

SECTION 3

FIGURE SKATING

Effective 1st May 2010

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:

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

Rule 306

FALL DEDUCTION DURING COMPETITIONS

For all Preliminary, Elementary and Pre-Primary competitions the following Fall Deduction will be applied for Singles, Pairs and Dance events.

- a) Falls -0.5 for each fall (in Pair Skating and Dance, -0.5 for a fall of one partner and -1.0 for a fall of both partners).

LEVELS OF DIFFICULTY

For all Preliminary, Elementary and Pre-Primary competitions, all elements requiring a Level of Difficulty to be assigned (i.e. steps, spins and spirals) shall be identified as no higher than Level 1. Elements that do not meet the basic requirements (i.e. min spin revs) for the element will be called as Level 0 or No Level.

PROGRAM COMPONENT FACTORS – Single and Pair Skating

The judging panel's points for each Program Component are multiplied by a factor as follows:

Novice	SP: 1.0	FS: 2.0	
			Skating Skills: 1.00
			Transitions: 1.00
			Performance / Execution: 1.00
			Choreography: 1.00
			Interpretation: 1.00
Intermediate	SP: 1.0	FS: 2.0	
			Skating Skills: 1.00
			Transitions: 1.00
			Performance / Execution: 1.00
			Choreography: 1.00
			Interpretation: 1.00
Primary	SP: 1.0	FS: 2.0	
			Skating Skills: 1.00
			Transitions: 1.00
			Performance / Execution: 1.00
			Choreography: 1.00
			Interpretation: 1.00

Pre-Primary	FS: 2.0	Skating Skills: 1.00 Transitions: 0.75 Performance / Execution: 1.00 Choreography: 0.50 Interpretation: 0.75
Elementary	FS: 2.0	Skating Skills: 1.00 Transitions: 0.75 Performance / Execution: 1.00 Choreography: 0.50 Interpretation: 0.75
Preliminary	FS: 2.0	Skating Skills: 1.00 Transitions: 0.75 Performance / Execution: 1.00 Choreography: 0.50 Interpretation: 0.75

Rules 307 - 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 Primary and Intermediate and eight (8) required elements for, 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.
- 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:

PRIMARY and 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 one change of position (sit, camel, upright or any variation thereof, no flying entry)
- g) 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 sequence 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
- a) One double jump immediately preceded by connecting steps and/or other comparable free skating movements
- b) One jump combination consisting of two double jumps
- c) Flying Spin (no change of foot, no change of position)

- d) Layback or sideways leaning spin (no change of foot, no flying entry)
- e) Spin combination with one change of foot and at least two changes of position (sit, camel, upright or any variation thereof, no flying entry)
- f) Spiral sequence fully utilising the ice surface
- g) Step sequence (straight line, circular or serpentine) fully utilising the ice surface

REMARKS ON REQUIRED ELEMENTS

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)

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.

Primary and Intermediate:

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.

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 Sequences

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

Spiral Sequence

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 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.

NOVICE GROUP OF REQUIRED ELEMENTS

- a) One lift selected from Groups 1 to 5;
- b) One Twist Lift (single or double);
- c) One Throw Jump (single or double);
- d) One solo double jump;
- e) One solo spin with one change of foot and at least one change of position (may commence with a jump), min 5 revs on each foot;
- f) One pair spin (no change of foot, optional change of position) min 5 revs in total;
- g) One death spiral;
- h) One step sequence (straight line, circular or serpentine) fully utilising the ice surface

REMARKS ON REQUIRED ELEMENTS

Lifts

Type of lift is optional. One lift selected from Groups 1 to 5. One-handed variations, changes of hold or of the lady's position during the lift ARE permitted. The lift must have a minimum of two revolutions of the lady and a minimum of one and a maximum of 3½ revolutions by the man. The lift MAY NOT include a carry. Refer to ISU Rule 513, paragraph 5 for definitions of lifts.

