



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



MURRAYFIELD IJS DANCE OPEN

To be held at
Murrayfield Ice Rink
Riversdale Crescent
Edinburgh

Solo Dance Series Events (IJS)
Solo Short Dance Event (IJS)
Beginner and Pre-Juvenile Solo Dance (IJS)

**Beginner, Pre-Juvenile, Juvenile, Basic Novice,
Advanced Novice, Junior and Senior Couples
Dance (IJS)**

Thursday 1st & Friday 2nd May 2014

Closing Date Monday 7th April 2014



Held under NISA Regulations and Permit



MURRAYFIELD ICE SKATING CLUB

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SOLO PATTERN DANCE EVENTS

<u>EVENT</u>	<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>
SPD1 S. Kerr Trophy for Ladies Solo PD Beginner SPD2 Beginner Men PD	<u>BEGINNER</u>	Must hold a minimum of Level 1 FM	Dutch Waltz (2 seq)
SPD3 CAN-AM Sports Ladies Solo PD Pre-Juvenile SPD4 Pre-Juvenile Men Solo PD	<u>PRE-JUVENILE</u>	Must hold a minimum of Level 1 FM and either Level 1 Pattern Dance OR Level 1 Free Dance	Fiesta Tango (2 seq) WITH Key Points
SPD5 SMT PD Trophy for LADIES Solo PD Juvenile SPD6 J MEN Solo PD	<u>JUVENILE</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 2 FM and • Level 2 Pattern Dance and • Level 2 Free Dance 	Canasta Tango (2 seq) WITH Key Points
SPD7 Lynwood Trophy for LADIES Solo PD SPD8 FUTURITA PARTNERSHIP Men Solo PD	<u>BASIC NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 4 FM and • Level 4 Pattern Dance and • Level 4 Free dance 	Foxtrot (4 seq) WITH Key Points
SPD9 Grimshaw for AN LADIES Solo PD SPD10 Advanced Novice Men Solo PD	<u>ADVANCED NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 5 FM and • Level 5 Pattern Dance and • Level 5 Free Dance 	Blues (3 seq) WITH Key Points
SPD11 Park for JUN LADIES Solo PD SPD12 J MEN Solo PD	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 7 FM and • Level 7 Pattern Dance and • Level 7 Free Dance 	Quickstep (4 seq) WITH Key Points
SPD13 J&M electric for SEN LADIES Solo PD SPD14 S MEN Solo PD	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance and • Level 9 Free Dance 	Quickstep (4 seq) WITH Key Points

The Pattern Dance and Short Dance Events will be judged with key points.

ISU music will be used for all pattern dances and will be provided by Murrayfield Ice Skating Club



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SOLO SHORT DANCE EVENTS

EVENT NUMBER	CATEGORY	Test Requirements	Short Dance
SSD15 Triple S for LADIES Solo Short Dance SSD16 JUN MEN Solo Short Dance	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 7 FM and• Level 7 Pattern Dance and• Level 7 Free dance	2 minutes 50 +/- 10 secs
SSD17 St James for SEN LADIES Solo Short Dance SSD18 Roslin MEN Solo Short Dance SEN	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 9 FM and• Level 9 Pattern Dance and• Level 9 Free Dance	2 minutes 50 +/- 10 secs

Please see pages 4 and 5 of this announcement for detailed programme requirements for Short Dance events.



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TECHNICAL REQUIREMENTS FOR SOLO SHORT DANCE

JUNIOR & SENIOR SHORT DANCE 2013/2014

Quickstep

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1670, 1677, 1721 and 1738.

Music for the Short Dance is provided by the skater and may be vocal.

Duration: 2 minutes and 50 seconds +/- 10 seconds.

Required Elements

- . 1) Two (2) Sequences of Quickstep, skated one after the other or separately. Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be included as a choreographic element.



