

International Solo Ice Dance Competition Guidelines

**General Rules and Requirements
Season 2023/24**

version as of:
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1 General Competition Requirements

The requirements for International Solo Ice Dance Competitions will follow the requirements announced annually in ISU Communications for International Competitions for ISU disciplines, as per Rule 711. These shall be valid for one season only:

- Pattern Dances for International Competitions (including Key Points and Key Point Features)
- Music requirements for Pattern Dances for International Competitions,
- Required Elements for Rhythm Dance
- Required Elements for Free Dance
- Technical requirements for Solo Ice Dance

1.1 Category and Age Requirements for Solo Ice Dance

1.1.1 Category Requirements

In International Solo Ice Dance Competitions male and female skaters compete together in the same category.

1.1.2 Age Requirements

Novice

In International Solo Ice Dance Competitions, a Novice is a Skater who has met the following requirements before July 1 preceding the competition:

- a) Basic Novice - has not reached the age of thirteen;
- b) Intermediate Novice - has not reached the age of fifteen;
- c) Advanced Novice - has reached the age of ten and has not reached the age seventeen.

Junior

In International Solo Ice Dance Competitions, a Junior is a Skater who has met the following requirements before July 1 preceding the competition:

- a) has reached at least the age of thirteen;
- b) has not reached the age of nineteen.

Senior

For the Season 2023/24, in International Solo Ice Dance Competitions Senior only Skaters may compete who have reached at least the age of sixteen before July 1 preceding the competition.

1.2 Segments of International Solo Ice Dance Competitions

International Solo Ice Dance Competitions shall consist of:

Basic Novice	2 Pattern Dances and 1 Free Dance
Intermediate Novice	2 Pattern Dances and 1 Free Dance
Advanced Novice	2 Pattern Dances and 1 Free Dance
Junior	1 Rhythm Dance and 1 Free Dance
Senior	1 Rhythm Dance and 1 Free Dance

The Rhythm Dance or Pattern Dances must be skated before the Free Dance

1.3 Officials

- a) Rule 420, 6, regarding the appointment of Officials apply, except for the requirement of their international qualification. However, in each event there must be at least one (1) Judge and one (1) member of the Technical Panel and the Referee with an international qualification. National officials may be aged from 21 years to 75 years.
- b) For Solo Ice Dance International Competitions, the same ISU Rules regarding judging, refereeing and the work of the Technical Panel apply as in Ice Dance Junior and Senior International Competitions.

1.4 Deductions

For International Solo Ice Dance Competitions Senior and Junior, the same deductions apply as for International Ice Dance Competitions. For all Novice categories in International Solo Ice Dance Competitions all deductions are half the normal deductions for Junior and Senior with the exception for the Pattern Dance Program Time Deduction. The Pattern Dance Time Deduction is -1.0.

1.5 Costume Requirements

For International Solo Ice Dance Competitions, the costume requirements will follow the ISU Rules for Ice Dance. However, Women are permitted to wear trousers. Trousers may be any length - Accessories and props are not permitted.

1.6 Result Calculation

The official ISU Calculation and Scoring Software does currently not support the scoring and result calculation for International Solo Ice Dance Competitions. The organizing ISU Member of International Solo Ice Dance Competitions is therefore responsible for the accuracy of the results including the computer software program and shall provide experienced, competent operators who shall be responsible for the entry of data into the computer and the generating of official results.

1.7 Scale of Value and Components Factors

A specific Scale of Value (SOV) for Solo Ice Dance will be published for each season.

Level	Segment	Components	Factor
Solo Ice Dance Basic Novice	Pattern Dances	Timing Presentation Skating Skills	0.70
	Free Dance	Composition Presentation Skating Skills	1.00
Solo Ice Dance Intermediate Novice	Pattern Dances	Timing Presentation Skating Skills	0.70
	Free Dance	Composition Presentation Skating Skills	1.00
Solo Ice Dance Advanced Novice	Pattern Dances	Timing Presentation Skating Skills	0.93
	Free Dance	Composition Presentation Skating Skills	1.33
Solo Ice Dance Junior	Rhythm Dance	Composition Presentation Skating Skills	1.33
	Free Dance	Composition Presentation Skating Skills	2.00
Solo Ice Dance Senior	Rhythm Dance	Composition Presentation Skating Skills	1.33
	Free Dance	Composition Presentation Skating Skills	2.00

Note:

For Events with two Pattern Dances the total score for each PD will be multiplied by a factor of 0.5 in Basic Novice, 0.75 in Intermediate Novice and 1.0 in Advanced Novice.

2 Solo Ice Dance Novice

2.1 Pattern Dances

Pattern Dances will be announced annually by the Ice Dance Technical Committee.

2.1.1 Basic Novice

Two (2) Pattern Dances are to be skated from the following:

Group 1: Swing Dance and Willow Waltz

Group 2: Fourteenstep, and Tango Canasta

- Season 2023/24: Group 2
- Season 2024/25: Group 1

2.1.2 Intermediate Novice

Two (2) Pattern Dances are to be skated from the following:

Group 1: Rocker Foxtrot and American Waltz

Group 2: Fourteenstep and Tango

Group 3: Foxtrot and European Waltz

Group 4: Starlight Waltz and Kilian

- Season 2023/24: Group 3
- Season 2024/25: Group 4

2.1.3 Advance Novice

The following Two (2) Pattern Dances are to be skated:

- Season 2023/24: Rocker Foxtrot and Starlight Waltz
- Season 2024/25: Westminster Waltz and Argentine Tango

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct the skater to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.

2.1.4 Music Requirements for Pattern Dances

For season 2023/24, skaters shall provide their own music for all Pattern Dances. The music may be ISU Ice Dance music (tune 1-5). After the completion of the last step of the Pattern Dance, the skater must reach the final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" a deduction of - 1.0 up to every 5 seconds in excess of permitted time after the last prescribed step in the Pattern Dance to the ending movement/pose shall apply.

2.1.5 Pattern Dances Diagrams

For Solo Ice Dance Pattern Dance Diagrams, Steps, Key Points and other Pattern Dance requirements, please refer to Appendix A.

2.2 Solo Ice Dance Basic Novice Requirements

2.2.1 Characteristics of Levels for Basic Novice Pattern Dances

2023/24 Season: Fourteenstep and Tango Canasta

All dances are without Key Points and evaluated up to level 1	
The Judges evaluate the pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.

2.2.2 Free Dance Requirements for Solo Ice Dance Basic Novice

Duration	1:30 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Elements	One (1) short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Spin	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the short axis. Not permitted: Touching the ice with any other part of the body than the blades, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.
Twizzle	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle.)
Maximum Level	Up to Level 1 will be considered for Level.

