



## 2009/2010 DANCE PRE-EVENT TECHNICAL PACKAGE

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### (1) COMPULSORY DANCE DRAW

Qualifying Level	Sectionals	Western/Eastern Challenge events	Junior Nationals/ Canadians
<b>Juvenile</b>	Ten-Fox European Waltz	N/A	N/A
<b>Pre-Novice</b>	Keats Foxtrot Harris Tango	European Waltz Rocker Foxtrot	N/A
<b>Novice</b>	Starlight Waltz Silver Samba	Starlight Waltz Kilian	Argentine Tango Silver Samba
<b>Junior</b> Note : For ISU World Junior Figure Skating Championships, one dance shall be drawn at the ISU Four Continents Figure Skating Championships and announced by the ISU secretariat.	Argentine Tango	Argentine Tango	Westminster Waltz
<b>Senior</b> Note: One dance only to be skated. For ISU Four Continents Four Continents Figure Skating Championships, the dance shall be drawn at the ISU Grand Prix Final and announced by the ISU secretariat. For the ISU World Figure Skating Championships, the dance which was not drawn for the European Championships and ISU Four Continents Championships will be skated.	Golden Waltz	Golden Waltz	Tango Romantica

## (2) COMPULSORY DANCE NOTES

- Introductory steps for compulsory dances are as follows:
  - **Juvenile:** maximum of seven introductory steps
  - **Pre-Novice, Novice, Junior, Senior:** steps not to exceed the introductory phrasing of the music
- Warm-up periods for compulsory dances will have a maximum of five couples on the ice at the same time.
- Updated dance patterns (including location of judges stand in relation to dance) are posted on Members Only under the following links:
  - Rules
  - 2006 Official Rule Book
  - Technical Handbook (including Official Rules)
  - Figure Skating Terms
  - The Optional pattern dances are indicated on the dance patterns.
- Kilian: two sequences (Novice dancers)

Optional pattern dance: A dance for which the pattern may be altered by a couple provided that the original step sequences, positions and timing are maintained. Each repetition of the altered pattern must be executed in the same manner and the restart must be commenced from the same place.

Set pattern dance: A dance for which the location, direction and curvature of all edges to be skated are designated in the diagram.

- ISU compulsory dance music will be utilized at the Pre-Novice to Senior levels (Strasser-Tauber version only; three tunes alternating); Skate Canada Series 8 will be utilized for Juvenile events.
- Pre-Novice, Novice, Junior or Senior compulsory dance events will have four minute warm-ups. The first minute will be without music. The remaining three minutes will have music which shall be a tune not used in the rotation for the event. Juvenile dance events will have a four minute warm-up (one minute no music, three minutes with).

## (3) WELL BALANCED FREE PROGRAM CRITERIA

Free dancing is the skating by a couple of a creative program with dance steps and movements expressing the character of the music chosen by the couple. Required Elements are listed below.

**(1) PRE-JUVENILE DANCE**

- (a) Two Compulsory Dances to be skated to be drawn from the Junior Bronze Dance list
- (b) All calculation principles to be the same as Juvenile compulsory dance

**(2) JUVENILE FREE DANCE:** One free dance to music of 2.0 minutes (+ or – 10 seconds)

A well balanced Juvenile free dance must meet the following requirements:

- (a) A maximum of one dance lift (stationary, curve or straight Line)
- (b) A maximum of one dance spin (simple spin type, not combination type). Will be called to a maximum Level 2.
- (c) A maximum of one series of synchronized twizzles
- (d) A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)

**(3) PRE-NOVICE FREE DANCE:** One free dance to music of 2.5 minutes (+ or – 10 seconds)

A well-balanced Pre-Novice free dance must meet the following requirements:

- (a) A maximum of two different dance lifts (stationary, curve, straight line or rotational)
- (b) A maximum of one dance spin (simple spin type, not combination type)
- (c) A maximum of one series of synchronized twizzles
- (d) A maximum of one footwork sequence (any shape, no required holds, may not be midline not touching)

