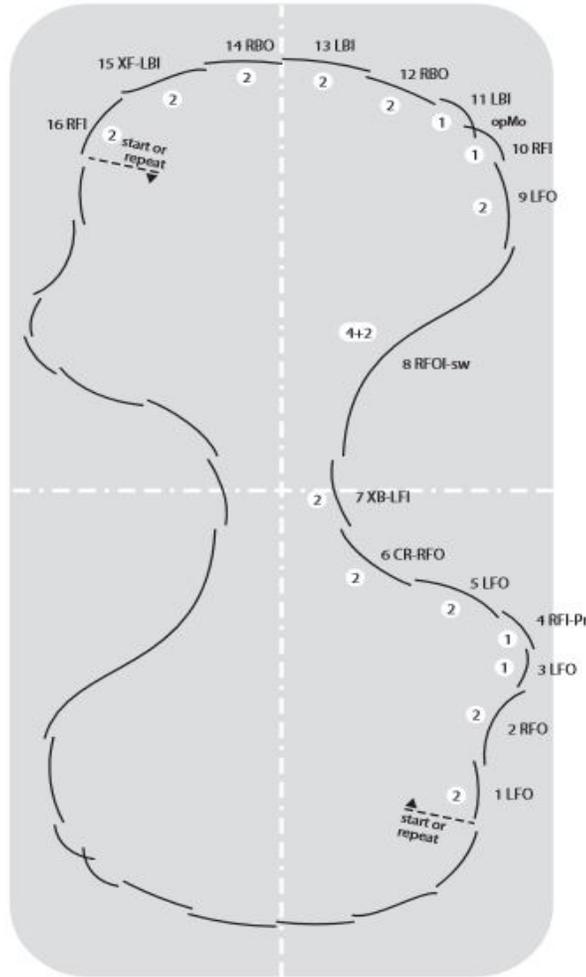
### Maximum Level 2:

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

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

# Tango Fiesta – 2026 Pre-Bronze First Dance

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



## Tango Fiesta Code – **E**

(3) sequences required for Solo Dance Series Competition

**108 BPM** +/- 2 beats per minute Number of Measures per Sequence: **8 of 4 beats**

Minimum Sequence Time: **0:17.5** Maximum Sequence Time: **0:18.1** Maximum Overall Time: **1:30**

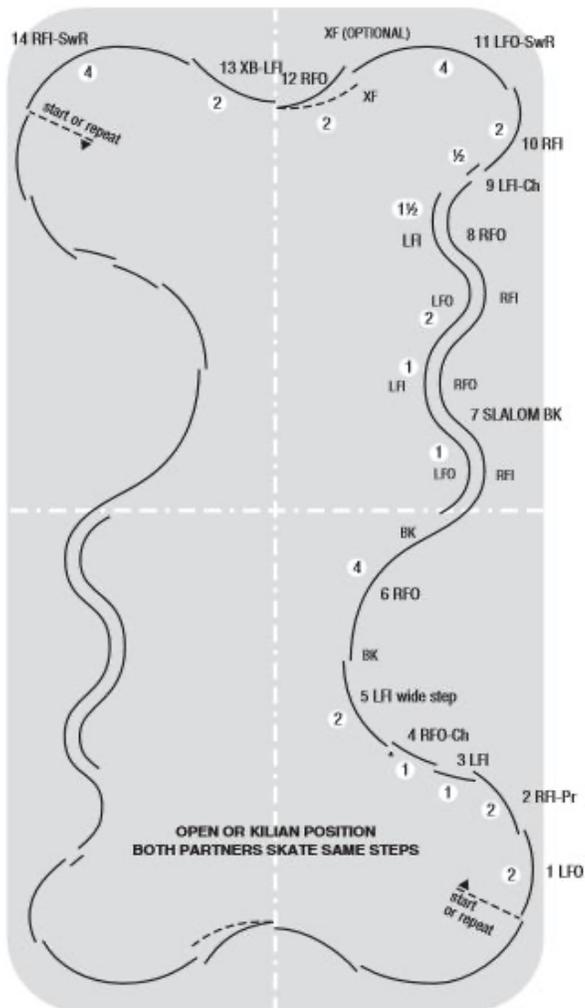
**Maximum Level 2:**

**Key Point 1:** Steps 1 & 2, LFO and RFO - Features: Correct Edges

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

# U.S. Cha Cha - 2026 Pre-Bronze Second Dance

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



## Cha Cha Code – RPD3

(3) sequences required for Solo Dance Series Competition

100 BPM +/- 2 beats per minute Number of Measures per Sequence: 8 of 4 beats

Minimum Sequence Time: 0:18.8 Maximum Sequence Time: 0:19.6 - Maximum Overall Time: 1:30

Maximum Level 2:

