

Communication No. 2560

ICE DANCE Requirements for Technical Rules season 2023/24 (Updated July 31, 2023, Post Frankfurt)

It is a requirement for certain Technical Rules to be announced annually by the Ice Dance Technical Committee **and all other rules are published in Special Regulations & Technical Rules:**

- Requirements defined in the Technical Rules to be announced annually:
- Rhythms or themes, Required Elements (including Key Points and Key Point Features for Pattern Dance Elements) and guidelines for Rhythm Dance – Junior/Senior
- Required Elements for Free Dance – Junior/Senior

All requirements related to Novice categories for the season 2023/24 are published in ISU Communication 2555 ICE DANCE - GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS

Updates to the current ongoing technical requirements and Scale of Values, valid as of July 1st, 2023, will be published in a subsequent Communication.

Seoul,
May 9, 2023
Lausanne,

Jae Youl Kim, President
Fredi Schmid, Director General

1. REQUIREMENTS FOR RHYTHM DANCE SEASON 2023/24

1.1. Rhythms

Rule 709, paragraph 1. a) provides that rhythm(s) and/or theme(s) are selected by the Ice Dance Technical Committee annually for the season. For the season 2023/24, the following has been determined:

The theme selected for the Rhythm Dances for both Junior and Senior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided **that the chosen version** # was originally released in the decade of the 1980s and **maintains the essence of the 1980s**. The couple 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 couple must use dance movements and dance holds to interpret the chosen music from this decade.**

Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

1.2 RHYTHM DANCE – Required Elements 2023/24 – Junior/Senior

<p>Junior Rhythm Dance Pattern Dance Elements</p>	<p>Two (2) Sequences 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 at the Judges left side. Step #1-14 of 2RF skated at the Judges right side. Crossing the Long Axis is permitted for Steps #5, #8 – 9.</p> <p>- 1RF must be skated in accordance with Rule 707, paragraph 2, the Man must skate the Man’s Steps and the Woman must skate the Woman’s Steps. Prescribed Holds during Key Points. Variation of Holds outside of Key Points.</p> <p>- 2RF, the Woman skates the Man’s steps and the Man skates the Woman’s steps (switch tracking/sides on all steps). Recognizable Holds during Key Points except Hand in Hand. Variation of Holds outside of Key Points.</p> <p>The description, chart and diagram of the Pattern Dance Element Rocker Foxtrot are included in the ISU Handbook Ice Dance 2003.</p>
<p>Senior Rhythm Dance Pattern Dance Type Step Sequence (PSt)</p>	<p>One (1) Pattern Dance Type Step Sequence (PSt), (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>Holds: must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography).</p> <p>Technical Requirements: Must perform two different difficult turns per partner from the following: Back entry Rocker, Counter, Bracket and Forward Outside Mohawk. Only the first two attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored. <u>Two of the Different Difficult Turns from those above may be performed at the same time.</u></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. - Separations (except during Twizzles if performed as connecting choreography) - Retrogressions - Hand in hand hold with established fully extended arms <p><i>(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)</i></p> <p><i>The Pattern Dance Type Step Sequence (PSt) is evaluated as one unit with a combined Level for both partners.</i></p>

<p>Senior Rhythm Dance</p> <p>Choreographic Rhythm Sequence (ChRS)</p>	<p>Choreographic Rhythm Sequence Tempo: 100 beats/minute minimum Steps: Silver Samba, steps #9, 9a, 9b to #47 Woman's steps and / or Man's steps skated by either the Man or the Woman or a combination of both provided there is continuity of all prescribed steps always performed by at least 1 partner (starting on step 9 and concluding on step 47). No restriction in the number of beats per step. Hold(s): in contact, any holds are permitted Pattern: starts on the judges' left side with step no. #9 of the Woman and #9a and #9b of the Man and finishing with step #47 May cross the long axis without any restriction Separation - 1 separation is permitted for not more than 2 arm lengths and duration not more than 2 measures of music Loop - One (1) permitted Retrogression - One (1) permitted Stop - Not permitted Note: Judges are evaluating the ChRS based on the criterias for a Choreographic Element and not the correct execution as a Pattern Dance Element <i>The Choreographic Rhythm Sequence (ChRS) is evaluated as a Choreographic Element as one unit.</i></p>
<p>Junior and Senior Dance Lift</p>	<p>One (1) Short Lift</p>
<p>Junior and Senior Step Sequence</p>	<p>One (1) Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance:</p> <ul style="list-style-type: none"> - Skated to any tempo - Chosen pattern may ONLY be Midline or Diagonal - Skated no more than 2 arm lengths apart - Touching the ice with any part of the body is allowed but not longer than 5 secs - Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops, must be performed Not Touching). <p>Not permitted:</p> <ul style="list-style-type: none"> - Loop(s) - Retrogression(s). <p><i>(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)</i></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>Junior and Senior Sequential Twizzles</p>	<p>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)</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>