2.3 Solo Ice Dance Intermediate Novice Requirements

2.3.1 Characteristics of Levels for Intermediate Novice Pattern Dances

2023/24 Season: Foxtrot and European Waltz

There will be 1 key point described and up to Level 2 will be evaluated.		
Basic Level	Level 1	Level 2
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.

2.3.2 Free Dance Requirements for Intermediate Novice Pattern Dances

Duration	1:50 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Elements	Maximum of One (1) short edge element. Short edge elements may not exceed 7 seconds.
Spin	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the long axis. Not permitted: Touching the ice with any other part of the body than the blades, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.
Sequential Twizzle Series	One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)
Choreographic Element	One (1) additional chosen from the following Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement
Maximum Level	Up to Level 2 will be considered for Level.
Additional Information	For Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the third performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

2.4 Solo Ice Dance Advanced Novice Requirements

2.4.1 Characteristics of Levels for Advanced Novice Pattern Dances

2023/24 Season: Rocker Foxtrot and Starlight Waltz

There will be 2 key points described and up to Level 3 will be evaluated			
Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.	90% of Pattern Dance is completed. 2 Key Points are correctly executed.

2.4.2 Free Dance Requirements for Advanced Novice Free Dance

Duration	2:20 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Elements	One (1) short edge element, but no more. Short edge elements may not exceed 7 seconds.
Spin	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence	One (1) Style B Midline, Diagonal, Circular Note: Specifications to Step Sequence Style B, Free Dance 2023/24: Retrogression - one (1) permitted – must not exceed two measures of music Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
Sequential Twizzle Series	One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)
Choreographic Character Step	One (1) chosen from the following: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence
Maximum Level	Up to Level 3 will be considered for Level.

3 Solo Ice Dance Junior

3.1 Rhythm Dance Requirements

Duration	2:50 +/- 10 seconds
Music Requirements	<p>The theme selected for the Rhythm Dances for Junior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided it was originally released in the decade of the 1980s. The skater should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade.</p> <p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</p>
Edge Element	One (1) short edge element. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Step Sequence	<p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> • Skated to any tempo. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops; up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) <p>Not permitted: Loop(s) or Retrogression(s)</p>
Sequential Twizzle Series	<p>One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p>May be skated anywhere in the program except in the required step sequence.</p>
Pattern Dance Element	<p>Two (2) Sections of the Rocker Foxtrot: skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute. The first step of the dance begins on beat one of a musical phrase.</p> <p>1RF and 2RF: Steps #1-14</p> <p>Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately. Step #1 of 1RF skated on the Judges left side. Step #1-14 of 2RF skated at the Judges right side.</p> <p>1RF must be skated using Steps A (previously Woman’s steps), in accordance with the Solo Dance Steps as described in the pattern dance appendix.</p> <p>2RF, must be skated using Steps B (previously Man’s steps), in accordance with the Solo Dance Steps as described in the pattern dance appendix.</p> <p>Crossing the Long Axis is permitted for Steps #5, #8 – 9.</p> <p>*See Pattern Dance Appendix for Key Points.</p>

Additional Information	<p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops in any direction that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 sec. at the beginning and/or at the end of program. During program: 2 full stops up to 5 sec. or 1 full stop up to 10 sec. permitted.</p> <p>Touching the ice with hand(s) is not permitted except during the Style B Step Sequence.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except where allowed in the Style B step sequence.</p>
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3.2 Free Dance Requirements

Duration	3:00 +/- 10 seconds
Music	<p>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Music must have a change of tempo and/or expression.</p>
Edge Elements	<p>Two options: 1) One (1) combination edge element OR 2) Two (2) different types of short edge elements. (Spiral type may be repeated once with different positions in each)</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One (1) Spin but no more. Minimum of three revolutions on one foot. May change feet more than once.</p> <p>*Flying Spins or Flying Entries are illegal elements.</p>
Step Sequence	<p>One (1) step sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</p> <p>Not permitted: stops, loops and jumps of more than half rotation, dance spins, and pirouettes.</p>
One Foot Turn Sequence	<p>One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 3 and 4)</p>
Solo Twizzle Series	<p>One (1) solo twizzle series. At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)</p>
Choreographic Elements	<p>Two (2) Different Choreographic Elements to be selected from the following: Choreographic Spinning Movement Choreographic Twizzling Movement (can only be performed after required Twizzles) Choreographic Sliding Movement Choreographic Character Step Sequence</p>

4 Solo Ice Dance Senior Requirements

4.1 Rhythm Dance Requirements

Duration	2:50 +/- 10 seconds
Music Requirements	<p>The theme selected for the Rhythm Dances for Senior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided it was originally released in the decade of the 1980s. The skater should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade.</p> <p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p>
Edge Element	One (1) short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Step Sequence	<p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> • Skated to any tempo. • Chosen pattern may ONLY be Midline or Diagonal. • Touching the ice with any part of the body is allowed but not longer than 5 seconds. • Stops: up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops). <p>Not permitted: Loop(s) or Retrogression(s)</p>
Sequential Twizzle Series	<p>One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)</p> <p>May be skated anywhere in the program except in the required step sequence, PSt or ChRs.</p>
Choreographic Rhythm Sequence (ChRs)	<p>Choreographic Rhythm Sequence Tempo: 100 beats/minute minimum</p> <p>Starting with Silver Samba A-Steps (previously Woman’s steps) #9-12 skated on the left-hand side of the Judges and finishing with the Slip Step Section: Steps #43b-47.</p> <p>In between the selected steps the skater may perform any step(s) and/or turn(s) and/or movement(s) echoing the style of the chosen Rhythm for the season.</p> <p>Loop - One (1) permitted. Retrogression - One (1) permitted. Stop - Not permitted.</p>
Pattern Dance Type Step Sequence (PSt)	<p>One (1) Pattern Dance Type Step Sequence – Style D</p> <p>Rhythm: skated to any tempo</p> <p>Duration: any exact number of musical phrases</p> <p>Pattern: starting with a Stop or skidding movement on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis) is permitted within the pattern.</p>

	<p>Stops: A stop at the start of the PSt will count as one of the permitted stops. A skidding movement to start the PSt will NOT be considered as a stop.</p> <p>Technical Requirements: Must perform four different difficult turns from the following: Back entry Rocker, Counter, Bracket and Forward Outside Mohawk. Only the first four attempted Different Difficult Turns selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.</p> <p>Not permitted:</p> <ul style="list-style-type: none"> • Stop: only allowed at the beginning to indicate the start of the PSt; if a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program. • Retrogressions
Additional Information	<p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops in any direction that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 sec. at the beginning and/or the end of program. During the program: 2 full stops up to 5 sec. or 1 full stop up to 10 sec. permitted.</p> <p>Touching the ice with hand(s) is not permitted except in Style B Step Sequence.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except in Style B Step Sequence.</p>