Key Point 1 - Steps 10 & 11, RFI, LFO SwR – Features: Correct Edges

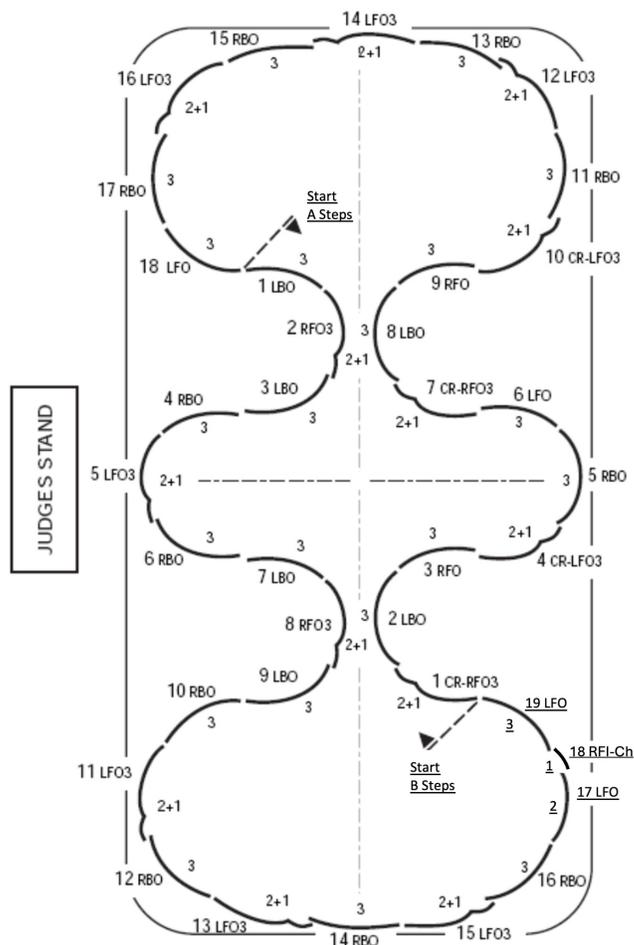
Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 Section	1-14	14	1	4	6	7	8	11	11	13





## European Waltz – 2026 Pre-Silver First Dance

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



### European Waltz Code – EW

(2) sequences required for Solo Dance Series Competition

**135 BPM +/- 3 beats per minute** Number of Measures per Sequence: **9 of 6 beats**

Minimum Sequence Time: **0:23.6** Maximum Sequence Time: **0:24.4** Maximum Overall Time: **1:20**

**Maximum Level 3:**

**Sequence 1:**

**Key Point 1:** Step 2, RFO Three Turn - Features: Correct Turn

**Key Point 2:** Step 11, LFO Three Turn - Features: Correct Turn

**Sequence 2:**

**Key Point 1:** Step 7, CR-RFO Three Turn - Features: Correct Turn

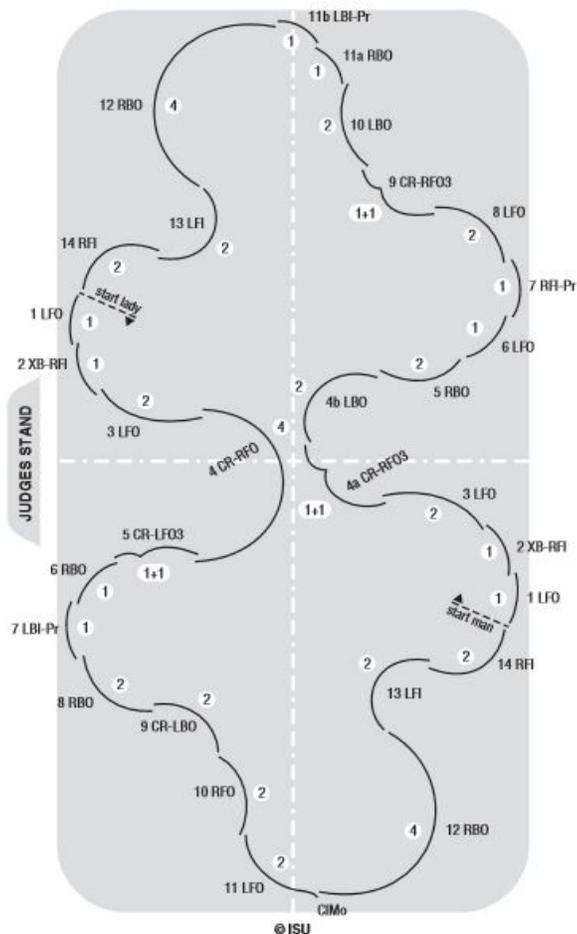
**Key Point 2:** Step 12, LFO Three Turn - Features: Correct Turn

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

# Foxtrot – 2026 Pre-Silver Variation Dance

Optional Pattern Dance – Solo Series Steps:

Sequence 1: All Competitors Skate **A-Steps** (Woman’s Steps), Sequence 2: **Variation**



## Foxtrot Code – RPD2

(2) sequences required for Variation Solo Dance Series Competition

100 BPM +/- 2 beats per minute      Number of Measures per Sequence: 7 of 4 beats

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

Maximum Level 3:

Sequence 1:

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

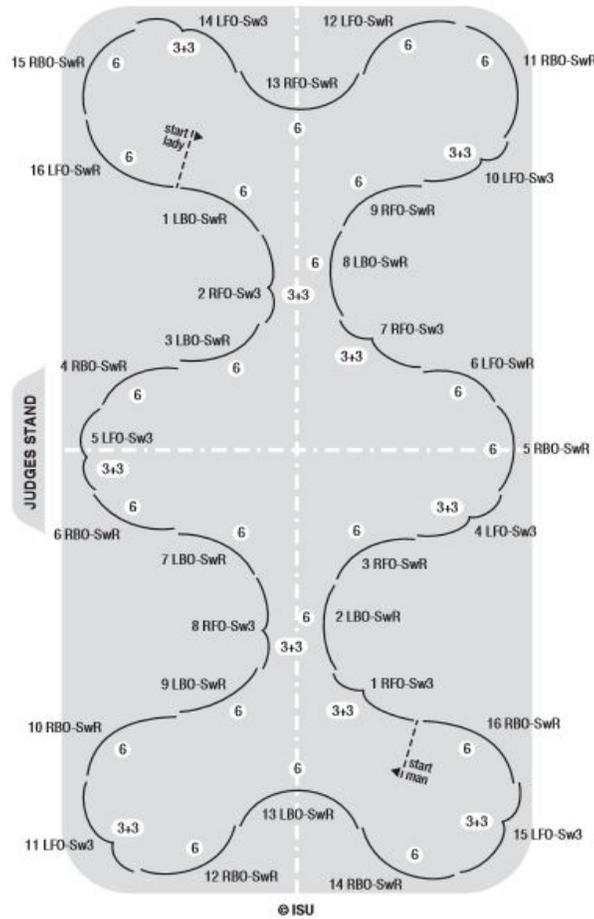
Key Point 2 – A-Steps 9 & 10, CR-LBO, RFO – Features: Correct Cross Roll, Correct Edges

