

ICE SKATING AUSTRALIA SOLO ICE DANCE - NON ISU CATEGORIES

DOMESTIC COMPETITION GUIDELINES

1 July 2023 to 30 June 2024

Refer also to relevant Ice Skating Australia By-Laws

- General Information
- Music requirements for Pattern Dances
- Pattern Dances for domestic competitions
- Required Elements for Free Dance
- Technical requirements for Solo Ice Dance

1. GENERAL INFORMATION 2023/2024

Category	Preliminary	Elementary	Adult Bronze	Adult Silver	Adult Gold	Adult Masters	Adult Masters Elite
Age restrictions for Australian competitions	N/A	N/A	Have reached the age of 18 years before July 1 preceding the competition	Have reached the age of 18 years before July 1 preceding the competition	Have reached the age of 18 years before July 1 preceding the competition	Have reached the age of 18 years before July 1 preceding the competition	Have reached the age of 18 years before July 1 preceding the competition
Test requirements	Passed Preliminary Pattern Skills Test	Passed Elementary Ice Dance Test (solo or recreational) A skater who has passed Elementary Pattern Skills Test is required to pass the Elementary Solo Ice Dance test ONLY. (No requirement to pass the Preliminary Solo Ice Dance Test)	Passed Basic Novice Ice Dance Test (solo, competitive or recreational) A skater who has passed the Basic Novice Pattern Skills test is required to pass the Basic Novice Solo Ice Dance test ONLY. (No requirement to pass the Preliminary and Elementary Solo Ice Dance Tests)	Passed Advanced Novice Ice Dance Test (solo, competitive or recreational) A skater who has passed the Advanced Novice Pattern Skills test is required to pass the Advanced Novice Solo Ice Dance test ONLY. (No requirement to pass the Preliminary, Elementary and Basic Novice Solo Ice Dance Tests)	Passed Junior Ice Dance Test (solo or competitive) A skater who has passed the Junior Pattern Skills test AND/OR the Advanced Novice Pattern Dance (Recreational) Test is required to pass the Junior Solo Ice Dance test ONLY. (No requirement to pass the Preliminary, Elementary, Basic Novice, Intermediate Novice and Advanced Novice Solo Ice Dance Tests)		
DEDUCTIONS FOR ALL NON ISU CATEGORIES ARE AS PER ISA DEDUCTIONS DEFINED FOR PARTNERED COMPETITIONS AND ARE ALL HALF THE NORMAL DEDUCTIONS FOR JUNIOR/SENIOR.							

General information for NON ISU CATEGORIES	
<p>Technical Panel identifies Sequences/Sections of the Pattern Dances without Key Points and evaluates up to level 1</p> <p>Technical Panel identifies and calls falls.</p> <p>Judges evaluate the Pattern Dance with a GOE for each sequence/section</p>	
Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed
All skaters will skate the same steps as prescribed in the Pattern Dance Appendix.	
MUSIC REQUIREMENTS FOR PATTERN DANCES	
<p>For the 2023/2024 season skaters shall provide their own music for all Pattern Dances, it may be ISU Ice Dance music (tunes 1-5, excluding the last tune). According to ISU Rule 707 paragraph 6: After the completion of the last step of the Pattern Dance, the skater must reach the 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.</p> <p>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.</p>	
Costume Requirements	
Solo Ice Dance will follow all costume rules and requirements as stated for Ice Dance in the 2023-2024 season in ISU Rule 501, para 1 - Women are permitted to wear trousers. Trousers may be any length - Accessories and props are not permitted	

Solo Ice Dance events shall consist of:

- Preliminary 1 Pattern Dance and Free Dance
- Elementary 1 Pattern Dance and Free Dance
- Adult Categories 1 Pattern Dance and Free Dance

2. PATTERN DANCES

Pattern Dances will be announced annually by ISA.

	Pattern Dance	# of sequences	Music	Pattern	Components/ Factors	Warm up Music
Preliminary No Key Points Called to maximum Level 1	Tango Canasta	3 sequences	Rhythm Tango 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor 1.0	The 6th (last) tune of the Tango Canasta ISU Ice Dance music
Elementary No Key Points Called to maximum Level 1	Swing Dance	2 sequences (A Steps - formerly Woman's steps)	Rhythm: Foxtrot 4/4; Tempo 20 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern		The 6th (last) tune of the Swing Dance ISU Ice Dance music
Adult Bronze No Key Points Called to maximum Level 1	Tango Canasta	3 sequences	Rhythm Tango 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern		The 6th (last) tune of the Tango Canasta ISU Ice Dance music
Adult Silver No Key Points Called to maximum Level 1	American Waltz	2 sequences Combination of A Steps (formerly Woman's steps) and B Steps (formerly Man's steps).	Rhythm: Waltz 3/4, Tempo 66 measures of 3 beats per minute (198 beats per minute) plus or minus 3 beats per minute.	Set Pattern		The 6th (last) tune of the American Waltz ISU Ice Dance music
Adult Gold No Key Points Called to maximum Level 1	Argentine Tango	2 sequences, Combination of A Steps (formerly Woman's steps) and B Steps (formally Man's steps)	Rhythm: Tango 4/4, Tempo 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute.	Set Pattern		The 6th (last) tune of the Argentine Tango ISU Ice Dance music
Adult Masters and Masters Elite No Key Points Called to maximum Level 1	Viennese Waltz	3 sequences A Steps (formerly Woman's steps)	Rhythm: Waltz 3/4, Tempo 52 measures of 3 beats per minute (156 beats per minute) plus or minus 3 beats per minute.	Optional Pattern		The 6th (last) tune of the Viennese Waltz ISU Ice Dance music

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater 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.**

3. FREE DANCE REQUIREMENTS

NOTE: WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM, THE MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT.