Twist Lift

The number of revolutions of the lady rotating freely in the air is one or two. The lady must be caught in the air at the waist by the man prior to the landing and be assisted to a smooth landing on the ice on a backward outside edge on one foot. The man also exists the lift on one foot. In the twist lift, a split position by the lady in the air prior to rotating is not mandatory, but will be one of the features that might increase the level of difficulty of this element.

Throw Jump

Any single or double throw jump is permitted. Throw jumps are partner-assisted jumps in which the lady is thrown into the air by the man on the take-off and lands without assistance from her partner on a backward outside edge.

Solo Jump

Any double jump is permitted.

Solo Spin

Any type of solo spin is permitted. 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. The spin must be a minimum of 5 revolutions on each foot. The change of foot may be executed in the form of a step over or a jump.

Pair Spin

There must be no change of foot in the pair spin. A change of position is optional. The spin must be a minimum of 5 revolutions in total. The rotation must be continuous and no stop is permitted. The pair spin must not commence with a jump.

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, Primary and Intermediate 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 and 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:

- One lift selected from Group 1 or a waist loop lift from Group 2;
- One throw jump (optional) single only;
- One solo jump (single);
- One jump combination or sequence (optional) single jumps only;
- One solo jump (minimum 4 revs, may not commence with a flying entry);
- One pair spin with no change of foot or change of position (min 4 revs)
- One death spiral or pivot spiral;
- One step sequence fully utilising the ice surface.

Lifts

Variations of the lady's position, no-handed and one-handed lifts, and combination lifts, lifts that include a carry and turns in both directions ARE NOT permitted. All lifts must have a minimum of one revolution of the lady, and a minimum of one and a maximum of 3½ revolutions by the man.

Jump Combination or Sequence

The maximum number of jumps in the jump combination is two. The number of jumps in the jump sequence is free.

Death Spiral or Pivot Spiral

The death spiral and pivot spiral are to be executed with the regular one-hand to one-hand hold position. The pivot spiral is not eligible for features. In the final position while the lady is performing the actual death spiral or pivot spiral, both the man and the lady must execute a minimum of ½ revolution with the man in the pivot position.

Primary Pairs

A well balanced Free Skating program must contain:

- Maximum of two lifts. Both lifts may be selected from Group 1 OR one lift may be a waist loop lift from Group 2 and the other may be selected from Group 1;
- One throw jump (single only);
- One solo jump (single or double);
- One jump combination or sequence (single or double jumps);

- One solo spin or spin combination (may commence with a jump, may change feet or change position) min 5 revs in total;
- One pair spin (no change of foot) min 3 revs in total;
- One death spiral or pivot spiral;
- One step sequence fully utilising the ice surface.

Lifts

Variations of the lady's position, no-handed and one-handed lifts, and combination lifts, lifts that include a carry and turns in both directions ARE NOT permitted. All lifts must have a minimum of one revolution of the lady, and a minimum of one and a maximum of 3½ revolutions by the man.

Jump Combination or Sequence

The maximum number of jumps in the jump combination is two. The number of jumps in the jump sequence is free.

Death Spiral or Pivot Spiral

The death spiral and pivot spiral are to be executed with the regular one-hand to one-hand hold position. The pivot spiral is not eligible for features. In the final position while the lady is performing the actual death spiral or pivot spiral, both the man and the lady must execute a minimum of ½ revolution with the man in the pivot position.

Novice Pairs

A well balanced Free Skating program must contain:

- Maximum of two lifts from different groups, one of which must be from Group 3 or 4;
- One Twist lift (single or double);
- Maximum of 2 different Throw Jumps (single or double);
- One solo jump;
- One jump combination or sequence;
- One pair spin combination (must change foot by both partners) (min 5 revs in total);
- One solo spin or solo spin combination (may commence with a jump, may change feet) min 5 revs in total;
- One death spiral;
- One sequence of spirals.

Lifts

Variations of the lady's position, no-handed and one-handed lifts and combination lifts are permitted. Lifts may NOT include a carry. All lifts must have a minimum of two revolutions of the lady and a minimum of one and a maximum of 3½ revolutions by the man. Refer to ISU Rule 513, paragraph 5 for definitions of lifts.