Sequence 2: Variation Required Turns: First Back Outside 3 Turn and First Back Outside C Step (Mohawk)

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

# American Waltz – 2026 Silver First Dance

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



## American Waltz Code – AW

(2) sequences required for Solo Dance Series Competition

**198 BPM** +/- 3 beats per minute    Number of Measures per Sequence: **16 of 6 beats**

Minimum Sequence Time: **0:28.8**    Maximum Sequence Time: **0:29.4**    Maximum Overall Time: **1:35**

**Maximum Level 3:**

**Sequence 1:**

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

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

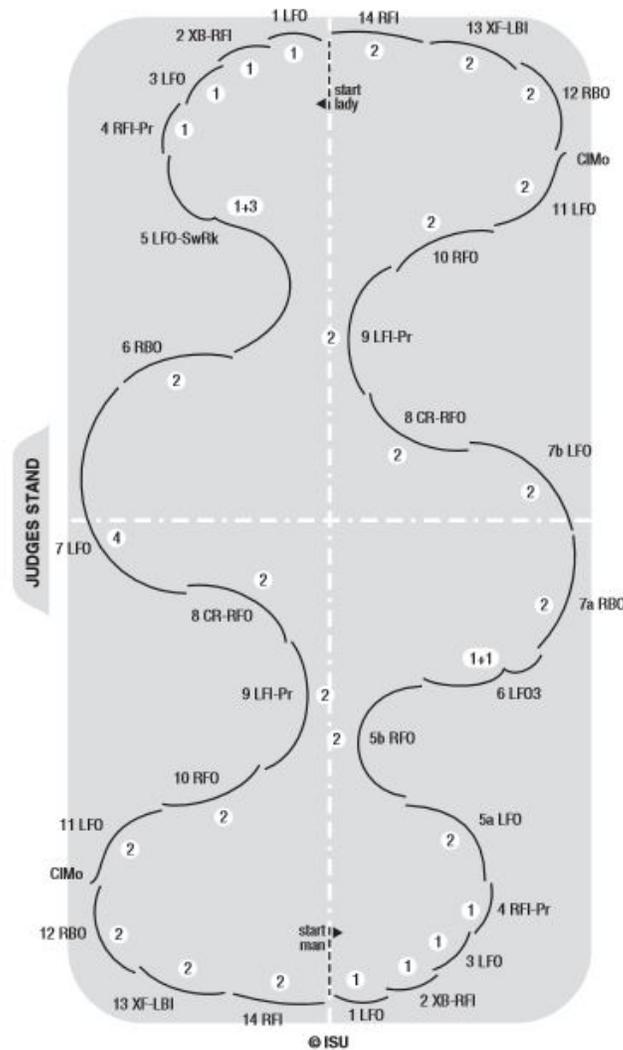
**Note:** The exit of the 3 turn, and the swing following the turn must be done with a straight skating leg or the GOE must be no higher than -1.

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

# Rocker Foxtrot – 2026 Silver Variation Dance

Set Pattern Dance – Solo Series Steps:

Sequence 1: All Competitors Skate **A-Steps** (Woman’s Steps), Sequence 2: **Variation**



## Rocker Foxtrot Code – RF

(2) sequences required for Variation Solo Dance Series Competition

**104 BPM** +/- 2 beats per minute      Number of Measures per Sequence: **7 of 4 beats**

Minimum Sequence Time: **0:15.8**      Maximum Sequence Time: **0:16.5**      Maximum Overall Time: **1:20**