**(4) NOVICE FREE DANCE:** One free dance to music of 3.0 minutes (+ or – 10 seconds). A well-balanced Novice free dance must meet the following requirements:

- (a) A maximum of two different dance lifts (stationary, curve, straight line or rotational), one of which may be a 12 second lift (Serpentine, Reverse Rotational, Combination)
- (b) A maximum of one dance spin (simple spin type, or combination type)
- (c) A maximum of one series of synchronized twizzles
- (d) A maximum of two different step sequences: one straight (midline in hold, midline not touching without sequential twizzles or diagonal) and one curved (serpentine with two or three bold curves, or circular). No required holds.

(5) **JUNIOR FREE DANCE:** One free dance to music of 3.5 minutes (+ or – 10 seconds)  
A well balanced Junior Free Dance must meet the following requirements:

- (a) Two different types of lifts\* One of which may be chosen from the long lifts which must not exceed 12 seconds. \*Note: One additional lift (up to six seconds) without any requirements for the level is permitted (provided that it is not illegal) but only the first two performed lifts will be identified and considered in determining the level of difficulty.
- (b) One dance spin (chosen from spin or combination spin \*\*.)
- (c) One set of synchronized twizzles. (Additional set(s) may be performed but only the first performed set will be identified and considered in determining the level of difficulty)
- (d) a maximum of two different step sequences in hold: one straight line (midline or diagonal) and one curved (serpentine with two or three bold curves, or circular).

(6) **SENIOR FREE DANCE:** One free dance to music of 4.0 minutes (+ or – 10 seconds).  
A well-balanced Senior free dance must meet the following requirements:

- (a) Three different types of lifts\*  
One of which may be chosen from the long lifts which must not exceed 12 seconds. \*Note: Up to two additional lifts (up to six seconds) without any requirements for the level are permitted (provided that it is not illegal) but only the first three performed lifts will be identified and considered in determining the level of difficulty.
- (b) One dance spin (chosen from spin or combination spin).
- (c) One set of synchronized twizzles. (Additional set(s) may be performed but only the first performed set will be identified and considered in determining the level of difficulty)
- (d) A maximum of two different step sequences in hold: one straight line (midline or diagonal) and one curved (serpentine with two or three bold curves, or circular)

**\*Note:** One additional lift (Junior) or two lifts (Senior) up to six seconds without any requirements for the level is permitted (provided that it is not illegal) but only the first two (Junior) or three (Senior) performed lifts will be identified and considered in determining the level of difficulty. The additional lift(s) will be considered by the judges in marking the choreography. However, if a fourth lift (Junior) or sixth lift (Senior) is performed, it will be considered by the technical panel as an extra element.

**\*\*Note (Junior and Senior):** One additional dance spin (spin or combo spin) is permitted but only the first performed dance spin will be identified and considered in determining the level of difficulty. This additional dance spin will be considered by the judges in marking the component for choreography. A third dance spin performed will be considered by the technical panel as an extra element.

**Please Note:** The term “different dance lift” means that they must be of a different nature, i.e. in Pre-Novice there can only be one rotational lift.