Jump Combination or Sequence

The maximum number of jumps in the jump combination is two. The number of jumps in the jump sequence is free.

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**

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

Rule 336**GENERAL REGULATIONS FOR ICE DANCING**

Refer ISU Rules:

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

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

The group for competition to be announced annually:

1.

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) | Club, State and Interstate Competitions
National Championships | European Waltz, Silver Samba
Silver Samba, Blues |
| Group (2) | Club, State and Interstate Competitions
National Championships | Foxtrot, Cha Cha Congelado
Cha Cha Congelado, Tango |
| Group (3) | Club, State and Interstate Competitions
National Championships | Fourteen Step, Starlight Waltz
Rocker Foxtrot, Starlight Waltz |

d) Novice

- | | | |
|-----------|---|--|
| Group (1) | Club, State and Interstate Competitions
National Championships | American Waltz, Quickstep
Rocker Foxtrot, Quickstep |
| Group (2) | Club, State and Interstate Competitions
National Championships | Blues, Paso Doble
Paso Doble, Starlight Waltz |
| Group (3) | Club, State and Interstate Competitions
National Championships | Tango, Kilian
Kilian, Westminster Waltz |

PATTERN DANCES FOR JUNIOR AND SENIOR

Refer ISU Rule 607

REQUIREMENTS AND MARKING

Refer ISU Rule 608

Rule 338**SHORT DANCE JUNIOR AND SENIOR**

Refer ISU Rule 609

MARKING

Refer ISU Rule 611

Rule 339**FREE DANCE ELEMENTARY, PRE-PRIMARY, PRIMARY AND NOVICE**

1. General Requirements for the Free Dance

Refer ISU Rule 610.1

DEFINITION OF A WELL-BALANCED FREE DANCE PROGRAM FOR ELEMENTARY, PRE-PRIMARY, PRIMARY AND NOVICE**Elementary Dance**

A well balanced Free Dance program must contain:

- Maximum of 1 spin (min 3 revs on 1 foot by both partners);
- Maximum of 1 Circular, Midline or Diagonal Step Sequence in hold (must use full ice surface);
- Maximum of 1 set of Synchronized Twizzles.

Duration: 1 minute 30 seconds +/- 10 seconds

Remarks for Elementary Dance**Illegal Elements**

- Lifts of any kind
- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Step Sequence

- Serpentine and Not Touching Midline sequence are not permitted.
- Sequence must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.
- Any separation to change a hold must not exceed 1 measure of music.
- Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence.

Pre-Primary Dance

A well balanced Free Dance program must contain:

- Maximum of 2 different types of short lifts (max 6 secs), Long lifts are not permitted;
- Maximum of 1 Spin (min 3 revs on 1 foot by both partners) OR Combination Spin (min 3 revs on each foot by both partners);
- Maximum of 1 Circular, Midline or Diagonal Step Sequence in hold (must use full ice surface);
- Maximum of 1 set of Synchronized Twizzles.

Duration: 2 minutes +/- 10 seconds

Remarks for Pre-Primary Dance**Illegal Elements**

- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Step Sequence

- Serpentine and Not Touching Midline sequence are not permitted.
- Sequence must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.
- Any separation to change a hold must not exceed 1 measure of music.
- Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence.

Dance Spin and Lifts

Combined dance spin and lift permitted but are to be counted as separate element, i.e. as 1 of the permitted lifts and 1 dance spin.

Lifts – refer to ISU Rules and Communications on repeated positions and illegal lifts / elements.

Primary Dance

A well balanced Free Dance program must contain:

- Maximum of 2 different types of short lifts (max 6 secs), Long lifts are not permitted;
- Maximum of 1 Spin (min 3 rev on 1 foot by both partners) OR Combination Spin (min 3 revs on each foot by both partners);
- Maximum of 1 Circular, Midline or Diagonal Step Sequence in hold (must use full ice surface);
- Maximum of 1 set of Synchronized Twizzles.

