



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 L1 to L10
Solo Short Dance Event Junior & Senior

**Beginner, Basic Novice, Advanced Novice, Junior
and Senior Couples Dance**

Tuesday 2nd & Wednesday 3rd May 2017
(Possibly evening of the 1st May)

Closing Date Monday 3rd April 2017

ALL EVENTS WILL BE IJS



Held under NISA Regulations and Permit



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



SOLO PATTERN DANCE EVENTS

PLEASE NOTE THERE ARE NO AGE LIMITS ON DANCE EVENTS AT MURRAYFIELD OPENS

<u>EVENT</u>	<u>CATEGORY</u>	<u>MINIMUM TEST REQUIREMENTS</u>	<u>MAXIMUM TEST REQUIREMENTS</u>	<u>PATTERN DANCE</u>
SPD1 S. Kerr Trophy Beginners Solo PD (Ladies and Men)	<u>BEGINNER</u>	Must hold a minimum of <ul style="list-style-type: none"> • Skate UK Star 	Must NOT hold <ul style="list-style-type: none"> • Level 1 Pattern Dance 	Novice Foxtrot (2 seq) Canasta Tango (2 seq)
SPD2 Level 1 Solo PD Trophy (Ladies and Men)	<u>Level 1</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 1 FM and • Level 1 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 2 Pattern Dance 	Rhythm Blues (2 seq) Dutch Waltz (2 seq)
SPD3 CAN-AM Sports Pre-Juvenile Solo PD Trophy (Ladies and Men)	<u>Level 2</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 2 FM and • Level 2 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 3 Pattern Dance 	British Waltz (2 seq) Fiesta Tango (2 seq)
SPD4 Level 3 Solo PD Trophy (Ladies and Men)	<u>Level 3</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 3 FM and • Level 3 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 4 Pattern Dance 	Golden Skaters Waltz (2 seq) Riverside Rhumba (2 seq)
SPD5 SMT Juvenile Ladies Solo PD Trophy SPD6 Juvenile Men Solo PD Trophy	<u>JUVENILE Level 4</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 4 FM and • Level 4 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 5 Pattern Dance 	European Waltz (2 seq) 22 Step (2 seq)
SPD7 Primary Ladies Solo PD Trophy SPD8 Primary Men Solo PD Trophy	<u>PRIMARY Level 5</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 5 FM and • Level 5 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 6 Pattern Dance 	14 Step (4 seq) Foxtrot (4 seq)
SPD9 Lynwood Ladies Solo PD Trophy SPD10 Futurita Partnership Men Solo PD Trophy	<u>BASIC NOVICE Level 6</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 6 FM and • Level 6 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 7 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2016	Foxtrot (4 seq) Blues (3 seq)
SPD11 Grimshaw Ladies Solo PD Trophy SPD12 Advanced Novice Men Solo PD Trophy	<u>ADVANCED NOVICE (Level 7)</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 7 FM and • Level 7 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 8 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2016	Rocker Foxtrot (4 seq) Starlight Waltz (2 seq)
SPD13 Park Junior Ladies Solo PD Trophy SPD14 Junior Men Solo PD Trophy	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 9 Pattern Dance No maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1 st of July 2014	Silver Samba (2 seq)
SPD15 J&M Electric Senior Ladies Solo PD Trophy SPD16 Senior MEN Solo PD Trophy	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance 		Paso Doble (3 seq)

Key Points.

There will be no Key Points for the categories of Basic Novice and below

2 Key Points will be used at Advance Novice

3 Key Points will be used at Junior & Senior

ISU music will be used for all pattern dances and will be provided by Murrayfield Ice Skating Club, except for the Basic Novice and Advanced Novice categories where skaters may elect to use their own music. Please see announcement on NISA website for further details re measures and beats per minute.

There are **NO age restrictions** on solo dance events at Murrayfield Opens. However, skaters wishing to enter the British Solo Dance Championships are advised to consult the NISA announcement on the NISA website to confirm the age requirements for the 2017 Championships.