4.2 Free Dance Requirements

Duration	3:10 +/- 10 seconds
Music	<p>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Music must have a change of tempo and/or expression.</p>
Edge Elements	<p>Two options:</p> <ol style="list-style-type: none"> 1) One (1) combination edge element plus one short edge element of a different type than performed in the combination. <p>Or</p> <ol style="list-style-type: none"> 2) Three (3) different types of short edge elements. (Spiral Type maybe be repeated once with different positions in each.) <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One (1) Spin but no more. Minimum of three revolutions on one foot. May change feet more than once.</p> <p>*Flying Spin or Flying Entries are illegal elements.</p>

Step Sequence	<p>One (1) step sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</p> <p>Not permitted: stops, loops and jumps of more than half rotation, dance spins, and pirouettes.</p>
One Foot Turn Sequence	<p>One (1), One Foot Turn Sequence to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 3 and 4).</p>
Solo Twizzle Series	<p>One (1) solo twizzle series. At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)</p>
Choreographic Elements	<p>Three (3) Different Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> Choreographic Spinning Movement Choreographic Twizzling Movement (can only be performed after required Twizzles) Choreographic Sliding Movement Choreographic Character Step Sequence

5 Marking Guide for Grades of Execution of Required Elements Solo Ice Dance

5.1 Grades of Execution of Pattern Dance Elements & Pattern Dances 2023/24 – Solo Ice Dance

	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Steps held for the required number or beats	1RF: 7 or more Steps not held for required # of beats 2RF: 7 or more Steps not held for required # of beats Out of Musical Structure					1RF: 4 or less Steps not held for required # of beats 2RF: 4 or less Steps not held for required # of beats	1RF: 1 Step not held for required # of beats 2RF: 1 Step not held for required # of beats		100% of Steps/Edges held for required #of beats		
Falls / Errors / Loss of Control	Two (2) Falls AND/OR many serious errors		One (1) Fall or Serious errors	Two (2) Stumbles or Serious errors	Stumble / touchdown or up to 25% element missed	One (1) Touchdown / Loss of Control	Slight Loss of Control/ One (1) Touchdown (no break within the Element)			None	
Features	More negative features/errors than positive features					Basic execution - Generally correct	1 – 2 positive features	3 – 4 positive features	5 – 6 positive features	7 – 8 positive features (no negative features/errors)	More than 8 positive features (no negative features/errors)
	More than 8 negative features	7 – 8 negative features	5 – 6 negative features	3 – 4 negative features	1 – 2 negative features						
NEGATIVE FEATURES						POSITIVE FEATURES					
EXECUTION THROUGHOUT ELEMENT											
1- Poor execution and/or Element labored and/or Loss of Control with or without additional support					1-4	1- Good quality – correctness, cleanness, depth and sureness of Edges/Steps/Turns				2-4	
2- Incorrect Steps/Turns (per each)					1	2- Smooth and Effortless				2	
3- Poor body lines and carriage					1	3- Started on the prescribed beat/strong beat (for each Section / Sequence)				2	
4- Lack of glide and flow (movement across the ice)					1-3	4- Glide and flow maintained (movement across the ice)				2	
5- Does not reflect the character and style of the chosen					1	5- Nuances/accents reflect character and style of the chosen rhythm				1-2	
6- Not started on the prescribed beat (for each Section / Sequence)					1	6- Body lines and carriage stylish according to the chosen Rhythm				1	
7- Pattern incorrect, including crossing the long axis when not permitted					1-2	7- Timing accurate 100%				2	
						8- Maximum utilization of the ice surface with the correct Pattern				2	

5.2 Grades of Execution Required Elements (including Choreographic Elements) 2023/2024 – Solo Ice Dance

	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5
Musicality	Out of musical structure/rhythm pattern and/or not reflecting character					Mostly with musical structure	In musical structure/rhythm pattern and reflecting character				
Falls/ Errors/ Loss of Control	One or more Fall(s) AND many serious errors		One (1) Fall or serious errors	Two (2) Stumbles or serious errors	One (1) Stumble/ Touch Downs	One (1) Touch Down/ Loss of Control	Slight Loss of Control/ One (1) Touchdown (no break within the Element)			NONE	
Choreo Elements	No higher than -1 when a Choreo Element receives the "!" symbol										
Features	NEGATIVE – More negative features than positive features					Positives = Negatives	POSITIVE – More positive features than negative features			7 – 8 (no negative features)	More than 8 (All features attempted are positive)
	More than 8	7 - 8	5 - 6	3 - 4	1 - 2		1 - 2	3 - 4	5 - 6		
NEGATIVE FEATURES						POSITIVE FEATURES					
EXECUTED THROUGHOUT ELEMENT											
1. Poor execution and/or Element labored and/or Loss of Control with or without additional support					1 - 4	1. Smooth and/or Effortless					2
2. Element does not reflect choreography of the chosen Music/Rhythm/Character/Theme					1 - 3	2. Element enhances the choreography and/or character of the chosen music/rhythm/character/theme. Element reflects the nuances in the music					1 - 3
3. Poor Entry / Poor Exit (per each)					1	3. Entry/Exit is seamless and/or unexpected and/or creative (per each)					1
4. Poses or moves awkward or not aesthetically pleasing					1 - 2	4. Body lines and poses/moves aesthetically pleasing					1 - 2
5. Lacking or reducing speed of rotation and/or speed across the ice					1 - 2	5. Element is innovative and / OR creative					1 - 2
6. Not on spot DSp (during revolutions or when changing feet*)					1 - 2	6. Speed of rotations maintained or accelerated (DSp, STw, Choreo Elements)					1 - 2
7. Pattern/Placement incorrect RD: All elements. FD: Step Seq, ChSt					1	7. Speed across the ice maintained or accelerated during the Element					1 - 2
8. Inclusion of Not Permitted item with element**					2 per each	8. Speed of rotations maintained or accelerated (DSp, STw, Choreo Elements)					1 – 2
9. Stop longer than permitted in Element (Step Seq, PSt, ChRS, ChSt)					2	9. Cleanliness and sureness of steps and turns (STw, Step Seq, OFT)					2
						10. Exit of Twizzles performed with smooth running edge, 1 per each Tw					1 or 2

6 Program Components

6.1 Program Components for Pattern Dances

Timing	Presentation	Skating Skills
The ability of the Skater to skate in time with the music.	Though the involvement of the Skater, the demonstration of the correct rhythm or style as required by the description of the dance or by the specific style of the dance.	The ability of the Skater to precisely execute dance steps and movements in accordance with the description of the dance with power, balance, depth of edges, easy transition from one foot or lobe to the other, glide and flow.
Musical Sensitivity	Expressiveness & projection	Overall skating quality
Skating in time with the music	Spatial awareness	Clarity of edges, steps, turns movements and body control
Skating on the strong beat		Balance and glide, flow, power, speed and ice coverage

