



## 2016-2017 ICE DANCE COMPETITION TECHNICAL PACKAGE

### PRE-JUVENILE, JUVENILE, PRE-NOVICE AND NOVICE

This Technical Package is current as of July 1, 2016. The information is divided into three sections: Pattern Dances, Free Dance and Additional Information.

#### **1. PATTERN DANCES**

The 2016-2017 Pattern Dance draws including Sequences and Sections are posted on the [Skate Canada Info Centre>Technical>Competitive- Ice Dance](#) and also included in this document.

#### **General Information for Pattern Dances**

All Pattern Dances must be performed with the first sequence executed on the same side as the judges' stand. If a Pattern Dance is started on the wrong side, the Referee will stop the couple and instruct them to restart the dance on the correct side. No deduction will be taken.

#### **Introductory steps:**

Introductory steps for Pattern Dances are as follows:

- **Pre-Juvenile and Juvenile:** Maximum of seven introductory steps.
- **Pre-Novice and Novice:** Steps not to exceed the introductory phrasing of the music.

#### **Warm-up periods:**

- Warm-up periods for Pattern Dances will have a maximum of five couples on the ice at the same time and will be four minutes in duration.

#### **Music:**

- For Pre-Novice and Novice, ISU Pattern Dance music (Strasser-Tauber version only) will be utilized. The five pieces of music will be played during the practice/event in numerical order. For the warm-up, there will be one minute without music. Then the last (sixth) tune of the dance shall be played for the remaining three minutes of the warm-up.
- For Pre-Juvenile and Juvenile, Skate Canada Series 8 dance music will be utilized. During warm-up, there will be one minute without music, and then the tune for the dance shall be played for the remaining three minutes. The tune must be played a minimum of three times. During the event, the same tune of the dance will be played for all competitors.

#### **Interruptions/Falls:**

- An interrupted Pattern Dance shall be resumed at the nearest technically practicable point which must be after the point of interruption.
- If a fall occurs during the introductory steps and/or concluding steps/movements, only the Technical Panel takes the appropriate deduction and judges may reflect the fall in their Program Component scores. If a fall occurs during the section of the dance, the Judges and Technical Panel take the appropriate deduction.
- For Pattern Dances without Key Points, if a couple completes less than 75% of a Section due to a fall or interruption, the Technical Controller will invalidate the Section. If a Technical Controller is not available at non-qualifying events, the Referee may perform this function.
- For Pattern Dances with Key Points, 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 requirement met before and after the fall or interruption, or No Level if the requirements for Level 1 are not met.



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- If a couple has an interruption (through stumbles, falls etc.) of more than 4 beats, the Technical Specialist calls the Key Points as Performed (Yes, No, Timing), identifies it with the Pattern Dance Element Name and **“Level 1”** adding **“downgraded”**. It is reported on the Judges Details per Skater chart as **“<<”** to indicate an interruption of more than 4 beats.
- If a couple completes less than 75% of the Pattern Dance Element, the Technical Specialist calls the Key Points as performed (Yes, No, Timing), identifies it with the Pattern Dance Element Name and **“NO Level”** adding **“Attention”**. It is reported on the Judge Details per Skater chart as **“!”** to indicate that less than 75% of the Pattern Dance Element has been completed.

#### **Marking of Pattern Dances**

##### **Grade of Execution:**

Every judge will mark the quality of execution of every Section of the Pattern Dance depending on the positive features and errors of the execution on the GOE scale +3 to -3.

##### **Marking Guides for Grade of Execution and Adjustments to Grade of Execution for Pattern Dances:**

Refer to ISU Communication 2003 and also the [2016 ISU Handbook for Officials-Pattern Dances](#).

*\*Note that the deduction ‘introductory steps are not finished with (too short) or exceed (too long) the introductory phrasing of the particular tune’ does not apply to Pre-Juvenile and Juvenile or dances not skated to ISU music.*

##### **Marking Guides for Components and Adjustment to Components for Pattern Dances:**

See the [2016 ISU Handbook for Officials-Pattern Dances](#).

##### **Dance Patterns & Videos:**

- Dance patterns (including location of the judges stand in relation to dance) are available in the [Technical Handbook](#) posted on the Skate Canada Info Centre>Rule Book>Technical Handbook. Optional Pattern Dances are indicated on the dance patterns.