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



SOLO SHORT DANCE EVENTS

EVENT NUMBER	CATEGORY	Test Requirements	Short Dance
SSD17 Triple S Ladies Solo Short Dance Trophy SSD18 JUN MEN Solo Short Dance	<u>JUNIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance 	2 minutes 50 +/- 10 secs
SSD19 St James Ladies Solo Short Dance Trophy (SEN) SSD20 Roslin MEN Solo Short Dance Trophy (SEN)	<u>SENIOR</u>	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance 	2 minutes 50 +/- 10 secs

The Short Dance Events will be judged **WITH** Key Points.

Skaters should provide their OWN music as per the regulations below and ISU Communications.

TECHNICAL REQUIREMENTS FOR SOLO SHORT DANCE 2016/2017

Junior Short Dance: Blues, plus any number of the following Rhythms: Swing, Hip Hop

Rules and Rhythms as per ISU communications 1998 and 2003 and any pertinent updates

The Pattern Dance Elements must be skated on the Blues Rhythm. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance Blues i.e. 22 measures of four beats or 88 beats per minute, plus or minus 2 beats per minute.

The Step Sequence must be skated on one of the other rhythms e.g. Swing or Hip Hop.

Replacing the required elements with

- 1) Pattern Dance Element: Two sequences of Blues either skated one after another or separately. Step #1 must be skated on different sides of the ice surface.
- 2) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 3) One (1) Midline, Diagonal or Circular step sequence The Level of the Step Sequence shall be given using the Characteristics of Levels Style B*
- 4) One (1) set of sequential twizzles

A Dance Spin is not a Required Element. Nevertheless a Dance Spin or spinning movement may be skated outside the step sequence on one foot or two with any number of revolutions as part of the chosen choreography. These movements will be ignored by the Technical Panel and the Judging Panel will not consider these movements as one of the permitted stops.

Senior Short Dance: Blues, plus any number of the following Rhythms: Swing, Hip Hop

Rules and Rhythms as per ISU communications 1998 and 2003 and any pertinent updates

The Pattern Dance Elements must be skated on the Blues Rhythm, in the style of the Midnight Blues. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance Blues i.e. 22 measures of four beats or 88 beats per minute, plus or minus 2 beats per minute.

The Step Sequence must be skated on one of the other rhythms e.g. Swing or Hip Hop

Replacing the required elements with

- 1) One (1) Pattern Dance Element comprising (steps # 5-14) of the Midnight Blues with Step # 5 skated on the opposite side to the Judges, skated to the pattern of the Midnight Blues.
- 2) One (1) Partial Step Sequence approximately one half circuit of the ice surface starting immediately after original prescribed Step #14 of the Midnight Blues and finishing at approximately the same point as the original prescribed Step #5 of the Midnight Blues; duration - any exact number of musical measures; The Partial Step Sequence must be skated to the same Tune and Tempo as the PDE Midnight Blues. The Level of the Step Sequence shall be given using the Characteristics of Levels Style A
- 3) One (1) Pose/Combination Pose (NB Attitudes are Poses)
- 4) One (1) set of sequential twizzles

A Dance Spin is not a Required Element. Nevertheless a Dance Spin or spinning movement may be skated outside the step sequence on one foot or two with any number of revolutions as part of the chosen choreography. These movements will be ignored by the Technical Panel and the Judging Panel will not consider these movements as one of the permitted stops.



