



2010-2011 BC/YT Section Competitive Technical Package

The following information pertains to all competitive events held at competitions in the BC/YT Section for the 2010 -2011 skating season. All competition announcements will reference this Technical Package. Any changes to the requirements for Junior and Senior competitions listed in ISU Communications shall be adopted by Skate Canada.

If there are any questions or clarifications needed, please contact Janice Hunter, the BC/YT Section Technical Advisor, at janicedhunter@shaw.ca

Note that in BC/YT Section Invitational and Interclub Competitions, Short Program elements for Pre-Novice Men, Junior Women, Junior Men, Junior Pair and Senior Pair change to the next season's groups as of January 1, 2011.

SINGLES

IMPORTANT: For all categories of Singles Free Skating, all spins must be of a different character (must have different abbreviations). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

AS A RESULT OF ISU CONGRESS DECISIONS:

- The spiral sequence may have only Level 1 or Level 0 options. Minimum requirement for the spiral sequence will be as follows: at least two spirals for at least three seconds. This can be replaced by one spiral that is at least six seconds. Spiral sequences not meeting this requirement will be assigned level 0 and will receive no value. **The Spiral Sequence will always be awarded a fixed Base Value and evaluated by Judges in GOE only.**
- ~~The base value of combination jumps will now be calculated as the sum of the base values of the jumps included, multiplied by a factor of 1.1—~~**did not pass**
- **Combination jump definition revisions** – when a half loop is included between two jumps, with no other hops, the element will be considered a three jump combination. The base value of the half loop will be the same as a single loop. Example: 1A+1/2Lo+2S will be considered a three jump combination. **If you do not wish it to count as a three jump combination, be sure to include other hops in the sequence. Please remember that three jump combinations are not permitted at Novice and lower events.**
- A difficult change of position will now be considered as a difficult variation in the levels charts
- Step sequences may include any unlisted jumps

PRE-JUVENILE WOMEN & MEN

Must have passed the complete Junior Bronze Free Skating Test or higher. Competitors shall be under the age of 11 for Women and under the age of 12 for Men, as of July 1st, 2010.

A free program to music of 2:30 minutes (+/- 10 seconds)

A well balanced Pre-Juvenile free skating program must meet the following requirements:

- Maximum of seven jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps
No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of three spins. All spins shall be called no higher than Level 1.
One must be a combination spin with at least one change of foot
One must be a flying spin
One spin of any nature
- Maximum of one step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1

JUVENILE WOMEN & MEN

Must have passed the Juvenile Competitive Singles Test or higher. Competitors shall be under the age of 12 for Women and under the age of 13 for Men, as of July 1st, 2010

A free program to music of 2:30 minutes (+/- 10 seconds)

A well balanced Juvenile free skating program must meet the following requirements:

- Maximum of seven jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps
No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of three spins. All spins shall be called no higher than Level 1.
One must be a combination spin with at least one change of foot
One must be a flying spin in one position with no change of foot
One spin of any nature
- Maximum of one step sequence or one spiral sequence. All step and spiral sequences shall be called no higher than Level 1

PRE-NOVICE WOMEN

Must have passed the Pre-Novice Competitive Singles Test or higher.

There is no age requirement

A short program to music maximum 2:30 minutes, containing the following required elements:

- a) Axel or double Axel
- b) One double or triple jump (may not repeat double Axel)
- c) One jump combination consisting of two double jumps or one double and one triple jump (may repeat double Axel)

Note: other than the 2A, no jump can be repeated unless as the first and second jump in the combination.

Only one triple jump may be included in the program

- d) Layback or sideways leaning spin (min. five revolutions)
- e) Spin combination with one (and only one) change of foot and at least two basic positions (sit, camel, upright or any variation thereof; min. four revolutions on each foot)
- f) One step sequence (any pattern)
- g) One spiral sequence

****Note: the spiral sequence will have only Level 1 or Level 0 options***

1 free program to music of 3:00 minutes (+/- 10 seconds)

A well balanced Pre-Novice Women's free skating program must meet the following requirements:

- Maximum of seven jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps
No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence

- Maximum of three spins.
One must be a combination spin with at least one change of foot
One must be a flying spin in one position with no change of foot
One spin of any nature
- Maximum of one step sequence or one spiral sequence.
**Note: the spiral sequence will have only Level 1 or Level 0 options*

PRE-NOVICE MEN

**Must have passed the Pre-Novice Competitive Singles Test or higher.
There is no age requirement**

A short program to music maximum 2:30 minutes, containing the following required elements:

- axel or double axel
- One double or triple jump (may not repeat double axel)
- One jump combination consisting of two double jumps or one double and one triple jump (may repeat double axel)

Note: other than the 2A, no jump can be repeated unless as the first and second jump in the combination.

