

**Technische Bedingungen zur Teilnahme an Wettkämpfen im Eistanz für die Saison 2021-2022**  
**Conditions techniques de participation aux compétitions de Danse sur glace pour la Saison**  
**2021-2022**

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**ELITE / ELITE**

<b>RHYTHM DANCE ELITE / ELITE – Required Elements 2021-22 <sup>1</sup></b>	
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 2021-22, the following Rhythms were selected.	
<b>Duration</b>	<b>2 minutes 50 seconds +/- 10 seconds</b>
<b>Pattern Dance Element</b>  <b>And</b>  <b>Pattern Dance Type Step Sequence (PSt)</b>	<ul style="list-style-type: none"> <li>● <b>One (1) Section of the Midnight Blues, steps 5-14:</b> <ul style="list-style-type: none"> <li>- <b>Range 86-90 beats per minute and skated to any of the announced rhythms.</b></li> <li>- The original prescribed Step #5 is the first Step of the Pattern Dance Element, and the original prescribed Step #14 is the last Step of the Pattern Dance Element. These Steps must be placed in the rink with Step #5 on the opposite side from the Judges and with the Steps following the specified pattern for the Midnight Blues.</li> </ul> </li> </ul> <p>Note: Variation of Hold is permitted.            Note: Crossing the Long Axis in steps #7-8 for Lady and Man is not considered as a Pattern violation</p> <ul style="list-style-type: none"> <li>● <b>One (1) Pattern Dance Type Step Sequence (PSt), (Style C):</b> <ul style="list-style-type: none"> <li>- <b>Rhythm:</b> skated to the same Rhythm selected for the Pattern Dance Element (Midnight Blues). The chosen tune may be the same as for the Midnight Blues or different but must have the same tempo. The Tempo of the music throughout the Midnight Blues and PSt must be constant and in accordance with the required Tempo.</li> <li>- <b>Duration:</b> any exact number of musical phrases</li> <li>- <b>Pattern:</b> starting immediately after original prescribed Step 14 of the Midnight Blues, concluding at the Short Axis (middle of the rink) opposite of the Judges' side.</li> <li>- <b>Holds:</b> Hand-in-Hand Hold with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of Holds and during Twizzles</li> </ul> </li> </ul> <p><b>Not permitted:</b></p> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Separations</li> <li>- Retrogressions</li> <li>- Loops</li> <li>- <b>Hand in hand hold – NOT permitted with fully extended arms</b>  <i>(PSt is evaluated as one unit by adding the Base Values of the Lady PSt Level and the Man PSt Level and then applying the GOE)</i></li> </ul>
<b>Lift</b>	<b>One (1) Short Lift.</b> Up to 7 seconds.

<sup>1</sup> Gemäss den Anforderungen für die ISU Kategorie Senior der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2371 und 2393  
 Selon les critères pour la catégorie ISU Senior mentionnés dans la communication ISU 2371 et 2393 et des éventuelles clarifications en suite

<p><b>Step Sequence</b></p>	<p><b>One (1) Step Sequence</b> in Hold or Not Touching or Combination of both (Style B) – Specifications to Style B, Rhythm Dance 2021-2022:</p> <ul style="list-style-type: none"> <li>- Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element and the Pattern Dance Type Step Sequence.</li> <li>- Chosen pattern may ONLY be Midline or Diagonal</li> <li>- Stops – up to one (1) permitted for up to 5 seconds</li> <li>- Separations permitted, no more than 2 arms length</li> <li>- Touching the ice with controlled movements is allowed: <ul style="list-style-type: none"> <li>→ <b>Additional informations about touching the ice:</b> <ul style="list-style-type: none"> <li>-Touching the ice with any part of the body during the Step Sequence Style B is allowed.</li> <li>- Performed only once by one or both partners (performed at the same time if performed by both partners)</li> <li>- May be included during a permitted stop or within any part of the Step Sequence.</li> <li>- Duration -&gt; up to a maximum of 5 seconds</li> </ul> </li> </ul> </li> </ul> <p><b>Not permitted:</b></p> <ul style="list-style-type: none"> <li>- <b>Retgression – NOT permitted</b></li> <li>- <b>Loops NOT permitted</b></li> <li>- <b>Hand in hand hold – NOT permitted with fully extended arms</b></li> </ul>
<p><b>Sequential Twizzles</b></p>	<p><b>One (1) Set of Sequential Twizzles</b></p> <ul style="list-style-type: none"> <li>- At least two Twizzles for each partner</li> <li>- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</li> <li>- <b>Must NOT</b> be in hold/contact/touch between Twizzles</li> </ul> <p><i>(Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles Level and Man Set of Twizzles Level and then applying the GOE)</i></p>

