

**ICE SKATING AUSTRALIA 2022 / 2023 Ice Dance Elements (May 2022)**

Mark all components	Pattern Dance (in skating order)	Number of Sequences to skate	Number of Sections per Sequence	Section Steps and Factors
<b>PRELIMINARY PD</b> Without Key Points, Factor 1.0	(31) Rhythm Blues	3	1	1 to 16
<b>ELEMENTARY PD</b> Without Key Points Factor 0.5 per dance	(6) Dutch Waltz	3	1	1 to 16
	(26) Tango Fiesta	3	1	1 to 16

**Refer to ISU Communication 2463**

<b>BASIC NOVICE PD</b>	Without Key Points, up to Level 1			Factor 0.5 per dance
All except State Championships	(5) Swing Dance	2	1	1 to 15
	(26) Tango Fiesta	3	1	1 to 16
State Championships	(5) Swing Dance	2	1	1 to 15
	(7) Willow Waltz	2	1	1 to 22
AFSC and International Competitions	Two Dances chosen from (5) Swing Dance, (7) Willow Waltz) and (26) Tango Fiesta			
<b>INTERMEDIATE NOVICE PD</b>	One Key Point, up to Level 2			Factor 0.75 per dance
All except State Championships	(3) Rocker Foxtrot	4	1	1 to 14
	(9) American Waltz	2	1	1 to 16
State Championships	(1) Fourteenstep	6	1	1 to 14
	(28) Tango	2	2	1 to 22
AFSC and International Competitions	Chosen from one of the following groups: Group 1: (3) Rocker Foxtrot and (9) American Waltz OR Group 2: (1) Fourteenstep and (28) Tango			
<b>ADVANCED NOVICE PD</b>	Two Key Points, up to Level 3			Factor 1.0 per dance
All competitions	(10) Westminster Waltz	2	2	1 to 10; 11 to 22
	(29) Argentine Tango	2	1	1 to 31

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<p align="center"><b>RHYTHM DANCE</b> Refer to ISU Communication 2468</p>	<p align="center"><b>JUNIOR</b> <b>2 minutes and 50 seconds (+/-) 10 seconds</b></p>	<p align="center"><b>SENIOR</b> <b>2 minutes and 50 seconds (+/-) 10 seconds</b></p>
<p align="center"><b>PATTERN DANCE</b></p>	<p><b>Two (2) Sequences of the Argentine Tango (94 - 98 bpm)</b> to be skated one after the other.</p> <p>1AT Steps 1 to 20 – Step # 1 skated on the judges' left side 2AT Steps 21 to 31 – Step #21 skated on the judges' right side</p> <p>Sequences may be skated one after the other or separately</p> <p>Variation Hold is permitted</p>	<ul style="list-style-type: none"> <li>• <b>One (1) Pattern Dance Type Step Sequence (PSt), (Style D)</b> Refer to ISU Communication 2468 for full details</li> <li>• <b>One (1) Choreographic Rhythm Sequence</b> Refer to ISU Communication 2468 for full details</li> </ul> <p><i>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element</i></p>
<p align="center"><b>DANCE LIFT</b></p>	<p align="center"><b>Maximum one (1) Short Lift (up to 7 seconds)</b></p>	
<p align="center"><b>STEP SEQUENCE</b></p>	<p><b>One (1) Step Sequence in Hold or Not Touching or a Combination of both (Style B)</b></p> <p><b>Specifications for Style B, Rhythm Dance:</b> Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element (<b>Junior &amp; Senior</b>) and Pattern Dance Type Step Sequence (<b>Senior</b>). Chosen pattern may <b>ONLY</b> be Midline or Diagonal Retgression – NOT permitted Separations permitted, no more than 2 arm lengths Loops NOT permitted Hand in hand hold – NOT permitted with fully extended arms Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</p> <p><i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i></p>	
<p align="center"><b>SEQUENTIAL TWIZZLES</b></p>	<p><b>One (1) Set of Sequential Twizzles</b> At least two twizzles for each partner and must not be in contact between Twizzles Up to 1 step between Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p><i>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i></p>	

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<b>PRELIMINARY FREE DANCE</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Mark all components Factor 1.0 each</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1) chosen from:</b>
1:30 +/- 10 secs NO vocal music IJS Level – Elementary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 410	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.  <i>Specifications for 2022-2023 Season pending Congress decision.</i>	One (1) set of Synchronized Twizzles	Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

<b>ELEMENTARY FREE DANCE</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Mark all components Factor 1.0 each</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2)</b>
2:00 +/- 10 secs NO vocal music IJS Level – Elementary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 411	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.  <i>Specifications for 2022-2023 Season pending Congress decision.</i>	One (1) set of Synchronized Twizzles	<b>One (1) of which must be a Choreographic Lift plus one (1) additional chosen from:</b> Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