Serious Error(s)			
Serious errors are falls and/or mistakes which result in a break in the delivery of the program. This break can be minimal or more pronounced and noticeable. These errors must be reflected in the mark awarded for each program component. The consequence depends on the severity and impact they have on the fluidity and continuity of the program. The following guideline should be used.			
Category	Mark range	Definition	Errors
Platinum	10	Outstanding	No errors
Diamond	9.75	Excellent	No serious errors
	9.00 – 9.50*		Only 1 serious error
Gold	8.00 – 8.75**	Very good	2 or more serious errors
	7.00 – 7.75	Good	
Green	6.00 – 6.75	Above average	For all Components: *When there is only one error and this error minimally impacts the program, the maximum score of 9.50 is possible as noted above. Note: For the above to apply, the program as a whole is still deemed to be “Excellent”. **When there are 2 or more errors and these errors only minimally impact the program, the maximum score of 8.75 is possible.
	5.00 – 5.75	Average	
Orange	4.00 – 4.75	Fair	
	3.00 – 3.75	Weak	
Red	2.00 – 2.75	Poor	
	1.00 – 1.75	Very poor	
	0.25 – 0.75	Extremely poor	

6.2 Program Components for Rhythm Dance and Free Dance

Composition	Presentation	Skating Skills
The intentional, developed and/or original arrangement of the repertoire of all types of movement into a meaningful whole according to the principles of proportion, unity, space, pattern and musical structure.	The demonstration of engagement, commitment and involvement based on an understanding of the music and composition.	The ability of the Skater to execute the skating repertoire of steps, turns and skating movements with blade and body control.
Multidimensional movements and use of space Unity	Expressiveness & projection	Variety of edges, steps, turns, movements and directions
Connection between and within the elements	Variety and contrast of energy and of movements	Clarity of edges, steps, turns movements and body control
Choreography reflecting musical phrase and form	Spatial awareness	Balance and glide
Pattern and ice coverage		Flow
Unity		Power and speed

Serious Error(s)

Serious errors are falls and/or mistakes which result in a break in the delivery of the program. This break can be minimal or more pronounced and noticeable. These errors must be reflected in the mark awarded for each program component. The consequence depends on the severity and impact they have on the fluidity and continuity of the program. The following guideline should be used.

Category	Mark range	Definition	Errors
Platinum	10	Outstanding	No errors
Diamond	9.75	Excellent	No serious errors
	9.00 – 9.50*		Only 1 serious error
Gold	8.00 – 8.75**	Very good	2 or more serious errors
	7.00 – 7.75	Good	For all Components: *When there is only one error and this error minimally impacts the program, the maximum score of 9.50 is possible as noted above. Note: For the above to apply, the program as a whole is still deemed to be “Excellent”. **When there are 2 or more errors and these errors only minimally impact the program, the maximum score of 8.75 is possible.
Green	6.00 – 6.75	Above average	
	5.00 – 5.75	Average	
Orange	4.00 – 4.75	Fair	
	3.00 – 3.75	Weak	
Red	2.00 – 2.75	Poor	
	1.00 – 1.75	Very poor	
	0.25 – 0.75	Extremely poor	

7 Deduction Chart – Who is Responsible

All deductions for Novice Categories are half the normal deductions for Junior/Senior.

Description	Penalty	Who is responsible
Program time violation	-1.0 for every 5 sec. lacking or in excess	Referee
Illegal Elements / Movements / Poses The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated) a) Jumps of more than half (1/2) revolution b) 2 or more consecutive ½ rotation jumps c) Lying on the ice (except where permitted) d) Toe Assisted Split Jumps or Edge Split jumps more than 90 degrees at the thighs e) Flying entries for Dance Spins f) Illusions of more than one rotation	-2.0 per violation	Technical Panel Technical Specialist identifies. Technical Controller authorizes or corrects and deducts. If there is an illegal movement during the execution of any Element; the deduction for an illegal movement will apply and the element will receive Basic Level if the requirements for at least Basic Level are fulfilled and ignored if the minimum requirements for Basic Level are not fulfilled.
Costume / Prop violations	-1.0 per program	Referee + Judges The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Part of the costume / decoration fall on the ice	-1.0 per program	Referee
Fall Kneeling or sliding on two knees or sitting on the ice is not allowed and it will be considered by the Technical Panel as a Fall unless otherwise specified. A Fall is defined as a loss of control by the Skater with the result that the majority of his/her body weight is on the ice supported by any other part of the body other than the blades (hand(s), knee(s), buttock(s), or any part of the arm(s)).	-1.0 per occurrence	Technical Panel Technical Specialist identifies. Technical Controller authorizes or corrects and deducts.
Late start – for start between 1 minute and 30 seconds late	-1.0	Referee
Interruption in performing the program in excess of 10 sec.: <ul style="list-style-type: none"> • More than 10sec. and up to 20sec. • More than 20sec. and up to 30sec. • More than 30sec. and up to 40sec. An Interruption is defined as the time elapsed between the moment a Skater stops performing the program until the moment they resume performing the program.	-1.0 -2.0 -3.0	Referee If an Interruption lasts more than 40 seconds, an acoustic signal is produced by the Referee and the Skater is withdrawn.

Description	Penalty	Who is responsible
Interruption in the program with allowance to resume from the point of interruption	-5.0	Referee If a Skater does not report to the Referee within 40 seconds after the Interruption started, or if the Skater does not resume the program within the additional 3 minutes allowance, the Skater is withdrawn.
Violation of Choreography restrictions <ul style="list-style-type: none"> • Rhythm Dance: pattern, stop(s), touching the ice with hand(s) • Free Dance: stop(s), touching the ice with hands Unless otherwise specified.	-1.0 per program	Referee + Judges The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Extra Elements (ExEI) If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance, "+ExEI" will be added to the element. The element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receives a deduction: ChSt1+ExEI	-1.0 per Element	Technical Panel identified the element in accordance with the calling specifications. Technical Controller advises the Data Operator to add to the respective element "ExEI" and input the respective deduction.
Element not according to program requirements receives (*) symbol. If there is an incorrect element performed as not according to the requirements (E.g., CiSt instead of a required MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated, the element will receive No Value but will not receive a deduction.	Element gets No Value but will not receive a deduction	The computer verification identifies elements not according to requirements and applies the asterisk (*). The Technical Controller verifies and authorizes the call.
Music Requirements <ul style="list-style-type: none"> • Rhythm Dance • Free dance 	-2.0 per program	Referee + Judges The deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 split vote. The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.
Tempo specifications – Rhythm Dance Music Time – Novice PD Time limit	-1.0 -0.5	Referee
Dance Edge Element exceeding permitted duration: <ul style="list-style-type: none"> • Short Edge Element: 7 sec. • Combination Edge Element: 12 sec. 	-1.0 per Element	Referee