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SOLO FREE DANCE EVENTS

<u>EVENT</u>	<u>CATEGORY</u>	<u>TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
SFD19 J Kerr for Ladies Solo Free Dance Beginner SFD20 Men Solo Free Dance Beginner	<u>BEGINNER</u>	Must hold a minimum of Level 1 FM	1 ½ minutes +/- 5 secs
SFD21 Banks for Ladies solo Free Dance Pre-Juvenile SFD22 Men Solo Free Dance Pre-Juvenile	<u>PRE-JUVENILE</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 1 FM and EITHER• Level 2 Pattern Dance OR• Level 2 Free Dance	1 ½ minutes +/- 5 secs
SFD23 Ladies solo Free Dance Juvenile SFD24 Men Solo Free Dance Juvenile	<u>JUVENILE</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 2 FM and• Level 2 Pattern Dance and• Level 2 Free Dance	1 ½ minutes +/- 5 secs
SFD25 Ladies Solo Free Dance - Basic Novice SFD26 MEN Solo Free Dance - Basic Novice	<u>BASIC NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 4 FM and• Level 4 Pattern Dance and• Level 4 Free dance	1½ minutes +/- 5 secs
SFD27 PJ Green Ladies Solo Free Dance – Advanced Nov SFD28 AN MEN FD	<u>ADVANCED NOVICE</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 5 FM and• Level 5 Pattern Dance and• Level 5 Free Dance	1½ minutes +/- 5 secs
SFD29 Bumpers Solo Ladies Free Dance Trophy junior SFD30 Men Solo Free Dance Trophy Junior	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 7 FM and• Level 7 Pattern Dance and• Level 7 Free Dance	2 1/2 minutes +/- 10 secs
FD31 CAN-AM Sports Solo Ladies Free Dance - Senior SFD32 Men Solo Free Dance Senior	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none">• Level 9 FM and• Level 9 Pattern Dance and• Level 9 Free Dance	3 minutes +/- 10 secs



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SOLO FREE DANCE TECHNICAL REQUIREMENTS

BEGINNER AND PRE-JUVENILE

1. 1 midline step sequence skated as close to the midline long axis as possible.
2. 1 pose (see page 7 for details)
3. 1 dance spin (min of 3 revolutions per spin). Combination spins are not permitted.
4. 1 twizzle - minimum of 1 rotation. Additional twizzles are permitted but only the 1st attempted twizzle (outwith the step sequence) will count towards the technical score. Others will be considered within the choreography mark.

JUVENILE

1. 1 combination pose (see separate sheet for details of pose/attitude)
2. 1 straight line step sequence, skated barrier to barrier
3. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

BASIC NOVICE

1. 1 combination pose (see separate sheet for details of pose / attitude)
2. 1 straight line step sequence skated short barrier to short barrier
3. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

ADVANCED NOVICE

1. 1 combination pose (see separate sheet for details of pose / attitude)
2. 1 circular step sequence using full width of ice
3. 1 dance spin with a minimum of 3 revolutions
 - Combination spins are not permitted
4. 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark



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JUNIOR

- 1 combination Pose (see separate sheet for details of pose / attitude)
- 1 step sequence utilizing the full ice surface as per ISU Junior Free Dance
- 1 dance spin combination
 - Must have a minimum of 3 revolutions on each foot
- 1 set of sequential twizzles with no more than 1 step between the twizzles.
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 rotation in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark

SENIOR

- 1 Combination Pose (see separate sheet for details of pose / attitude)
- 1 straight line step sequence utilising the full ice surface as per ISU Senior Free Dance
- 1 curved (circular or serpentine) step sequence utilising the full ice surface as per ISU Senior Free Dance
- 2 dance spins
 - Must have a minimum of 3 revs or 3 revs on each foot if a spin combination is performed
 - If 2 basic position spins are skated (camel sit upright) then the spins must show different basic positions
- 1 set of sequential twizzles with no more than 3 steps between the twizzles
 - Minimum 1x clockwise and 1x anti-clockwise
 - Minimum 1 revolution in each twizzle
 - Additional sets of twizzles are permitted, but only the 1st attempted set (outwith the step sequence) will count within the technical score. Others will be considered within the choreography mark.

NB: Attitudes are Poses, so skaters have the choice of using any combination of Pose or Attitude in their programmes including Attitudes with a change of edge.

Please note that the Murrayfield Series events will be judged using the IJS. Skaters must attempt all listed elements.

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2012** (downloadable from the ISU website) and ISU Communications 1760,1721,1738, 1621, 1632, 1677 and 1686 where further details and clarifications can be found.

Skaters may choose to enter any or all of the pattern dance, short dance and free dance sections of this event. It is also possible to enter events at different levels as long as skaters meet the entry requirements for the event. Which events skaters choose to enter is entirely at the discretion of the skater and Coach.