Only one triple jump may be included in the program

- Sit spin with only one change of foot ** (min. four revolutions on each foot)
- Spin combination with one (and only one) change of foot and at least two basic positions (sit, camel, upright or any variation thereof; min. four revolutions on each foot)

No flying entry on any spin

- Two different step sequences of a different nature (straight line, circular or serpentine)

**** Beginning January 1, 2011, element (d) changes to camel spin with only one change of foot**

A free program to music of 3:00 minutes (+/- 10 seconds)

A well balanced Pre-Novice Men's free skating program must meet the following requirements:

- Maximum of seven jump elements
One jump must be an axel type takeoff
Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps
No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of three spins.
One must be a combination spin with at least one change of foot
One must be a flying spin in one position with no change of foot
One spin of any nature
- Maximum of one step sequence

NOVICE WOMEN

**Must have passed the Novice Competitive Singles Test or higher.
There is no age requirement**

A short program to music maximum 2:30 minutes containing the following required elements:

- a) Axel or double Axel
- b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (may not repeat double Axel)
- c) One jump combination consisting of two double jumps or one double and one triple jump (may not repeat double Axel)

NOTE: The jump combination may consist of the same jump, or another double or triple jump. The jumps included must be different from the solo jump. Jumps (a) and (b) must be different.

- d) Layback or sideways leaning spin (minimum six revolutions)
- e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof; minimum five revolutions on each foot)

No flying entry on any spin

- f) Step sequence (straight line, circular or serpentine)
- g) Spiral sequence

**Note: the spiral sequence will have only Level 1 or Level 0 options*

A free program to music of 3:0 minutes (+/- 10 seconds)

A well balanced Novice Women's free skating program must meet the following requirements:

- Maximum of seven jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps
No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of three spins.
One must be a combination spin with at least one change of foot
One must be a flying spin in one position with no change of foot
One spin of any nature
- Maximum of one step sequence or one spiral sequence.

**Note: the spiral sequence will have only Level 1 or Level 0 options.*

NOVICE MEN

**Must have passed the Novice Competitive Singles Test or higher.
There is no age requirement**

A short program to music maximum 2:30 minutes, containing the following required elements:

- a) Axel or double Axel
- b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements (may not repeat double Axel)
- c) One jump combination consisting of two double jumps or one double and one triple jump (may not repeat double Axel)

NOTE: The jump combination may consist of the same jump, or another double or triple jump. The jumps included must be different from the solo jump. Jumps (a) and (b) must be different.

- d) Camel or sit spin. Change of foot is optional (minimum five revolutions on each foot)
- e) Spin combination with only one change of foot and at least two basic positions (sit, camel, upright or any variation thereof; minimum five revolutions on each foot)
No flying entry on any spin
- f) Two different step sequences of a different nature (straight line, circular or serpentine)

A free program to music of 3:30 minutes (+/- 10 seconds)

A well balanced Novice Men's free skating program must meet the following requirements:

- Maximum of eight jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. Jump combinations may contain no more than two jumps
No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
- Maximum of three spins.
One must be a combination spin with at least one change of foot
One must be a flying spin in one position with no change of foot
One spin of any nature
- Maximum of one step sequence

JUNIOR WOMEN

Must have passed the Junior Competitive Singles Test or higher.

Must be under the age of 19 as of July 1, 2010.

A short program to music maximum 2:50 minutes, containing the following 7 required elements from Group C:

- a) Double Axel
- b) One double or triple loop jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps

NOTE: The jump combination may consist of the same jump, or another double or triple jump. The jumps included must be different from the solo jump. Jumps (a) and (b) must be different.