8 Explanation of Symbols on the Judges Details per Skater

Symbol	Action	Explanation
<	Reduce by 1 Level: interruption of 1 measure or less in PDE.	If the PDE is interrupted one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 1. It is reported on the Judges Details per Skater chart as: "<" to indicate an interruption of one (1) measure or less.
<<	Reduce by 2 Levels: interruption of more than 1 measure in PDE.	If the PDE is interrupted more than one (1) measure or less (4 or 6 beats based on the PDE), the Key Points are called as identified and the Level will be reduced by 2. It is reported on the Judges Details per Skater chart as: "<<" to indicate an interruption of more than one (1) measure.
>	-1.0 point deduction for Extended Dance Edge Element	If the duration of the Dance Edge Element is longer than the permitted time, the Referee applies the deduction of 1 point – the duration of the Edge Element is confirmed by the Referee electronically.
ExEI	-1.0 point deduction for "Extra Element"	If an Extra Element is performed in addition to the allowed number of elements from an element group in Rhythm Dance or Free Dance to such element "ExEI" will be added and the element receives a deduction. For example: If a Spin(s) occurs within a Step Sequence (including ChSt) when not permitted, such Spin(s) will be identified as Extra Element(s) ExEI and receive a deduction: ChSt1+ExEI
*	Element gets No Value but will NOT receive a deduction.	Element not according to the well-balanced program requirements (*) If an incorrect element is performed not according to the requirements (e.g., CiSt instead of MiSt/DiSt) or the repetition rule for Dance Edge Elements is violated the element will receive No Value but will not receive a deduction.
F	Fall in Element -1.0 per Fall	If there is a Fall within an Element, this is identified by the Technical Specialist as a "Fall in Element" and the Date Operator pushes the respective button "Fall in Element" and a deduction of -1.0 will apply per each Fall
!	Choreo Element is identified and does not fulfill are requirements.	- If a Choreographic Element is identified and does not fulfill all the requirements, it receives the "!" symbol on the judges' screen and the Judges will apply the appropriate GOE per the GOE chart. - If the Pattern of both the Step Sequence and ChSt are exactly the same (DiSt and Diagonal ChSt) Jr/Sr.

9 Appendix A - Pattern Dance Diagrams

Includes Solo Ice Dance Steps, Key Points, Sequence Requirements, and Timing

Solo Ice Dance Pattern Dance Diagrams Using Solo Ice Dance Steps

Definitions:

Correct Edge: Correct Edge means that the Edge is clean for the **whole** duration of the Step. In order to be considered correct, the edge must also be held for the correct number of beats as prescribed in the rules for each pattern dance. A change of edge within the last $\frac{1}{2}$ beat of the step is permitted to prepare the push/transition to the next step (unless otherwise prescribed).

Correct Turn: Correct Turn means that the Turn has a correct foot placement, clean edge in and out of the Turn and is not jumped or scraped. For Twizzles, they must have the required number of rotations travelling on one foot and must not be performed as checked Three Turns or Pirouettes. In order to be considered correct, the turn must also be held for the correct number of beats as prescribed in the rules for each pattern dance.

Correct Placement: The foot must be placed on the ice as described in the definition of the turn.

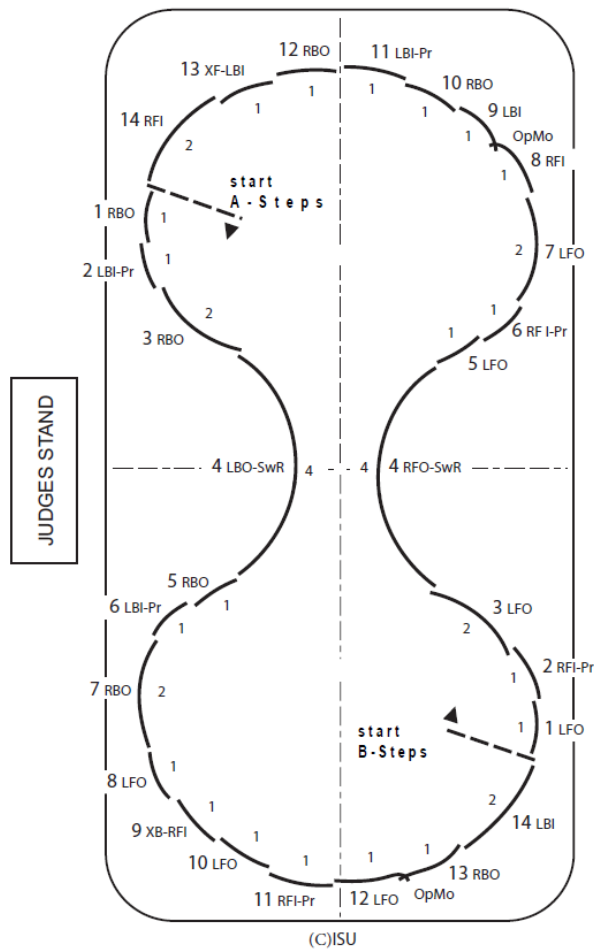
Solo Ice Dance Steps: The required steps for Solo Ice Dance will be the same for all competitors. Depending on the dance, A-Steps (previously the Woman's steps), B-Steps (previously Man's steps) or a combination of both may be used. Refer to the Pattern Dance Diagrams for the Solo Ice Dance Steps to be skated for each dance.

