



## 2016-2017 Ice Dance Program Requirements

Dated: July 20, 2016

Effective July 1, 2016

	Pattern Dance Summer	Pattern Dance Fall/Sectionals	Pattern Dance Challenge	Pattern Dance Canadians	Free Dance
<b>All pattern dances are to be skated in the order listed and must be performed with the first sequence executed on the same side as the judges' stand</b>					<b>In Free Dance, combined spins &amp; lifts are permitted, but if performed will be counted as separate elements</b>
<b>Pre-Juvenile</b>	Two pattern dances to be skated, drawn from Junior Bronze Dance; Section discretion	n/a	n/a	n/a	n/a
<b>Juvenile</b> U16	<u>1. Ten Fox</u> 3 Sequences 3 Sections  <u>2. European Waltz</u> 2 Sequences 2 Sections	<u>1. Ten Fox</u> 3 Sequences 3 Sections  <u>2. European Waltz</u> 2 Sequences 2 Sections	N/a	n/a	Max 2 :00 ± 0.10 <ul style="list-style-type: none"> <li>• A maximum of one short lift (stationary, curve or straight line). Max. 6 7 sec.</li> <li>• A maximum of one dance spin (simple spin or combination type). Will be called to a maximum Level 2</li> <li>• A maximum of one set of synchronized twizzles</li> <li>• A maximum of one step sequence, Style A as outlined in ISU Communications <b>1998 &amp; 2003</b>. (any shape, no required holds, may not be a 'not touching' step sequence). Stops, pattern retrogressions and loops are not permitted. Other required elements may not be skated in the required step sequence.</li> </ul>
<b>Pre-Novice</b> U18	<u>1. Starlight Waltz</u> 2 Sequences 4 Sections: Steps 1-17 & 18-32  <u>2. Blues</u> 3 Sequences 3 Sections	<u>1. Rocker Foxtrot</u> 4 Sequences 4 Sections  <u>2. Starlight Waltz</u> 2 Sequences 4 Sections: Steps 1-17 & 18-32	<u>1. Harris Tango</u> 2 Sequences 2 Sections  <u>2. Blues</u> 3 Sequences 3 Sections:	n/a	Max 2:30 ± 0.10 <ul style="list-style-type: none"> <li>• A maximum of two different short lifts (stationary, curve, straight line or rotational). Max. 6 7 sec.</li> <li>• A maximum of one dance spin (simple spin type or combination type)</li> <li>• A maximum of one set of synchronized twizzles</li> <li>• A maximum of one step sequence, Style A as outlined in ISU Communications <b>1998 &amp; 2003</b>. (any shape, no required holds, may not be a 'not touching' step sequence). Stops, pattern retrogressions and loops are not permitted. Other required elements may not be skated in the required step sequence.</li> </ul>
<b>Novice</b> Women U19 Men U21	<u>1. Westminster Waltz</u> 2 Sequences 4 Sections: Steps 1-12 & 13-22  <u>2. Quickstep</u> 4 Sequences 4 Sections	<u>1. Blues</u> 3 Sequences 3 Sections  <u>2. Quickstep</u> 4 Sequences 4 Sections	<u>1. Blues</u> 3 Sequences 3 Sections  <u>2. Westminster Waltz</u> 2 Sequences 4 Sections: Steps 1-12 & 13-22	<u>1. Westminster Waltz</u> 2 Sequences 4 Sections: Steps 1-12 & 13-22  <u>2. Quickstep</u> 4 Sequences 4 Sections	Max 3:00 ± 0.10 <ul style="list-style-type: none"> <li>• A maximum of two different short lifts (not to exceed 6 7 seconds) OR a maximum of one combination lift (not to exceed 12 seconds). The two types of short lifts forming the combination lift must be of a different type:               <ul style="list-style-type: none"> <li>○ <i>two Rotational Lifts</i>: in different directions</li> <li>○ <i>two Curve Lifts on two different curves</i>: forming a serpentine pattern</li> <li>○ <i>two different types of Short Lifts</i></li> </ul> </li> <li>• A maximum of one dance spin (simple spin type or combination type)</li> <li>• A maximum of one set of synchronized twizzles</li> <li>• A maximum of two different step sequences: <b>One Style A step sequence performed in hold; one Style B* not touching step sequence (*no pattern retrogression permitted). The step sequences can be performed in any order. One must be straight (midline, diagonal) and the other must be curved (circular, serpentine); however, serpentine is not permissible as a not touching step sequence. Characteristics of Levels Styles A and B can be found in ISU Communication 2003, p.22-23.</b></li> <li>• <b>A maximum of one choreographic element performed after the required element of the same type: choice of choreographic lift, choreographic spinning movement, or choreographic twizzling movement</b></li> </ul>