Duration: 2 minutes 30 seconds +/- 10 seconds

Remarks for Primary Dance**Illegal Elements**

- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Step Sequence

- Serpentine and Not Touching Midline sequence are not permitted.
- Sequence must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.
- Any separation to change a hold must not exceed 1 measure of music.
- Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence.

Dance Spin and Lifts

Combined dance spin and lift permitted but are to be counted as separate element, i.e. as 1 of the permitted lifts and 1 dance spin.

Lifts – refer to ISU Rules and Communications on repeated positions and illegal lifts / elements.

Novice Dance

A well balanced Free Dance program must contain:

- Maximum of 3 different types of lifts;
 - a) One may be a Long Lift (max 12 secs) and 1 Short Lift (max 6 secs)
- OR
- b) Three Short Lifts (max 6 secs each)
- Maximum of 1 Spin (min 3 revs on 1 foot by both partners) OR Combination Spin (min 3 revs on each foot by both partners);
- Maximum of 1 Circular, Midline, Diagonal or Serpentine (2 or 3 bold curves) Step Sequence (must use full ice surface);
- Maximum of 1 set of Synchronized Twizzles.

Duration: 3 minutes +/- 10 seconds

Remarks for Novice Dance**Illegal Elements**

- Jumps of more than one revolution or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Step Sequence

- Not Touching Midline sequence is not permitted.
- Sequence must be skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms.
- Any separation to change a hold must not exceed 1 measure of music.
- Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not to be included in the step sequence.

Dance Spin and Lifts

Combined dance spin and lift permitted but are to be counted as separate element, i.e. as 1 of the permitted lifts and 1 dance spin.

Lifts – refer to ISU Rules and Communications on repeated positions and illegal lifts / elements.

SHORT DANCE JUNIOR AND SENIOR

Refer ISU Rule 610

MARKING

Refer ISU Rule 611

Rule 340**E. SOLO DANCE**

The group for Solo Dance competition to be announced annually:

2. Elementary

- | | |
|-----------|------------------------------------|
| Group (1) | Dutch Waltz, Fiesta Tango |
| Group (2) | Swing Dance, Canasta Tango |
| Group (3) | Golden Skaters Waltz, Fiesta Tango |
| Group (4) | Swing Dance, Dutch Waltz |

e) Pre-Primary

- | | |
|-----------|----------------|
| Group (1) | European Waltz |
| Group (2) | Silver Samba |
| Group (3) | Fourteenstep |
| Group (4) | Foxtrot |

f) Primary

- | | |
|-----------|-----------------|
| Group (1) | Starlight Waltz |
| Group (2) | American Waltz |
| Group (3) | Rocker Foxtrot |
| Group (4) | Tango |

g) Open

- | | |
|-----------|-------------------|
| Group (1) | Blues |
| Group (2) | Quickstep |
| Group (3) | Westminster Waltz |
| Group (4) | Killian |

h) Adult

Group (1)	Canasta Tango
Group (2)	Dutch Waltz
Group (3)	Ten Fox
Group (4)	Fiesta Tango

ORIGINAL DANCE PRE-PRIMARY, PRIMARY, OPEN AND ADULT SOLO DANCE

The Original Dance is the skating by a single skater 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 to be skated will be the same rhythms as announced each year by the ISU.

The timing for the Original Dance:

Pre-Primary	1 min 30 secs +/- 10 secs
Primary	1 min 30 secs +/- 10 secs
Open	2 min 30 secs +/- 10 secs
Adult	1 min 30 secs +/- 10 secs

Remarks

Vocal music is permitted. Only music with a rhythmic beat may be used. Varied footwork and edges are required throughout the program. Repetition of any step or sequence is permitted. To steps and a few small hops (without rotation) may be included if they are appropriate to the rhythm and chosen music. No spins or pattern regressions are permitted during the step sequence.