<b>RHYTHM DANCE ELITE / ELITE – Specifications/Restrictions <sup>2</sup></b>		<b>Violations</b>
<b>Duration</b>	<b>2 minutes 50 seconds +/- 10 seconds</b>	<b>Program time:</b> Referee deduction - 1.0 up to every 5 seconds lacking or in excess
<b>Music – General</b>	<ul style="list-style-type: none"> <li>• Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>• The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.</li> <li>• Only dance music with an audible rhythmic beat may be used.</li> <li>• The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program."</li> </ul>	<b>Music Requirements:</b>  Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat.
<b>Music – Specific to 2021-22 Season</b>	<p>For the season 2021/22, the following Rhythms were selected.</p> <p>→ Street Dance Rhythms: At least two different Rhythms from the following examples <b>hip hop, disco, swing, krump, popping, funk, etc., jazz, reggae (reggaeton) and blues</b></p> <p><u>Note:</u> To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</p> <p><b>Music Clarifications:</b> The chosen music must fit to the Street Dance "style" and a couple should show choreography and an interpretation of the appropriate Street Dance "style". The "style" of the dance should NOT reflect "traditional ballroom", including Latin dance rhythms. The Judges will consider incorrect choreography and/or interpretation in the scores for Components: Composition and Interpretation/Timing. It may also affect GOEs if elements do not reflect the character of the chosen Street Dance "style."</p>	Referee deduction -1.0 per program – violation of tempo specification
<b>Pattern</b>	<ul style="list-style-type: none"> <li>• For season 2021-22, 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 (Short Axis) of the barrier.</li> </ul>	<b>Choreography restrictions:</b> (Pattern/ Stops/ Separations/Touching ice with hands)

<sup>2</sup> Gemäss den Anforderungen für die ISU Kategorie Senior der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2371 und 2393  
Selon les critères pour la catégorie ISU Senior mentionnés dans les communications ISU 2371 et 2393 et des éventuelles clarifications en suite

	<ul style="list-style-type: none"> <li>Loops are permitted provided they do not cross the long axis</li> </ul> <p><u>In addition:</u></p> <ul style="list-style-type: none"> <li>the couple may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence and at the entry to Pattern Dance Element.</li> <li>Crossing the Long Axis while performing Steps # 7-8 for Lady and Man in the SPDE Midnight Blues is not considered as a Pattern Violation</li> </ul>	<p>Referee + Judges deduction - 1.0 per program</p>
<b>Stops</b>	<ul style="list-style-type: none"> <li>After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted</li> <li>A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop</li> </ul>	
<b>Separations</b>	<ul style="list-style-type: none"> <li>Partners must not separate except to change Hold or to perform Required Elements requiring a separation</li> <li>Distance allowed is maximum 2 arms lengths during such separations</li> <li>Change of hold and Turns as transitional elements must not exceed the duration of one measure of music.</li> <li>Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation</li> </ul>	
<b>Touching ice</b>	<p>Touching the ice with any part of the body is not permitted except during the Step Sequence Style B:</p> <p>→ <u>Additional informations about touching the ice:</u></p> <p><b>Step Sequence in Hold or Not Touching or Combination of both (Style B):</b></p> <ul style="list-style-type: none"> <li>- Touching the ice with any part of the body to perform typical street dance movements during the Step Sequence Style B is allowed.</li> <li>- A single movement or series of movements performed by one or both partners with a duration of not more than 5 secs per movement or series of movements may be included within any part of the Step Sequence including the permitted stop.</li> <li>- Duration -&gt; up to a maximum of 5 seconds per each movement or movements (counted from the first moment either partner touches the ice with any part of the body)</li> </ul>	
<b>Costume and prop</b>	<ul style="list-style-type: none"> <li>Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.</li> <li>Man must wear full length trousers</li> <li>Lady is permitted to wear trousers</li> <li>Accessories and props are not permitted</li> </ul>	
<b>Illegal Elements/Movements</b>	<p>Ref. To ISU Rule 709</p>	<p>Technical Panel: -2 per violation</p>

<b>FREE DANCE ELITE / ELITE – Required Elements 2021-22 <sup>3</sup></b>	
Rule 710, paragraph 2 provides that the list of Required Elements to be included in a Well Balanced Free Dance Program and the specific requirements for these elements are announced annually from the list of options provided in this Rule. For the season 2021/22 the Ice Dance Technical Committee have adopted the following specific Required Elements to be included in a Well Balanced Free Dance Program	
<b>Duration</b>	<b>4 minutes +/- 10 seconds</b>
<b>Dance Lift - Not more than</b>	<b>Three (3) Different Type Short Lift</b> <b>Or</b> <b>One (1) Short Lift and One (1) Combination Lift</b> (Short Lift must be a different type than in the Combination Lift)
<b>Dance spin</b>	<b>One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2021/22</b>
<b>Step Sequence: Types: Straight line or Curve</b>	<ul style="list-style-type: none"> <li>• <b>1 Step Sequence in Hold (Style B) – Specifications to Style B, Free Dance 2021/22:</b> <ul style="list-style-type: none"> <li>- Retrogression: one (1) permitted – must not exceed two measures of music</li> </ul> </li> <li><b>Not permitted:</b> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Loops</li> <li>- Hand in hand hold with fully extended arms cannot be established</li> <li>- Separations of more than 2 arms length and/or exceeding 5 seconds</li> </ul> </li> </ul> <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</p> <ul style="list-style-type: none"> <li>• <b>One (1) One Foot Step Sequence, Not-Touching</b> <ul style="list-style-type: none"> <li>- Turns performed on one foot by each partner and must be started with the first turn at the same time</li> </ul> </li> </ul> <p><i>(One Foot Step Sequence is evaluated as one unit by adding the Base Values of the Lady One Foot Step Sequence and Man One Foot Step Sequence and then applying the GOE.)</i></p>
<b>Synchronized Twizzles</b>	<p><b>One (1) Set of Synchronized Twizzles (FD variation) – Specifications for Season 2021/22</b></p> <ul style="list-style-type: none"> <li>- At least two Twizzles for each partner, with a minimum 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)</li> <li>- Partners <b>must</b> be in contact at some point between the 1st and 2nd Twizzles</li> </ul> <p><i>(Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE.)</i></p>
<b>Choreographic element</b>	<p><b>Three (3) different Choreographic Elements chosen from :</b></p> <ul style="list-style-type: none"> <li>- Choreographic Lift</li> <li>- Choreographic Sliding Movement</li> <li>- Choreographic Spinning Movement</li> <li>- Choreographic Character Step Sequence</li> <li>- Choreographic Twizzling Movement</li> </ul>