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



SOLO FREE DANCE EVENTS

PLEASE NOTE THERE ARE NO AGE LIMITS ON DANCE EVENTS AT MURRAYFIELD OPENS

<u>EVENT</u>	<u>CATEGORY</u>	<u>MINIMUM TEST REQUIREMENTS</u>	<u>MAXIMUM TEST REQUIREMENTS</u>	<u>FREE DANCE</u>
SFD19 J Kerr Beginner Ladies Solo Free Dance SFD20 Beginner Men Solo Free Dance	BEGINNER	Must hold a minimum of <ul style="list-style-type: none"> • Skate UK Star 	Must NOT hold <ul style="list-style-type: none"> • Level 1 Pattern Dance 	1 min 30 sec +/- 5 secs
SFDA1 Level 1 Ladies Solo Free Dance Trophy SFDA2 Level 1 Men Solo Free Dance Trophy	Level 1	Must hold a minimum of <ul style="list-style-type: none"> • Level 1 FM and • Level 1 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 2 Pattern Dance 	1 min 30 sec +/- 5 secs
SFD21 Banks Ladies Solo Free Dance SFD22 Men's Juvenile Solo Free Dance	PRE-JUVENILE (Level 2)	Must hold a minimum of <ul style="list-style-type: none"> • Level 2 FM and • Level 2 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 3 Pattern Dance 	1 min 30 sec +/- 5 secs
SFDB1 Level 3 Ladies Solo Free Dance Trophy SFDB2 Level 3 Men Solo Free Dance Trophy	Level 3	Must hold a minimum of <ul style="list-style-type: none"> • Level 3 FM and • Level 3 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 4 Pattern Dance 	1 min 30 sec +/- 5 secs
SFD23 Beverly Juvenile Ladies Solo Free Dance SFD24 Harris Juvenile Men Solo Free Dance	JUVENILE	Must hold a minimum of <ul style="list-style-type: none"> • Level 4 FM and • Level 4 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 5 Pattern Dance 	1 min 30 sec +/- 5 secs
SFDC1 Primary Ladies solo Free Dance SFDC2 Primary Men Solo Free Dance	PRIMARY	Must hold a minimum of <ul style="list-style-type: none"> • Level 5 FM and • Level 5 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 6 Pattern Dance 	1 min 30 sec +/- 5 secs
SFD25 Kinellan Basic Novice Ladies Solo Free Dance SFD26 Stevenson Basic Novice Men Solo Free Dance	BASIC NOVICE	Must hold a minimum of <ul style="list-style-type: none"> • Level 6 FM and • Level 6 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 7 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2015	2 mins +/- 10 secs
SFD27 PJ Green Advanced Novice Ladies Solo Free Dance Trophy SFD28 Carrickvale Advanced Novice Men Solo FD	ADVANCED NOVICE	Must hold a minimum of <ul style="list-style-type: none"> • Level 7 FM and • Level 7 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 8 Pattern Dance No maximum test standard for skaters who have not reached the age of 15 (Ladies) and 17 (Men) before the 1 st of July 2015	2 min 30 sec +/- 10 secs
SFD29 Bumpers Junior Ladies Solo Free Dance Trophy SFD30 Bankhead Junior Men Solo Free Dance Trophy	JUNIOR	Must hold a minimum of <ul style="list-style-type: none"> • Level 8 FM and • Level 8 Pattern Dance 	Must NOT hold <ul style="list-style-type: none"> • Level 9 Pattern Dance No maximum test standard for skaters who have not reached the age of 19 (Ladies) and 21 (Men) before the 1 st of July 2014	3 mins +/- 10 secs
FD31 CAN-AM Sports Senior Ladies Solo Free Dance Trophy SFD32 Senior Men Solo Free Dance	SENIOR	Must hold a minimum of <ul style="list-style-type: none"> • Level 9 FM and • Level 9 Pattern Dance 		3 minutes +/- 10 secs

NB: On Free Dances of 1 minute 30 second +/- 5 sec. a change of Tempo and Expression **is not required**
On Free Dances of 2 minutes +/- 10 sec duration and greater a change of Tempo and Expression **is required**



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



SOLO FREE DANCE TECHNICAL REQUIREMENTS

BEGINNER, Levels 1, 2 & 3

1. 1 pose
2. 1 straight line step sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
3. 1 dance spin. 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

JUVENILE & PRIMARY

1. 1 single pose
2. 1 straight line step sequence skated barrier to barrier. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
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