1.3 Key Points and Key Points Features for Junior Pattern Dance Elements Season 2023/24

Rocker Foxtrot: Key Points

Pattern Dance Element (1RF) Steps # 1-14	Key Point 1 Woman Step 5 (LFO-SwRk) SKATED BY THE WOMAN	Key Point 2 Man Steps 5a 5b – 7a (LFO, RFO, LFO3, RBO) SKATED BY THE MAN	Key Point 3 Woman Steps 11-13 (LFO – CIMo, RBO, XF-LBI) SKATED BY THE WOMAN	Key Point 4 Man Steps 11-13 (LFO – CIMo, RBO, XF-LBI) SKATED BY THE MAN
Key Point Features Must include correct edges and holds	1. Correct Turn 2. Correct Swing movement	1. Correct Turn	1. Correct Foot placement 2. Correct Cross in front	1. Correct Foot placement 2. Correct Cross in front
Pattern Dance Element (2RF) Steps # 1-14	Key Point 1 Man Steps 5a 5b - 7a (LFO, RFO, LFO3, RBO) SKATED BY THE WOMAN	Key Point 2 Woman Step 5 (LFO-SwRk) SKATED BY THE MAN	Key Point 3 Man Steps 11-13 (LFO – CIMo, RBO, XF-LBI) SKATED BY THE WOMAN	Key Point 4 Woman Steps 11-13 (LFO – CIMo, RBO, XF-LBI) SKATED BY THE MAN
Key Point Features Must include correct edges and holds	1. Correct Turn	1. Correct Turn 2. Correct Swing movement	1. Correct Foot placement 2. Correct Cross in front	1. Correct Foot placement 2. Correct Cross in front

Note:

- Push/Transition to the next step: A change of edge within the last 1/2 a beat of the step is permitted to prepare the push/transition to the next step
- 2RF: Correct Hold for 2RF during the Key Points is any recognizable Dance Hold excluding Hand in Hand. Variation of Hold is permitted during the steps which are not Key Points.

1.4 RHYTHM DANCE – Specifications/Restrictions 2023/24

	Specifications/Restrictions	Violations
Duration	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	Program time: Referee deduction - 1.0 up to every 5 seconds lacking or in excess
General Requirements	Rule 709, para. 1. a)	
Music	Rule 709, para. 1. c)	Music Requirements: Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat. Referee deduction -1.0 per program – violation of tempo specification
Pattern	<ul style="list-style-type: none"> - For the current season, the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier. - In addition, the couple may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence, during the ChRS and at the entry to Pattern Dance Element. - Loops in any direction are permitted provided they do not cross the long axis (exception applicable per individual element) 	Choreography restrictions: (Pattern/ Stops/ Separations/Touching ice with hands) Referee + Judges deduction - 1.0 per program
Stops	<ul style="list-style-type: none"> - After the clock starts, the couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program (excluding the 10 seconds at the beginning and/or end of the program): 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop 	
Separations	Rule 709, para. 1. g)	
Touching ice with hands	Rule 709, para. 1. j) (except during the Step Sequence Style B)	
Costume and prop	Rule 501, para 1 <ul style="list-style-type: none"> - Woman is permitted to wear trousers. <u>Trousers may be any length</u> - Accessories and props are not permitted 	Costume and prop: Referee + Judges deduction -1.0 per program

2. FREE DANCE REQUIREMENTS

2.1 FREE DANCE – Required Elements 2023/24 for Junior/Senior

ELEMENTS	JUNIOR	SENIOR
Dance Lift - Not more than	<p>Two (2) Different Type Short Lift Or One (1) Combination Lift</p> <p>The lifted partner's Difficult Pose or Change of Pose (option a) or b)) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated same Difficult Pose or Change of Pose (option a) or b)) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.</p>	<p>Three (3) Different Type Short Lift Or One (1) Short Lift and One (1) Combination Lift</p> <p>(Short Lift must be a different type than in the Combination Lift)</p> <p>The lifted partner's Difficult Pose or Change of Pose (option a) or b)) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated Difficult Pose or Change of Pose (option a) or b)) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.</p>
Dance Spin (DSp)	<p>One (1) Dance Spin</p> <p>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 with or without change(s) of foot by one or both partners</p>	
Step Sequence: Types: Straight line or Curve	<p>One (1) Step Sequence in Hold (Style B)</p> <p>Not permitted: - Stops - Loops - <u>Retrogression</u> - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds</p> <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</p> <p><i>(Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)</i></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>	
One (1) One Foot Turns Sequence (OFT)	<p>One (1) One Foot Turns Sequence FD Option, Not-Touching</p> <p>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.</p> <p><i>One Foot Turns Sequence is evaluated as one unit by adding the Base Values of the Woman One Foot Turns Sequence and Man One Foot Turns Sequence and then applying the GOE.</i></p>	
Synchronized Twizzles	<p>One (1) Set of Synchronized Twizzles</p> <p>At least 2 Twizzles for each partner, with a minimum of 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 <u>may</u> be in contact between the 1st and 2nd Twizzles.</p> <p><i>Set of Synchronized 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>	
Choreographic element	<p>Two (2) Different Choreographic Elements chosen from:</p> <ul style="list-style-type: none"> Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jump Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement 	<p>Three (3) Different Choreographic Elements chosen from:</p> <ul style="list-style-type: none"> Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jump Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement

Definition of Choreographic Elements:

1. **Choreographic Lift:** Dance Lift of minimum 3 seconds and up to 10 seconds and performed after all of the required Dance Lifts.
2. **Choreographic Spinning Movement:** spinning movement performed anywhere in the program, where both partners perform at least 3 continuous rotations in any hold.
The following requirements apply:
 - on one foot or two feet or one partner being elevated for less than 3 rotations, or a combination of the three,
 - on a common axis which may be moving.
3. **Choreographic Assisted Jump Movement:** at least three assisted jump movements performed continuously, performed anywhere in the program
The following requirements apply:
 - At least three in a row (same or different) performed continuously
 - Cannot rotate more than 1 rotation in each assisted jump movement by the assisting partner
 - Less than 3 seconds off the ice for assisted partner
 - No more than 3 steps in between each assisted jump movement
 - Either partner may do the assisted jump movement
4. **Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles, composed of two parts.
The following requirements apply:
 - for both parts: on one foot or two feet or a combination of both,
 - for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
 - for the second part: at least one of the partners must perform at least 2 continuous rotations with up to 3 steps between the first and second twizzling movement, one or both partners can be on the spot or traveling or a combination of both.
5. **Choreographic Sliding Movement:** performed anywhere in the program, during which both partners perform sliding movements on the ice.
The following requirements apply:
 - Sliding movement by both partners at the same time on any part of the body for at least 2 seconds. The start and **end** of the Choreographic Sliding Movement does not have to be performed simultaneously.
 - May be in hold or not touching, or a combination of both and may also rotate.
 - Controlled Sliding on two knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
 - Sliding Movement which finishes as a stop on two knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
 - Performing basic lunge movement by both partners at the same time will NOT be considered as a Choreographic Sliding Movement.
6. **Choreographic Character Step Sequence:** performed anywhere in the program. **The ChSt pattern must be different from the chosen pattern for the Style B step sequence.** **Both partners perform steps around the chosen axis and must proceed from barrier to barrier**
The following requirements apply:
 - Any pattern from the following:
 - Diagonal, performed from corner to opposite corner
 - Long Axis, performed from barrier to opposite barrier, primarily along the Long Axis
 - Short Axis, performed from barrier to opposite barrier, primarily along the Short Axis
 - Circular, starting from the long barrier at the Short Axis, crossing the long axis on each side of the short axis and completing the circle at the starting barrier
 - The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier.
 - May be in hold or not touching
 - Touching the ice with any part (or parts) of the body with controlled movements are permitted.
 - Touching the barrier at the start or finish of the Choreographic Character Step Sequence is permitted.
 - Distance between partners is permitted as a maximum of two arms length apart
 - **Retgression: not permitted. (Performing movements/steps around each partner during a Stop is NOT considered a Retgression.**

7. **Choreographic Hydroblading Movement:** performed anywhere in the program, during which both partners perform hydroblading movements
- The following requirements apply:
- A low movement with the upper body almost parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it may be considered a Chorographic Sliding Movement
 - Hydroblading movement by both partners at the same time for at least 2 seconds. The start and end of the Choreographic Hydroblading Movement does not have to be performed simultaneously.
 - May be in hold or not touching

2.2 FREE DANCE – Specifications/Restrictions 2023/24

	Specifications/Restrictions	Violations
Duration	Senior: 4 minutes +/- 10 seconds Junior: 3 ½ minutes +/- 10 seconds	Program time: Referee deduction -1.0 up to every 5 seconds lacking or in excess
Music	Rule 710 para 1c	Music Requirements: Referee + Judges deduction -2.0 per program
Stops	- After clock started, couple must not remain on one place for more than 10 seconds - During program (excluding the 10 seconds at the beginning and/or end of the program): unlimited full stops of 5 seconds max. are allowed	Choreography restrictions: (Stops/ Separations/Touching ice with hands) Referee + Judges deduction 1.0 per program
Separations	Rule 710, para 1 f	
Touching ice with hands	Touching the ice with the hand(s) is not permitted (except Choreographic Sliding Movement, Choreographic Character Step Sequence)	
Costume and prop	Rule 501, para 1 - Woman is permitted to wear trousers. <u>Trousers may be any length</u> - Accessories and props are not permitted	Costume and prop: Referee + Judges deduction -1.0 per program