#### (4) CHART FOR JUVENILE, PRE-NOVICE AND NOVICE FREE DANCES

	Juvenile Free Dance	Pre-Novice Free Dance	Novice Free Dance
<b>Time</b>	2.0 min +/- 10 seconds	2.5 min +/- 10 seconds	3.0 min +/- 10 seconds
<b>Rhythm</b>	Free Choice	Free choice	Free choice
<b>Music</b>	Must have audible rhythmic beat or beat and melody, but not melody alone (vocal is allowed).	Must have audible rhythmic beat or beat and melody, but not melody alone (vocal is allowed).	Must have audible rhythmic beat or beat and melody, but not melody alone (vocal is allowed).
<b>Pattern</b>	Free	Free	Free
<b>Steps</b>	<ul style="list-style-type: none"> <li>- All steps permitted.</li> <li>- Maximum of one series of synchronized twizzles.</li> <li>- Maximum of one footwork sequence (any shape, no required holds, may not be midline not touching).</li> </ul>	<ul style="list-style-type: none"> <li>- All steps permitted.</li> <li>- Maximum of one series of synchronized twizzles.</li> <li>- Maximum of one footwork sequence (any shape, no required holds, may not be midline not touching).</li> </ul>	<ul style="list-style-type: none"> <li>- All steps permitted</li> <li>- Maximum of one set synchronized twizzles.</li> <li>- Maximum of two different step sequences (no required holds): one straight (midline in hold, midline not touching without sequential twizzles or diagonal) &amp; one curved (serpentine with two or three bold curves or circular)</li> </ul>
<b>Lifts</b>	Maximum one dance lift (stationary, curve or straight line)	Maximum two different dance lifts (stationary, curve, straight line or rotational)	Maximum two different dance lifts, one of which may be a 12 second lift  <b>Short Lifts</b> – not to exceed six seconds (stationary, straight line, curve, rotational) <b>Long Lifts</b> – not to exceed 12 seconds (serpentine, reverse rotational, Combination)
<b>Stops</b>	Duration: maximum five seconds.	Duration: maximum five seconds.	Duration: maximum five seconds.
<b>Separation</b>	Duration: maximum five seconds at no more than two arms length apart. At		

	beginning or end maximum 10 seconds & distance between not restricted.		
<b>Spins</b>	Maximum one dance spin (simple spin type, not combination). Spins will be called up to Level 2.	Maximum one dance spin (simple spin type, not combination).	Maximum one dance spin (simple spin type or combination type).
<b>Jumps</b>	- Maximum one revolution (one partner at a time) - Maximum one half revolution (both partners may execute at same time)	- Maximum one revolution (one partner at a time) - Maximum one half revolution (both partners may execute at same time)	- Maximum one revolution (one partner at a time) - Maximum one half revolution (both partners may execute at same time)
<b>Notes</b>	- Must not have the character of a pair program or exhibition. - ISU deductions for required elements will apply.		

\*Refer to ISU Communications 1522 (which replaces 1496) and 1567 and any subsequent communications for further clarification on requirements and levels of required elements.

#### (5) CHART FOR JUNIOR AND SENIOR ORIGINAL DANCE AND FREE DANCE

	<b>Original Dance</b>	<b>Free Dance</b>
<b>Description</b>	Communication 1567	ISU Rules 604, 610 & Communications and 1567
<b>Time</b>	2.5 min +/- 10 seconds (from when one of the couple begins to move or skate until both partners arrive at a complete stop at the end of the program)	<b>Junior:</b> 3.5 min +/-10 seconds <b>Senior:</b> 4.0 min +/-10 seconds (from when one of the couple begins to move or skate until both partners arrive at a complete stop at the end of the program)
<b>Rhythm, tempo, character or nature</b>	<b>Folk/Country Dance</b> - Any type of folk/country dance music or typical dance of the country can be used. - There are no restrictions on the number of musical selections. There must be a consistent theme based on a specific country or region. - The Argentine Tango is not permitted as the rhythm is used in compulsory dances announced for this season. - It is recommended that couples use their own traditional folk or country music and dances.	- Contain combinations of new or known dance steps/movements including required elements and step sequences and personal ideas of the couple in concept, arrangement and expression. - Choreography (including required elements) should reflect character, accents and nuances of music, demonstrate change of pace and variations in speed and tempo and utilize the whole ice. - Must not look like pair skating or exhibition dance.
<b>Music</b>	- Vocal permitted. - Only music with a rhythmic beat, must skate	- Vocal permitted. - Must be appropriate for dance.