<sup>3</sup> Gemäss den Anforderungen für die ISU Kategorie Senior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2371  
Selon les critères pour la catégorie ISU Senior mentionnés dans la communication ISU 2371 et des éventuelles clarifications en suite

<b>FREE DANCE ELITE / ELITE – Specifications/Restrictions <sup>4</sup></b>		<b>Violations</b>
<b>Duration</b>	<b>4 minutes +/- 10 seconds</b>	<b>Program time:</b> Referee deduction -1.0 up to every 5 seconds lacking or in excess
<b>Music</b>	<ul style="list-style-type: none"> <li>- Music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect</li> <li>- Music must have at least one obvious change of tempo/rhythm and expression. This change may be gradual or immediate, but in either case it must be obvious.</li> <li>- Music must be suitable for the Couple's skating skills and technical ability.</li> <li>- Music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>- Music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.</li> <li>- Music may be without audible rhythmic beat up to 10 seconds at beginning or end of program</li> <li>- Music may be without audible rhythmic beat up to 10 seconds during the program</li> </ul>	<b>Music Requirements:</b>  Referee + Judges deduction -2.0 per program
<b>Stops</b>	<ul style="list-style-type: none"> <li>- After clock started, couple must not remain on one place for more than 10 seconds</li> <li>- During program: unlimited full stops of 5 seconds max. are allowed</li> </ul>	<b>Choreography restrictions:</b>
<b>Separations</b>	<ul style="list-style-type: none"> <li>- Number of separations to execute transitional footwork or moves is not restricted;</li> <li>- Distance allowed is maximum 2 arms length during separations (except during Choreographic Character Step Sequence);</li> <li>- Duration of each separation (excluding Required Elements) is 5 seconds max;</li> <li>- Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</li> </ul>	(Stops/ Separations/Touching ice with hands)  Referee + Judges deduction 1.0 per program
<b>Touching ice with hands</b>	Touching the ice with the hand(s) is not allowed (except Choreographic Sliding Movement and Choreographic Character Step Sequence.).	
<b>Costume and prop</b>	<ul style="list-style-type: none"> <li>- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music</li> <li>- Man must wear full length trousers</li> <li>- <u>Lady is permitted to wear trousers</u></li> <li>- Accessories and props are not permitted</li> </ul>	<b>Costume and prop:</b>  Referee + Judges deduction -1.0 per program
<b>Illegal Elements</b>	Ref. To ISU Rule 710	<b>Technical Panel:</b> -2 per violation

<sup>4</sup> Gemäss den Anforderungen für die ISU Kategorie Senior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2371  
Selon les critères pour la catégorie ISU Senior mentionnés dans la communication ISU 2371 et des éventuelles clarifications en suite

## JUNIOREN / JUNIOR

RHYTHM DANCE JUNIOREN / JUNIOR – Required Elements 2021-22 <sup>5</sup>	
<p>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 2021/22, the following Rhythms were selected.</p>	
<p><b>Pattern Dance Element</b></p>	<ul style="list-style-type: none"> <li>● <b>Two (2) Sequences of the Blues:</b> range 86-90 beats <b>and skated to any of the announced rhythms</b></li> <li><b>1BL: Steps #1-17</b></li> <li><b>2BL: Steps #1-17</b></li> </ul> <ul style="list-style-type: none"> <li>→ <b>The (2) sequences of the Pattern Dance Element Blues (1BL and 2BL) must be skated to the same Street dance style and same tune.</b></li> <li>→ <b>Two (2) Sequences of Blues can be skated in any order, skated one after the other or separately and must be performed on opposite sides of the rink (Step #1 of each sequence must be skated on a different side of the ice surface). Sequence one of the Blues (1BL) to be skated on the side of the Judges.</b></li> </ul> <p>The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the chosen Rhythm.</p> <p><u>Note:</u> Excluding the Key Points, variation of Hold is permitted</p>
<p><b>Lift</b></p>	<p><b>One (1) Short Lift.</b> Up to 7 seconds.</p>
<p><b>Step Sequence</b></p>	<p><b>One (1) Step Sequence</b> in Hold or Not Touching or Combination of both (Style B) – Specifications to Style B, Rhythm Dance 2021-2022:</p> <ul style="list-style-type: none"> <li>- Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element.</li> <li>- Chosen pattern may ONLY be Midline or Diagonal</li> <li>- Stops – up to one (1) permitted for up to 5 seconds</li> <li>- Separations permitted, no more than 2 arms length</li> <li>- Touching the ice with controlled movements is allowed: <ul style="list-style-type: none"> <li>→ <b>Additional information about touching the ice:</b> <ul style="list-style-type: none"> <li>- Touching the ice with any part of the body during the Step Sequence Style B is allowed.</li> <li>- Performed only once by one or both partners (performed at the same time if performed by both partners)</li> <li>- May be included during a permitted stop or within any part of the Step Sequence.</li> <li>- Duration -&gt; up to a maximum of 5 seconds</li> </ul> </li> </ul> </li> </ul>