ISU videos and Pattern Dance guidelines are also available on the [Skate Canada Info Centre>Figure Skating Programs>Resources](#).

#### **Calling Process for Technical Panel – Pattern Dances**

##### **Pattern Dances Without Key Points:**

The Technical Controller identifies Sequences/Sections of the Pattern Dance when 75% of the Sequence/Section is completed by both partners. The Technical Controller also identifies and calls falls. If a Technical Controller is not available at non-qualifying events, the Referee may perform this function.

##### **Novice Pattern Dances Using Key Points:**

The 2016-2017 Key Points and Key Point Features for Sequences/Sections of Novice Pattern Dances chart is posted on the [Info Centre>Technical>Competitive - Ice Dance](#) and also included in this document.

The Technical Panel determines the Level of every Section in the Pattern Dance Sections. Sections are divided into 4 Levels.

Correct or incorrect execution of Key Points is reported on the Judges Details per Skater chart as follows:

- “Yes”: meaning all Key Points 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 Points Features are not met, whether or not edges/steps are held for the correct number of beats.



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#### **2. FREE DANCE**

The Free Dance program requirements chart is posted on the [Info Centre>Technical>Competitive - Ice Dance](#) and also included in this document.

#### **This season, a Choreographic Element has been added to the Novice Free Dance**

Choreographic Elements are awarded a fixed base value and are evaluated by the judges in GOE only.

#### **Teams may include one of the following:**

- Choreographic Dance Lift: dance lift of up to ten seconds, performed after the other required dance lifts.
- Choreographic Spinning Movement: spinning movement performed after the required dance spin during which both partners perform at least two continuous rotations:
  - in any hold
  - on one or two feet or one partner being elevated without being sustained, or a combination of the three.
  - on a common axis which may be moving
- Choreographic Twizzling Movement: twizzling movement performed after the required set of twizzles, composed of two parts. The following requirements apply:
  - for both parts: on one foot or two feet or a combination of both
  - for the first part: at least two continuous rotations performed simultaneously; both partners must travel (cannot be on the spot) (Partners must be separate)
  - for the second part: at least one of the partners must perform at least two continuous rotations and one or both partners can be on the spot or travelling or a combination of both. (Partners may be in hold)

#### **General Information for Free Dance**

<b>General</b>	<ul style="list-style-type: none"> <li>• A Free Dance is the skating by a couple of a creative dance program blending dance steps and movements expressing the character and rhythm(s) of the dance music chosen.</li> <li>• The program, including required elements, must be skated in time and phase with the music.</li> <li>• The couple should skate primarily in time to the rhythmic beat and not to the melody alone.</li> <li>• The choreography should reflect the dance character, accents and nuances of the chosen dance music, demonstrating a close relationship between partners with obvious, distinct change of mood and pace with variation in speed and tempo.</li> <li>• The program must utilize the whole ice surface.</li> <li>• The Free Dance must not have the character of a pair or show program.</li> <li>• Deep edges and intricate footwork displaying skating skill, difficulty, variety and originality that constitute the distinct technical content of the dance must be included in the program and performed by both partners.</li> <li>• In the interest of the public, programs should be choreographed to all sides of the arena and not only focused to the judges' side.</li> <li>• All changes of hold are permitted. Many and varied holds increase the difficulty of the program and therefore, should be included. Skating face to face is considered to be more difficult than skating side by side, hand in hand, separately or one after the other.</li> <li>• The program must be developed through skating quality rather than through non-skating actions such as sliding on one knee, or use of toe steps, which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music.</li> <li>• Touching the ice with the hands is not permitted.</li> <li>• In the Free Dance, combined spins and lifts are permitted, but if performed will be counted as separate elements (i.e. one of the permitted lifts and one dance spin).</li> </ul>
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>• Warm up periods for Free Dance are five minutes with a maximum of five couples on the ice.</li> <li>• Soft background dance music may be played.</li> </ul>



