

SOLO ICE DANCE

NATIONAL GENERAL RULES AND FREE DANCE REQUIREMENTS FOR ALL CATEGORIES 2023-2024

GENERAL INFORMATION SEASON 2023/2024

CATEGORIES:

On the 1st of July 2023:

Basic Novice – Has not reached the age of thirteen (13)

Intermediate Novice – Has not reached the age of fifteen (15)

Advanced Novice – Has reached the age of ten (10) and has not reached the age of fifteen (15) for women and seventeen (17) for men

Junior - Has reached the age of thirteen (13) and not yet reached the age of nineteen (19) for women and twenty-one (21) for men

Senior - Has reached the age of sixteen (16)

COSTUME REQUIREMENTS :

The clothing of the Competitors must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full length trousers. Accessories and props are not permitted. Women are allowed to wear trousers. Trousers may be any length - Accessories and props are not permitted.

Clothing that does not adhere to these guidelines will be penalized by a deduction of -1.0 per program.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction -1.0 per program.

MUSIC REQUIREMENTS :

For all categories: Music must have an audible rhythmic beat with the exception of 10 seconds at the beginning of the program

Only for Junior and Senior categories : Music must have a change of tempo and/or expression

NOTE : All deductions for Novice categories are half the normal deductions for Junior/Senior categories.

REQUIRED ELEMENTS FOR SOLO FREE DANCE
SEASON 2023-2024

CATEGORY BASIC NOVICE

Duration : 1:30 +/- 10 seconds

Maximum Level : Up to Level 1 will be considered

Edge Elements	One (1) short edge element. The edge element must be held in position for a minimum of three seconds but may not exceed seven seconds.
Spin	One (1) Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Minimum of three rotations on one foot. Note : Flying spins or flying entries are illegal elements
Choreographic Step Sequence	One (1) Choreographic Step Sequence performed on the SHORT axis. Not permitted elements: <ul style="list-style-type: none"> - Touching the ice with any other part of the body than the blades - Stops - Pattern retrogression - Loops and jumps of more than half a rotation - Dance spins
Sequential Twizzle Serie	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles.

Note: For Basic Novice (FD), if a Choreographic Character Step Sequence is not performed as the first Choreographic Element, the first performed Choreographic Element is identified as not according to the well-balanced program requirements and receives a (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

CATEGORY INTERMEDIATE NOVICE

Duration : 1:50 +/- 10 seconds

Maximum Level : Up to Level 2 will be considered

Edge Elements	One (1) short edge element The edge element must be held in position for a minimum of three seconds but may not exceed seven seconds.
Spin	One (1) Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Minimum of three rotations on one foot. Note : Flying spins or flying entries are illegal elements
Choreographic Step Sequence	One (1) Choreographic step sequence performed on the LONG axis. Not permitted elements: <ul style="list-style-type: none"> - Touching the ice with any other part of the body than the blades, - Stops - Pattern retrogression - Loops and Jumps of more than half a rotation - Dance spins
Sequential Twizzle Serie	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles.
Choreographic Elements	One (1) additional Choreographic Element chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement (can only be performed after required Twizzles) Choreographic Sliding Movement

Note: For Intermediate Novice (FD), if a Choreographic Character Step Sequence is not performed within the first two Choreographic Element, the second performed Choreographic Element is identified as not according to the well-balanced program requirements and receives a (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

CATEGORY ADVANCED NOVICE

Duration : 2:20 +/- 10 seconds

Maximum Level : Up to Level 3 will be considered

Edge Elements	One (1) short edge element The edge element must be held in position for a minimum of three seconds but may not exceed seven seconds.
Spin	One (1) Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Minimum of three rotations on one foot. Note : Flying spins or flying entries are illegal elements
Step Sequence	One (1) Step Sequence, Style B from the following list : Midline, Diagonal, Circular Retrogression - one (1) permitted – must not exceed two measures of music Not permitted: <ul style="list-style-type: none"> - Stops - Loops - Jumps of more than half a rotation - Dance spins Notes : <ul style="list-style-type: none"> - It must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element. - The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
Sequential Twizzle Serie	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. Note : Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)
Choreographic Elements	One (1) Choreographic Elements chosen from: Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement (can only be performed after required Twizzles) Choreographic Sliding Movement