- d) Flying camel spin (minimum eight revolutions)
- e) Layback or sideways leaning spin (minimum eight revolutions)
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof; minimum six revolutions on each foot)
- g) Step sequence (straight line, circular or serpentine)
- h) ~~Spiral sequence~~

Note that beginning January 1, 2011, in BC/YT competitions, the short program elements will change to the next season's group – Group A(1). Jump (b) will be double or triple lutz. Flying spin (d) will be sit

A free program to music of 3:30 minutes (+/- 10 seconds)

A well balanced Junior Women's free skating program must meet the following requirements:

- Maximum of seven jump elements

- One jump must be an Axel type takeoff
- Maximum of three jump combinations or sequences. One jump combination may contain three jumps
- No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated.
- Maximum ~~three~~two double axels in total
- Maximum of three spins.
- One must be a combination spin (minimum ten revolutions total)
- One must be a flying spin
- One must be a spin in one position (change foot optional)
- Maximum of one step sequence

JUNIOR MEN

**Must have passed the Junior Competitive Singles Test or higher.
Must be under the age of 19 as of July 1, 2010.**

A short program to music maximum 2:50 minutes, containing the following 7 required elements from Group C:

- a) Double or triple Axel
 - b) One double or triple loop jump immediately preceded by connecting steps and/or other comparable free skating movements
 - c) One jump combination consisting of one double and one triple jump or two triple jumps
- NOTE: The jump combination may consist of the same jump, or another double or triple jump. The jumps included must be different from the solo jump. Jumps (a) and (b) must be different.*
- d) Flying camel spin (minimum eight revolutions)
 - e) Sit spin with only one change of foot (minimum six revolutions on each foot)
 - f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
 - g) ~~Two different~~ One step sequence (straight line, circular or serpentine)

Note that beginning January 1, 2011, in BC/YT competitions, the short program elements will change to the next season's group, - Group A(1). Jump (b) will be double or triple lutz; flying spin (d) will be sit; spin (e) will be camel.

A free program to music of 4:00 minutes (+/- 10 seconds)

A well balanced Junior Men's free skating program must meet the following requirements:

- Maximum of eight jump elements
 - One jump must be an Axel type takeoff
 - Maximum of three jump combinations or sequences. One jump combination may contain three jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated.
 - Maximum ~~three~~two double axels in total
 - Maximum of three spins.
 - One must be a combination spin (minimum ten revolutions total)
 - One must be a flying spin (minimum six revolutions)
 - One must be a spin in one position (change foot optional; minimum six revolutions)
- Maximum of one step sequence

SENIOR WOMEN

**Must have passed the Senior Competitive Singles Test.
There is no age requirement**

A short program to music maximum 2:50 minutes containing the following required elements:

- a) Double or Triple Axel
- b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump or two triple jumps
NOTE: The jump combination may consist of the same jump, or another double or triple jump. The jumps included must be different from the solo jump. Jumps (a) and (b) must be different.
- d) Flying spin (minimum eight revolutions) (no Flying Layback)
- e) Layback or sideways leaning spin (minimum eight revolutions)
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof; minimum six revolutions on each foot)
- g) Step sequence (any pattern)
- h) Spiral sequence

A free program to music of 4:00 minutes (+/- 10 seconds)

A well balanced Senior Women's free skating program must meet the following requirements:

- Maximum of seven jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. One jump combination may contain three jumps
No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated.
Maximum ~~three~~two double axels in total.
Maximum of three spins
One must be a combination spin (minimum ten revolutions total)
One must be a flying spin (minimum six revolutions)
One must be a spin in one position (change foot optional; minimum six revolutions)
- Maximum of 1 step sequence
- Maximum of 1 spiral sequence
**Note: the spiral sequence will have only Level 1 or Level 0 options.*

SENIOR MEN

**Must have passed the Senior Competitive Singles Test.
There is no age requirement**

A short program to music maximum 2:50 minutes containing the following required elements:

- a) Double or triple Axel
- b) One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements
- c) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump
NOTE: The jump combination may consist of the same jump, or another double or triple jump. The jumps included must be different from the solo jump. Jumps (a) and (b) must be different.

