

****REQUIREMENTS SUBJECT TO CHANGE BY ISU** JUNIOR AND SENIOR WILL FOLLOW ALL ISU REQUIREMENTS WHEN PUBLISHED**

Rhythm Dance	RHYTHM	PATTERN DANCE ELEMENTS	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
JUNIOR 2:50 +/- 10 sec Warmup Time 5 minutes <i>Age eligibility: see USFS rule 8400</i>	Music Requirements: <u>"Rhythm and Waltz"</u> <u>Any style of waltz is permitted, from traditional forms to modern interpretations. At least one (1) additional rhythm and dance style must be included to support chosen concept or theme.</u> <u>Waltz section must be in 3/4 or 6/8 time. Additional rhythm(s) may be of any other rhythm, tempo and dance style.</u> Remixed and/or remastered music, including cover versions, is permitted. Music created via AI is also permitted. The Rhythm Dance should NOT be skated in the style of a Free Dance. Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.	<u>1 Sequence of the Westminster Waltz evaluated as 2 sections</u> <u>Skated to any waltz dance music/style(s) with a constant tempo:</u> <u>Minimum 54 three-beat measures per minute; 162 beats per minute, skated in 3/4 or 6/8 time.</u> Duration: any exact number of musical phrases. The first step of the dance must be skated on beat 1 of a musical phrase. Step #1 of WW1Sq1 must be skated to the left of the judges. <u>Tracking between partners is optional.</u> Note: variations of hold, except extended hand in hand, are permitted. See ISU Communication for key points.	1 Short Lift Up to 8 seconds	1 Step Sequence Not Touching (Style B) Skated to any dance/rhythm style. Pattern must be midline or diagonal Skated no more than 2 arm lengths apart. Not Permitted: -Retrogression(s) -Loop(s) Permitted: -One stop up to 5 sec	1 Set of Sequential Twizzles At least two twizzles for each partner. Must not be in contact between twizzles. 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.)	Music: ISU Rule 709 1c as stated except for i) per Council decision Communication 2698: <i>Only dance music with a rhythmic beat may be used. The music may be without a rhythmic beat for up to 5 sec at the beginning of the program.</i> Pattern: For this season there is no pattern restriction. Stops: After clock is started with first movement, couple must not remain in one place for more than 5 secs at beginning and/or end of program. During program: 1 full stop of no more than 5 seconds is permitted and may be performed during the Step Sequence Not Touching Element. <i>Note: any stationary spinning movement is not considered as a stop.</i> Separations: No more than one measure of music is permitted to change hold. Holds: <u>Extended/sustained basic hand in hand/wrist to wrist position is not permitted. Partners must remain in hold (recognizable and/or variation of holds)</u> Touching the ice is not permitted. SEE ISU COMMUNICATION FOR DETAILED RHYTHM DANCE RULES.

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Rhythm Dance	RHYTHM	PATTERN DANCE ELEMENT	CREATIVE DANCE ELEMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
SENIOR 2:50 +/- 10 sec Warmup Time 5 minutes <i>Age eligibility: see USFS rule 8400</i>	Music requirements: <u>"Rhythm and Waltz"</u> <u>Any style of waltz is permitted, from traditional forms to modern interpretations. At least one (1) additional rhythm and dance style must be included to support chosen concept or theme.</u> <u>Waltz section must be in 3/4 or 6/8 time. Additional rhythm(s) may be of any other rhythm, tempo and dance style.</u> Remixed and/or remastered music, including cover versions, is permitted. Music created via AI is also permitted. The Rhythm Dance should NOT be skated in the style of a Free Dance. Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.	<u>1 Section of the Golden Waltz Pattern Dance (GW1)</u> <u>Starting with step 33, including the restart, and concluding with step 20.</u> - Rhythm: skated to <u>any waltz dance music/dance style(s) with a consistent tempo: minimum 62 three-beat measures per minute; 186 beats per minute, skated in 3/4 or 6/8 time.</u> - Duration: The first step of the dance must be skated on beat one of a musical phrase, any exact number of musical phrases. - Pattern/Step Requirement: started from woman's step 33 (LFO) and man's step 33 (LFO3/LBI3) on the judge's right side, past the short axis. - Holds: Must remain in contact at all times, even during changes of Holds. - Tracking: tracking between partners is optional <u>except during key points.</u>	1 Creative Dance Element (CDE) Skated to any dance/rhythm style <u>Both partners perform steps/movements from barrier to opposite barrier in contact. May include hand in hand with fully extended arms. A brief release to change hold is not considered a separation.</u> Requirements: <u>Only one (1) dance stop for no more than 5 sections performed anywhere within the CDE.</u> <u>One (1) acrobatic movement involving agility and balance must be performed by one or both, with or without partner assistance.</u> <u>The element must demonstrate presentation to all four sides of the rink.</u> <u>Touching the ice is permitted once by one or both partners for no more than 5 seconds.</u> <u>Retrogressions & loops are permitted.</u> <u>One separation of no more than 5 sections is permitted.</u> <u>SEE ISU COMMUNICATION FOR FULL DEFINITION & REQUIREMENTS</u>	1 Short Lift Up to 8 secs	1 Step Sequence Not Touching (Style B) Skated to any dance rhythm/style. Pattern must be circular (clockwise direction) Skated no more than 2 arm lengths apart. Not Permitted: -Retrogression(s) -Loop(s)	1 Set of Sequential Twizzles At least two twizzles for each partner. Must NOT be in contact between twizzles.. 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.)	Music: ISU Rule 709 1c as stated except for i) per Council decision Communication 2698: <i>Only dance music with a rhythmic beat may be used. The music may be without a rhythmic beat for up to 5 sec at the beginning of the program.</i> Pattern: For this season there is no pattern restriction. Stops: After clock is started with first movement, couple must not remain in one place for more than 5 secs at beginning and/or end of program. During program: 1 full stop of no more than 5 seconds is required during the CDE. <i>Note: any stationary spinning movement is not considered as a stop.</i> Separations: No more than one measure of music is permitted to change hold. Holds: <u>Extended/sustained basic hand in hand/wrist to wrist position is not permitted unless performed during the CDE.</u> <u>Partners must remain in hold (recognizable and/or variation of holds)</u> Touching the ice is only permitted during the CDE. SEE ISU COMMUNICATION FOR DETAILED RHYTHM DANCE RULES.