<sup>5</sup> Gemäss den Anforderungen für die ISU Kategorie Junior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2371 und 2393  
Selon les critères pour la catégorie ISU Junior mentionnés dans la communication ISU 2371 et 2393 et des éventuelles clarifications en suite



	<p><b>Not permitted:</b></p> <ul style="list-style-type: none"> <li>- <b>Retrogression – NOT permitted</b></li> <li>- <b>Loops NOT permitted</b></li> <li>- <b>Hand in hand hold – NOT permitted with fully extended arms</b></li> </ul>
<b>Sequential Twizzles</b>	<p><b>One (1) Set of Sequential Twizzles</b></p> <ul style="list-style-type: none"> <li>• At least two Twizzles for each partner</li> <li>• Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</li> <li>• <b>Must NOT</b> be in hold/contact/touch between Twizzles</li> </ul> <p><i>(Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles Level and Man Set of Twizzles Level and then applying the GOE)</i></p>

<b>RHYTHM DANCE JUNIoren / JUNIOR – Specifications/Restrictions <sup>6</sup></b>		<b>Violations</b>
<b>Duration</b>	<b>2 minutes 50 seconds +/- 10 seconds</b>	<b>Program time:</b> Referee deduction - 1.0 up to every 5 seconds lacking or in excess
<b>Music – General</b>	<ul style="list-style-type: none"> <li>• Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>• The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.</li> <li>• Only dance music with an audible rhythmic beat may be used.</li> <li>• The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program."</li> </ul>	<b>Music Requirements:</b>  Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat.
<b>Music – Specific to 2021-22 Season</b>	<p>For the season 2021/22, the following Rhythms were selected.</p> <p style="padding-left: 20px;">➔ Street Dance Rhythms: At least two different Rhythms from the following examples <b>hip hop, disco, swing, krump, popping, funk, etc., jazz, reggae (reggaeton) and blues</b></p> <p><u>Note:</u> To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</p> <p><b>Music Clarifications:</b> The chosen music must fit to the Street Dance "style" and a couple should show choreography and an interpretation of the appropriate Street Dance "style". The "style" of the dance should NOT reflect "traditional ballroom", including Latin dance rhythms. The Judges will consider incorrect choreography and/or interpretation in the scores for Components: Composition and</p>	Referee deduction -1.0 per program – violation of tempo specification

<sup>6</sup> Gemäss den Anforderungen für die ISU Kategorie Junior der folgenden ISU Communications und eventuellen späteren Ergänzungen: 2371 und 2393  
Selon les critères pour la catégorie ISU Junior mentionnés dans la communication ISU 2371 et 2393 et des éventuelles clarifications en suite

	Interpretation/Timing. It may also affect GOEs if elements do not reflect the character of the chosen Street Dance "style."	
<b>Pattern</b>	<ul style="list-style-type: none"> <li>For season 2021-22, 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 (Short Axis) of the barrier.</li> <li>Loops are permitted provided they do not cross the long axis</li> </ul> <p><u>In addition:</u></p> <ul style="list-style-type: none"> <li>the couple may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence and at the entry to Pattern Dance Element.</li> </ul>	<p><b>Choreography restrictions:</b> (Pattern/ Stops/ Separations/Touching ice with hands)</p> <p>Referee + Judges deduction - 1.0 per program</p>
<b>Stops</b>	<ul style="list-style-type: none"> <li>After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted</li> <li>A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop</li> </ul>	
<b>Separations</b>	<ul style="list-style-type: none"> <li>Partners must not separate except to change Hold or to perform Required Elements requiring a separation</li> <li>Distance allowed is maximum 2 arms lengths during such separations</li> <li>Change of hold and Turns as transitional elements must not exceed the duration of one measure of music.</li> <li>Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation</li> </ul>	
<b>Touching ice</b>	<p>Touching the ice with any part of the body is not permitted except during the Step Sequence Style B:</p> <p>→ <u>Additional informations about touching the ice:</u></p> <p><b>Step Sequence in Hold or Not Touching or Combination of both (Style B):</b></p> <ul style="list-style-type: none"> <li>Touching the ice with any part of the body to perform typical street dance movements during the Step Sequence Style B is allowed.</li> <li>A single movement or series of movements performed by one or both partners with a duration of not more than 5 secs per movement or series of movements may be included within any part of the Step Sequence including the permitted stop.</li> <li>Duration -&gt; up to a maximum of 5 seconds per each movement or movements (counted from the first moment either partner touches the ice with any part of the body)</li> </ul>	
<b>Costume and prop</b>	<ul style="list-style-type: none"> <li>Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.</li> <li>Man must wear full length trousers</li> <li>Lady is permitted to wear trousers</li> <li>Accessories and props are not permitted</li> </ul>	
<b>Illegal Elements/Movements</b>	Ref. To ISU Rule 709	<p><b>Costume and prop:</b></p> <p>Referee + Judges deduction -1.0 per program</p> <p>Technical Panel: -2 per violation</p>