Music must have a change of tempo and/or expression.

PRELIMINARY	DANCE SPIN	TWIZZLE	CHOREOGRAPHIC ELEMENT
Three (3) Elements	One (1)	One (1)	One (1)
1.20 +/- 10 sec NO vocal music Max Level 1 Fall deduction 0.5 per fall	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spin or Spin with Flying Entry are NOT permitted.	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	<ul style="list-style-type: none"> ● Choreographic Edge element ● Choreographic Spinning movement ● Choreographic Twizzling movement ● Choreographic Sliding movement ● Choreographic Character Step Sequence performed on the Short Axis
ELEMENTARY	DANCE SPIN	TWIZZLE	CHOREOGRAPHIC ELEMENT
Four (4) Elements	One (1)	One (1)	Two (2)
1.30 +/- 10 sec NO vocal music Max Level 1 Fall deduction 0.5 per fall	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spin or Spin with Flying Entry are NOT permitted.	One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	One of which MUST be a Choreographic Edge Element PLUS one chosen from: <ul style="list-style-type: none"> ● Choreographic Spinning movement ● Choreographic Twizzling movement ● Choreographic Sliding movement ● Choreographic Character Step Sequence performed on the Short Axis

Note: For Elementary (FD), if a Choreographic Edge Element is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced requirements received (*) symbol. The Choreographic Edge Element performed as a subsequent Choreographic Element shall not be identified.

ADULT BRONZE FREE DANCE	EDGE ELEMENT	DANCE SPIN	CHOREOGRAPHIC STEP SEQUENCE	TWIZZLE	
Four (4) Elements	One (1)	One (1)	One (1)	One (1)	
1.30 +/-10 sec Vocal music allowed Max Level 1 Fall deduction 0.5 per fall	One (1) Short Edge Element	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spin or Spin with Flying Entry are NOT permitted.	One (1) Choreographic step sequence <u>performed on the short axis.</u> Not permitted elements: <u>Touching the ice</u> <u>with any other part of the body than the</u> <u>blades,</u> stops, pattern retrogressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.	One (1) set of sequential twizzles.	
ADULT SILVER FREE DANCE	EDGE ELEMENT	DANCE SPIN	CHOREOGRAPHIC STEP SEQUENCE	TWIZZLE	CHOREOGRAPHIC ELEMENT
Five (5) Elements	One (1)	One (1)	One (1)	One (1)	One (1)
1.50 +/- 10 sec Vocal music allowed Max Level 2 Fall deduction 0.5 per fall	One (1) Short Edge Element Maximum 7 seconds	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spin or Spin with Flying Entry are NOT permitted.	One (1) Choreographic step sequence <u>performed on the short axis.</u> Not permitted elements: <u>Touching the ice</u> <u>with any other part of the body than the</u> <u>blades,</u> stops, pattern retrogressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.	One (1) set of sequential twizzles.	CHOSEN FROM <ul style="list-style-type: none"> ● Choreographic Spinning Movement ● Choreographic Twizzling Movement ● Choreographic Sliding Movement

ADULT GOLD FREE DANCE	EDGE ELEMENT	DANCE SPIN	STEP SEQUENCE	TWIZZLE	CHOREOGRAPHIC ELEMENT
Five (5) Elements	One (1)	One (1)	One (1)	One (1)	One (1)
2.20 +/- 10 sec Vocal music allowed Max Level 3 Fall deduction 0.5 per fall	One (1) Short Edge Element Maximum 7 seconds	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spin or Spin with Flying Entry are NOT permitted.	One (1) Style B, Midline, Diagonal OR Circular Retrogression - one (1) permitted – must not exceed two measures of music Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.	One (1) set of sequential twizzles.	CHOSEN FROM <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement • Choreographic Sliding Movement

ADULT MASTERS AND MASTERS ELITE FREE DANCE	EDGE ELEMENT	DANCE SPIN	STEP SEQUENCE	TWIZZLE	CHOREOGRAPHIC ELEMENT
Six (6) Elements	1	1	1	1	2
2.20 +/- 10 seconds Vocal music allowed Max Level 4 Fall deduction 0.5 per fall	One (1) short edge element Maximum 7 seconds	One (1) Dance Spin - Specifications for Season 2023/24 Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spin or Spin with Flying Entry are NOT permitted.	One (1) Style B, Midline, Diagonal OR Circular Retrogression - one (1) permitted – must not exceed two measures of music Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.	One (1) set of Sequential Twizzles.	One (1) Choreographic step sequence <u>performed on the short axis.</u> AND One (1) additional chosen from: <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement • Choreographic Sliding Movement