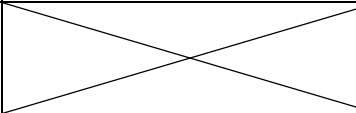


ICE SKATING AUSTRALIA 2023 /2024 Adult Dance Requirements (April 2023)

<https://www.isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/31140-technical-requirements-season-2023-24/file>

Without Key points	PATTERN DANCE	Number of Sequences to skate	Number of Sections per Sequence	Section Steps
BRONZE	(8) European Waltz	2	1	1 to 18
	(27) Tango Canasta	3	1	1 to 14
SILVER	(9) American Waltz	2	1	1 to 16
	(21) Paso Doble	3	1	1 to 28
GOLD	(29) Argentine Tango	2	1	1 to 31
	(32) Blues	3	1	1 to 17
MASTERS and MASTERS ELITE	(11) Viennese Waltz	3	1	1 to 24
	(29) Argentine Tango	2	1	1 to 31
The points for each Program Component are multiplied by a factor of 1.17				
The total score for each dance will be multiplied by a factor of 0.5.				

ADULT DANCE FREE DANCE ELEMENTS	LIFTS	CHOREO/STEP SEQUENCE	DANCE SPIN	TWIZZLES
BRONZE 1 minute 50 seconds +/- 10 seconds	One (1) Short Lift Maximum Level 1	Utilising at least half of the ice	Maximum of one (1) Dance Spin.	
SILVER 2 minutes 30 seconds +/- 10 seconds	One (1) Short Lift Maximum Level 2	One (1) Circular Step Sequence, in hold. Style B	(Combination Spin not permitted in Bronze)	
GOLD 3 minutes +/- 10 seconds	One (1) Combination Lift and one (1) Short Lift	One (1) Diagonal Step Sequence, in hold. Style B	A spin performed by the Couple together in any hold. To be performed on the spot around a common axis on one foot or with change(s) of foot by one or both partners.	One (1) set of Synchronized Twizzles FD variation Minimum of two twizzles for each partner with a minimum of 2 and up to 4 steps between the 1 st and 2 nd twizzles
MASTERS 3 minutes +/- 10 seconds	OR			
ELITE 3 minutes +/- 10 seconds	Three (3) different types of Short Lift			
The points for each Program Component are multiplied by a factor of 2.0				