There are no age restrictions on any of these events.

If overall entries exceed the time available for the open, any skater who has entered 2 different levels of competition (in the same segment) may be asked to identify their preference.



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General Requirements for the Free Dance

Free Dance is the skating of a creative dance program blending dance steps and movements expressing the character/rhythm(s) of the dance music chosen. The Free Dance must contain combinations of new or known dance steps and movements including Required Elements composed into a well-balanced, whole unit displaying excellent skating technique and the personal creativity of the skater in concept, arrangement, and expression. The program including Required Elements must be skated in time and phase with the music. The skater should skate primarily in time to the rhythmic beat, and not to the melody alone. The choreography should clearly reflect the dance character, accents and nuances of the chosen dance music, demonstrating distinct changes of mood and pace with variations in speed and tempo. The program must utilize the whole ice surface.

Music

Vocal music is permitted in this competition. However the following rule denotes beat and melody to be applied.

The music for Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) 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.
- ii) The music must have at least one change of tempo and/or expression. This change may be gradual or immediate, but in either case it must be obvious.
- iii) 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 moods or a building effect.
- iv) The music must be suitable for the competitor's skating skills and technical ability.

Free Dances that do not adhere to these guidelines will be severely penalized.

Costume

LADIES Must wear a full skirt. It must go around the entire waist. However there may be slits in the skirt on one or both sides up to the waist.

MEN Must wear full length trousers - No tights allowed. Costume must not be sleeveless

Costumes must not give the effect of excessive nudity – majority of upper body must be covered
The Costume should not hide the bodyline of either skater.

- "Appropriateness for athletic competitions": costumes of either partner must not have so much material or decorations that the bodyline of the skater cannot be seen.

Accessories and Props

Accessories and props are not permitted - "Accessories and props": this includes part of the costume used as a support in a Dance Lift.

Costume decorations must be non-detachable



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DEFINITION OF POSE & ATTITUDE

POSE A position or stance held for a minimum of 3 seconds (except attitude with change of edge).

Types of pose are as follows:

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg raised higher than the level of the hip **and** either
 - In front, behind or at the side and
 - Bent or extended and
 - Free or held (by knee or blade)
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- **SPIRAL** – Type of attitude where the free leg is raised behind, above horizontal level, without assistance from a hand or an arm while in the same position throughout its duration.
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **LUNGE/DRAW** – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- **TEA POT/SHOOT THE DUCK** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- **SPREAD EAGLE** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

COMBINATION POSE - A position or stance composing of 2 different types of poses combined and each held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of poses.



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DANCE COUPLES EVENTS

PATTERN DANCE

<u>EVENT</u>	Category	Test Requirements	Pattern Dance
CPD1 Bob Ure Trophy for COUPLES PD	<u>BEGINNER COUPLES</u>	Must hold a minimum of Level 1 FM	Rhythm Blues (2 Seq)
CPD2 Hillwood for COUPLES PD	<u>JUVENILE COUPLES</u>	Must hold a minimum of Level 2 Field Moves and Level 2 Pattern Dance and either Level 2 Original Dance or Level 2 Free Dance	Fiesta Tango (2 Seq)
CPD3 Park for PN COUPLES PD	<u>BASIC NOVICE COUPLES</u>	Must hold a minimum of Level 4 Field moves and Level 4 Pattern Dance and either Level 4 Original Dance or Level 4 Free Dance	14 step (4 Seq) EuropeanWaltz (2 seq)
CPD4 Beechwood for AN COUPLES PD	<u>ADVANCED NOVICE COUPLES</u>	Must hold a minimum of Level 8 Field Moves and Level 6 Pattern Dance and either Level 6 Original Dance or Level 6 Free Dance (or Advanced Novice competitive equivalencies)	Tango (2 Seq) Blues (3 seq)

The Pattern Dances will be judged with key points.