A well balanced Solo Dance Original Dance program must contain:

- Maximum of 1 Diagonal, Midline or Circular Step Sequence extending from barrier to barrier as far as practicable;
- Maximum of 1 dance spin, minimum of 3 revolutions before any change of foot;

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

Rules 341 - 359 (Reserved)

Rule 360

ADULT FREE SKATING - SINGLES

1. DURATION OF SKATING

Maximum time:

Bronze	1 minute and 40 seconds but may be less
Silver	2 minutes and 10 seconds but may be less
Gold	2 minutes and 40 seconds but may be less
Master	3 minutes 10 seconds but may be less
Elite	3 minutes 10 seconds but may be less

Factors:

The panels points for each Program Component are multiplied by a factor of 1.6

2. DEFINITIONS OF WELL BALANCED PROGRAMS FOR ADULT SINGLES

Adult Single Bronze Well Balanced Program

A well balanced Free Skating program must contain:

- 1) A maximum of four (4) jump elements. **Only single jumps are permitted**, no Axel type jump, no double or triple jumps can be included.

A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two (2) up to two (2) listed jumps.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

- 2) A maximum of two (2) spins of a different abbreviation. **Flying spins are not permitted**. The spins performed must have a required minimum number of revolutions:
 - Three (3) for the spin with only one position and no change of foot
 - Four (4) for the spin combination with no change of foot
 - Eight (4 + 4) for the spin combination with change of foot
- 3) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In the case of a circular step sequence, a full circle is required covering $\frac{1}{2}$ the ice surface.

Adult Single Silver Well Balanced Program

A well balanced Free Skating program must contain:

- 4) A maximum of five (5) jump elements. **The single Axel or any other single Axel type jump and all other single jumps are permitted. No double jumps are permitted.**

A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two (2) up to two (2) listed jumps.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

- 5) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot. The spins performed must have a required minimum number of revolutions:
 - Three (3) for the flying spin with no change of foot after landing
 - Three (3) for the spin with only one position and no change of foot
 - Four (4) for the spin combination with no change of foot
 - Eight (4 + 4) for the spin combination with change of foot
- 6) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In the case of a circular step sequence, a full circle is required covering $\frac{1}{2}$ the ice surface.

Adult Single Gold Well Balanced Program

A well balanced Free Skating program must contain:

- 7) A maximum of six (6) jump elements, consisting of any single or double jumps (including a single axel) **except double Flip, double Lutz and double Axel**

A jump combination may consist of the same or another single jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two (2) up to two (2) listed jumps.

Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.

- 8) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot, and one must be a flying spin. The spins performed must have a required minimum number of revolutions:
- Four (4) for the flying spin with no change of foot after landing
 - Four (4) for the spin with only one position and no change of foot
 - Four (4) for the spin combination with no change of foot
 - Eight (4 + 4) for the spin combination with change of foot
- 9) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence according to ISU requirements.

Adult Single Master Well Balanced Program

A well balanced Free Skating program must contain:

- 10) A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.
- A jump combination may consist of the same or another single, double or triple jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two (2) up to two (2) listed jumps.
- Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- 11) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot, and one must be a flying spin. The spins performed must have a required minimum number of revolutions:
- Five (5) for the flying spin with no change of foot after landing
 - Five (5) for the spin with only one position and no change of foot
 - Five (5) for the spin combination with no change of foot
 - Eight (4 + 4) for the spin combination with change of foot
- 12) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence according to ISU requirements.

Adult Single Elite Well Balanced Program

A well balanced Free Skating program must contain:

- 13) A maximum of seven (7) jump elements, one of which must be an Axel type jump. Single, double and triple jumps are permitted.
- A jump combination may consist of the same or another single, double or triple jump. There may be up to three (3) jump combinations or jump sequences in the Free Program. One jump combination could consist of up to three (3) listed jumps, the other two (2) up to two (2) listed jumps.
- Any solo jump can be repeated only once and this repetition must be done either in a jump combination or in a jump sequence.
- 14) A maximum of three (3) spins of a different abbreviation, one of which must be a spin combination with a change of foot, and one must be a flying spin. The spins performed must have a required minimum number of revolutions:
- Five (5) for the flying spin with no change of foot after landing
 - Five (5) for the spin with only one position and no change of foot
 - Five (5) for the spin combination with no change of foot
 - Eight (4 + 4) for the spin combination with change of foot
- 15) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence according to ISU requirements.