Both (b) and (c) may include a quad so long as they are different

- d) Flying spin (minimum eight revolutions)
- e) Camel spin or sit spin with only one change of foot (minimum six revolutions each foot). Spinning position must be different than that executed in the Flying Spin
- f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof; minimum six revolutions each foot)
- g) ~~Two~~ One step sequence

A free program to music of 4:30 minutes (+/- 10 seconds)

A well balanced Senior Men's free skating program must meet the following requirements:

- Maximum of eight jump elements
One jump must be an Axel type takeoff
Maximum of three jump combinations or sequences. One jump combination may contain three jumps
No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence. Maximum two triple or quad jumps repeated.
Maximum ~~three~~ two double axels in total.
Maximum of three spins
One must be a combination spin (minimum ten revolutions total)
One must be a flying spin (minimum six revolutions)
One must be a spin in one position (change foot optional; minimum six revolutions)
- Maximum of 2 step sequences of a different nature (the secondstep sequence may have only Level 1 or Level 0 options. This step sequence can have any pattern while fully utilizing the ice surface)

PAIR SKATING

JUVENILE PAIR

Must have passed the Juvenile Competitive Pair Test or higher. There is no age requirement.

A free program to music of 2:30 minutes (+/- 10 seconds)

All lifts, solo spins, pair spins, spiral figures or death spirals & step sequences shall be called no higher than Level 1 regardless of content.

A well balanced Juvenile Pair free skating program must meet the following requirements:

- a) Maximum of two different lifts, at least one of which must be from group 1. **Lifts must not include a change of position.**
- b) Maximum of one twist lift
- c) Maximum of one throw jump
- d) Maximum of one solo jump
- e) Maximum of one solo jump combination (no more than two jumps) or sequence
- f) Maximum of one pair spin (may be in combination)
- g) Maximum of one solo spin (may be in combination)
- h) Maximum of one spiral figure or death spiral
- i) Maximum of one step sequence (straight line, circular or serpentine)

PRE-NOVICE PAIR

Must have passed the Pre-Novice Competitive Pair Test or higher.
There is no age requirement

A short program to music maximum 2:40 minutes containing the following required elements:

- a) One lift from group 1, 2, 3, or 4
- b) One twist lift (single or double)
- c) One solo jump (Axel or any double jump)
- d) Solo spin in one position, no change of foot (minimum 4 rotations)
- e) Pair spin (minimum 4 rotations) – any but not a combination
- f) One spiral figure (see definition of spiral figure, regulation D-2.4)
- g) Spiral step sequence
- h) Step sequence (straight line, circular or serpentine)

A free program to music of 3:00 minutes (+/- 10 seconds)

A well balanced Pre-Novice Pair free skating program must meet the following requirements:

- a) Maximum of two different lifts, one of which must be from group 1, 2, 3 or 4
- b) Maximum of one twist lift
- c) Maximum of two different throw jumps
- d) Maximum of one solo jump
- e) Maximum of one solo jump combination (no more than two jumps) or sequence
- f) Maximum of one pair spin (may be in combination)
- g) Maximum of one solo spin (may be in combination)
- h) Maximum of one spiral figure or death spiral
- i) Maximum of one step sequence (straight line, circular or serpentine)

NOVICE PAIR

Must have passed the Novice Competitive Pair Test or higher.
There is no age requirement

A short program to music maximum 2:40 minutes containing the following required elements from Group B (2):

- a) One toe Lasso lift take-off (Group 5T)
- b) One twist lift (double)
- c) Any double or triple jump
- d) Solo spin combination with only one change of foot and at least one change of position
- e) Pair spin combination with only one change of foot and at least one change of position
- f) Death spiral backward outside
- g) Throw Double Toe Loop
- h) Spiral sequence (all spiral sequences will have level 1 or level 0 options)

Note that beginning January 1, 2011, in BC/YT competitions, the short program elements will be those in Group C (3). The lift will be toe loop hip lift take-off (Star; group 3); death spiral forward inside, throw double loop, spiral sequence.