### Maximum Level 3:

#### Sequence 1:

**Key Point 1** – A-Step 5, LFO SwRk - Features: Correct Turn

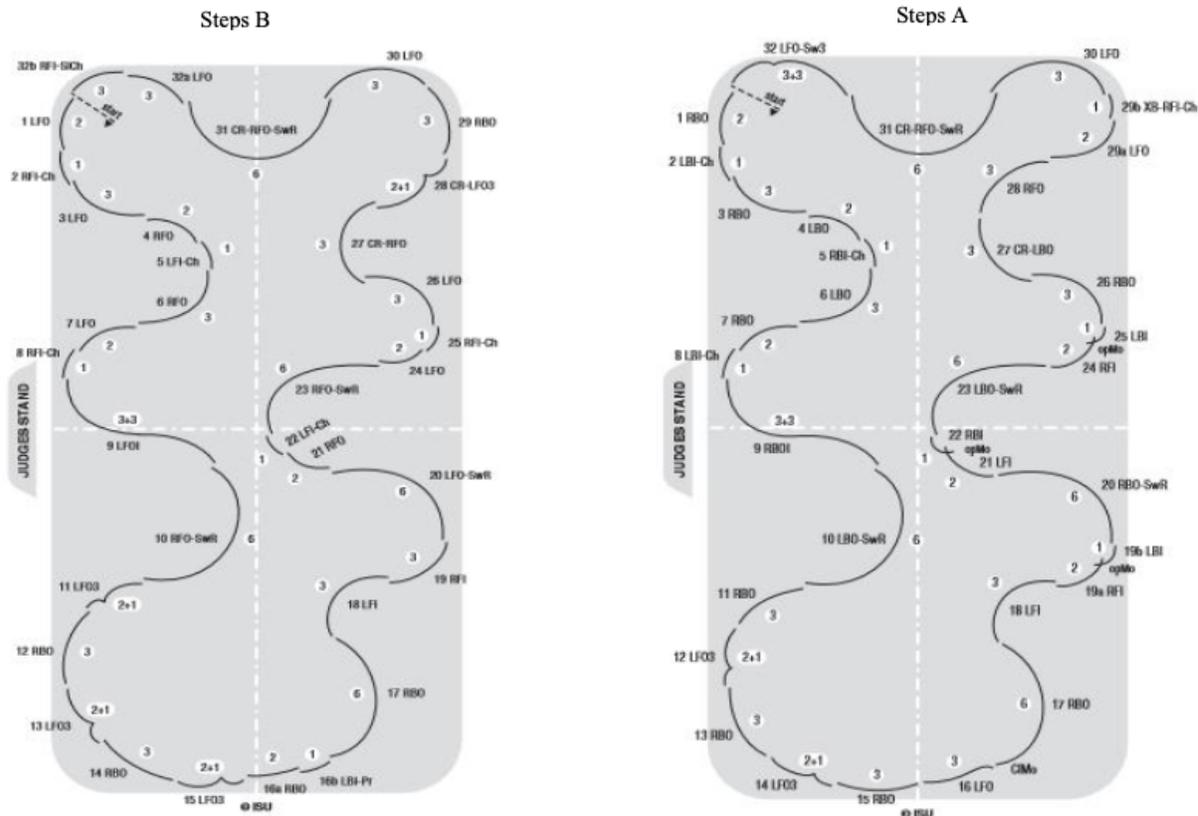
**Key Point 2** – A-Steps 11 & 12, LFO CICSt (Mohawk), RBO – Features: Correct Turn

**Sequence 2:** Variation Required Turns: First Back Outside Rocker and First Single Twizzle. Only the first twizzle attempted will be considered for level regardless of the number of rotations.

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

# Starlight Waltz – 2026 Pre-Gold First Dance

Set Pattern Dance – Solo Series Steps: Sequence 1 **A-Steps** (Woman's), Seq. 2 **B-Steps** (Man's)



## Starlight Waltz Code – **USSW**

(2) sequences required for Solo Dance Series Competition

**174 BPM** +/- 3 beats per minute    Number of Measures per Sequence: **17 of 6** beats

Minimum Sequence Time: **0:34.8**    Maximum Sequence Time: **0:35.6**    Maximum Overall Time: **1:45**

**Note:** In sequence 1, the skater will skate step 32b instead of the 3 turn to prepare for the man's steps and in sequence 2, the skater will perform the 3 turn on step 32 at the end of the dance. **Maximum Level 3:**

### Section 1

**Key Point 1:** Step 9, Outer to Inner Change of Edge (**Seq. 1 Back, Seq. 2 Fwd**) - Features: Correct Edges & Foot Placement

**Key Point 2:** **Sequence 1** - Steps 16-17 LFO CICSt (Mohawk), RBO - Features: Correct Edges and Turn  
**Sequence 2** - Steps 15 & 16 LFO3, RBO - Features: Correct Edges & Turn

### Section 2

**Key Point 1:** **Sequence 1** - Steps 21- 23 LFI opCSt (Mohawk), RBI, LBO SwR - Features: Correct Edges & Turn  
**Sequence 2** - Steps 21-23 RFO, LFI Ch, RFO SwR – Features: Correct Edges

**Key Point 2:** Step 31, RFO Cross Swing Roll - Features: Correct Edge & Correct Cross Swing Roll

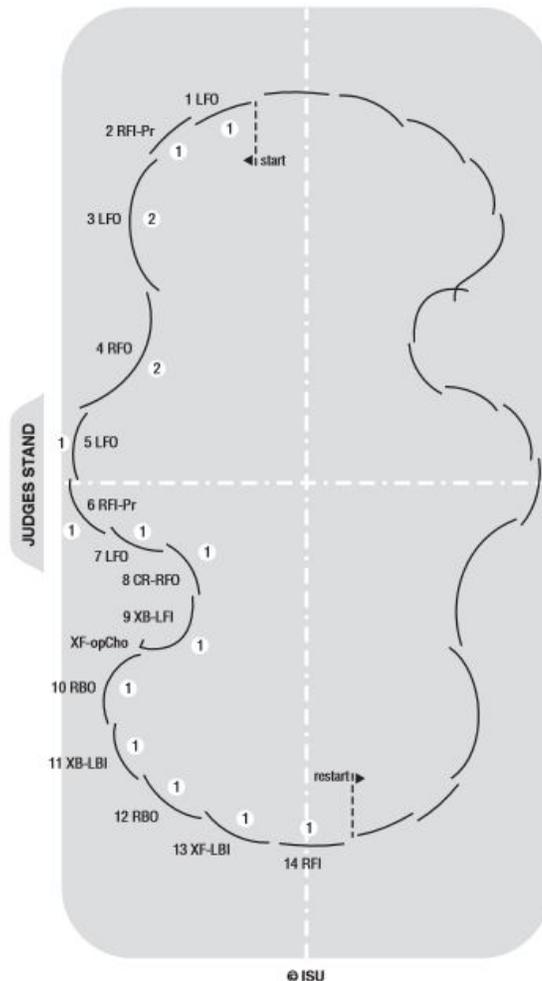
**Note:** A swing prior to the change of edge or the CICSt is an incorrect step and not considered for level.