<b>FREE DANCE JUNIOREN / JUNIOR – Required Elements 2021/22 <sup>7</sup></b>	
Rule 710, paragraph 2 provides that the list of Required Elements to be included in a Well Balanced Free Dance Program and the specific requirements for these elements are announced annually from the list of options provided in this Rule. For the season 2021/22 the Ice Dance Technical Committee have adopted the following specific Required Elements to be included in a Well Balanced Free Dance Program	
<b>Duration</b>	<b>3 minutes 30 seconds +/- 10 seconds</b>
<b>Dance Lift - Not more than</b>	<b>Two (2) Different Type Short Lift Or One (1) Combination Lift</b>
<b>Dance spin</b>	<b>One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2021/22</b>
<b>Step Sequence: Types: Straight line or Curve</b>	<ul style="list-style-type: none"> <li>● <b>1 Step Sequence in Hold (Style B) – Specifications to Style B, Free Dance 2021/22:</b> <ul style="list-style-type: none"> <li>- Retrogression : one (1) permitted – must not exceed two measures of music</li> </ul> </li> </ul> <p><b>Not permitted:</b></p> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Loops</li> <li>- Hand in hand hold with fully extended arms cannot be established</li> <li>- Separations of more than 2 arms length and/or exceeding 5 seconds</li> </ul> <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</p> <ul style="list-style-type: none"> <li>● <b>One (1) One Foot Step Sequence, Not-Touching</b> <ul style="list-style-type: none"> <li>- Turns performed on one foot by each partner and must be started with the first turn at the same time</li> </ul> </li> </ul> <p><i>(One Foot Step Sequence is evaluated as one unit by adding the Base Values of the Lady One Foot Step Sequence and Man One Foot Step Sequence and then applying the GOE.)</i></p>
<b>Synchronized Twizzles</b>	<p><b>One (1) Set of Synchronized Twizzles (FD variation) Specifications for Season 2021/22</b></p> <ul style="list-style-type: none"> <li>- At least two Twizzles for each partner, with a minimum 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)</li> <li>- Partners <b>must</b> be in contact at some point between the 1st and 2nd Twizzles</li> </ul> <p><i>(Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE).</i></p>
<b>Choreographic element</b>	<p><b>Two (2) different Choreographic Elements chosen from :</b></p> <ul style="list-style-type: none"> <li>- Choreographic Lift</li> <li>- Choreographic Spinning Movement</li> <li>- Choreographic Twizzling Movement</li> <li>- Choreographic Sliding Movement</li> <li>- Choreographic Character Step Sequence</li> </ul>

<sup>7</sup> Gemäss den Anforderungen für die ISU Kategorie Junior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2371  
Selon les critères pour la catégorie ISU Junior mentionnés dans la communication ISU 2371 et des éventuelles clarifications en suite

<b>FREE DANCE JUNIOREN / JUNIOR – Specifications / Restrictions <sup>8</sup></b>		<b>Violations</b>
<b>Duration</b>	<b>3 minutes 30 seconds +/- 10 seconds</b>	<b>Program time:</b> Referee deduction -1.0 up to every 5 seconds lacking or in excess
<b>Music</b>	<ul style="list-style-type: none"> <li>- Music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect</li> <li>- Music must have at least one obvious change of tempo/rhythm and expression. This change may be gradual or immediate, but in either case it must be obvious.</li> <li>- Music must be suitable for the Couple's skating skills and technical ability.</li> <li>- Music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>- Music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.</li> <li>- Music may be without audible rhythmic beat up to 10 seconds at beginning or end of program</li> <li>- Music may be without audible rhythmic beat up to 10 seconds during the program</li> </ul>	<b>Music Requirements:</b>  Referee + Judges deduction -2.0 per program
<b>Stops</b>	<ul style="list-style-type: none"> <li>- After clock started, couple must not remain on one place for more than 10 seconds</li> <li>- During program: unlimited full stops of 5 seconds max. are allowed</li> </ul>	<b>Choreography restrictions:</b>  (Stops/ Separations/Touching ice with hands)  Referee + Judges deduction 1.0 per program
<b>Separations</b>	<ul style="list-style-type: none"> <li>- Number of separations to execute transitional footwork or moves is not restricted;</li> <li>- Distance allowed is maximum 2 arms length during separations (except during Choreographic Character Step Sequence);</li> <li>- Duration of each separation (excluding Required Elements) is 5 seconds max;</li> <li>- Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation.</li> </ul>	
<b>Touching ice with hands</b>	Touching the ice with the hand(s) is not allowed (except Choreographic Sliding Movement and Choreographic Character Step Sequence.).	
<b>Costume and prop</b>	<ul style="list-style-type: none"> <li>- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music</li> <li>- Man must wear full length trousers</li> <li>- <u>Lady is permitted to wear trousers</u></li> <li>- Accessories and props are not permitted</li> </ul>	<b>Costume and prop:</b>  Referee + Judges deduction -1.0 per program
<b>Illegal Elements</b>	Ref. To ISU Rule 710	<b>Technical Panel:</b> -2 per violation