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DANCE COUPLES EVENTS

SHORT DANCE

CD5 Ad-Screen for JUN COUPLES SD	<u>JUNIOR COUPLES</u>	Must hold a minimum of Level 9 Field Moves and Level 9 Pattern Dance and either Level 9 Original Dance or Level 9 Free Dance (or Junior competitive equivalencies)	Short Dance See below for requirements
CD6 McIntosh for SEN COUPLES SD	<u>SENIOR COUPLES</u>	Must hold a minimum of Level 10 Field Moves and Level 10 Pattern Dance And either Level 10 Original Dance or Level 10 Free Dance (or Senior competitive equivalencies)	Short dance See below for requirements

The Short Dances will be judged with keypoints



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TECHNICAL REQUIREMENTS FOR COUPLES SHORT DANCE

JUNIOR & SENIOR (COUPLES) SHORT DANCE 2013/2014

Quickstep

In accordance with ISU Technical Rules Ice Dance 2012, Rule 609 and all pertinent ISU Communications with special attention to ISU Communications 1670, 1677, 1721 and 1738.

Music for the Short Dance is provided by the skater and may be vocal.

Duration: 2 minutes and 50 seconds +/- 10 seconds.

Required Elements

- . 1) Two (2) Sequences of Quickstep, skated one after the other or separately. Step #1 of each Pattern Dance Sequence must be skated on a different side of the ice surface.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence
- 4) One (1) set of sequential twizzles
- 5) A Dance Spin is not a Required Element but may be included as a choreographic element.



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DANCE COUPLES EVENTS

FREE DANCE

<u>EVENT</u>	Category	Test Requirements	Free Dance
CFD7 Leith Free Dance Trophy Couples - Beginner	<u>BEGINNER COUPLES</u>	Must hold a minimum of Level 1 FM	1 1/2 minutes +/- 5 secs
CFD8 Couples Free Dance Juvenile	<u>JUVENILE COUPLES</u>	Must hold a minimum of Level 2 Field Moves and Level 2 Pattern Dance and either Level 2 Original Dance or Level 2 Free Dance	2 minutes +/- 5 secs
CFD9 BN COUPLES FD	<u>BASIC NOVICE COUPLES</u>	Must hold a minimum of Level 4 Field moves and Level 4 Pattern Dance and either Level 4 Original Dance or Level 4 Free Dance	2 1/2 minutes +/- 10 secs
CFD10 Coats Insurance Couples Free Dance Trophy Advances Novice	<u>ADVANCED NOVICE COUPLES</u>	Must hold a minimum of Level 8 Field Moves and Level 6 Pattern Dance and either Level 6 Original Dance or Level 6 Free Dance (or Advanced Novice competitive equivalencies)	3 minutes +/- 10 secs
CFD11 Thompson Free Dance Trophy Couples Junior	<u>JUNIOR COUPLES</u>	Must hold a minimum of Level 9 Field Moves and Level 9 Pattern Dance and either Level 9 Original Dance or Level 9 Free Dance (or Junior competitive equivalencies)	3½ minutes +/- 10 secs
CFD12 Free Dance Senior Couples	<u>SENIOR COUPLES</u>	Must hold a minimum of Level 10 Field Moves and Level 10 Pattern Dance And either Level 10 Original Dance or Level 10 Free Dance(or Senior competitive equivalencies)	4 minutes +/- 10 secs



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TECHNICAL REQUIREMENTS FOR FREE DANCE

BEGINNER COUPLES

1. 1 step sequence of any type, in hold.
2. 1 pose, to be done by both partners at the same time. The pose may be the same or different and may be done in or out of hold, minimum duration 3 seconds
3. 1 set of synchronised twizzles (1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)

The Dance Spin is not included in the list of required elements for the Basic Novice Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around 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 one of the permitted stops.

PRE - JUVENILE COUPLES

1. A maximum of 1 step sequence of any type in dance hold.
2. 1 set of synchronized twizzles. (1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)
3. A maximum of 1 dance lift, which may not to exceed 6 seconds, OR 1 pose, to be done by both partners at the same time. The pose may be the same or different and may be done in or out of hold, minimum duration 3 seconds

The Dance Spin is not included in the list of required elements for the Basic Novice Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around 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 one of the permitted stops.

JUVENILE COUPLES

4. A maximum of 1 step sequence of any type in dance hold.
5. 1 set of synchronized twizzles. (Minimum 1 clockwise, 1 anti-clockwise, max 3 steps between each twizzle)
6. A maximum of 1 dance lift, which may not to exceed 6 seconds, OR 1 pose, to be done by both partners at the same time. The pose may be the same or different and may be done in or out of hold, minimum duration 3 seconds

The Dance Spin is not included in the list of required elements for the Basic Novice Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around 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 one of the permitted stops.