CATEGORY JUNIOR

Duration : 3:00 +/- 10 seconds

Edge Elements	<p>Two options:</p> <p>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 twelve seconds in total. Short edge elements may not exceed seven seconds</p>
Spin	<p>One (1) Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Minimum of three rotations on one foot.</p> <p>Note : Flying spins or flying entries are illegal elements</p>
Step Sequence	<p>One (1) Step Sequence, Style B from the following list : Serpentine, Midline, Diagonal, Circular</p> <p>Not permitted:</p> <ul style="list-style-type: none"> - Stops - Loops - Jumps of more than half a rotation - Dance spins <p>Notes :</p> <ul style="list-style-type: none"> - It must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element. - The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
One Foot Turns Sequence	<p>One (1) Foot Turns Sequence</p> <p>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</p> <p>At least two steps between 1st and 2nd twizzle are required but no more than four steps.</p> <p>Note : 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 chosen from:</p> <p>Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement</p>

CATEGORY SENIOR

Duration : 3:10 +/- 10 seconds

Edge Elements	<p>Two options:</p> <p>1) One (1) combination edge element + one short edge element of a different type than performed in the combination OR 2) Three (3) different types of short edge elements. (Spiral type may be repeated once with different positions in each)</p> <p>Combination Edge may not exceed twelve seconds in total. Short edge elements may not exceed seven seconds</p>
Spin	<p>One (1) Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Minimum of three rotations on one foot.</p> <p>Note : Flying spins or flying entries are illegal elements</p>
Step Sequence	<p>One (1) Step Sequence, Style B from the following list : Serpentine, Midline, Diagonal, Circular</p> <p>Not permitted:</p> <ul style="list-style-type: none"> - Stops - Loops - Jumps of more than one-half rotation - Dance spins <p>Notes :</p> <ul style="list-style-type: none"> - It must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element. - The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
One Foot Turns Sequence	<p>One (1) Foot Turns Sequence</p> <p>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</p> <p>At least two steps between 1st and 2nd twizzle are required but no more than four steps.</p> <p>Note : 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 chosen from:</p> <p>Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement</p>

DEDUCTION CHART – WHO IS RESPONSIBLE

Note : 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 Free Dance : a) Jumps of more than half (1/2) a rotation 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 : • More than 10sec. and up to 20sec. • More than 20ses. 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.
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.
<p>Violation of Choreography restrictions</p> <ul style="list-style-type: none"> • Free Dance: stop(s), touching the ice with hands <p>Unless otherwise specified.</p>	-1.0 per program	<p>Referee + Judges</p> <p>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.</p>
<p>Extra Elements (ExEI)</p> <p>If an Extra Element is performed in addition to the allowed number of elements from an element group in Free Dance, "+ExEI" will be added to the element. The element receives a deduction.</p> <p>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</p>	-1.0 per Element	<p>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.</p>
<p>Element not according to program requirements receives (*) symbol.</p> <p>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.</p>	Element gets No Value but will not receive a deduction	<p>The computer verification identifies elements not according to requirements and applies the asterisk (*). The Technical Controller verifies and authorizes the call.</p>
<p>Music Requirements</p> <ul style="list-style-type: none"> • Free dance 	-2.0 per program	<p>Referee + Judges</p> <p>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.</p> <p>The Judges and Referee will press a button on their screen to apply the above-mentioned deductions.</p>
<p>Dance Edge Element exceeding permitted duration:</p> <ul style="list-style-type: none"> • Short Edge Element: 7 sec. • Combination Edge Element: 12 sec. 	-1.0 per Element	Referee

EXPLANATION OF SYMBOLS ON THE JUDGES DETAILS PER SKATER

Symbol	Action	Explanation
>	-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 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 Data 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 (For example : DiSt and Diagonal ChSt) Junior/Senior.