<sup>8</sup> Gemäss den Anforderungen für die ISU Kategorie Junior der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2371  
Selon les critères pour la catégorie ISU Junior mentionnés dans la communication ISU 2371 et des éventuelles clarifications en suite

**NACHWUCHS / CADETS<sup>9</sup> ; JUGEND / ESPOIRS<sup>10</sup> ; MINI / MINIMES<sup>11</sup>**

**NACHWUCHS / CADETS ; JUGEND / ESPOIRS ; MINI / MINIMES – General informations Pattern Dances 2021-22**

**MUSIC REQUIREMENTS FOR PATTERN DANCES**

- Rule 707, paragraph 5 provides that, in International Competitions, the current series of ISU Ice Dance music shall be used for the Pattern Dance unless the Ice Dance Technical Committee has decided that the music for one or several Pattern Dances is to be provided by the Couple, following certain requirements.
- For season 2020/21, Couples shall provide their own music for all Pattern Dances. According to Rule 707 paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a “Pattern Dances Program time” deduction according to Rule 353, paragraph 1. n) shall apply.
- The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dancing 2003) plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.
- Couples shall provide their own music for all Pattern Dances. May be ISU Ice Dance music (tune 1-5). Each team’s music for the official practice will be played for both Pattern Dances (Each couple skate the first Pattern Dance to their own music and then each couple skate the second dance to their own music)

**OTHER INFORMATIONS FOR PATTERN DANCES**

- All Pattern Dances will be skated in the order listed in the next board and must be performed with the first sequence executed in front of the judges’ stand. If not, the Referee will stop the couple and instruct them to restart on the correct side without deduction.
- The first Step of the dance must be on beat 1 of a measure.
- Warm-up 3 minutes, max 6 couples. The first 30 seconds are without music, followed by 2 minutes and 30 seconds of the 6th tune of the ISU Ice Dance music has to be played

**COMPONENTS FOR PATTERN DANCES**

<b>NACHWUCHS / CADETS</b>	<b>JUGEND / ESPOIRS</b>	<b>MINI / MINIMES</b>
For events with two Pattern Dances The total score for each PD will be multiplied by a factor of 1.0	For events with two Pattern Dances The total score for each PD will be multiplied by a factor of 0.75	For events with two Pattern Dances The total score for each PD will be multiplied by a factor of 0.5
Skating Skills Performance Interpretation Timing	Skating Skills Performance Timing	Skating Skills Performance Timing

<sup>9</sup> Gemäss den Anforderungen für die ISU Kategorie Advanced Novice der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2374  
Selon les critères pour les catégories ISU Advanced Novice mentionnés dans la communication ISU 2374 et des éventuelles clarifications en suite

<sup>10</sup> Gemäss den Anforderungen für die ISU Kategorie Intermediate Novice der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2374  
Selon les critères pour les catégories ISU Intermediate Novice mentionnés dans la communication ISU 2374 et des éventuelles clarifications en suite

<sup>11</sup> Gemäss den Anforderungen für die ISU Kategorie Basic Novice der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2374  
Selon les critères pour les catégories ISU Basic Novice mentionnés dans la communication ISU 2374 et des éventuelles clarifications en suite

<b>PATTERN DANCES 2021-22</b> <sup>12</sup>	
<b>NACHWUCHS / CADETS</b>	<p><b>Westminster Waltz &amp; Blues;</b> couples shall provide their own music for all Pattern Dances :</p> <ul style="list-style-type: none"> <li>- <b>Pattern Dance 1 : Westminster Waltz</b> – Music: Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute; Optional Pattern – 2 Sequences to be skated.</li> <li>- <b>Pattern Dance 2 : Blues</b> – Music: Blues 4/4; Tempo 22 measures of 4 beats (88 beats per minute) plus or minus 2 beats per minute Optional Pattern – 3 Sequences to be skated.</li> </ul>
<p><b>Key points Called to max Level 3</b></p> <p><b>Ref. to <u>ISU Advanced Novice category</u></b></p> <p>Key Points are described in ISU com. 2374</p>	
<b>JUGEND / ESPOIRS</b> <sup>13</sup>	<p><b>Foxtrot &amp; European Waltz or/oder Kilan &amp; Starlight Waltz ;</b> couples shall provide their own music for all Pattern Dances :</p> <ul style="list-style-type: none"> <li>- <b>Groupe 3 Pattern Dance 1 : Foxtrot</b> - Music: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute; Optional Pattern - 4 Sequences to be skated.</li> <li>- <b>Groupe 3 Pattern Dance 2 : European Waltz</b> – Music – Waltz 3/4; Tempo 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute; Set Pattern - 2 Sequences to be skated.</li> <li>- <b>Groupe 4 Pattern Dance 1 : Kilan</b> – March 2/4 and 4/4: 58 measures of 2 beats per minute and 29 measures of 4 beats per minute (116 beats per minute) plus or minus 2 beats per minute; Optional Pattern - 6 Sequences to be skated.</li> <li>- <b>Groupe 4 Pattern Dance 2 : Starlight Waltz</b> – Music: Waltz ¾; Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute; Set Pattern - 2 Sequences to be skated.</li> </ul>
<p><b>Key points called to max Level 2</b></p> <p><b>Ref. to <u>ISU Intermediate Novice category,</u></b></p> <p>Key Points are described in ISU com. 2374</p>	
<b>MINI / MINIMES</b> <sup>14</sup>	<p><b>2 from Foxtrot, Dutch Waltz and Rythme Blues;</b> couples shall provide their own music for all Pattern Dances</p> <ul style="list-style-type: none"> <li>- <b>Pattern Dance 1 : Foxtrot</b> - Music: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute; Optional Pattern - 4 Sequences to be skated.</li> <li>- <b>Pattern Dance 2 : Dutch Waltz</b> – Music: Waltz 3/4; Tempo (the same as “European Waltz”) 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute; Set Pattern - 2 Sequences to be skated.</li> <li>- <b>Pattern Dance 3 : Rythme Blues</b> – Music: Blues 4/4; Tempo 22 measures of 4 beats (88 beats per minute) plus or minus 2 beats per minute; Set Pattern - 3 Sequences to be skated.</li> </ul>
<p><b>No Key points called to max Level 1</b></p> <p><b>Ref. to <u>ISU Basic Novice category</u></b></p>	

<sup>12</sup> Gemäss den Anforderungen für die ISU Kategorie Novice der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2374

Selon les critères pour les catégories ISU Novice mentionnés dans la communication ISU 2374 et des éventuelles clarifications en suite

<sup>13</sup> Für die Swiss Cups und die Schweizermeisterschaften Jugend werden die zu laufenden 2 Pattern Dances im Voraus bestimmt und bekannt gegeben

Pour les Swiss Cups et les championnats Suisses Espoirs les 2 pattern dances à présenter seront déterminées et annoncées à l'avance

<sup>14</sup> Für die Swiss Cups und die Schweizermeisterschaften Mini werden die zu laufenden 2 Pattern Dances im Voraus bestimmt und bekannt gegeben

Pour les Swiss Cups et les championnats Suisses Minimes les 2 pattern dances à présenter seront déterminées et annoncées à l'avance

FREE DANCE – Required Elements 2021-22 <sup>15</sup>			
Catégorie	MINI / MINIMES	JUGEND / ESPOIRS	NACHWUCHS / CADETS
Levels	Call to maximum Level 1	Call to maximum Level 2	Call to maximum Level 3
Lifts	—	<b>Maximum 1 Short Lift</b> Maximum 7 seconds each Choice of Straight line, Curve, Stationary or Rotational lift	<b>Maximum 1 Short Lift</b> Maximum 7 seconds each Choice of Straight line, Curve, Stationary or Rotational lift
Dance Spin	1	1	1
Step Sequence	—	—	<b>1 Style B:</b> Circular or Serpentine, Midline or Diagonal Performed in Hold <b>Specifications to Style B, Free Dance 2021-22:</b> Retrogression : one (1) permitted – must not exceed two measures of music <b>Not permitted:</b> - <b>Stops</b> - <b>Loops</b> - <b>Hand in hand hold with fully extended arms cannot be established</b> - <b>Separations of more than 2 arms length and/or exceeding 5 seconds</b> The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
Synchronized Twizzles (FD Variation)	1	1	1
	<ul style="list-style-type: none"> <li>- <b>At least two Twizzles</b> for each partner, with a minimum 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)</li> <li>- Partners <b>must</b> be in contact at some point between the 1st and 2nd Twizzles</li> </ul> <p><i>(Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE).</i></p>		
Choreographic Element	<b>Two (2) Choreographic Elements:</b> <ul style="list-style-type: none"> <li>• <b>One (1)</b> of which <b>must</b> be a Choreographic Character Step Sequence <u>And</u></li> <li>• <b>One (1)</b> additional chosen from: <ul style="list-style-type: none"> <li>- Choreographic Lift</li> <li>- Choreographic Spinning Movement</li> <li>- Choreographic Twizzling Movement</li> <li>- Choreographic Sliding Movement</li> </ul> </li> </ul>	<b>Two (2) Choreographic Elements:</b> <ul style="list-style-type: none"> <li>• <b>One (1)</b> of which <b>must</b> be a Choreographic Character Step Sequence <u>And</u></li> <li>• <b>One (1)</b> additional chosen from: <ul style="list-style-type: none"> <li>- Choreographic Lift</li> <li>- Choreographic Spinning Movement</li> <li>- Choreographic Twizzling Movement</li> <li>- Choreographic Sliding Movement</li> </ul> </li> </ul>	<b>Two (2) Choreographic Elements</b> chosen from : <ul style="list-style-type: none"> <li>- Choreographic Character Step Sequence</li> <li>- Choreographic Lift</li> <li>- Choreographic Spinning Movement</li> <li>- Choreographic Twizzling Movement</li> <li>- Choreographic Sliding Movement</li> </ul>