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BASIC NOVICE FREE DANCE

As per ISU Special Regulations & Technical Rules 2012 (Rule 610 and 604), ISU Communications 1721, 1760 and any subsequent ISU Communications:

1. Not more than
 - 1 short lift but not more (as defined in rule 604, paragraph 16), chosen from the following types of lifts. **Lift not to exceed 6 seconds.**
 - a) Straight Line Lift
 - b) Curve Lift
 - c) Rotational Lift
 - 1 choreographic dance lift (see ISU Communication 1721, 1760 and subsequent updates.)
2. 1 straight line step sequence (Midline or Diagonal) in hold or curved step sequence (Circular or Serpentine) in hold
See ISU Communication 1721, 1760 and subsequent updates.
3. 1 set of synchronized twizzles

The Dance Spin is not included in the list of required elements for the Basic Novice Free Dance. Nevertheless, a spinning movement skated by the couple together in any hold around 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 one of the permitted stops.

Explanation of Levels of Difficulty and components

Beginner, Pre-Juvenile, Juvenile and Basic Novice

For all required elements at this level, features will be counted up to **level 2** only. Any additional features will be ignored by the technical panel.

All 5 components will be judged, using the following factors:

- Skating Skills 1.10
- Transitions/Linking footwork/Movements 0.90
- Performance/Execution 0.90
- Composition/Choreography 0.90
- Interpretation/Timing 0.90



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ADVANCED NOVICE FREE DANCE

As per ISU Special Regulations & Technical Rules 2012 (Rule 610 and 604), ISU Communications 1721, 1760 and any subsequent ISU Communications:

Required Elements

1. Not more than
 - 2 different types of short lift, chosen from the following types of lifts:
 - a) Straight Line Lift
 - b) Curve Lift
 - c) Rotational Lift
 - 1 choreographic dance lift (see ISU Communication 1721, 1760 and any subsequent updates).
 2. 1 spin, but not more
Note: A Combination Spin is not permitted.
 3. 1 straight line step sequence (Midline or Diagonal) in hold or curved step sequence (Circular or Serpentine) in hold
See ISU Communication 1721, 1760 and any subsequent updates.
1. 1 set of synchronized twizzles

Explanation of Levels of Difficulty and components

Advanced Novice

For all required elements at this level, features will be counted up to **level 4**.

All 5 components will be judged, using the following factors:

- Skating Skills 1.10
- Transitions/Linking footwork/Movements 0.90
- Performance/Execution 0.90
- Composition/Choreography 0.90
- Interpretation/Timing 0.90



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JUNIOR FREE DANCE

As per ISU Special Regulations & Technical Rules 2012 (Rules 610 and 604), ISU Communication 1621, 1632, 1677, 1686, 1721, 1738 and any subsequent ISU Communications

Required Elements

1. Not more than
 - 1 short lift and 1 long lift,
or
 - 3 different types of short lifts,
 - 1 choreographic dance lift (see glossary of terms)
2. 1 dance spin (spin or combination spin) is required.
In addition, 1 transitional dance spin, but no more, performed optionally after the required dance spin, is permitted.
3. 1 straight line step sequence (midline or diagonal) in hold
4. 1 curved step sequence (circular or serpentine) in hold
5. 1 set of synchronized twizzles

Note: if a dance spin and a dance lift are performed as a combination, they will be identified as two separate elements.

SENIOR FREE DANCE

As per ISU Special Regulations & Technical Rules 2012 (Rules 610 and 604), ISU Communication 1621, 1632, 1677, 1686, 1721, 1738 and any subsequent ISU Communications

Required Elements

1. Not more than
 - two (2) different Types of Short Lifts and one (1) Long Lift,
or
 - four (4) Short Lifts chosen from at least three different Types
 - 1 choreographic dance lift (see glossary of terms)
2. 1 dance spin (spin or combination spin) is required.
In addition, 1 transitional dance spin, but no more, performed optionally after the required dance spin, is permitted.
3. 1 straight line step sequence (midline or diagonal) in hold
4. 1 curved step sequence (circular or serpentine) in hold
5. 1 set of synchronized twizzles

Note: if a dance spin and a dance lift are performed as a combination, they will be identified as two separate elements.