	<p>primarily to the rhythmic beat and not to the melody alone.</p> <ul style="list-style-type: none"> <li>- Incorrect selection of music for the rhythms/dances chosen must be penalized.</li> <li>- The program should give a genuine feel for folk/country dance. Should be very distant from the feeling of a grand ballroom.</li> <li>- Rhythm(s)/dance(s) should be listed in the order in which they will be skated when registering their music.</li> <li>- Variations of tempo within one selection of music are permitted. May consist of different musical selections – fast or slow.</li> </ul>	<p>If classical, must be orchestrated so that there is a good balance between rhythmic beat and melody.</p> <ul style="list-style-type: none"> <li>- Must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone.</li> <li>- Couple must skate primarily in time to the rhythmic beat and not to the melody alone.</li> <li>- A program that displays a change of tempo and well balanced use of melody, rhythmic beat and musical accents and not melody alone is considered higher quality.</li> <li>- If not followed, judges will reduce the marks for the components for choreography and interpretation/timing.</li> </ul>
<b>Timing</b>	Important	Important
<b>Introduction</b>	- Without beat or melody maximum 10 seconds.	
<b>Pattern</b>	<ul style="list-style-type: none"> <li>- Generally constant, must not cross long axis except once at each end of rink (&lt; 20 meters from barrier).</li> <li>- Loops permitted, but they can not cross the long axis.</li> <li>- Pattern can be clockwise or counter clockwise.</li> </ul>	- Not restricted except must utilize whole ice surface.
<b>General steps &amp; movement</b>	<ul style="list-style-type: none"> <li>- All steps, turns, rotations and changes of hold permitted if appropriate to each rhythm.</li> <li>- Difficult, original, varied and intricate footwork required for both skaters.</li> <li>- For the linking footwork/movements, a program that relies heavily on the use of chassés and progressives, posing and one directional skating is considered to be less difficult than one containing changes of edge, rockers, choctaws and other such steps and turns, and multi-directional skating, etc.</li> <li>- Excessive skating on two feet considered as inability to skate or maintain balance and should be penalized.</li> <li>- Hops and jumps of no more than one full rotation are permitted (jumps of one rotation may not be performed simultaneously and these jumps are not permitted in required step sequences). <ul style="list-style-type: none"> <li>- Kneeling or sliding on two knees (considered as a fall) on the ice is not permitted.</li> </ul> </li> <li>- One highlight for one or both on two feet may be permitted (maximum five seconds).</li> <li>- Touching the ice with hand/s is not permitted.</li> <li>- Program must be developed through skating</li> </ul>	<ul style="list-style-type: none"> <li>- All permitted.</li> <li>- Deep edges, intricate footwork displaying skating skill, difficulty, variety and originality by both skaters.</li> <li>- A program that relies heavily on cross cuts, simple stroking and running, one directional skating, excessive stopping and posing is considered to have insufficient required difficulty, intricacy and variety of linking steps (e.g. threes, mohawks, choctaws, rockers, counters, brackets, twizzles, etc.)</li> <li>- Free skating elements/movements permitted if appropriate to music and well balanced program.</li> <li>- Pair skating elements (excluding spirals, spins and step sequences) not permitted. <ul style="list-style-type: none"> <li>• No kneeling or sliding on two knees on the ice (considered as a fall).</li> <li>• No skating with a hand (or hands) on ice.</li> <li>• No lying on the ice.</li> <li>• No jumps of more than one rotation.</li> <li>• No jumps of one rotation by both partners at same time.</li> </ul> </li> </ul>

	quality rather than non-skating actions such as sliding on one knee or toe steps. These should only be used to reflect the character of the dance and underlining rhythm and nuances of the chosen music.	
<b>Stops</b>	<p>- <b>Maximum one full stop</b> (maximum 10 seconds) <b>OR two full stops</b> (maximum five seconds): any choreography during (including separation of not more than two arms length apart), may not be in required step sequences.</p> <p>-At start of program, must not remain in one place (even if doing brief extra stops which are permitted) for longer than ten seconds.</p> <p>- Not permitted in the required step sequences.</p>	-Stops permitted, up to five seconds each. (If overused will not appear to be skating.)
<b>Unison/ Holds/ Separations</b>	<p>- Unison important.</p> <p>- Separations not permitted except:</p> <ul style="list-style-type: none"> <li>• to change hold (less than one measure of music)</li> <li>• midline not touching step sequence or permitted stop(s)</li> <li>• at beginning or end, less than or equal to ten seconds</li> </ul> <p>- No restrictions on dance holds except for required step sequences. Skating hand-in-hand with fully extended arms is permitted only if in character of the rhythm chosen but must not be used excessively (and not in required step sequence in hold).</p>	<p>- Unison important and all changes of position with varied dance holds.</p> <p>- Emphasis on more difficult holds e.g. face to face harder than hand in hand.</p> <p>- Separations permitted- in program maximum distance apart two arms lengths (maximum five seconds);</p> <p>- At beginning and end maximum ten seconds (with no restriction on distance apart).</p>