BASIC NOVICE

1. 1 single pose
2. 1 straight line step sequence skated barrier to barrier or 1 curved step sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
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

ADVANCED NOVICE

1. 1 combination pose **or** 2 single poses. No Pose of the same type may be repeated. If performed, the Single Poses must be separated by more than 3 steps between them.
2. 1 straight line step sequence skated barrier to barrier or 1 curved step sequence covering the full width of the ice. The Level of the Step Sequence shall be given using the Characteristics of Levels Style B
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

JUNIOR

1. 1 combination Pose **or** 2 (two) single poses. No Pose of the same type may be repeated. If performed, the Single Poses must be separated by more than 3 steps between them.
2. 1 Straight line step sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 Curved (Circular or Serpentine) Step Sequence utilizing the full width of the ice surface.
4. 1 dance spin only
5. 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

SENIOR

1. 1 Combination Pose and 1 Single Pose **or** 3 Single Poses. No Pose of the same type may be repeated. If performed, the Combination Pose and the Single Pose(s) must be separated by more than 3 steps between them
2. 1 Straight line step sequence (Mid Line or Diagonal) skated barrier to barrier.
3. 1 curved (circular or serpentine) step sequence utilising the full width of the ice surface
4. 1 dance spin only
5. 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

In programs requiring two Step Sequences the Level of the first performed Step Sequence shall be given using the Characteristics of Levels Style A and the second Step Sequence evaluated using the Characteristics of Levels Style B. Additional sets of twizzles are permitted, but only the 1st attempted set (out-with the step sequence) will count within the technical score. Others will be considered within the choreography mark



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



Pose Definitions: The basic categories of pose are listed below

Attitudes are Poses.

Single Pose: A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is 7 seconds

Combination Pose: A position or stance composing of 2 different types of Single Pose combined and each attained and held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of pose. The maximum duration of a combination pose is 12 seconds.

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards or backwards or on a curve with the supporting leg extended or slightly bent, the free leg raised higher than the level of the hip **and**
 - In front, behind or on the side and
 - Bent or extended andFree or held (by knee or blade) i.e. Biellmann
- **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.

Difficult/original/imaginative variations are encouraged and accepted e.g. a hydroblade is considered a difficult variation of a Tea Pot/Shoot the Duck, a Biellman is a difficult variation of an Attitude.

To be a different **TYPE** of Pose, it must be skated on a different **EDGE** to the earlier pose.

Skaters in all events should refer to **ISU Special Regulations and Technical Rules, Singles and Pair Skating and Ice Dance 2016** (downloadable from the ISU website) and all pertinent ISU Communications where further details and clarifications can be found.

Skaters are also advised to consult the Solo Dance Key Points and Technical Calling Requirements, available on the NISA website.

Skaters may choose to enter any or all of the pattern dance, short dance and free dance sections of this event for which they hold the entry requirements.

There are no age restrictions on any of these events.



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



DANCE COUPLES EVENTS

COUPLES PATTERN DANCE

<u>EVENT</u>	Category	Minimum Test Requirements	Maximum Test Requirements	Pattern Dance
CPD1 Bob Ure PD Trophy for Couples	<u>BEGINNER COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Skate UK Star 	No maximum requirements / age	Dutch Waltz (2 seq) Canasta Tango (2 Seq)
CPD3 Park PD Trophy for Couples	<u>BASIC NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 4 Field moves and Level 4 Pattern Dance Level 4 Free Dance 	No maximum requirements / age	Foxtrot (4 seq) American Waltz (2 seq.)
CPD4 Beechwood PD Trophy for Couples	<u>ADVANCED NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 6 Field Moves and Level 6 Pattern Dance Level 6 Free Dance 	No maximum requirements / age	European Waltz (2 seq) Tango (2 seq)

The Beginner and Basic Novice Pattern Dances will be skated WITHOUT Key Points.