1 free program to music of 3:30 minutes (+/- 10 seconds)

A well balanced Novice Pair free skating program must meet the following requirements:

- a) Maximum of two different lifts, one of which must be from group 3 or 4
- b) Maximum of one twist lift
- c) Maximum of two different throw jumps
- d) Maximum of one solo jump
- e) Maximum of one jump combination (no more than two jumps) or sequence
- f) Maximum of one solo spin or solo spin combination
- g) Maximum of one pair spin or pair spin combination
- h) Maximum of one death spiral without restriction as to type
- i) Maximum of one step sequence

JUNIOR PAIR

**Must have passed the Junior Competitive Pair Test or higher.
There is no age requirement**

A short program to music maximum 2:50 minutes containing the following required elements from Group B (2):

- a) One toe Lasso lift take-off (Group 5T)
- b) One twist lift (double)
- c) **Double loop or double axel**
- d) Solo spin combination with only one change of foot and at least one change of position
- e) ~~Pair spin combination with only one change of foot and at least one change of position~~
- f) Death spiral backward inside
- g) Throw double or triple toe loop
- h) ~~Spiral-Step~~ sequence (straight line, circular or serpentine)

Note that beginning January 1, 2011, in BC/YT competitions, the short program elements will be those in Group C (3). Lift (a) will be any hip lift take-off; spin (d) will be pair spin combination; death spiral (f) will be forward inside.

A free program to music of 4:00 minutes (+/- 10 seconds)

A well balanced Junior Pair free skating program must meet the following requirements:

- a) Maximum of two lifts, one of which must be from group 3 or 4 with full extension of the lifting arm/s
- b) Maximum of one twist lift
- c) Maximum of two different throw jumps
- d) Maximum of one solo jump
- e) Maximum of one jump combination (**two or three jumps**) or sequence
- f) Maximum of one solo spin or solo spin combination
- g) Maximum of one pair spin or pair spin combination
- h) Maximum of one death spiral
- i) Maximum of one ~~step spiral~~ sequence (**spiral sequence will have level 1 or level 0 options**)

SENIOR PAIR

**Must have passed the Senior Competitive Pair Test.
There is no age requirement**

A short program to music maximum 2:50 minutes containing the following required elements from Group B (2):

- a) Any Lasso lift take-off (Group 5)
- b) One twist lift (double or triple)
- c) One throw jump (double or triple)
- d) One solo jump (double or triple)
- e) Solo spin combination with only one change of foot and at least one change of position
- f) ~~Pair spin combination with only one change of foot and at least one change of position~~
- g) Death spiral backward inside
- h) Spiral-Step sequence (straight line, circular or serpentine)

Note that beginning January 1, 2011, in BC/YT competitions, the short program elements will be those in Group C (3). Lift (a) will be any hip lift take-off; spin (d) will be pair spin combination; death spiral (f) will be forward inside.

A free program to music of 4:30 minutes (+/- 10 seconds)

A well balanced Senior Pair free skating program must meet the following requirements:

- a) Maximum of three lifts, one of which must be from group 3 or 4 with full extension of the lifting arm/s
- b) Maximum of two twist lifts
the maximum number of lifts and twists combined must not exceed four
- c) Maximum of two different throw jumps
- d) Maximum of one solo jump
- e) Maximum of one jump combination (two or three jumps) or sequence
- f) Maximum of one solo spin combination
- g) Maximum of one pair spin combination
- h) Maximum of one death spiral different from the death spiral of the short program
- i) Maximum of one ~~step spiral~~ sequence (spiral sequence to have only Level 1 or Level 0 options)

ICE DANCE

Please Note: The term “different dance lift” means that they must be of a different nature

- i.e., in Pre-Novice there can only be one rotational lift.

NOTICE: The compulsory dance draw for Canadian Qualifying events shall be conducted by the Skating Programs committee and announced on the Skate Canada Members Only Web Site no later than September 1st, 2010

Beginning with BC SummerSkate, in BC/YT Section competitions prior to Sectionals, couples will skate the dance(s) drawn for Sectionals or Challenge in the appropriate category. Between November and February, couples will skate the dances drawn for Nationals and Junior Nationals. For competitions in the remainder of the year, the dances will be drawn after closing date of entries and couples will then be advised of the drawn dances.

JUVENILE DANCE

Must have passed the complete Junior Bronze Dance Test or higher. There is no age requirement.

Compulsory Dances: Two of the four dances listed below shall be drawn. Dances shall be skated in the order listed:

Fiesta Tango, Ten-Fox, Fourteenstep, European

Free Dance: A free dance to music of 2:00 minutes (+/- 10 seconds)

A well balanced Juvenile Free Dance must meet the following requirements:

- a) Maximum of one dance lift chosen from Stationary, Curve or Straight Line; (maximum six seconds)
- b) Maximum of one dance spin (simple Spin type, not Combination type); will be called to a maximum Level 2
- c) Maximum of one series of synchronized twizzles
- d) Maximum of one footwork sequence (any shape, no required positions/holds, may not be Midline Not Touching)

PRE-NOVICE: DANCE

Must have passed the Pre-Novice Competitive Dance Test and the complete Senior Bronze Dance Test or higher.

There is no age requirement.

Compulsory Dances: Two of the four dances listed below shall be drawn. Dances shall be skated in the order listed:

European Waltz, Keats Foxtrot, Harris Tango, Rocker Foxtrot

Free Dance: A free dance to music of 2:30 minutes (+/- 10 seconds)

A well balanced Pre-Novice Free Dance must meet the following requirements:

- a) Maximum of two different dance lifts chosen from Stationary, Curve, Straight Line or Rotational ; maximum six seconds
- b) Maximum of one dance spin (simple Spin type, not Combination type)
- c) Maximum of one series of synchronized twizzles
- d) Maximum of one footwork sequence (any shape, no required positions/holds, may not be Midline Not Touching)

NOVICE DANCE

**Must have passed the Novice Competitive Dance Test or higher.
There is no age requirement**

Compulsory Dances: Two of the four dances listed below shall be drawn. Dances shall be skated in the order listed:

Paso Doble, Blues, Westminster Waltz, Quickstep

Free Dance: A free dance to music of 3:00 minutes (+/- 10 seconds)

A well balanced Novice Free Dance must meet the following requirements:

- a) Maximum of two different dance lifts (six second – stationary, curve, straight line or rotational), one of which may be a twelve second lift (serpentine, reverse rotational, combination)
- b) Maximum of one dance spin (simple Spin type, or Combination type)
- c) Maximum of one series of synchronized twizzles
- d) Maximum of two different step sequences: one Straight (Midline in hold, Midline Not Touching without sequential twizzles, or Diagonal) and one Curved (Serpentine with two or three bold curves, or Circular). No required positions/holds.

JUNIOR & SENIOR DANCE

Junior: Must have passed the Junior Competitive Dance Test or higher.

Must meet ISU Junior age criteria – Ladies must be under the age of 19, Men under the age of 21, as of July 1, 2010.

Senior: Must have passed the Senior Competitive Dance Test.

There is no age requirement.

Part One – Short Dance of 2:50 minutes (+/- 10 seconds)

- At least one minute of the music must meet the same tempo and rhythm specifications as the compulsory dance element included in the dance. For Junior the tempo and rhythm of the program must be at least one minute Viennese Waltz at 52 measures of 3 beats per minute (156bpm).; for Senior the tempo and rhythm of the program must be at least one minute Golden Waltz at 62 measures of 3 beats per minute (186 bpm). The music during this one minute is at the choice of the team – it DOES NOT NEED TO BE official compulsory dance music – only the correct rhythm and tempo.
- The remaining program can use up to two additional rhythms from the list: Waltz, Tango, Foxtrot or Quickstep
- The required elements are as follows:

- i) One short lift (may include two, in which case the second receives no value and is considered as transitional)
- ii) One Midline No-Touch Step Sequence
- iii) One sequence of Twizzles
- iv) Junior – two full sequences of the Viennese Waltz – with the defined steps, hold and timing (may be skated at any point in the program, but must be skated sequentially without interruption and must start at the defined Step 1)
Senior – One full sequence of the Golden Waltz – with the defined steps, holds and timing. This sequence will be scored as two elements (the first starting at Step 1, the second starting at a step number to be confirmed); may be skated at any point in the program; may start either at Step 1 or at the first step of the second element – step number to be confirmed.

Part Two - Free Dance:

1 free dance to music: Junior - 3:30 minutes (+/- 10 seconds)

Senior - 4:00 minutes (+/- 10 seconds)

Clarifications re Music and Costumes are as follows:

MUSIC: Clarifications to Rule 610, paragraph(c)

The music for Free Dance must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i. The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten seconds at the beginning or end of the program and up to ten seconds during the program.
- ii. The music must have at least one change of tempo and/or expression. This change may be gradual or immediate, but in either case it must be obvious
- iii. All music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different moods or a building effect.
- iv. The music must be suitable for the couple's skating skills and technical ability.
- v. The music must be selected so that if there is any story or theme in the routine it has to be clearly understandable to the audience.
- vi. The music must have an uplifting effect.

COSTUME: Clarifications to Rule 612

The following restrictions apply unless otherwise communicated by the ISU Ice Dance Technical Committee in a Communication. At ISU Championships and International Competitions, the clothing must be modest, dignified and appropriate for athletic competitions – not theatrical or garish in design. The clothing may, however, reflect the character of the music chosen.

- a) Ladies must wear a skirt – the skirt must go around her entire waist; however there may be slits in the skirt on one or both sides up to the waist. The lady's dress must not give the effect of excessive nudity inappropriate for an athletic sport – the majority of the upper body must be covered. Men must wear full-length trousers; no tights are allowed and the man's costume may not be sleeveless. Costumes of either partner must not have so much material or decorations that the bodyline of the skater cannot be seen.
- b) Accessories and props are not permitted.
- c) The decorations on costumes must be non-detachable, If a decoration or a part of the costume or hair decoration such as flowers, headbands, ribbons, etc. (which are also part

of a costume), falls on the ice during skating, a costume deduction of 1.0 is required by the Referee.

REQUIRED ELEMENTS FOR FREE DANCE - JUNIOR AND SENIOR

a) Lifts

There is a choice for required lifts:

JUNIOR: either one Short Lift and one Long Lift OR three different Short Lifts

SENIOR: either two Short Lifts and one Long Lift OR four different Short Lifts

See ISU Communication 1611 for more detailed descriptions and restrictions on these lifts

NOTE: One additional lift (Junior) or two lifts (Senior) up to six seconds without any requirements for the level is permitted (provided that it is not illegal) but only the first two (Junior) or three (Senior) performed lifts will be identified and considered in determining the level of difficulty. The additional lift(s) will be considered by the judges in marking the choreography. However, if a fourth (Junior) or sixth lift (Senior) is performed, it will be considered by the Technical Panel as an extra element.

b) One Dance Spin (chosen from Spin or Combination Spin)

NOTE: One additional Dance Spin (spin or combo spin) is permitted but only the first performed Dance Spin will be identified and considered in determining the level of difficulty. This additional spin will be considered by the judges in marking the component for choreography. A third Dance Spin performed will be considered by the Technical Panel as an extra element.

c) Two different step sequences in hold; one straight line (midline or diagonal) and one curved (serpentine with two or three bold curves, or circular)

d) One set of Synchronized Twizzles. Additional set(s) may be performed but only the first performed set will be identified and considered in the determining the level of difficulty.

Additional Clarifications to ISU Rule 610 (j) re **Restrictions** are as follows:

The program must be developed through skating quality rather than through non-skating actions such as sliding on one knee or use of toe steps which should be used only to reflect the character of the dance and underlining rhythm and nuances of the chosen music.

Touching the ice with hand(s) is/are not permitted.

Kneeling or sliding on 2 knees and/or sitting on the ice is not permitted and will be considered as a fall and the appropriate deduction will be applied by the Technical Panel.

Ice Dance must be kept separate from Pair Skating and moves such as throw jumps, or jumps where the takeoff is from the body of the Lifting Partner or jump towards the Lifting Partner as an entry to the lift or jump as an exit from the Dance Spin, where the Lifted Partner does more than one rotation in the air, are illegal and the appropriate deduction will be applied by the Technical Panel.

Further guidelines for the Junior and Senior Free Dance can be found in ISU Communication 1611 available on the Skating in BC website www.skatinginbc.com and on the ISU website www.isu.org