Required Elements		
<b>Lifts</b>	<p><b>One Short Lift</b> – But no more than two (up to six seconds only) chosen from stationary, straight line, curve, rotational.</p> <p>-The first performed lift only will be identified and considered in determining the level of difficulty. The second lift will be considered by the judges in marking the Choreography. However if a third lift is skated it will be considered by the technical panel as an extra element.</p> <p>- If lift does not meet the phrasing of the music, judges reduce GOE and GOE must be minus.</p> <p>- If lift does not meet the character of the dance, judges must reduce the GOE by one grade.</p>	<p><b>Senior:</b> Three different types of lifts* (one may be chosen from lifts not to exceed 12 seconds)</p> <p>- Up to two additional lifts up to six seconds without any requirements for the Level (provided that it is not illegal) are permitted but only the first three performed lifts will be identified and considered in determining the level of difficulty. The additional lift(s) will be considered by the judges in marking the choreography. However, if a sixth lift is performed, it will be considered by the technical panel as an extra element.</p> <p><b>Junior:</b> Two different types of lifts (one may be chosen from lifts not to exceed 12 seconds).</p> <p>-One additional lift up to six seconds without any requirements for the level (provided that it is not illegal) is permitted but only the first two performed lifts will be identified and considered in determining the level of difficulty. This additional lift will be considered by the judges in marking the choreography. However if a fourth lift is skated it will be considered by the technical panel as an extra element.</p> <p><b>Short Lifts</b> – Not to exceed six seconds (stationary, straight line, curve, rotational)</p> <p><b>Long Lifts</b> – Not to exceed 12 seconds (serpentine, reverse rotational, combination)</p> <p>- A chosen type of difficult pose for the lifted partner and a chosen type of difficult position for the lifting partner is permitted in only one short lift or in one part of long lift and must not be repeated in the second lift. Each repeated difficult pose or position will be called as “simple” and it will not be considered for the level. Exception: reverse rotational Lift Level 4 Option two, where the one hand lift may be used in both directions.</p> <p>- If lift does not meet the phrasing of the music, judges reduce GOE and GOE must be minus.</p>

<b>Spin(s)</b>	<p>Note: A dance spin is not a required element in 2009-2010. A spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted. A couple may choose to use this movement as part of their choreography. The technical panel will ignore these movements and the judges will not consider these movements as the permitted stops.</p>	<p><b>One Dance Spin – chosen from spin or combination spin</b></p> <ul style="list-style-type: none"> <li>- For a simple spin both must complete at least three continuous rotations on one foot</li> <li>- For a combination spin both must complete at least three continuous rotations on one foot but may be followed by a change of foot for both simultaneously and three further rotations (no more than one half a rotation during change of feet; no change of centre)</li> <li>- One additional dance spin (spin or combo spin) is permitted but only the first performed combination spin will be identified and considered in determining the level of difficulty. This additional dance spin will be considered by the judges in marking the component for choreography. A third dance spin performed will be considered by the technical panel as an extra element.</li> <li>- If spin does not meet musical phrasing, judges reduce GOE and GOE must be minus.</li> </ul>
<b>Step Sequences</b>	<p><b>2 Different Step Sequences</b></p> <p><b>1. Diagonal in hold</b> (as fully corner to corner as possible) or <b>circular (clockwise or counter-clockwise) in hold</b> (utilizing the full width of the ice surface on the short axis of the rink).</p> <ul style="list-style-type: none"> <li>- Either must be skated in dance holds or variations (e.g. Foxtrot, Waltz, Tango, Kilian) except hand-in-hand in sustained position with fully extended arms.</li> <li>- A variety of basic holds must be included and held long enough to be clearly recognized to increase levels of difficulty.</li> <li>- Any separations to change hold must not exceed one measure of music.</li> </ul> <p><b>2. Midline Not Touching NOT incorporating the Sequential Twizzles</b></p> <ul style="list-style-type: none"> <li>- Along the midline as nearly full length as possible.</li> <li>- Mirror and/or matching footwork. Both may cross each other's tracings and may switch from matching footwork to mirror and vice versa.</li> <li>- Must Not Touch, must remain as close together as possible and not more than two arms length</li> </ul>	<p><b>2 Different Step Sequences (IN HOLD)</b></p> <ul style="list-style-type: none"> <li>- one selected from group A and one from group B</li> </ul> <p>Group A: straight line step sequence</p> <ul style="list-style-type: none"> <li>• Midline: long axis, full length of the center of the ice surface</li> <li>• Diagonal: fully corner to corner as possible</li> </ul> <p>Group B: curved step sequence (clockwise or counter-clockwise)</p> <ul style="list-style-type: none"> <li>• Circular: utilize full width on short axis</li> <li>• Serpentine: start in either direction at the long axis at one end of the rink and progresses in two or three bold curves ending at the long axis at the opposite end utilizing full width of ice surface</li> </ul> <p>Note- both step sequences:</p> <ul style="list-style-type: none"> <li>- May be skated in any hold except hand-in-hand in the sustained position with fully extended arms. A variety of basic holds must be included and held long enough to be clearly recognized to increase levels of difficulty.</li> <li>- Any separations to change hold must not exceed one measure of music.</li> </ul>

	<p>apart.</p> <p>Note – both step sequences:</p> <ul style="list-style-type: none"> <li>- If a step sequence is not skated with the rhythm pattern of the music in the original dance the judges must reduce the GOE and the GOE must be minus.</li> <li>- If step sequence does not reflect the character of the dance in the OD, the judges must reduce the GOE by 1 grade.</li> <li>- Base values for both step sequences are the same</li> <li>- Hops and jumps of not more than one full rotation are permitted. These jumps of one rotation may not be performed simultaneously and are not permitted at all in any step sequence.</li> </ul>	<p>If a step sequence is not skated with the rhythm pattern of the music in the free dance the judges must reduce the GOE and the GOE must be minus.</p> <ul style="list-style-type: none"> <li>- Lifts, jumps of more than half rotation, stops, dance spins, pirouettes, pattern regressions and loops must not be included in either step sequence.</li> </ul>
<p><b>Note:</b></p>	<ul style="list-style-type: none"> <li>- If an illegal element is included, the judges should deduct accordingly for including of a non permitted element.</li> <li>- If an illegal element is included in the step sequence (e.g. jump of more than one rotation, lying on the ice, etc.) the technical panel will call an “illegal element” and the entire step sequence “no Level”.</li> </ul>	
<p><b>Synchronized / Sequential Twizzles</b></p>	<p><b>One Set of Sequential Twizzles</b></p> <ul style="list-style-type: none"> <li>-Two twizzles on one foot for both partners skated simultaneously with up to one step in between.</li> <li>-No stop(s) are allowed before and/or between twizzles.</li> <li>-The set of sequential twizzles may be skated in any part of the program (except in the required step sequence).</li> </ul>	<p><b>One Set of Synchronized Twizzles</b></p> <ul style="list-style-type: none"> <li>- Can enter on FO, FI, BI or BO edge.</li> <li>- Two twizzles each, maximum three small steps between.</li> <li>- Simultaneous with at least one rotation.</li> <li>- Both must skate same number of rotations for each twizzle.</li> <li>- Skaters must travel across the ice during turns.</li> <li>- No stops are permitted before the first and/or second twizzles.</li> </ul>
<p><b>NOTE</b></p>	<p>Additional set(s) of twizzles is/are permitted but only the first performed dance set will be identified and considered in determining the level of difficulty. This additional set of synchronized twizzles will be considered by judges in marking the component for linking choreography.</p>	