Advanced Novice Pattern Dance will be skated WITH key points

Music requirements as per ISU Communication 1932

Basic Novice Couples

Couples shall provide their own music for the Foxtrot. The chosen music may be a tune from ISU Ice Dance Music. In this case, only tunes 1 to 5 can be chosen and the Couple shall furnish competition music.

Advanced Novice Couples

Couples shall provide their own music for the European Waltz. The chosen music may be a tune from ISU Ice Dance Music. In this case, only tunes 1 to 5 can be chosen and the Couple shall furnish competition music.

COUPLES SHORT DANCE

CD5 Ad-Screen SD Trophy for Couples	<u>JUNIOR COUPLES</u>	Must hold a minimum of Level 9 Field Moves and Level 9 Short Dance OR Level 9 Free Dance	No maximum requirements / age	Short Dance 2 minutes 50 secs +/- 10 secs
CD6 McIntosh SD Trophy for Couples	<u>SENIOR COUPLES</u>	Must hold a minimum of Level 10 Field Moves and Level 10 Short Dance OR Level 10 Free Dance	No maximum requirements / age	Short dance 2 minutes 50 secs +/- 10 secs

In accordance with ISU Special Regulations & Technical Rules Ice Dance 2016, Rule 609. Rhythms, required elements and guidelines are those listed in ISU Communications 1998, 2003 and subsequent updates.



MURRAYFIELD ICE SKATING CLUB

IJS DANCE OPEN



COUPLES FREE DANCE

<u>EVENT</u>	Category	Minimum Test Requirements	Maximum Test Requirements	Free Dance
CFD7 Leith Free Dance Trophy for Beginner Couples	<u>BEGINNER COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Skate UK Star 	No maximum standard/age	1 1/2 mins +/- 5 secs
CFD9 Henry Tomes Free Dance Trophy for Couples	<u>BASIC NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 4 Field moves and Level 4 Pattern Dance and Level 4 Free Dance 	No maximum standard/age	2 1/2 mins +/- 10 secs
CFD10 Coats Insurance Free Dance Trophy for Couples	<u>ADVANCED NOVICE COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 6 Field Moves and Level 6 Pattern Dance and Level 6 Free Dance 	No maximum standard/age	3 mins +/- 10 secs
CFD11 Thompson Free Dance Trophy for Junior Couples	<u>JUNIOR COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 9 Field Moves and Level 9 Short Dance OR Level 9 Free Dance 	No maximum standard/age	3½ mins +/- 10 secs
CFD12 Free Dance Trophy for Senior Couples	<u>SENIOR COUPLES</u>	Must hold a minimum of <ul style="list-style-type: none"> Level 10 Field Moves and Level 10 Short Dance OR Level 10 Free Dance 	No maximum standard/age	4 mins +/- 10 secs

TECHNICAL REQUIREMENTS FOR FREE DANCE

BEGINNER COUPLES FREE DANCE

- 1 step sequence of any type, in dance hold.
- 1 Short Dance Lift not to exceed 7 secs or 1 pose, to be done by both partners at the same time. The pose may be the same or different for each partner and may be done in or out of hold. The pose position must be held for a minimum duration of 3 seconds and must not exceed 7 seconds.
- 1 set of synchronised twizzles (1 clockwise, 1 anti-clockwise, min 3 steps between each twizzle)

The Dance Spin is not included in the list of required elements for the Beginner Couples 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.

For Beginner Couples Free Dance, in all required elements only features up to Level 2 will be counted. Any additional features will not count for level requirements and will be ignored by the technical panel. **Poses will have 50% of the SOV of a lift.**
Programme components are judged with a factor of 1.00

BASIC NOVICE COUPLES FREE DANCE

ADVANCED NOVICE COUPLES FREE DANCE

JUNIOR COUPLES FREE DANCE

SENIOR COUPLES FREE DANCE

In accordance with ISU Special Regulations & Technical Rules 2016 (Rule 610), ISU Communications 1998, 2003, 2024 and any subsequent ISU Communications: