

## SECTION 3

### FIGURE SKATING

Effective September 2008

#### A. GENERAL

##### Rule 300

#### BRANCHES OF FIGURE SKATING

Refer ISU Rule 300

##### Rule 301

#### SINGLE SKATING

Refer ISU Rule 301

##### Rule 302

#### PAIR SKATING

Refer ISU Rule 302

The Short Program and Free Skating Program must be included in all State and Australian Championships.

##### Rule 303

#### GROUP SKATING

Refer ISU Rule 303

##### Rule 304

1. Definition of the skate blade and clothing

Refer ISU Rule 500

##### Rule 305

1. Duration of Skating

Refer ISU Rule 501

- 305.1 Short Program:

Pre-Primary Singles, Primary Singles, Intermediate Singles, Novice Singles & Primary and Novice Pairs:

A maximum of 2 minutes and 50 seconds

- 305.2 Free Skating ( $\pm$  10 seconds)

Preliminary Singles 1 minute and 30 seconds

Elementary Singles	2 minutes
Pre-Primary Singles	2 minutes and 30 seconds
Primary Singles	2 minutes and 30 seconds
Intermediate Singles	3 minutes
Novice Singles	3 minutes – Ladies
	3 minutes and 30 seconds - Men
Pre-Primary Pairs	2 minutes
Primary Pairs	3 minutes
Novice Pairs	3 minutes and 30 seconds

### Rules 306 - 309 (Reserved)

### Rule 310

#### SHORT PROGRAMS FOR SINGLE SKATING

1.

- a) The Short Program for single skating consists of seven (7) required elements for Pre-Primary and Primary, and eight (8) required elements for Intermediate, Novice, Junior and Senior. The sequence of the elements is optional;
- b) The Short Program for Primary, Intermediate and Novice must be skated at all State and Australian Championships. The Short Program for Pre-Primary must be skated at Interstate Competitions and State Championships.
- c) No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each Competitor, but vocal music with lyrics is not permitted.
- d) Unprescribed or additional elements such as jumps, spins, steps or repetitions, even of elements which have failed, are not marked and consequently do not block a “box” (spot) of another type of element. If, however, such an Unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value);
- e) . If a skater falls when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being marked.

2. The groups are:

#### PRE-PRIMARY GROUP OF REQUIRED ELEMENTS

##### Men:

- a) Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of any single jump followed by any single or double jump
- d) Flying Spin (no change of foot, no change of position)
- e) Spin in one position (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry)

- g) One Step sequence (straight line, circular or serpentine) fully utilising the ice surface

**Ladies:**

- a) Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of any single jump followed by any single or double jump
- d) Flying Spin (no change of foot, no change of position)
- e) Spin in one position (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry)
- g) Ladies: Spiral step sequence fully utilising the ice surface

**PRIMARY GROUP OF REQUIRED ELEMENTS****Men:**

- a) Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of any single or double jump followed by any double jump
- d) Flying Spin (no change of foot, no change of position)
- e) Spin in one position (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry)
- g) One Step sequence (straight line, circular or serpentine) fully utilising the ice surface

**Ladies:**

- a) Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of any single or double jump followed by any double jump
- d) Flying Spin (no change of foot, no change of position)
- e) Spin in one position (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least one change of position (sit, camel, upright or any variation thereof, no flying entry)
- g) Spiral step sequence fully utilising the ice surface

**INTERMEDIATE GROUP OF REQUIRED ELEMENTS****Men:**

- a) Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of any single or double jump followed by any double jump
- d) Flying Spin (no change of foot, no change of position)

- e) Spin in one position (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof, no flying entry)
- g) Two different step sequences (straight line, circular or serpentine) fully utilising the ice surface

**Ladies:**

- a) Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of any single or double jump followed by any double jump
- d) Flying Spin (no change of foot, no change of position)
- e) Layback or sideways leaning spin
- f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof, no flying entry)
- g) Spiral step sequence fully utilising the ice surface
- h) One step sequence (straight line, circular or serpentine) fully utilising the ice surface

**NOVICE GROUP OF REQUIRED ELEMENTS****Men:**

- a) Double Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two double jumps
- d) Flying Spin (no change of foot, no change of position)
- e) Spin in one position (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof, no flying entry)
- g) Two different step sequences (straight line, circular or serpentine) fully utilising the ice surface

**Ladies:**

- a) Double Axel Paulsen
- b) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two double jumps
- d) Flying Spin (no change of foot, no change of position)
- e) Layback or sideways leaning spin (no change of foot, no flying entry)
- f) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof, no flying entry)
- g) Spiral step sequence fully utilising the ice surface
- h) One step sequence (straight line, circular or serpentine) fully utilising the ice surface

**REMARKS ON REQUIRED ELEMENTS**

*Pre-Primary, Primary, Intermediate and Novice*

**Jumps**

For Novice, the Double Axel Paulsen cannot be repeated as a solo jump, or in any jump combination.

A single spreadeagle, spiral or free skating movement cannot be considered as meeting the requirements of connecting steps and/or other comparable free skating movements and must be considered by the Judges in the Grade of Execution (GOE).

**Jump Combinations**

No change of foot or turn is allowed at any time between the two jumps which must directly follow one another (except for touching down the non-tracing foot in toe jumps). In the case of jumps (including toe jumps) special attention must be paid to a clean spring from a true edge and to a clean landing. Any jump commenced or landed on two feet must be considered by the judge in the Grade of Execution (GOE)

*Pre-Primary, Primary and Intermediate:*

The solo double jump may be repeated in the jump combination.

*Novice:*

The jump combination may consist of the same jump or another double jump. However, the jumps included must be different from the solo jump.

If the same jump is executed as a solo jump and as part of the jump combination, the last performed of these jump elements will not be counted, but will occupy a jumping box (if this element is a jump combination, the whole jump combination will not be counted).

**Spins**

Refer ISU Rule 510, paragraph 4, Remarks Single Skating, Spins, paragraph 1 and 2.

e) Spin in one position

The competitor is free to choose either the camel position, sit position or upright position to be executed. The spin must not change foot and shall have a minimum of six (6) revolutions.

*Novice:*

The spin must not change foot and shall have a minimum of eight (8) revolutions.

d) Flying spin

Any type of flying spin is permitted. A step over must be considered by the Judges in the Grade of Execution. In the flying sit spin changing foot on landing is permitted. No previous rotation on the ice before the take-off is permitted.

The spin shall have a minimum of eight (8) revolutions in the landing position.

e) Ladies - Layback or sideways leaning spin:

Refer ISU Rule 510, paragraph 4, Remarks Single Skating, e) Ladies – layback or sideways leaning spin.

**Spin Combinations**

The change of foot may be executed in the form of a step over or a jump. The change of foot and the change of position may be made either at the same time or separately. During a change of position, a difficult variation of position can be executed. The minimum number of revolutions required in each position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted.

The change of foot in the spin combination must be followed by any spin position with at least two (2) revolutions. If there is no spin position after the change of foot with at least two (2) revolutions, the spin combination is not according to the requirements and no value will be given.

A spin combination executed with less than 2 revolutions in all executed positions is considered as a “Spin combination not according to the requirements”, receives no Level and therefore no value. A spin combination executed with only 1 position with at least 2 revolutions (as to requirements) and in all other positions less than 2 revolutions (not to the requirements) receives Level 1 and the Judges will also reduce the GOE.

*Pre-Primary:*

f) The spin combination must consist of one change of foot and at least one change of position (sit, camel, upright or any variation thereof), with not less than five revolutions on each foot.

*Primary:*

f) The spin combination must consist of one change of foot and at least one change of position (sit, camel, upright or any variation thereof) with not less than six revolutions on each foot.

*Intermediate and Novice:*

f) The spin combination must consist of only one change of foot and at least two changes of position (sit, camel, upright or any variation thereof) with not less than six revolutions on each foot. Any spin combination must include all three basic positions or their variations.

### **Step and Spiral Sequences**

Refer ISU Rule 510, Paragraph 4, Remarks Single Skating, Step sequences.

### **Spiral sequence (Ladies):**

Refer ISU Rule 510, Paragraph 4, Remarks Single Skating, Spiral sequence (Ladies)

### **JUNIOR AND SENIOR GROUP OF REQUIRED ELEMENTS**

Refer ISU Rule 510

### **Rules 311-312 (Reserved)**

### **Rule 313**

#### **SHORT PROGRAM FOR PAIR SKATING**

1.
  - a) Pair Skating is the skating of two persons in unison who perform their movements in such harmony with each other as to give the impression of genuine Pair Skating as compared with independent Single Skating;
  - b) Attention should be paid to the selection of an appropriate partner.
  
2.
  - a) The Short Program for pairs consists of six (6) required elements for Primary and eight (8) required elements for Novice, Junior and Senior.
  - b) The short program must be skated at all State and Australian Championships.
  - c) No extra marks are obtained by extending the program to the maximum time allowed if this is unnecessary. The music is chosen by each pair but vocal music with lyrics is not permitted.
  - d) Additional elements or repetitions, even of elements which have failed, are not marked and consequently do not block a “box” (spot) of another type of element. If, however, such an unprescribed or additional element (performed) substitutes a required element (not performed), the respective box will be blocked and this performed element will be considered as not according to the requirements (no value);.
  - e) The rules contained in ISU Rule 521, paragraph 2 governing the performance of Pair Skating in general also apply to the Short Program.

**PRIMARY GROUP OF REQUIRED ELEMENTS**

- a) Axel Paulsen (solo jump)
- b) Double jump (solo jump)
- c) Solo spin with or without change of foot (may be commenced with a jump)
- d) Pair spin (with no change of foot)
- e) Spiral step sequence fully utilising the ice surface
- f) Step sequence (straight line, circular or serpentine) fully utilising the ice surface

**NOVICE GROUP OF REQUIRED ELEMENTS**

- a) Double Jump (solo jump)
- b) One throw jump (single)
- c) Solo spin with or without change of foot (may be commenced with a jump)
- d) Any Group (1) Lift or a Waist Loop Lift (Group 2)
- e) Pair spin combination with only one change of foot and/or at least one change of position (sit, camel, upright or any variation thereof)
- f) Death spiral
- g) Spiral step sequence fully utilising the ice surface
- h) Step sequence (straight line, circular or serpentine) fully utilising the ice surface

**REMARKS ON REQUIRED ELEMENTS****Lifts**

No lift is permitted in the Primary Short Program.

d) For Novice, any one of the prescribed lifts is permitted. The prescribed lifts are any Armpit Hold position lift (Group 1) or the Waist Loop position lift (Group 2). A minimum of one revolution and a maximum of one and a half revolutions of the lady and man are permitted.

**Jumps**

a) Any double jump is permitted.

**Spins**

The minimum number of revolutions required in a position is two (2) without interruption. In case this requirement is not fulfilled, the position is not counted. If a Skater or both Skaters fall when entering a spin, a spin or a spinning movement is allowed immediately after this fall (for filling time purpose) with this spin/movement not being counted as an element.

c) Solo spin with or without a change foot - a minimum of six revolutions in total without a change of foot, or a minimum of five revolutions on each foot. The spin may be commenced with a jump. The change of foot may be executed in the form of a step over or a jump. The concluding upright position at the end of the spin is not considered to be another position and the revolutions executed in it are not to be counted in the required number of revolutions. Variations of the position of the head, arms or free leg, as well as fluctuations of speed are permitted. The spin must be concluded by exiting on one foot or by putting the toe of the free foot on the ice. When the spin is commenced with a jump, no previous rotation on the ice before the take off is permitted, and the chosen position must be attained in the air.

*Primary:*

d) The Pair spin must consist of no change of foot but may have a change of position (sit, camel, upright or any variation thereof), with not less than six revolutions in total. The rotation must be continuous and the spin must be concluded by exiting on one foot or by putting the toe of the free foot on the ice.

*Novice:*

e) The Pair spin combination must consist of only one change of foot and/or at least one change of position (sit, camel, upright or any variation thereof), with not less than six revolutions in total. The change of foot and the change of position may be made either at the same time or separately, but the change of foot must be made at the same time by both partners. The rotation must be continuous and no stop is permitted. The spin combination must not be commenced with a jump. To be counted any position must be executed for at least 2 full revolutions.

#### **Death Spiral**

Refer ISU Rule 513, Paragraph 5 Remarks, Pair Skating, Death Spirals

#### **Step Sequences**

Refer ISU Rule 513, Paragraph 5 Remarks, Pair Skating, Step and Spiral sequences

### **SHORT PROGRAM FOR PAIR SKATING (JUNIOR AND SENIOR)**

Refer ISU Rule 513

### **314 – 319 (Reserved)**

#### **Rule 320**

### **DEFINITION OF FREE SKATING SINGLES**

Refer ISU Rule 520

### **DEFINITIONS OF WELL BALANCED PRELIMINARY, ELEMENTARY, PRE-PRIMARY PRIMARY, INTERMEDIATE AND NOVICE PROGRAMS**

A well balanced program must contain:

#### **Preliminary and Elementary Well Balanced Program**

A well balanced Free Skating program must contain:

- Maximum of 5 jump elements;
- Maximum of 3 spins (minimum of 4 revolutions each);
- Maximum of 1 step sequence (Men);
- Maximum of 1 spiral sequence (Ladies);

#### **Pre-Primary and Primary Well Balanced Program**

A well balanced Free Skating program must contain:

- Maximum of 6 jump elements (one of which must be an Axel type jump);
- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequence (Men)
- Maximum of 1 spiral sequence (Ladies)

#### **Intermediate Well Balanced Program**

A well balanced Free Skating program must contain:

- Maximum of 7 jump elements (one of which must be an Axel type jump);

- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequence (Men)
- Maximum of 1 spiral sequence (Ladies)

### **Novice Well Balanced Program**

A well balanced Free Skating program must contain:

- Maximum of 7 jump elements (one of which must be an Axel type jump);
- Maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- Maximum of 1 step sequence (Men and Ladies)

### **Remarks**

Refer ISU Rule 520, Paragraph 2, General

### **DEFINITIONS OF WELL-BALANCED JUNIOR AND SENIOR PROGRAMS**

Refer ISU Rule 520

### **Rule 321**

### **DEFINITION OF FREE SKATING PAIRS**

Refer ISU Rule 521

### **DEFINITION OF A WELL-BALANCED PROGRAM FOR PRE-PRIMARY, PRIMARY AND NOVICE PAIRS**

Free Skating for Pairs consists of a well-balanced program composed and skated to music of a pair's own choice for a specified period of time. However, vocal music with lyrics is not permitted. A good program contains moves of single skating executed simultaneously, either symmetrically (mirror skating) or in parallel (shadow skating) and especially typical pair skating moves such as pair spins and spirals, linked harmoniously by steps and other movements. The accent is on good solo skating performed in unison with a partner of the opposite sex.

### **Pre-Primary Pairs**

A well balanced Free Skating program must contain:

- Maximum of 2 solo jumps;
- Maximum of 1 jump combination or sequence;
- Maximum of 1 pair spin (minimum of 4 revolutions);
- Maximum of 1 solo spin (minimum of 4 revolutions);
- Maximum of 1 step sequence;
- Maximum of 1 sequence of spirals.

No lifts, carries or throws are permitted and, if included, will incur a penalty of 2.00 deduction per illegal element.

**Primary Pairs**

A well balanced Free Skating program must contain:

- Maximum of 2 solo jumps;
- Maximum of 1 jump combination or sequence;
- Maximum of 1 pair spin;
- Maximum of 1 solo spin;
- Maximum of 1 step sequence;
- Maximum of 1 sequence of spirals.

No lifts, carries or throws are permitted and, if included, will incur a penalty of 2.00 deduction per illegal element.

**Novice Pairs**

A well balanced Free Skating program must contain:

- Maximum of 1 lift, which must be of Group 1 or 2;
- Maximum of 1 twist lift;
- Maximum of 1 single throw jump;
- Maximum of 2 solo jumps;
- Maximum of 1 jump combination or sequence;
- Maximum of 1 pair spin combination;
- Maximum of 1 solo spin;
- Maximum of 1 death spiral;
- Maximum of 1 step sequence;
- Maximum of 1 sequence of spirals.

**Remarks**

Refer ISU Rule 521, Paragraph 2, General

**DEFINITIONS OF WELL-BALANCED JUNIOR AND SENIOR PROGRAMS**

Refer ISU Rule 521

**Rule 322****MARKING OF SINGLE FREE SKATING AND PAIR SKATING**

Refer ISU Rule 522

**Rules 323 - 329 (Reserved)****INTERPRETIVE PROGRAM**

See ISU Rule 326 - 329

**Rules 330 - 334 (Reserved)****SYNCHRONIZED SKATING**

See ISU Rules and [ISA Rules 1001 - 1069](#)

**Rule 335****ICE DANCING**

2. Definition of the skate  
Refer ISU Rule 600
3. Axis  
Refer ISU Rule 601
4. Patterns  
Refer ISU Rule 602
5. Introductory Steps and Step Sequence  
Refer ISU Rule 603
6. Steps, Turns and Movements  
Refer ISU Rule 604
7. Holds  
Refer ISU Rule 605
8. Musical Definitions  
Refer ISU Rule 606

**Rule 336****GENERAL REGULATIONS FOR ICE DANCING**

Refer ISU Rules:

A.	Compulsory Dances	607 – 608
B.	Original Dance	609
C.	Free Dance	510
D.	Clothing	512
E.	Composition of Events	520
F.	Duration	540

**Rule 337****COMPULSORY DANCES FOR ELEMENTARY, PRE-PRIMARY, PRIMARY & NOVICE**

The group for competition to be announced annually:

- a) Elementary
  - Group (1) Dutch Waltz, Canasta Tango
  - Group (2) Dutch Waltz, Fiesta Tango
  - Group (3) Dutch Waltz, Swing Dance
- b) Pre-Primary

- Group (1) Canasta Tango, Fourteen Step
- Group (2) Swing Dance, European Waltz
- Group (3) Fiesta Tango, Foxtrot

## c) Primary

- Group (1) European Waltz, Silver Samba, Blues (2 to be drawn)
- Group (2) Foxtrot, Cha Cha Congelado, Tango (2 to be drawn)
- Group (3) Fourteen Step, Rocker Foxtrot, Starlight Waltz (2 to be drawn)

## d) Novice

- Group (1) American Waltz, Rocker Foxtrot, Quickstep (2 to be drawn)
- Group (2) Blues, Paso Doble, Starlight Waltz (2 to be drawn)
- Group (3) Tango, Kilian, Westminster Waltz (2 to be drawn)

**COMPULSORY DANCES FOR JUNIOR AND SENIOR)**

Refer ISU Rule 607

**REQUIREMENTS AND MARKING**

Refer ISU Rule 608

**Rule 338****ORIGINAL DANCE ELEMENTARY, PRE-PRIMARY, PRIMARY AND NOVICE**

The Original Dance is the skating by a couple of a dance of their own creation to dance music they have selected for the designated rhythm. The Original Dance must reflect the character of the prescribed dance rhythm and be translated to the ice by demonstrating technical skill in steps and movements along with flow and the use of edges. The rhythm the permissible range of tempo shall be announced annually.

The rhythms are:

## a) Elementary, Pre-Primary &amp; Primary

- Group (1) Foxtrot (28-32 measures/minute, 112-128 beats/minute)
- Group (2) March (52-62 measures/minute, 112-124 beats/minute)
- Group (3) Tango (24-35 measures/minute, 96-140 beats/minute)

## b) Novice

- Group (1) Latin American (25-60 measures/minute, 100-140 beats/minute)
- Group (2) Polka (45-62 measures/minute, 90-124 beats/minute)
- Group (3) Waltz (30-66 measures/minute, 90-198 beats/minute)

**Remarks**

- a) The incorrect selection of music for the rhythm chosen must be severely penalised. Vocal music is permitted. Only music with a rhythmic beat may be used and the Couple must skate to the rhythmic beat. Minor variations within the permitted range in tempo are allowed. Two or three selections of music may be used. Each selection may have a different tempo but each must be within the range of tempo permitted. The musical introduction to the Original Dance may be without beat or melody for a maximum of ten seconds.
- b) The duration of the Original Dance shall be one and a half minutes plus or minus ten seconds in duration. The time must be reckoned from the moment when one of the Couple begins to move or to skate until arriving at a complete stop at the end of the program.
- b) All steps, turns, rotations and changes of position are permitted if they are appropriate to the rhythm and the music chosen. Footwork is required for both skaters and a program

that relies heavily on the use of chassés and progressives (runs) is considered less difficult than one containing changes of edge, turns, mohawks, choctaws and other such steps. Repetition of any step or sequence is permitted. Toe steps and a few small hops (without rotation) for one or both partners may be included if they are appropriate to the rhythms and the music chosen. One skate of each partner must remain on the ice at all times except during the small hops. Skating on two feet (resulting from the inability to skate or maintain balance) by one or both partners shall be penalised.

- c) Kneeling or sliding on both knees during the program is not permitted. Skating or posing with a hand (or hands) on the ice is not permitted at any time including the introduction and conclusion. Partners must not separate except to change dance hold or to perform brief movements in character with rhythm and music chosen or to perform a required element (if specified). There are no restrictions on dance holds, arm movements, handclaps and the like that are interpretive of the music. Brief hand-in-hand positions to express the character of the rhythm are permitted except during the required step sequence.
- d) Two elements must be included:
  - i) One Diagonal, Midline or Circular Step Sequence, extending from barrier to barrier as far as is practicable. The step sequence must incorporate footwork for both partners, varied dance holds permitted. Except during the required footwork sequence, the pattern of the dance must proceed in a generally constant direction (either clockwise or anti-clockwise) and must not cross the long axis of the ice surface except once at each end of the rink (within no more than 20 metres from the end barriers). Loops in either direction are permitted provided they do not cross the long axis;
  - ii) One dance spin, with a minimum of two revolutions on one foot for each partner. The position is optional. Pulling or pushing the partner by the boot and/or leg is not permitted. The partner may be aided by holding the foot and/or leg only during the required dance spin. One full stop is allowed which must not exceed 5 seconds in duration. Any choreography (including a separation) is permitted during the stop. A stop may not be included in the required step sequence. No spins or pattern regressions are permitted during the step sequence.

### **ORIGINAL DANCE JUNIOR AND SENIOR**

Refer ISU Rule 609

### **MARKING**

Refer ISU Rule 611

### **Rule 339**

### **FREE DANCE PRIMARY AND NOVICE**

1. General Requirements for the Free Dance

Refer ISU Rule 610.1

### **DEFINITION OF A WELL-BALANCED FREE DANCE PROGRAM FOR PRIMARY AND NOVICE**

#### **Primary Dance**

A well balanced Free Dance program must contain:

- Maximum of 1 Diagonal, Midline or Circular Step Sequence;
- Maximum of 1 dance spin (minimum of 2 revolutions);
- Maximum of 1 dance lift (stationary, straight line, curve or serpentine).

The emphasis should be placed on steps, flow and timing rather than on lifts.

Duration: 2 minutes +/- 10 seconds

### Novice Dance

A well balanced Free Dance program must contain:

- Maximum of 1 Diagonal, Midline or Circular Step Sequence;
- Maximum of 1 dance spin (minimum of 2 revolutions);
- Maximum of 3 dance lifts (straight line, curve, serpentine or rotational).