9.1 Diagrams Solo Ice Dance Basic Novice Pattern Dance

9.1.1 Fourteenstep – 2023/24

Set Pattern Dance – Solo Ice Dance Steps: All Competitors Skate A-Steps

A-Steps on Left Side of Diagram



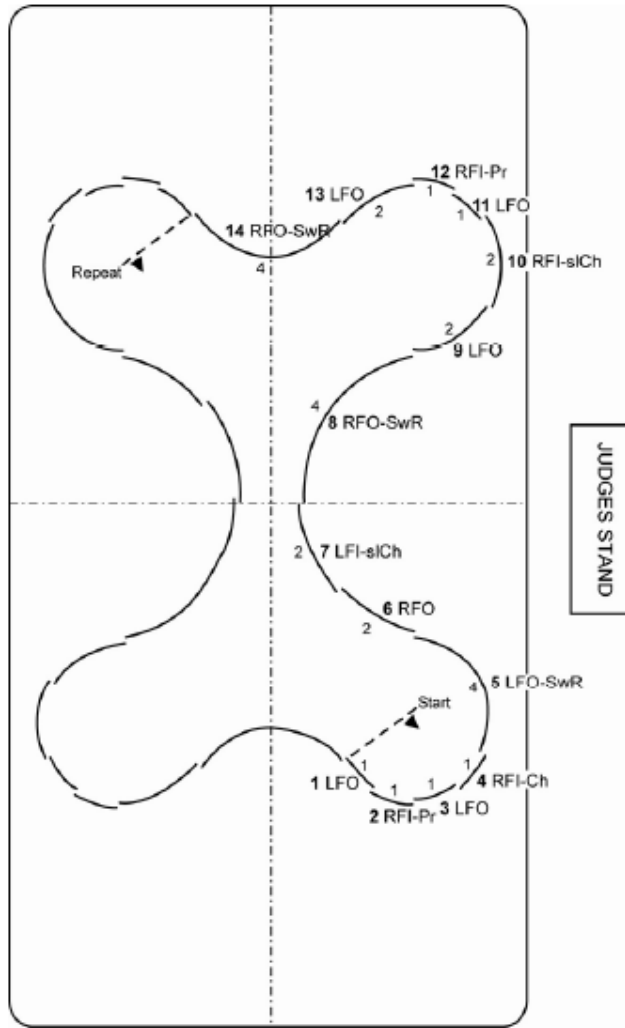
4 sequences required for Solo Ice Dance Competitions - March 2/4 and 4/4
 Number of Measures per Pattern: 5 of 4 beats
 112 beats per minute plus or minus 2 beats per minute
 Minimum Pattern Time: 0:10.5 - Maximum Pattern Time: 0:10.9
 Duration: The time required to skate 4 sequences is approx. 43 sec.

Basic Level: 50% of pattern completed
Level 1: 75% of pattern completed

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

9.1.2 Tango Canasta – 2023/24

Set Pattern Dance – Solo Ice Dance Steps: All Competitors Skate A-Steps



3 sequences required for Solo Ice Dance Competition - Tango 4/4
 Number of Measures per Sequence: 7 of 4 beats
 108 beats per minute plus or minus 2 beats per minute
 Minimum Sequence Time: 0:15.8 - Maximum Sequence Time: 0:16.5
 Duration: The time required to skate 3 sequences is approx. 49 sec.

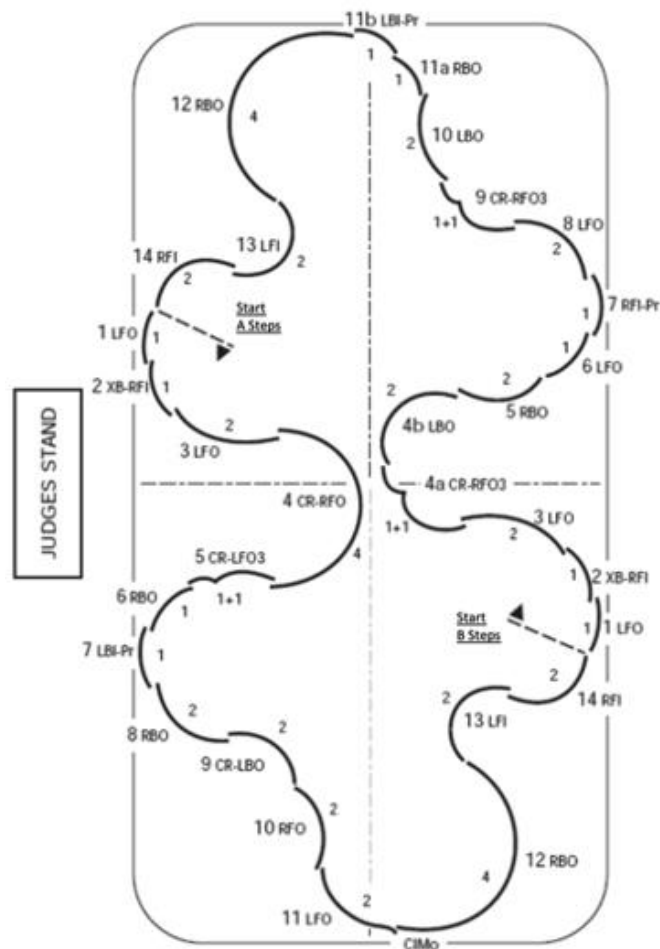
Basic Level: 50% of pattern completed
Level 1: 75% of pattern completed

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

9.2 Diagrams Solo Ice Dance Intermediate Novice Pattern Dance

9.2.1 Foxtrot – 2023/24

Set Pattern Dance – Solo Ice Dance Steps: Sequence 1&3 A-Steps & Sequence 2&4 B-Steps



4 sequences required for Solo Ice Dance Competition - Foxtrot 4/4
100 beats per minute plus or minus 2 beats per minute
 Number of Measures per Pattern: 7 of 4 beats
 Minimum Pattern Time: 0:16.5 Maximum Pattern Time: 0:17.1
 Duration: The time required to skate 4 sequences is approx. 1:07 min.

Sequence 1 & 3 – A-Steps

Key Point 1: Steps 11-12 (LFO, CIMo, RBO)

Bullet Points: Correct Edges, Correct Turn and Correct Foot Placement

Sequence 2 & 4 – B-Steps

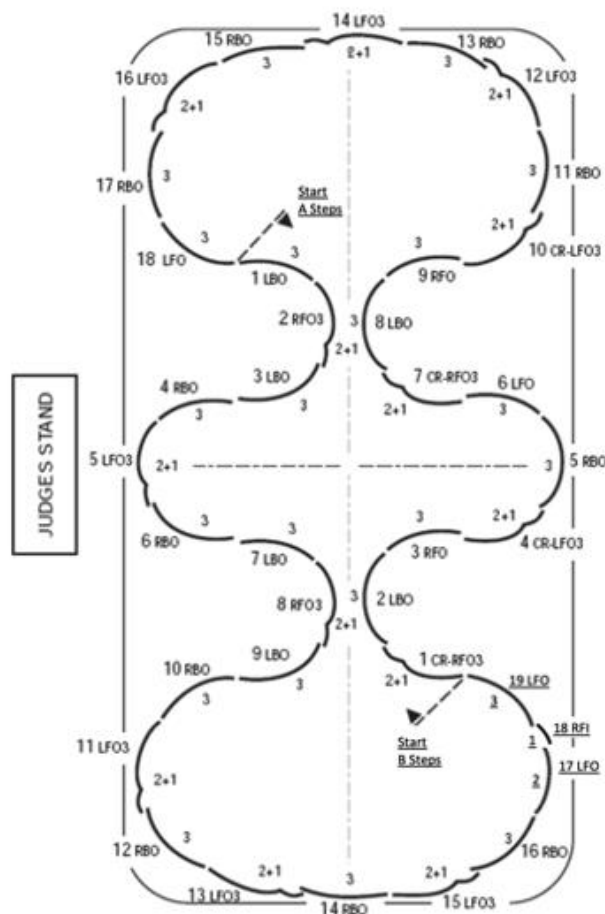
Key Point 1: Steps 3-5 (LFO, CR-RFO3)

Bullet Points: Correct Edges, Correct Turn, Correct Cross Roll

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

9.2.2 European Waltz – 2023/24

Set Pattern Dance – Solo Ice Dance Steps: Sequence 1: A-Steps, Sequence 2: B-Steps



2 sequences required for Solo Ice Dance Competition - Waltz $\frac{3}{4}$

Number of Measures per Sequence: 9 of 6 beats

135 beats per minute plus or minus 3 beats per minute

Minimum Sequence Time: 0:23.6 - Maximum Sequence Time: 0:24.4

Duration: The time required to skate 2 sequences is approx. 50 sec.