ADULT FREE SKATING - PAIRS**1. DURATION OF SKATING**

Maximum time:

Adult	3 minutes 10 seconds but may be less
Master	3 minutes 10 seconds but may be less
Elite	3 minutes 10 seconds but may be less

Factors:

The panels points for each Program Component are multiplied by a factor of 1.6

2. DEFINITIONS OF WELL BALANCED PROGRAMS FOR ADULT PAIRS**Adult Pair Well Balanced Program**

A well balanced Free Skating program must contain:

- 16) A maximum of three (3) different lifts, one of which may be a twist lift. Variations of the lady's position, no-handed and one-handed lifts, and combination lifts are **NOT** permitted. Overhead lifts are **NOT** permitted.
- 17) A maximum of one (1) throw jump (single only).
- 18) A maximum of one (1) solo jump. Only single jumps are permitted.
- 19) A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence.
- 20) A maximum of one (1) pair spin (pair spin or pair spin combination). The spin must have a required minimum number of revolutions:
 - Three (3) for a pair spin
 - Six (6) for a pair combination spin
- 21) A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions:
 - Three (3) for the flying spin
 - Three (3) for the spin with only one position
 - Six (6) for the spin combination with change of foot
- 22) A maximum of one death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- 23) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence covering at least 50% of the usual pattern (e.g. half a serpentine, half a straight line etc). In the case of a circular step sequence, a full circle is required covering $\frac{1}{2}$ the ice surface. Only the first executed sequence (step or spiral sequence) will be considered.

Adult Pair Masters Well Balanced Program

A well balanced Free Skating program must contain:

- 24) A maximum of three (3) different lifts, one of which may be a twist lift.
- 25) A maximum of two (2) throw jumps (single or double).
- 26) A maximum of two (2) solo jumps. Single, double or triple jumps are permitted.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or jumps sequence.
- 27) A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence.
- 28) A maximum of one (1) pair spin (pair spin or pair spin combination). The spin must have a required minimum number of revolutions:
 - Four (4) for a pair spin
 - Eight (8) for a pair combination spin

- 29) A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions:
- Five (5) for the flying spin
 - Five (5) for the spin with only one position
 - Ten (10) for the spin combination with change of foot
- 30) A maximum of one death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- 31) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence that fully utilises the ice surface. Only the first executed sequence (step or spiral sequence) will be considered.

Adult Pair Elite Well Balanced Program

A well balanced Free Skating program must contain:

- 32) A maximum of three (3) different lifts, one of which may be a twist lift.
- 33) A maximum of two (2) throw jumps (single or double).
- 34) A maximum of two (2) solo jumps. Single, double or triple jumps are permitted.
Any solo jump can be repeated only once and this repetition must be done either in a jump combination or jumps sequence.
- 35) A maximum of one (1) jump combination with a maximum of three jumps included or one (1) jump sequence.
- 36) A maximum of one (1) pair spin (pair spin or pair spin combination). The spin must have a required minimum number of revolutions:
- Four (4) for a pair spin
 - Eight (8) for a pair combination spin
- 37) A maximum of one (1) solo spin or solo spin combination. The spin must have a required minimum number of revolutions:
- Five (5) for the flying spin
 - Five (5) for the spin with only one position
 - Ten (10) for the spin combination with change of foot
- 38) A maximum of one death spiral or pivot spiral (position optional). At least $\frac{3}{4}$ revolution in pivot position by the man is required.
- 39) A maximum of one step sequence (circular, straight line or serpentine) OR spiral sequence that fully utilises the ice surface. Only the first executed sequence (step or spiral sequence) will be considered.