The emphasis should be placed on steps, flow and timing rather than on lifts.

Duration: 2 minutes and 30 seconds +/- 10 seconds

### Remarks

### Step Sequence

The Step Sequence must extend from barrier to barrier as far as is practicable. The step sequence must incorporate footwork for both partners, varied dance holds permitted. Lifts, jumps, dance spins and stops are not allowed during the step sequence.

### Dance Spin

The dance spin must have a minimum of two revolutions on one foot for each partner. The position is optional.

### Dance Lift

*Primary:*

The dance lift may be a stationary, straight line, curve or serpentine lift, in which the lady is lifted by the man and set down without rotation.

Rotational lifts are illegal elements and will incur a 2.0 penalty for each illegal element.

*Novice:*

The dance lift may be a straight line, curve, serpentine or rotational lift. If included, it must demonstrate good control of ascending, descending and rotational movements.

Reverse Rotational lifts are illegal elements and will incur a 2.0 penalty for each illegal elements.

### MARKING

Refer ISU Rule 611

### Rule 340

#### E. SOLO DANCE

The group for Solo Dance competition to be announced annually:

a) Elementary

- |           |                            |
|-----------|----------------------------|
| Group (1) | Dutch Waltz, Fiesta Tango  |
| Group (2) | Swing Dance, Canasta Tango |

b) Pre-Primary

- |           |                               |
|-----------|-------------------------------|
| Group (1) | European Waltz, Fourteen Step |
| Group (2) | American Waltz, Silver Samba  |

## c) Open

Group (1)	American Waltz, Quickstep
Group (2)	Viennese Waltz, Blues
Group (3)	Westminster Waltz, Kilian,

**Rules 341 - 359 (Reserved)****Rule 360****ADULT FREE SKATING - SINGLES****1. DURATION OF SKATING**

Free Skating ( $\pm$  10 seconds):

Proficiency Level	1 minute and 30 seconds
Level 1	2 minutes
Level 2	2 minutes
Level 3	2 minutes and 30 seconds
Open Level	2 minutes and 30 seconds

**2. DEFINITIONS OF WELL BALANCED PROGRAMS FOR ADULT SINGLES**

Adult free skating consists of a well balanced program of free skating elements, such as jumps, spins, steps and other linking movements executed in harmony with music of the competitor's choice, demonstrating ability to use edges, turns and other skating movements to interpret music.

Optional elements such as spirals, pivots, attitudes, jumps and spins may be included at all levels.

**Proficiency Level**

No specific jumps or spins are required. Jumps are restricted to a maximum of half a revolution and spins are restricted to two foot or one foot upright spins.

**Level 1**

Jumps are restricted to half revolution jumps, toe loops and Salchows, including combinations and/or sequences of these jumps. Spins are restricted to two foot upright spins, and one forward spin in a position of choice (eg sit, camel, upright or any variation thereof).

Required elements are:

- One jump chosen from three jump, toe loop or Salchow; or
- One foot spin of choice.

**Level 2**

Jumps are restricted to any jump other than an Axel Paulsen, double, triple or quadruple jumps, including combinations and/or sequences of these jumps. No restrictions apply to spins.

Required elements are:

- Two jumps chosen from toe loop, Salchow, loop, flip or Lutz; or
- Two spins of choice

**OR**

- One jump chosen from toe loop, Salchow, loop, flip or Lutz; and
- One spin of choice.

**Level 3**

Jumps are restricted to any jump other than double, triple or quadruple jumps, including combinations and/or sequences of these jumps. No restrictions apply to spins.

Required elements are:

- One jump chosen from loop, flip, Lutz or Axel; and
- One jump combination incorporating two single revolution jumps; and
- One spin of choice; and
- One combination spin incorporating one change of foot and/or change of position.

**Open Level**

No restrictions apply to jumps (including jump combinations and/or sequences), or to spins.

Required elements are:

- Two jumps including an Axel or any double jump and one jump of choice; and
- Two spins including one flying spin and one spin of choice.

**Rules 361 - 399 (Reserved)**