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<b>Music</b>	<p>The music for free dance must be suitable for ice dance as a sport discipline and must have the following characteristics:</p> <ul style="list-style-type: none"> <li>• The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning or end of the program and up to 10 seconds during the program.</li> <li>• The music may be vocal.</li> <li>• The music must have at least one change of tempo/<u>rhythm</u> and expression. <u>There are cases where music will have very different rhythms with the same tempo. It is correct if the couple changes rhythm or tempo to show variation in their Free Dance.</u> This change may be gradual or immediate, but it must be obvious.</li> <li>• All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.</li> <li>• The music must be suitable for the couple's skating skills and technical ability.</li> <li>• The music must have an uplifting effect.</li> </ul> <p>Free Dance music that does not adhere to these requirements will be penalized by a deduction taken by the judges and the referee.</p>
<b>Stops</b>	<ul style="list-style-type: none"> <li>• After the clock is started with the first movement, the couple must not remain in one place for more than 10 seconds.</li> <li>• During the program full stops (up to five seconds) in addition to stops required in Required Elements, in which the couple remains stationary on the ice while performing body movements, twisting, posing and the like are permitted.</li> </ul>
<b>Separations</b>	<ul style="list-style-type: none"> <li>• The number of separations to execute transitional footwork or moves is not restricted.</li> <li>• At the beginning or end of the program a separation up to a maximum of 10 seconds is permitted and the distance between the partners is not restricted.</li> <li>• For the rest of the Free Dance:             <ul style="list-style-type: none"> <li>○ The duration of each separation, outside of Required Elements requiring a separation, is a maximum of five seconds</li> <li>○ The separations can be no more than two arms lengths apart.</li> </ul> </li> </ul>
<b>Jumps</b>	<ul style="list-style-type: none"> <li>• Maximum one revolution (one partner at a time).</li> <li>• Maximum one-half revolution (both partners may execute at same time).</li> </ul>

**Marking of the Free Dance**

**Marking Guides for Grade of Execution for Required Elements and Adjustments to Grade of Execution for Free Dance:**

Refer to ISU Communication 2003 and the [2016 ISU Handbook for Referees and Judges](#). These guides are also posted on the Info Centre with this document

Judges should refer to these guides for detailed criteria for increasing and reducing the GOE. (*Note: the first sections re Pattern Dance Elements do not apply as they are for Senior and Junior Short Dance only.*)

New this year: The additional wording to the Adjustments to Grades of Execution:

Sets of Twizzles – generally more than two arms length apart or partners touch each other

Step Sequences – generally more than two arms length between partners or partners touch each other (NtSt)



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**Choreographic Elements:**

- Judges assign a GOE based on musicality, creativity, and originality
- The element should not be considered ‘just an add-on’ at the end of the program but should be integrated into the choreography to create an innovative and creative ‘moment’ that can be remembered,

**Not Permitted Elements:** The Judges identify “Not Permitted Elements” and deduct accordingly.

- **Not Permitted Elements in Step Sequences and Partial Step Sequences:** stops, pattern retrogressions and loops must not be included or are restricted in Step Sequences and Partial Step Sequences. They are identified as Not Permitted Elements as follows:

	<b>Step Sequence Style A</b>	<b>Step Sequence Style B</b>	<b>Step Sequence Style B*</b>
<b>Stops **</b>	Not permitted	Not permitted	Not permitted
<b>Pattern Retrogressions</b>	Not permitted	1 pattern retrogression of not more than 2 measures of music is permitted	Not permitted
<b>Loops</b>	Not permitted	A narrow loop is an acceptable shape in the pattern retrogression	Not permitted
<b>Separations</b>	Not permitted (except Not Touching Midline, Diagonal or Circular Step Sequence)	Permitted for no more than 2 arm lengths and must not exceed 5 seconds	Not permitted (except Not Touching Midline, Diagonal or Circular Step Sequence)

\*\* As per definitions in ISU Rule 704, Dance Spins and Pirouettes are stops.

**Who is responsible and how is the deduction taken?**

- Not Permitted Elements are the responsibility of the judges and are reflected in the GOE for the step sequence. As per the Adjustments to Grade of Execution, the judge must reduce the GOE by 2 grades for the inclusion of each not permitted element.

**Choreography Restrictions:** See Appendix A

**Illegal Elements/Movements:**

- The Technical Panel identifies “Illegal Elements/Movements” and deducts accordingly.
- If there is an illegal movement during the execution of any element, the deduction for an illegal element/movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise, the element will be called No Level.