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-17	17	2	4	7	9	10	13	14	15
2 <sup>nd</sup> Section	18-32	15	2	4	6	8	9	11	12	14

## Kilian - 2026 Pre-Gold Variation Dance

Optional Pattern Dance – Solo Series Steps:

**Sequence 1&3:** All Competitors Skate **A-Steps** (Woman's Steps), **Sequence 2&4: Variation**



### Kilian Code – KI

(4) sequences required for Variation Solo Dance Series Competition

**116 BPM** +/- 2 beats per minute Number of Measures per Sequence: **4 of 4 beats**

Minimum Sequence Time: **0:08.1** Maximum Sequence Time: **0:08.4** Maximum Overall Time: **1:25**

**Maximum Level 3:**

**Sequence 1&3:**

**Key Point 1:** Step 3 & 4, LFO & RFO – Features: Correct Edges

**Key Point 2:** Steps 9 & 10, Cross Behind LFI to RBO Open S Step (Choctaw) - Features: Correct Turn

**Sequence 2&4:** Variation Required Turns: First S Step (Choctaw) and First Forward Counter

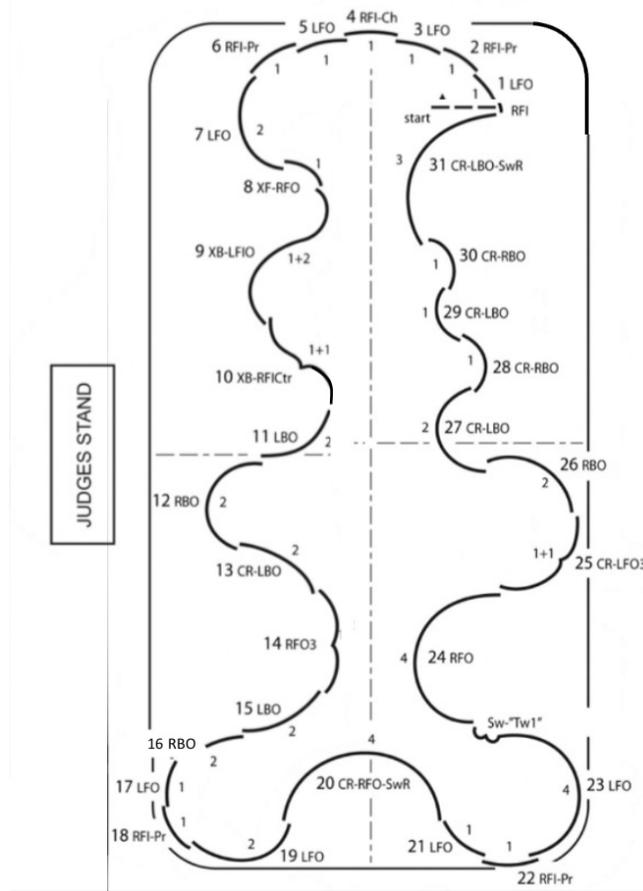
**\*Note:** The variation must have the same steps and timing both times it is performed.

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

# Argentine Tango - 2026 Gold First Dance

Set Pattern Dance - Solo Series Steps: Steps 1-18, **B-Steps** & Steps 19-31, **A-Steps**

This new diagram shows how these steps are combined and done as one full sequence.



## Argentine Tango Code – AT

(2) sequences required for Solo Dance Series Competition

**96 BPM +/- 2 beats per minute** Measures per Sequence: **14 of 4 beats (7 meas. p/section)**

Minimum Sequence Time: 0:34.3 Maximum Sequence Time: 0:35.7 Maximum Overall Time **1:50**

### Maximum Level 4:

Key Point 1: Step 10 – Cross Behind RFI Counter – Features: Correct Cross Behind, and Correct Turn

Key Point 2: Step 23 – LFO Sw-Tw1 – Features: Correct Edges and Correct Turn

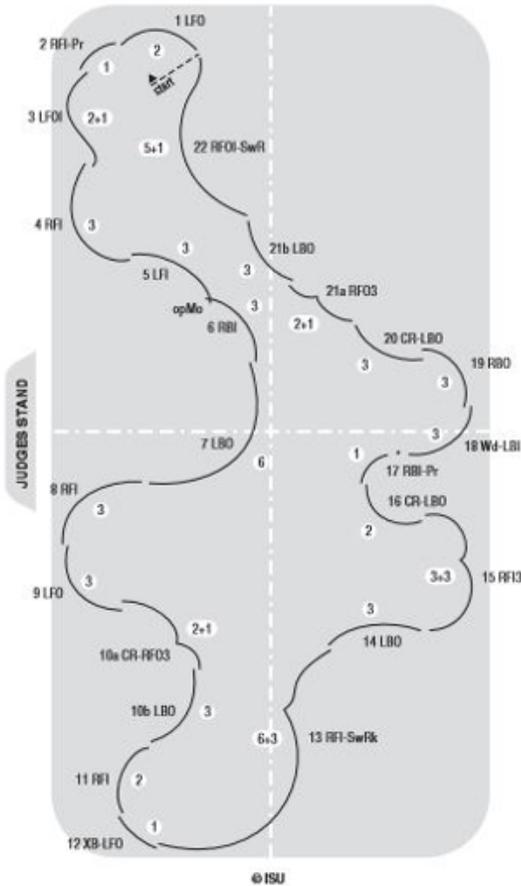
Key Point 3: Step 31 – CR-LBO SwR – Features: Correct Cross Roll, Edges and Timing