<sup>15</sup> Gemäss den Anforderungen für die ISU Kategorie Novice der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2374  
Selon les critères pour les catégories ISU Novice mentionnés dans la communication ISU 2374 et des éventuelles clarifications en suite

Note: For Basic Novice and Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.



<b>FREE DANCE – General Informations 2021-22 <sup>16</sup></b>			
<b>Category</b>	<b>MINI / MINIMES</b>	<b>JUGEND / ESPOIRS</b>	<b>NACHWUCHS / CADETS</b>
<b>Duration of Free Dance</b>	2 minutes (+/- 10 seconds)	2 minutes 30 seconds (+/- 10 seconds)	3 minutes (+/- 10 seconds)
	<b>Program time:</b> <b>Referee deduction:</b> -0.5 up to every 5 sec lacking or in excess		
<b>Duration of Warm-up</b>	Free Dance (All Novice categories): three (3) minutes, maximum five (5) Couples.		
<b>Components Factors 1.0</b>	<ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• Interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Performance</li> <li>• Interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Skating Skills</li> <li>• Transition</li> <li>• Performance</li> <li>• Interpretation</li> </ul>
<b>Music</b>	<ul style="list-style-type: none"> <li>• All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect</li> <li>• Must have at least one obvious change of tempo/rhythm and expression; this change may be gradual or immediate but in either case it must be obvious</li> <li>• Must be suitable for the couple's skating skills and technical ability</li> <li>• May be vocal and must be suitable for ice dance as a sport discipline</li> <li>• Must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone</li> <li>• May be without an audible rhythmic beat for up to 10 seconds at beginning or end of the program</li> <li>• May be without an audible rhythmic beat for up to 10 seconds during the program</li> </ul>		<b>Music Requirements:</b>  Referee + Judges Deduction: <u>-1.0</u> per program
<b>Stops</b>	<ul style="list-style-type: none"> <li>• After the clock is started with the first movement, couple must not remain in one place for more than 10 seconds</li> <li>• During the program, unlimited full stops of up to five (5) seconds are allowed</li> </ul>		<b>Choreography restrictions:</b>  Applied to violations outside of elements  Referee + Judges Deduction: <u>-0.5</u> per program
<b>Separations</b>	<ul style="list-style-type: none"> <li>• The number of separations to execute transitional footwork or moves is unrestricted</li> <li>• Distance allowed is maximum 2 arms length apart during separations (except during Choreographic Character Step Sequence)</li> <li>• Duration of each separation (excluding Required Elements) can be no more than 5 seconds</li> <li>• Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation</li> </ul>		
<b>Touching ice with hand(s)</b>	<ul style="list-style-type: none"> <li>• Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence)</li> </ul>		
<b>Illegal Elements</b>	Ref. To ISU Rule 710		<b>Technical Panel :</b> <b>-1.0 per violation</b>

<sup>16</sup> Gemäss den Anforderungen für die ISU Kategorie Novice der folgenden ISU Communication und eventuellen späteren Ergänzungen: 2374  
 Selon les critères pour les catégories ISU Novice mentionnés dans la communication ISU 2374 et des éventuelles clarifications en suite

## Others informations and Links - ISU Rules, Communications and Technical Resources

You will find :

- **Calling specifications and Levels of Difficulty** for Required Elements (Novice, Junior, Senior)
- **Marking guide for Grades of Execution of Required Elements and Pattern Dances** (Novice, Junior, Senior)
- **Marking guide for Components** for Rhythm Dance (Junior, Senior) and Free Dance (Novice, Junior, Senior)

→ In the [ISU Communication 2393](#)

### Links to ISU Rules, Communications and Technical Resources

- [ISU Special Regulations & Technical Rules Singles & Pair Skating and Ice Dance 2018](#)
- [ISU Communication 2371](#)
- [ISU Communication 2374](#)
- [ISU Communication 2393](#)

Zum Zeitpunkt der Veröffentlichung basieren die in diesem Leitfaden zitierten Regeln auf den geltenden ISU Rules. Bitte beziehen Sie sich immer auf diese ISU Rules, um jederzeit die vollständigen und maßgeblichen Regeln zu kennen.

À la date de publication, les règles citées dans ce guide sont basées sur les règles de l'ISU en vigueur. Veuillez toujours vous référer à ces règles ISU en vigueur afin de connaître les règles complètes et faisant autorité à tout moment.