Illegal movements and or poses in Lifts as per ISU Rule 704:

- lying or sitting on the partner’s head
- sitting or standing on the partner’s shoulder or back
- lifted partner in upside down split pose (with sustained angle between thighs more than 45 degrees);
- lifting partner swinging the lifted partner around;



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- i) by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s) or without the assistance of hand(s)/arm(s), or
- ii) by holding the hand(s) with full arm extension by both partners;
- e) point of contact of the lifting hand/arm of the lifting partner with any part of the body of the lifted partner higher than the lifting partner's head;
- f) hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is sustained by the lifting partner higher than his head for more than 2 seconds.

A brief movement through poses a) to e) will be permitted if it is not established (sustained) or if it is used to change pose.

### Other Illegal Elements/Movements:

1. Jumps (or throw jumps) of more than one revolution or jumps of one revolution skated at the same time by both partners.
2. Lying on the ice.
3. Kneeling or sliding on two knees and/or sitting on the ice are not allowed and will be considered by the technical panel as a fall.
4. If one partner performs a jump of more than one revolution such as:
  - o throw jump
  - o exit from a lift taking off from the lifting partner
  - o entry to a lift taking off towards the lifting partner
  - o exit from a dance spinthis will be considered as an Illegal Movement by the Technical Panel.

### Calling Specifications and Levels of Difficulty:

Calling specification for Levels of Difficulty for Required Elements are included in ISU Communication 2003 and in the [2016 ISU Handbook for Technical Panels Ice Dance](#). **New this season is the addition of Level Base for step sequence not interrupted by more than 50% of the pattern in total, either through stumbles, falls or any other reason.**

### Marking Guides for Program Components and Adjustments to Program Components for Free Dance:

Refer to the [2016 ISU Handbook for Referees and Judges for Ice Dance](#)

## 3. ADDITIONAL INFORMATION APPLICABLE TO PATTERN AND FREE DANCES

### Call to Start and Late Start

- Each couple must take the starting position no later than 30 seconds after they are called to the start. If this time has expired and the couple has not yet taken the starting position, the Referee will apply a deduction (deducted from the final score). **New this season, the first couple to skate after the warm-up no longer has an additional 30 seconds to take their starting position.**
- If the couple has not taken their starting position after sixty seconds from being called to start, they will be considered as withdrawn.

### Costume

- Clothing of the competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the music chosen.
- The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers and must not wear tights. In addition, in ice dance women must wear a skirt. Accessories and props are not permitted.



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**Clothing restrictions are further clarified as follows:**

- Lady's skirt: must go around the entire waist. However, there may be slits in the skirt on one or both sides up to the waist.
- Excessive nudity of lady and man: the majority of the upper body must be covered.
- Appropriateness for athletic competition: costumes of either partner must not have so much material or decorations that the bodyline of the skater cannot be seen.
- Accessories and props: this includes part of the costume used as a support in a dance lift.
- No part of the costume may be used as any support in a lift: The costume/prop deduction will apply if the costume is supporting the lift (applied by referee and/or judges). The technical panel will assess the level regardless of the costume being used as a support.

**Falls**

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.

**Interruption in Performing the Program**

Skate Canada defines an interruption as a skater/team showing no attempt to perform for a continuous period of at least 11 seconds. In Novice and lower categories, a factor will be applied to the interruption deduction.