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
Only 1 <sup>st</sup> Section	1-31	31	3	8	13	16	19	24	25	28

# Westminster Waltz – 2026 Gold Variation Dance

Optional Pattern - Solo Series Steps: Section 1: **Variation**, Section 2: All Competitors Skate **A-Steps**

Steps A



## Westminster Waltz Code – WW

(2) sequences required for Variation Solo Dance Series Competition

**162 BPM** +/- 3 beats per minute      Number of Measures per Sequence: **13 of 6 beats**

Minimum Sequence Time: **0:28.5**      Maximum Sequence Time: **0:29.3**      Maximum Overall Time: **1:45**

### Maximum Level 4:

**Sequence 1:** Variation Required Turns: First Forward Outside C Step (Mohawk), First Backward Counter, and First Double Twizzle. Only the first twizzle attempted will be considered for level regardless of the number of rotations.

### Section 2 (A-Steps)

**Key Point 1:** Step 13 RFI Swing Rocker - Features: Correct Edges, Correct Turn

**Key Point 2:** Step 15 RFI3 - Features: Correct Turn

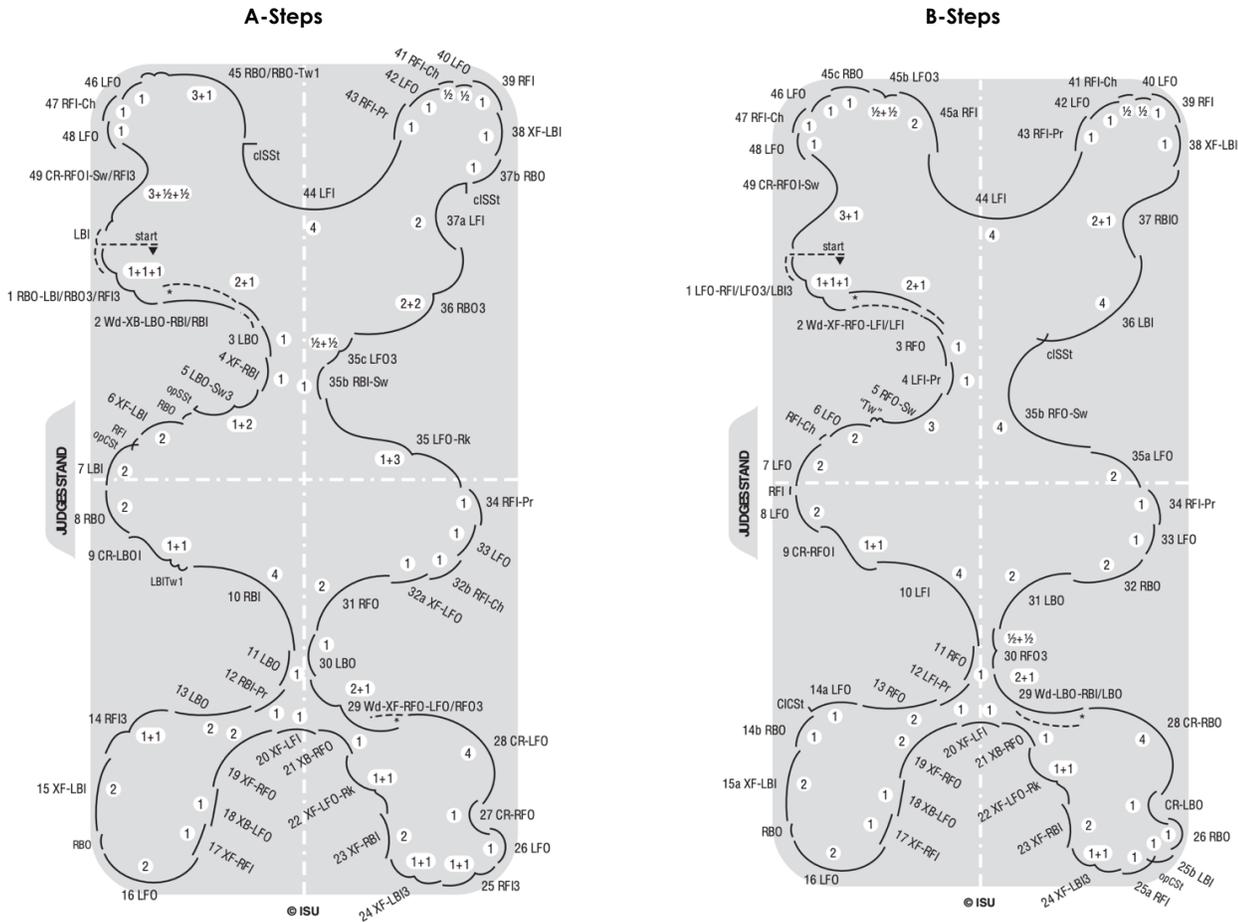
**Key Point 3:** Step 22 RFO to RFI Change of Edge - Features: Correct Edges, Correct Change of Edge

**\*Note:** The variation must have the same steps and timing both times it is performed.

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
2 <sup>nd</sup> Section	13-22	10	1	3	4	5	6	8	8	9

# Tango Romantica – 2026 International First Dance

## Optional Pattern - Solo Series Steps: Section 1, **A-Steps**, Section 2, **B-Steps**



### Tango Romantica Code – SD

(2) sequences required Solo Dance Series Competition

**112 BPM** +/-2 beats per minute Number of Measures per Sequence: **24 of 4 beats**

Minimum Sequence Time: **0:50.5** Maximum Sequence Time: **0:52.4** Maximum Overall Time: **2:20**

#### Maximum Level 4:

##### Section 1 – A-Steps 1-22

**Key Point 1:** Step 5, LBO Swing Three Turn - Features: Correct turn

**Key Point 2:** Steps 13-15, LBO, RFI3, XF-LBI – Features: Correct Edges, Correct Cross, Correct Turn

**Key Point 3:** Steps 20 - 22, Cross Front LFI, Cross Back RFO, Cross Front LFO Rocker – Features: Correct Edges and Turn

##### Section 2 – B-Steps 23-47

**Key Point 1:** Steps 27-28, CR-LBO, CR-RBO - Features: Correct Edges, Correct Cross Roll

**Key Point 2:** Steps 35b-36, RFO-Sw, CISSt (Choctaw) LBI – Features: Correct Edges, Correct Turn

**Key Point 3:** Steps 44-46, LFI, RFI, LFO3, RBO, LFO – Features: Correct Edges, Correct Turn

Section	Steps	# of steps	10%	25%	40%	50%	60%	75%	80%	90%
1 <sup>st</sup> Section	1-22	22	3	6	9	11	14	17	18	20
2 <sup>nd</sup> Section	23-47	25	3	7	10	13	15	19	20	23



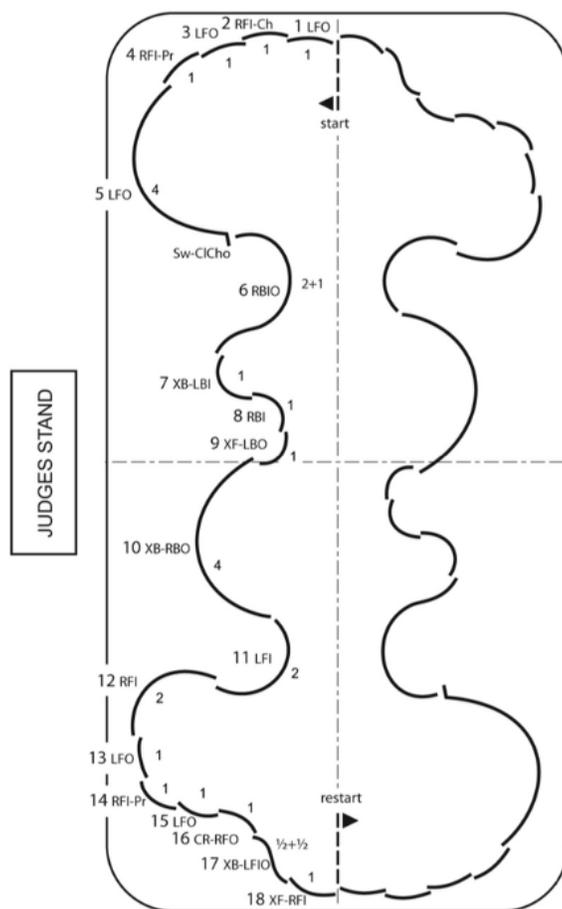
# **2026 Combined Events Pattern Dances Diagrams**

**Note: All skaters planning on competing at an international, pay attention to the maximum times for pattern dances as they are different than the US dances.**





**Quickstep – 2026 Novice Combined Pattern Dance**  
**Set Pattern Dance - Solo Ice Dance Steps – All Competitors Skate Same Steps**



**Quickstep Code - QS**

(2) sequences + (1) ChSt Exit required for Solo Dance Series Competition – Quickstep 2/4

112 +/-2 beats per minute Number of Measures per Sequence: **7 of 4 beats**

Minimum Sequence Time: **14.7** Maximum Sequence Time: **15.3** Maximum Overall Time: **1:10**

**Maximum Level 4:**

**Key Point 1:** Steps 5-6, LFO Sw-clSSt (Choctaw), RBIO - Features: Correct Turn and Edges

**Key Point 2:** Steps 11-12, LFI-RFI - Features: Correct Edges

**Key Point 3:** Step 17, XB-LFIO – Features: Correct Cross and Correct Change of Edge

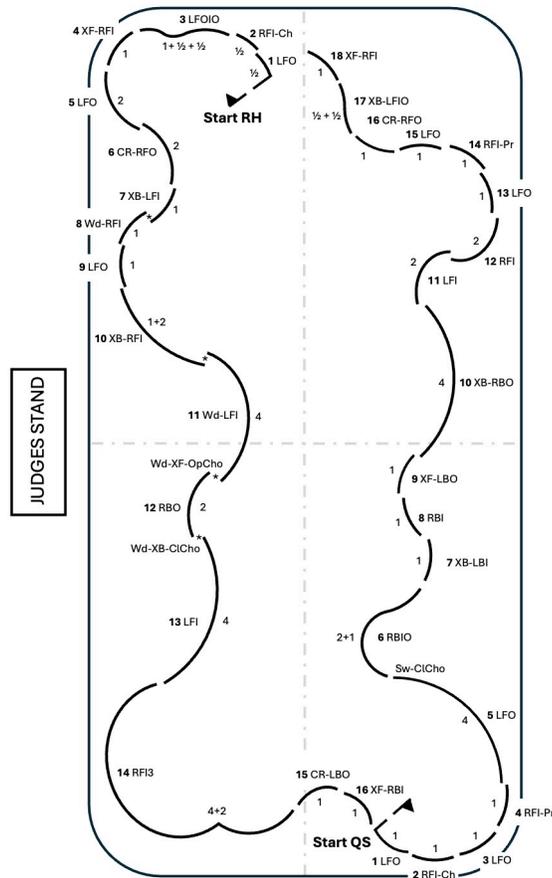
**ChSt:** Upon the completion of the last Pattern Dance Element, the Skater begins a Choreographic Step Sequence (ChSt) as their exit on the left-hand side of the Judging Panel and performs dance steps in the style of the Quickstep rhythm along the midline in a generally linear direction until the short axis (red line). **The ChSt will be considered complete and confirmed by the technical panel when the skater crosses the short axis.** The skater may continue beyond this point, and it will be considered part of their exit by the technical panel. The judges may evaluate this additional portion as long as it travels down the midline. ~~It should still abide by the below "Not Permitted" regulations.~~

**Not Permitted in the ChSt:** Retrogressions, Stops, Dance Edge Elements that meet the requirements for a basic level, Dance Spins, and touching the ice with any other part of the body than the knee or blade(s). (If the skater performs any not permitted item, the tech panel will apply the !).

**\*Note:** Skaters taking part in any of the International events, please be aware there is a different time limit requirement as outlined in the International Ice Dance Handbook.

Section	Steps	# of Steps	10%	25%	50%	75%	90%
1 Sequence	1-18	18	2	5	9	14	16

**Junior Combined Rhythm Dance for 2026– Rhumba and Quickstep (back-to-back)  
Solo Ice Dance Steps – All Competitors Skate Same Steps**



**2 (1 Rhumba & 1 Quickstep) required for Solo Dance Competitions –  
2/2 or 2/4 time and at least 120 beats per minute**

Minimum of 30 beats in 15 seconds (7 1/2 measures of 4 in 15 seconds)

**Timing for the Rhumba Outlined on following page. No changes to the Quickstep timing.**

**Maximum Level 4:**

**Sequence 1 (Rhumba) Code - 1RH**

**Key Point 1:** Steps 11 – 13 (Wd-LFI Wd-XF Op S Step (Choctaw), RBO Wd-XB-CL Cho, LFI)

**Key Point 2:** Step 14 (RFI3)

**Key Point 3:** Step 16 (XF-RBI)

**Sequence 1 (Quickstep) Code - 1QS**

**Key Point 1:** Steps 5&6 (LFO Sw-Cl S Step (Choctaw), RBIO)

**Key Point 2:** Steps 11 & 12 (LFI, RFI)

**Key Point 3:** Steps 17 & 18 (XB-LFIO, XF-RFI)

\*Features: All Key Points must include Correct Turns, Edges, Foot Placement and Timing.

Sequence #	Steps	# of Steps	10%	25%	50%	75%	90%
<b>Rhumba Sequence (1RH)</b>	1-16	16	2	4	8	12	14
<b>Quickstep Sequence (1QS)</b>	1-18	18	2	5	9	14	16

# New Rhumba Timing

## Rhumba Steps Juniors 2025-2026

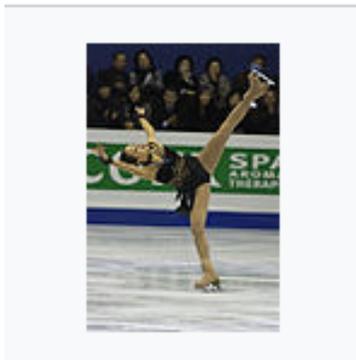
Step no.	Step (same for both)	Number of beats of music
1	LFO	1/2
2	RFI-Ch	1/2
3	LFOIO	1+1/2 + 1/2
4	XF-RFI	1
5	LFO	2
6	CR-RFO	2
7	XB-LFI	1
8	Wd-RFI	1
9	LFO	1
10	XB-RFI	1+2
11	Wd-LFI Wd-XF Op Cho	4
12	RBO Wd-XB-CI Cho	2
13	LFI	4
14	RFI3	4+2
15	CR-LBO	1
16	XF-RBI	1

## Appendix B

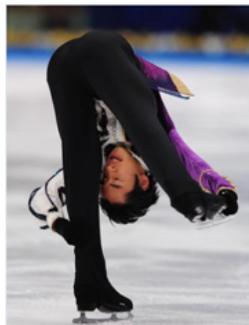
### Spiral Type Edge Element – Different Positions

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

Note: A 135, (or Fan) position now counts both skating backwards or forwards.



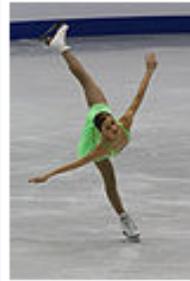
Fan/135



Charlotte

**Arabesque Spiral**

An **arabesque spiral** is the basic spiral position. The free leg is extended behind the body above hip height (at least a 90 degree angle). Some skaters are able to achieve vertical split position (170- 180 degrees) with this position.



**Catch Foot Spiral**

A spiral where the free leg is held with one or both hands. A **catch-foot spiral** does not refer to any single position, but generally refers to any spiral with the skate of the free leg being held in one or both hands. Catchfoot spirals include:



**Biellmann Spiral**

A Biellman spiral is a variation of a catch foot where the free leg is pulled up higher than the head. This position requires extreme flexibility.



**Cross Grab Spiral**

A cross grab is a catch-foot spiral where the skate of the free leg grasped from behind by the opposite hand



Kerrigan spiral  
(Front view)  
(Mao Asada)



Kerrigan spiral  
(Side view)  
(Joannie Rochette)



Variation on Kerrigan spiral  
(Caroline Zhang)