<b>BASIC NOVICE FREE DANCE</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Mark all components Factor 1.0 each</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2)</b>
2:00 +/- 10 secs Vocal music permitted IJS Level – Basic Novice Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2463	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.  <i>Specifications for 2022-2023 Season pending Congress decision.</i>	One (1) set of Sequential Twizzles  At least two Twizzles for each partner and must not be in contact between Twizzles.  Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	<b>One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from:</b> Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

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<b>INTERMEDIATE NOVICE FREE DANCE</b>	<b>LIFTS</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Mark all components Factor 1.0 each</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2) different</b>
2:30 +/- 10 secs  Vocal music permitted  IJS Level – Basic Novice  Max Level 2 to be called for features  Fall deduction 0.5 per fall per skater  Refer to ISU Communication 2463	No more than one (1) Short Lift	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.  <b>Specifications for 2022-2023 Season pending Congress decision.</b>	One (1) set of Sequential Twizzles  At least two Twizzles for each partner and must not be in contact between Twizzles.  Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	Choreographic Lift  Choreographic Spinning Movement  Choreographic Twizzling Movement  Choreographic Sliding Movement  Choreographic Character Step Sequence

<b>ADVANCED NOVICE FREE DANCE</b>	<b>LIFTS</b>	<b>DANCE SPINS</b>	<b>STEP SEQUENCES</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Mark all components Factor 1.0</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2) different</b>
3:00 +/- 10 secs  Vocal music permitted  IJS Level – Advanced Novice  Max Level 3 to be called for features  Fall deduction 0.5 per fall per skater  Refer to ISU Communication 2463	No more than one (1) Short Lift	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.  <b>Specifications for 2022-2023 Season pending Congress decision.</b>	Style B  Straight Line (midline or diagonal) in hold  OR  Curved (circular or serpentine) in hold	One (1) set of Sequential Twizzles  At least two Twizzles for each partner and must not be in contact between Twizzles.  Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	Choreographic Lift  Choreographic Spinning Movement  Choreographic Twizzling Movement  Choreographic Sliding Movement  Choreographic Character Step Sequence

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<p align="center"><b>FREE DANCE</b> Refer to ISU Communication 2468</p>	<p align="center"><b>JUNIOR</b> <b>3 minutes and 30 seconds (+/-) 10 seconds</b></p>	<p align="center"><b>SENIOR</b> <b>4 minutes (+/-) 10 seconds</b></p>
<p align="center"><b>DANCE LIFT</b> Not more than</p>	<p align="center"><b>Two (2) Different Types of Short Lift</b> <b>OR</b> <b>One (1) Combination Lift</b></p>	<p align="center"><b>Three (3) Different Type Short Lift</b> <b>OR</b> <b>One (1) Short Lift and One (1) Combination Lift</b> (Short Lift must be a different type than in the Combination Lift)</p>
<p align="center"><b>DANCE SPIN</b></p>	<p align="center"> <ul style="list-style-type: none"> <li>• <b>One (1) Dance Spin (pending Congress decision)</b></li> </ul> <b>Specifications for Season 2022/23</b>                      Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners                 </p>	
<p align="center"><b>STEP SEQUENCE –</b> <b>Types: Straight Line or Curve</b></p> <p align="center"><b>One (1) One Foot Turns Sequence, (OFT)</b></p>	<p align="center"> <ul style="list-style-type: none"> <li>• <b>One (1) Step Sequence in Hold (Style B)</b></li> </ul> <b>Specifications for Style B, Free Dance 2022-2023:</b>                      Retrogression - one (1) permitted – must not exceed two measures of music.                      Not Permitted – Stops, Loops, Hand in hand hold with fully extended arms cannot be established, separations of more than 2 arm lengths and/or exceeding 5 seconds  <b>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</b>  <i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i> </p> <p align="center"> <ul style="list-style-type: none"> <li>• <b>One (1) One Foot Turns Sequence FD Option - Not touching</b></li> </ul>                     Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time.  <i>One Foot Turns Sequence is evaluated as one unit by adding the Base Values of the Woman One Foot Turns Sequence &amp; Man One Foot Turns Sequence and then applying the GOE.</i> </p>	
<p align="center"><b>SYNCHRONIZED TWIZZLES</b></p>	<p align="center"><b>One (1) Set of Synchronized Twizzles (FD Variation)</b></p> At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) - Partners <b>must</b> be in contact at some point between the 1st and 2nd Twizzles.	
<p align="center"><b>CHOREOGRAPHIC ELEMENT</b></p>	<p><b>Two (2) Different Choreographic Elements chosen from:</b>                      Choreographic Lift                      Choreographic Spinning Movement  <u>Choreographic Assisted Jumps</u>                      Choreographic Twizzling Movement                      Choreographic Sliding Movement                      Choreographic Character Step Sequence</p>	<p><b>Three (3) Different Choreographic Elements chosen from:</b>                      Choreographic Lift                      Choreographic Spinning Movement  <u>Choreographic Assisted Jumps</u>                      Choreographic Twizzling Movement                      Choreographic Sliding Movement                      Choreographic Character Step Sequence</p>