**(6) ORIGINAL DANCE & FREE DANCE NOTES**

- In the free dance combined spins and lifts are permitted but if performed will be counted as separate elements (e.g. one of the permitted lifts and one dance spin).
- Original dances & free dances have five minute warm-ups – maximum five couples on ice.
- If lifts and spins are not skated with the phrasing of the music (OD & FD), the GOE must be reduced and it must be in the minus: if not in character with the music (OD) the GOE must be reduced by 1 grade. If the step sequences do not fit the rhythm pattern of the music (OD & FD), the

GOE must be reduced and it must be in the minus: if not in character (OD), the GOE must be reduced by one grade.

- A program which is choreographed so that its performance extends to all sides of the arena is preferable to one directed to only one side (officials side).
- Illegal movements/poses results in a – 0.2 deduction for each by technical panel
  - During Lifts
    - Lifting hand(s) higher than his head\*
    - Lying or sitting on partner's head
    - Sitting or standing on the partner's shoulder, back
    - Lifted partner in upside down split pose (with angle between thighs more than 45 degrees)\*\*
    - Lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only and/or by holding the hand(s) with full arm extension by both partners

**\*Note:** It is not considered illegal if

- the point of contact of the lifting hand/arm of the lifting partner with any with any part of the body of the lifted partner is not sustained higher than he lifting partner's head
- the lifting hand/arm which is used for support or balancing only or which touches any part of the body of the lifted partner is not sustained by the lifting partner higher than his head for more than 2 seconds.

**\*\*Note:** A brief movement through an upside down split pose will be permitted if it is not established and/or is used only to change pose.

- Jumps of more than one revolution or both jumping one revolution jumps at same time
- Kneeling on 2 knees
- Lying on the ice
- Performing splits on ice is permitted in Original Dance and Free Dance.
- Lifts exceeding permitted duration: Referee Deduction of 1.0 per lift.
- Required elements in excess of permitted number will result in a 1.0 deduction for each by technical panel.

## **(7) GENERAL COMPULSORY DANCE/ORIGINAL/FREE PROGRAM NOTES**

- Women must wear a skirt and must not give the effect of excessive nudity inappropriate for athletic sport. Men must wear full-length trousers: no tights are allowed and the man's costume may not be sleeveless. The decorations on costumes must be non-detachable. Accessories and props are not permitted. If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc (which are also part of the costume), falls on the ice during skating, the costume deduction of 0.1 is applied by the referee.
- However, for the original dance this year: If appropriate for the chosen music, the lady and the man are permitted to wear trousers and sleeves of any length. Small props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon etc). A cane, umbrella or bouquet are not permitted. Props may not be thrown and/or passed from one skater to the other in any part of the program or the referee will apply a deduction.

- **Fall** – loss of body 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 blades, e.g. hand(s), knee(s), back, buttock(s) or any part of the arm (fall of one partner -1.0; fall of both -2.0).
- **Attention Ice Dance Referees:** The list of OD rhythms/dances chosen by each Junior/Senior couple, as well as the order they are played, must be submitted to the referee at the time of registration and the name or theme of the free dance program.
- For safety reasons when compulsory and original dances are combined, couples may not start practising ODs until the last tune of compulsory dances has been played.
- Soft background music may be played during the five minute warm up for original and free dancing.
- Vocal music is permitted in the Original and Free Dances.
- In case of a fresh start due to an interruption caused by injury, medical problem, equipment etc, the couple is allowed up to three minutes before the continuation of the program.
- If a couple with the first starting number in the group is injured during the warm-up period and time before the start of the performance is not sufficient for required medical attention, the referee may allow this couple up to three additional minutes before they are called to start.