

Ice Dance Warm Up and Program Times (June 2024)

Warm Up	Time	Numbers	Official Practice
Pattern Dance Preliminary to Advanced Novice, partnered Preliminary to Intermediate Novice, solo	30 Seconds without music followed by 2 minutes and 30 seconds of the last ISU Tune (usually Tune 6).	Maximum 6 couples or 8 solo skaters	Each competitor's music for both Pattern Dances is be played at the official practice. (Each skate the first Pattern Dance to their own music and then each skate the second Pattern Dance to their own music).
Pattern Dance All Adult categories, partnered Advanced Novice and all Adult categories, solo		Maximum 5 couples or 6 solo skaters	
Free Dance Preliminary to Intermediate Novice; solo and partnered	3 minutes	Maximum 6 couples or 8 solo skaters	Each competitor's music is played at the official practice.
Rhythm Dance and Free Dance Advanced Novice, Junior, Senior, all Adult categories; solo and partnered	5 minutes	Maximum 5 couples or 6 solo skaters	

Free Dance Program Times	Solo Ice Dance	Partnered Ice Dance
Preliminary	1 minute and 20 seconds +/- 10 seconds	1 minute and 30 seconds +/- 10 seconds
Elementary	1 minute and 30 seconds +/- 10 seconds	2 minutes +/- 10 seconds
Basic Novice	1 minute and 30 seconds +/- 10 seconds	2 minutes +/- 10 seconds
Intermediate Novice	1 minute and 50 seconds +/- 10 seconds	2 minutes and 30 seconds +/- 10 seconds
Advanced Novice	2 minutes and 20 seconds +/- 10 seconds	3 minutes +/- 10 seconds
Junior	3 minutes +/- 10 seconds	3 minutes and 30 seconds +/- 10 seconds
Senior	3 minutes and 10 seconds +/- 10 seconds	4 minutes +/- 10 seconds
Adult Bronze	1 minute and 30 seconds +/- 10 seconds	1 minute and 50 seconds +/- 10 seconds
Adult Silver	1 minute and 50 seconds +/- 10 seconds	2 minutes and 30 seconds +/- 10 seconds
Adult Gold, Masters and Masters Elite	2 minutes and 20 seconds +/- 10 seconds	3 minutes +/- 10 seconds

Rhythm Dance Program Times		
Junior, Senior, Adult; solo and partnered	2 minutes and 50 seconds +/- 10 seconds	