

Ice Dance Warm Up and Program Times (September 2023)

| Division | Warm Up Time | Maximum Numbers | Official Practice |
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| Pattern Dance | 30 Seconds without music followed by 2 minutes and 30 seconds of the last ISU Tune (usually Tune 6). Separate warm up for each Pattern Dance | Maximum 6 couples or 6 solo skaters | Each competitor's music will be played for both Pattern Dances. Each competitor skates the first Pattern Dance to their own music and then each competitor skates the second Pattern Dance to their own music. |
| Free Dance (Elementary to Advanced Novice) | 3 minutes | Maximum 5 couples | Each competitor's music will be played at the official practice. |
| Rhythm Dance and Free Dance (Adult, Junior and Senior) | 5 minutes | Maximum 5 couples | |

| Rhythm Dance Program Times | | | |
|----------------------------|---|--------------------------|---|
| Junior | 2 minutes and 50 seconds +/- 10 seconds | Senior | 2 minutes and 50 seconds +/- 10 seconds |
| | | | |
| Free Dance Program Times | | Solo Dance Program Times | To be confirmed |
| Preliminary | 1 minute and 30 seconds +/- 10 seconds | Preliminary | |
| Elementary | 2 minutes +/- 10 seconds | Elementary | |
| Basic Novice | 2 minutes +/- 10 seconds | Basic Novice | |
| Intermediate Novice | 2 minutes and 30 seconds +/- 10 seconds | Intermediate Novice | |
| Advanced Novice | 3 minutes +/- 10 seconds | Advanced Novice | |
| Junior | 3 minutes and 30 seconds +/- 10 seconds | Junior | |
| Senior | 4 minutes +/- 10 seconds | Senior | |
| | | | |
| Adult Bronze | 1 minute and 50 seconds +/- 10 seconds | Adult Bronze | |
| Adult Silver | 2 minutes and 30 seconds +/- 10 seconds | Adult Silver | |
| Adult Gold | 3 minutes +/- 10 seconds | Adult Gold | |
| Masters | 3 minutes +/- 10 seconds | Masters | |
| Masters Elite | 3 minutes +/- 10 seconds | Masters Elite | |

References: ISU Rule 514.2, ISU Communications on Ice Dance, ISU Adult Technical Requirements 2023-2024