Sequence 1 – A-Steps

Key Point 1: Steps 6-8 (RBO, LBO, RFO3)

Bullet Points: Correct Edges, Correct Turn

Sequence 2 – B-Steps

Key Point 1: Steps 6-8 (LFO, CR-RFO3, LBO)

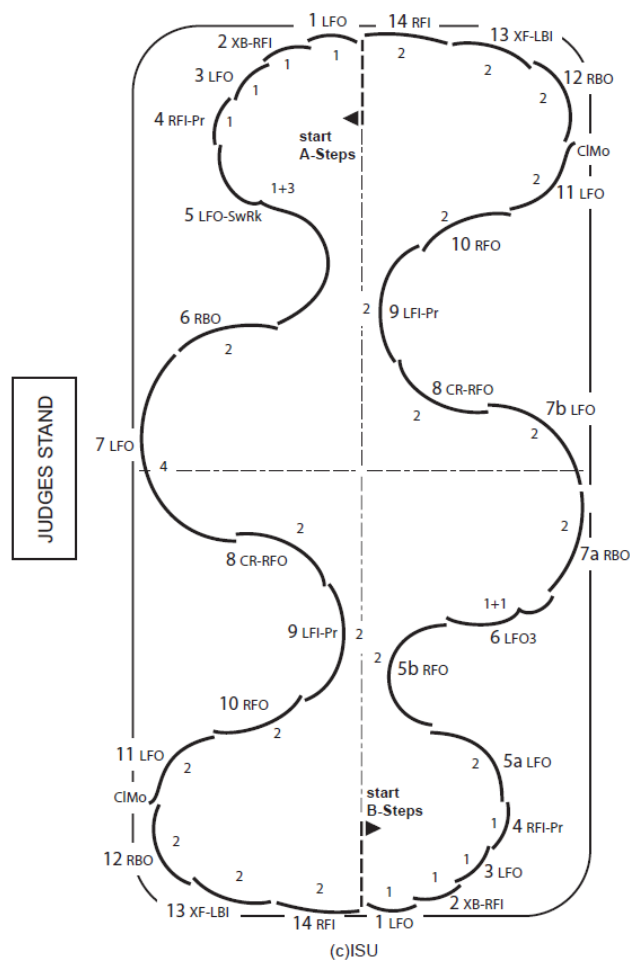
Bullet Points: Correct Edges, Correct Turn, Correct Cross Roll

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-18	18	2	5	9	14	17

9.3 Diagrams Solo Ice Dance Advance Novice Pattern Dance

9.3.1 Rocker Foxtrot – 2023/24

Set Pattern Dance – Solo Ice Dance Steps: Sequences 1 & 3: A Steps, Sequences 2 & 4: B Steps



4 sequences required for Solo Ice Dance Competition – Rocker Foxtrot 4/4
 Number of Measures per Sequence: 7 of 4 beats
 104 beats per minute plus or minus 2 beats per minute
 Minimum Sequence Time: 0:17.1 - Maximum Sequence Time: 0:17.7
 Duration: The time required to skate 4 sequences is approx. 1:05 seconds.

Sequences 1 & 3 – A-Steps

Key Point 1: Steps 5-6 (LFO-Sw-Rk, RBO) – Correct Edges, Correct Turn, Correct Swing
 Key Point 2: Steps 11-12 (LFO CIMo, RBO) – Correct Turn, Correct Foot Placement

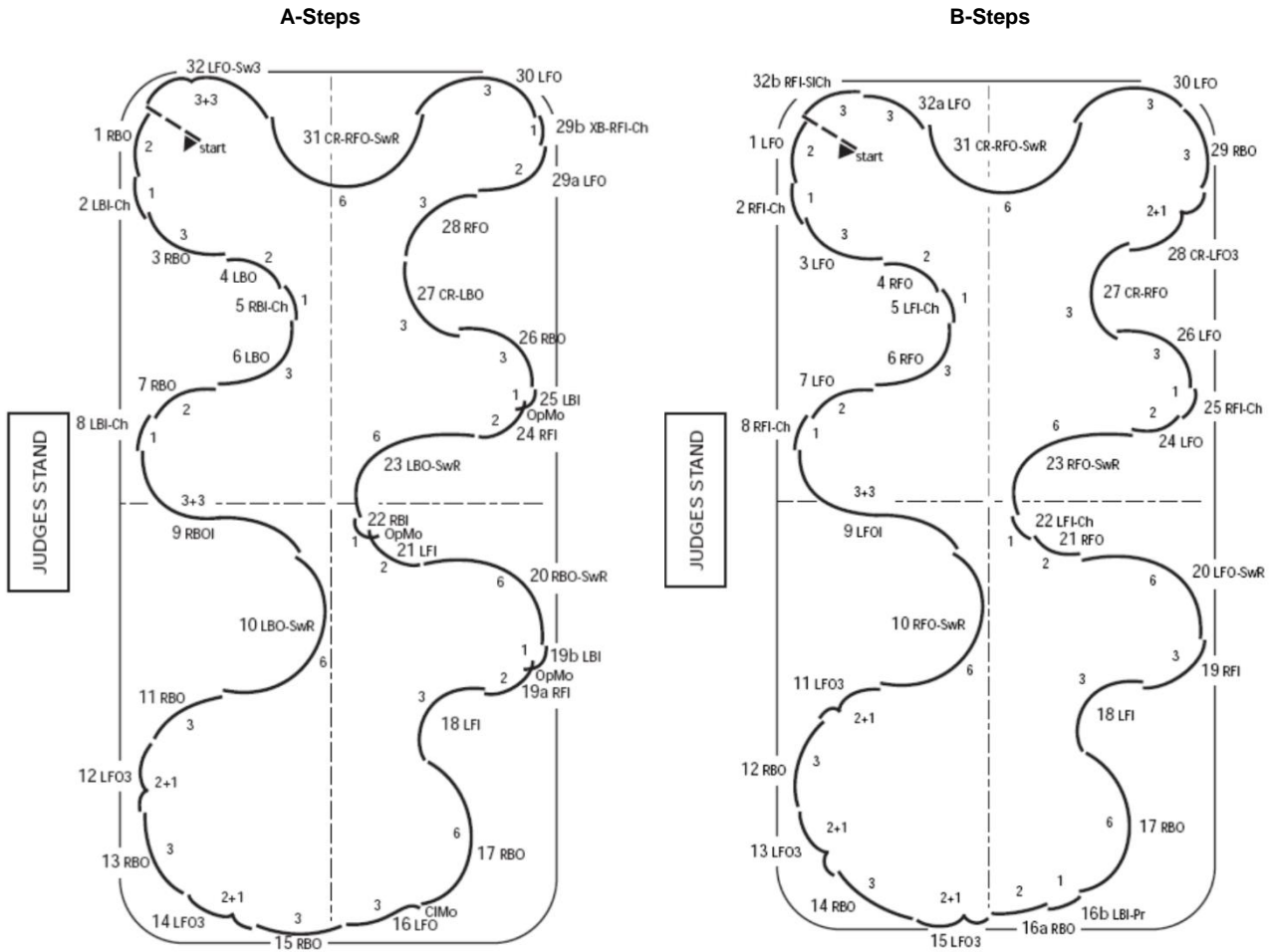
Sequences 2 & 4 – B-Steps

Key Point 1: Steps 5a-5b (FLO, RFO) – Correct Edges
 Key Point 2: Steps 11-12 (LFO CIMo, RBO) – Correct Turn, Correct Foot Placement

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13

9.3.2 Starlight Waltz – 2023/24

Set Pattern Dance – Solo Ice Dance Steps: Sequence 1: A-Steps, Sequence 2: B-Steps



2 sequences required for Solo Ice Dance Competition - Waltz 3/4
 174 beats per minute plus or minus 3 bpm
 Minimum Sequence Time: 0:34.8 - Maximum Sequence Time: 0:35.6
 Duration: The time required to skate 2 sequences is approx. 1:10 min.

Note: On Sequence 1, the skater will skate step 32a & b instead of the 3 turn to prepare for the B-Steps and on Sequence 2, the skater will perform the 3 turn on step 32 at the end of the dance.

Sequence 1 – A-Steps

Key Point 1: Steps 9-10 (RBOI, LBOSwR) – Correct Edges, Correct Change of Edge

Key Point 2: Steps 21-22 (LFI, OpMo, RBI)

Sequence 2 – B-Steps

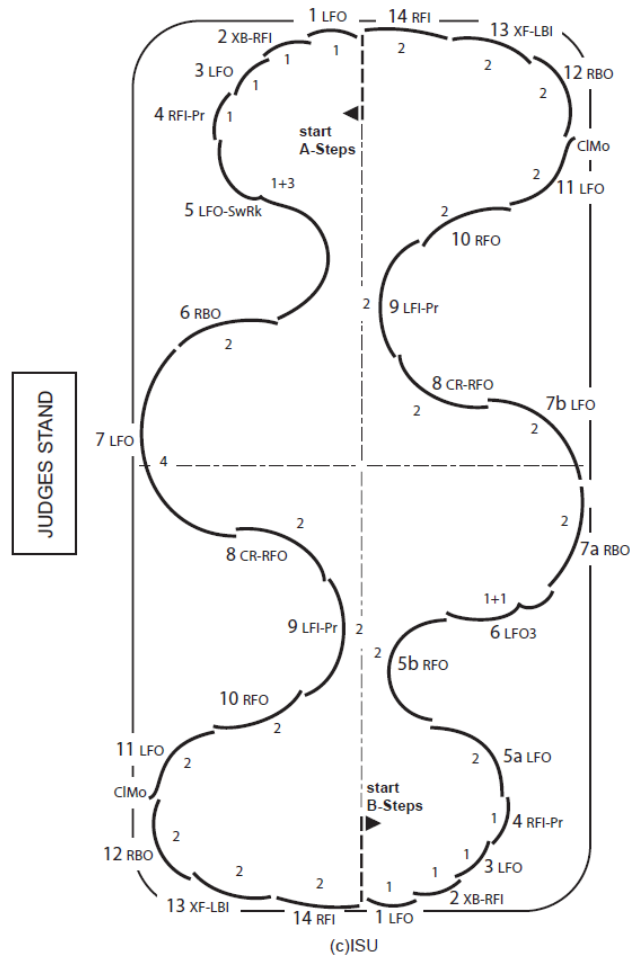
Key Point 1: Steps 9-10 (LFOI, LFO) – Correct Edges, Correct Change of Edge

Key Point 2: Steps 26-28 (LFO, CR-RFO, CR-LFO3) – Correct Edges, Correct Turn, Correct Cross Roll

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-32	32	4	8	16	24	29

9.4 Rocker Foxtrot – 2023/24 Junior Rhythm Dance

Set Pattern Dance – Solo Series Steps: Sequence 1: A-Steps and Sequence 2: B-Steps



There will be 3 key points described and up to Level 4 will be evaluated				
Basic Level	Level 1	Level 2	Level 3	Level 4
50% of Pattern Dance is completed.	75% of Pattern Dance is completed.	75% of Pattern Dance is completed. 1 Key Point is correctly executed.	90% of Pattern Dance is completed. 2 Key Points are correctly executed.	100% of Pattern Dance is completed. 3 Key Points are correctly executed.

2 sequences required for Rhythm Dance, Solo Ice Dance Competition

Number of Measures per Pattern: 7 of 4 beat - Minimum Pattern Time: 0:15.8 Maximum Pattern Time: 0:16.5

Sequence 1: A-Steps

Key Point 1: Step 5, LFO Swing Rocker, RBO - Bullet Points: Correct Turn, Correct Swing Movement

Key Point 2: Steps 7-8, LFO, CR-RFO - Bullet Point: Correct Cross Roll

Key Point 3: Steps 11-13, LFO OpMo, RBO, XF-LBI – Bullet Points: Correct Edges, Foot Placement & Cross

Sequence 2: B-Steps

Key Point 1: Steps 5a - 7a, RFO, LFO3, RBO - Bullet Point: Correct Turn

Key Point 2: Steps 7b - 8, LFO, CR-RFO - Bullet Point: Correct Cross Roll

Key Point 3: Steps 11-13, LFO OpMo, RBO, XG-LBI – Bullet Points: Correct Edges, Foot Placement & Cross

Section	Steps	# of steps	10%	25%	50%	75%	90%
1 Sequence	1-14	14	1	4	7	11	13