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**Deductions:**

<b>Violation</b>	<b>Level</b>	<b>Deduction</b>	<b>Responsibility for applying deduction</b>
Time Violation (up to every five seconds lacking or in excess)	Juvenile Pre-Novice / Novice	0.20 0.50	Referee
Late start more than 30 seconds	Pre-Juvenile / Juvenile Pre-Novice / Novice	0.20 0.50	Referee
more than 60 seconds	All levels	Withdrawn	
Part of the costume/decoration falls on the ice	Pre-Juvenile / Juvenile Pre-Novice / Novice	0.20 0.50	Referee
Lifts exceeding permitted duration	Juvenile Pre-Novice / Novice	0.20 0.50	Referee
Violation of tempo specifications	Juvenile Pre-Novice / Novice	0.20 0.50	Referee
Interruption in performing the program: <ul style="list-style-type: none"> <li>• Three minute break because of adverse conditions related to skater or equipment</li> <li>• For every Interruption of:  11-20 sec.  21-30 sec.  31-40 sec.  more than 40 sec.</li> </ul>	Pre-Juvenile / Juvenile Pre-Novice / Novice  Pre-Juvenile / Juvenile Pre-Novice / Novice  All categories	1.00 2.50  0.20 0.50  Withdrawn	Referee
Music Requirements	Juvenile Pre-Novice / Novice	0.40 1.00	
Costume and Prop Violation	Pre-Juvenile / Juvenile Pre-Novice / Novice	0.20 0.50	Majority of Referee and Judging Panel
Choreography Restrictions	Juvenile Pre-Novice / Novice	0.20 0.50	Majority of Referee and Judging Panel
Illegal Element	Juvenile Pre-Novice / Novice	0.40 1.00	Technical Panel
Falls	Pre-Juvenile/Juvenile/ Pre-Novice/ Novice/ STARSkate/Adult	-0.5 point for a fall of one partner, -1.0 for a fall of both partners	Technical Panel
Extra elements	Juvenile Pre-Novice / Novice	0.20 0.50	Technical Panel



## Appendix A

### Choreographic Deductions

#### What are they?

A choreographic deduction occurs when a team violates any of the choreography restrictions outlined by the ISU and Skate Canada for the current season. These restrictions apply to Juvenile – Senior Ice dancing events in Canada.

There are four (4) general categories of choreographic violations:

1. Pattern
2. Separations
3. Stops
4. Touching the ice purposefully

#### Who is responsible & how does it work?

Choreographic deductions are determined by the judges and referee. If the majority of the judging panel, including the referee, indicates a restriction has been violated, the team will receive a deduction.

#### How is it taken?

Judges and the referee indicate a choreographic violation by clicking on the “Panel Violations” button and then clicking “yes” next to the appropriate box. If judging by paper, the violation is indicated on the bottom right of the judging sheet. This violation may only be taken once per program.

Type of Violation	When do you take them in the Short Dance?	When do you take them in the Free Dance?
<b>Pattern</b>	<ul style="list-style-type: none"> <li>- Dance not skated in a constant direction</li> <li>- Dance crosses Long Axis at greater than 20m near the short barrier*</li> <li>- Loops cross the Long Axis</li> </ul>	N/A
<b>Separations</b>	<ul style="list-style-type: none"> <li>- Change of hold lasts more than 1 measure of music</li> <li>- Skaters are more than 2 arm lengths apart at any point**</li> <li>- Couple performs a separation of 1 measure of music or more to prepare (or conclude) the NtSt or STw</li> </ul> <p>**Up to 10 seconds at beginning/end of program without distance restriction is permitted</p>	<ul style="list-style-type: none"> <li>- Skaters are more than 2 arm lengths apart</li> <li>- Skaters are separated for more than 5 seconds</li> <li>- Skaters are separated for more than 10 seconds at the beg/end of program.</li> </ul>



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<b>Type of Violation</b>	<b>When do you take them in the Short Dance?</b>	<b>When do you take them in the Free Dance?</b>
<b>Stops</b>	<ul style="list-style-type: none"> <li>- Skaters remain in one place for <b>more than 10 seconds</b> at start of program</li> <li>- Sr – Skaters perform a full stop, except when permitted. One full stop for no more than 10 seconds to indicate the start of the PST is permitted.</li> <li>- Jr – Skaters perform <b>more than</b> one full stop of up to 10 seconds or more than 2 full stops of up to 5 seconds</li> </ul>	<ul style="list-style-type: none"> <li>- Skaters remain in one place for <b>more than 10 seconds</b> at start of program</li> <li>- Skaters stop for <b>more than 5</b> seconds</li> </ul>
<b>Touching Ice</b>	<ul style="list-style-type: none"> <li>- Purposefully touches the ice as part of the choreography.</li> </ul> <p>***Junior Short Dance for 2016-2017 season: if Hip-Hop is chosen as one of the rhythms, touching the ice with the hand(s) is allowed if choreographed to enhance the character of the Hip-Hop and does not meet the definition of a fall.</p>	<ul style="list-style-type: none"> <li>- Purposefully touches the ice as part of the choreography.</li> </ul>

\*If a couple crosses the long axis in a Pattern Dance, or Pattern Dance element in Short Dance, the judge will reflect it under the criteria “correct Pattern” of the Characteristics of Grade of Execution. In a Short Dance, this may also violate the Pattern requirements (the pattern must not cross the Long Axis except once at each end of the rink, within no more than 20 metres from the barrier). However, a double deduction is not required and judges will not apply the deduction for violation of choreography restrictions.