ADULT ICE DANCE – COMPULSORY DANCE

1. DURATION OF SKATING

The group for competition to be announced annually:

1. Adult Bronze

Group (1)	14-Step (3 sequences) Foxtrot (2 sequences)
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2. Adult Silver

Group (1)	Rocker Foxtrot (4 sequences) American Waltz (2 sequences)
Group (2)	European Waltz (2 sequences) Blues (3 sequences)
Group (3)	Rocker Foxtrot (4 sequences) American Waltz (2 sequences)

3. Adult Gold

- Group (1) Quickstep (4 sequences)
Blues (3 sequences)
 - Group (2) Starlight Waltz (2 sequences)
Kilian (6 sequences)
 - Group (3) Viennese Waltz (2 sequences)
Silver Samba (2 sequences)
4. Adult Masters
- Group (1) Quickstep (4 sequences)
Blues (3 sequences)
 - Group (2) Starlight Waltz (2 sequences)
Kilian (6 sequences)
 - Group (3) Viennese Waltz (2 sequences)
Silver Samba (2 sequences)
5. Adult Elite
- Group (1) Quickstep (4 sequences)
Blues (3 sequences)
 - Group (2) Starlight Waltz (2 sequences)
Kilian (6 sequences)
 - Group (3) Viennese Waltz (2 sequences)
Silver Samba (2 sequences)

ADULT FREE DANCE

1. DURATION OF SKATING

Maximum time:

Silver	Max 2 minutes 40 secs but may be less
Gold	Max 3 minutes 10 seconds but may be less
Masters	Max 3 minutes 10 seconds but may be less
Elite	Max 3 minutes 10 seconds but may be less

2. PROGRAM COMPONENT FACTORS

Skating Skills	1.25
Transitions, Linking Footwork, Movements	1.75
Performance, Execution	1.00
Choreography, Composition	1.00
Interpretation, Timing	1.00

3. DEFINITIONS OF WELL BALANCED PROGRAMS FOR ADULT PAIRS

Silver Free Dance Balanced Program

In accordance with ISU Rule 610 and all pertinent ISU Communications. The requirements for a well-balanced Free Dance program are:

- 40) A maximum of one (1) dance lift, maximum duration of 6 secs.
- 41) A maximum of one (1) Diagonal or Midline Step Sequence, in varied hold.
- 42) A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between; refer to ISU Communications and Rules.
- 43) A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. Refer to ISU Communications and Rules.

Gold Free Dance Balanced Program

In accordance with ISU Rule 610 and all pertinent ISU Communications. The requirements for a well-balanced Free Dance program are:

- 44) A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 secs, and 1 long lift with a max of 12 secs.
- 45) A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. Refer to ISU Communications and Rules.
- 46) A maximum of one (1) Circular Step Sequence, clockwise or anti-clockwise.
- 47) A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between; refer to ISU Communications and Rules.

Masters Free Dance Balanced Program

In accordance with ISU Rule 610 and all pertinent ISU Communications. The requirements for a well-balanced Free Dance program are:

- 48) A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 secs, and 1 long lift with a max of 12 secs.
- 49) A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. Refer to ISU Communications and Rules.
- 50) A maximum of one (1) Circular Step Sequence, clockwise or anti-clockwise.
- 51) A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between; refer to ISU Communications and Rules.

Elite Free Dance Balanced Program

In accordance with ISU Rule 610 and all pertinent ISU Communications. The requirements for a well-balanced Free Dance program are:

- 52) A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 secs, and 1 long lift with a max of 12 secs.
- 53) A maximum of one (1) Dance Spin with optional positions. A simple spin with no change of foot consisting of at least three (3) revolutions for each partner or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted. Refer to ISU Communications and Rules.
- 54) A maximum of one (1) Circular Step Sequence, clockwise or anti-clockwise.
- 55) A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between; refer to ISU Communications and Rules.

Rules 361 - 399 (Reserved)