## 2016-2017 Ice Dance Program Requirements

	Pattern Dance Summer	Pattern Dance Fall/Sectionals	Pattern Dance Challenge	Pattern Dance Canadians	Free Dance
<i>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</i>					<i>In Free Dance, combined spins &amp; lifts are permitted, but if performed will be counted as separate elements</i>
<b>Pre-Juvenile</b>	Two Pattern Dances to be skated, drawn from Junior Bronze Dance; Section discretion		<i>n/a</i>	<i>n/a</i>	<i>n/a</i>
<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	<i>N/a</i>	<i>n/a</i>	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 1998 &amp; 2003. (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:	<i>n/a</i>	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 1998 &amp; 2003. (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: one straight (midline, diagonal) and one curved (circular, serpentine) one of which must be a <b>Style B*</b> not touching step sequence and the other performed in hold, Style A (as outlined in ISU Communications 1998 &amp; 2003. Serpentine is not permissible as 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> <li>● <u>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</u></li> </ul>

**Key Points for Novice Pattern Dances**

**Blues**

**Key Points** ((Last communicated by ISU Communication 1998))

Each Sequence: BL1Sq, BL2Sq, BL3Sq	Key Point 1 Lady & Man Steps 5 to 7 (RBO, LFO, CR-RFO-SwR)	Key Point 2 Lady Steps 12 & 13 (LFI ClCho, RBO)	Key Point 3 Man Steps 12 & 13 (LFI ClCho, RBO)
<b>Key Point Features</b>	1. Correct edges	1. Correct edges 2. Correct turn 3. ClCho: correct placement of the free foot	1. Correct edges 2. Correct turn 3. ClCho - correct placement of the free foot

**Note:** A change of edge within the last **half-a** beat of the step is permitted to prepare the push/transition to the next step. (Example in Key Point 1 Step #7)

**Westminster Waltz**

**Key Points** (Last updated by Skate Canada, 2014-15)

Each Section 1: Steps 1-12 WW1Sq1Se & WW2SqSe 1	Key Point 1 Lady & Man Step 3 (LFOI)	Key Point 2 Lady Steps 5 & 6 (LFI OpMo, RBI)	Key Point 3 Man Steps 5 & 6 (LFI OpMo, RBI)
<b>Key Point Features</b>	1. Correct edges	1. Correct edges 2. Correct turn 3. Op Mo: correct placement of feet	1. Correct edges 2. Correct turn 3. Op Mo: correct placement of feet
Each Section 2: Steps 13 - 22 WW1Sq2Se & WW2SqSe 2	Lady Step 13 (RFI SwRk)	Man Step 13 (LFO- SwCtr)	Lady Step 21b (LBO) & Man Step 21 (LBO)
<b>Key Point Features</b>	1. Correct edges 2. Correct turn	1. Correct edges 2. Correct turn	1. Correct edge

**Quickstep**

**Key Points** (Last communicated by ISU Communication 1782)

Each Sequence: QS1Sq, QS2Sq, QS3Sq, QS4Sq	Key Point 1 Lady & Man Steps 5 & 6 (LFO Sw-ClCho, RBIO)	Key Point 2 Lady & Man Steps 9 to 12 (XF-LBO, XB-RBO, LFI,RFI)	Key Point 3 Lady & Man Steps 15 to 18 (LFO, CR-RFO, XB-LFIO, XF-RFI)
<b>Key Point Features</b>	1. Correct steps 2. Correct Turn 3. Sw-ClCh: correct placement of the free foot 4. Correct Change of Edge (inside to outside)	1. Correct edges 2. XF-LBO; free leg crossed in front of the skating leg below the knee 3. XB-RBO; free leg crossed behind the skating leg below the knee 4. LFI & RFI started close beside the skating foot	1. Correct edges 2. XB-LFIO: free leg crossed behind the skating leg below the knee 3. XF-RFI: free leg crossed in front of the skating leg below the knee 4. Correct Change of Edge (Inside to Outside)