

ID26-01T-V1 ISA Preliminary to Senior Ice Dance 2026-2027 (July 2026)

Without Key Points PC Factor 0.7	Pattern Dance (PD) (in skating order)	Number of Sequences to skate	Number of Sections per Sequence	Section Steps and Factors
PRELIMINARY PATTERN DANCE	(29) Tango Canasta	2 (1 round)	1	1 to 14 (PD Factor 1.0)
ELEMENTARY PATTERN DANCE	(6) Swing Dance	2 (1 round)	1	1 to 15 (PD Factor 0.5)
	(33) Rhythm Blues	2 (1 round)	1	1 to 16 (PD Factor 0.5)

Refer to ISU Communication 2794 for Novice Pattern Dance information				
BASIC NOVICE PATTERN DANCE	Without Key Points, up to Level 2		PD Factor 0.5 per dance	PC Factor 0.7
All except ISA Member Championships	(8) Willow Waltz	2 (1 round)	1	1 to 22
	(17) Hickory Hoedown	2 (1 round)	1	1 to 23
ISA Member Championships	(17) Hickory Hoedown	2 (1 round)	1	1 to 23
	(28) Tango Fiesta	2 (1 round)	1	1 to 14
AFSC and International Competitions	Two Dances chosen from (8) Willow Waltz, (17) Hickory Hoedown and (29) Tango Fiesta, drawn before first practice on site.			
INTERMEDIATE NOVICE PATTERN DANCE	Two Key Points, up to Level 3		PD Factor 0.75 per dance	PC Factor 0.7
All except ISA Member Championships	(1) Fourteenstep	4 (2 rounds)	1	1 to 14
	(2) Foxtrot	2 (1 round)	1	1 to 14
ISA Member Championships	(2) Foxtrot	2 (1 round)	1	1 to 14
	(10) American Waltz	2 (1 round)	1	1 to 16
AFSC and International Competitions	Two dances chosen from (1) Fourteenstep, (2) Foxtrot and (10) American Waltz drawn before first practice on site.			
ADVANCED NOVICE PATTERN DANCE	Three Key Points, up to Level 4		PD Factor 1.0 per dance	PC Factor 0.93
All competitions	(23) Paso Doble plus one Choreographic Element*	2 (2 rounds)	1	1 to 28
	(34) Blues	2 (1 round)	1	1 to 17

*Must NOT be performed between the Paso Doble sequences

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RHYTHM DANCE	JUNIOR 2 minutes and 50 seconds (+/-) 10 seconds	SENIOR 2 minutes and 50 seconds (+/-) 10 seconds
PC Factor 1.33	Refer to ISU Communication 2795 for Rhythm Dance information including further requirements on all elements	
PATTERN DANCE	The theme and music for the Junior and Senior Rhythm Dance for the 2026/27 season is "Rhythm and Waltz." Any style of waltz is permitted, from traditional forms to modern interpretations. At least one (1) additional rhythm, tempo and dance style must be included to support the chosen concept or theme. One (1) Sequence of the Westminster Waltz evaluated as two (2) sections Skated/performed to any Waltz dance music/dance style(s) with a constant tempo: minimum 54 three-beat measures per minute; 162 beats per minute, skated in 3/4 time or 6/8 time. Duration: any exact number of musical phrases 1WW (Steps #1 – 12) followed by 2WW (Steps #13– 22) The first step of the dance must be skated on beat one of a musical phrase and started to the left of the Judges Pattern/Step Requirement: Starting with Step #1 of 1WW skated at the Judges' left side. Holds: Variation of Holds throughout, except extended Hand in Hand, are permitted. Tracking: Tracking between partners is optional.	A section of the Golden Waltz Pattern Dance, 1GW. Starting with step 33, including the restart, and concluding with step 20. Rhythm: skated/performed to any Waltz dance music/dance style(s) with a consistent tempo: minimum 62 three-beat measures per minute; 186 beats per minute, skated in 3/4 time or 6/8 time Duration: The first step of the dance must be skated on beat one. Pattern/Step Requirement: Started from Woman's step 33 (LFO) and Man's step 33 (LFO3/LBI3) on the Judge's right side, past the short axis Hold(s): Must remain in contact at all times, even during changes of Holds Tracking: Tracking between partners is optional except during Key Points. Creative Dance Element (CDE) - Performed in contact, may include Hand in Hand with fully extended arms. Skated to any dance rhythm/dance style Requirements: - Refer to ISU Communication 2795 for full description Touching the ice with hands is permitted
DANCE LIFT	Maximum one (1) Short Lift (up to 8 seconds)	
STEP SEQUENCE	One (1) Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance: Skated to any dance rhythm/style - Chosen pattern may ONLY be Circular clockwise (Senior) and Midline or Diagonal (Junior) - Skated no more than 2 arm lengths apart - Touching the ice with hands is not permitted - Stops – up to one (1) permitted for no more than 5 seconds (this will count as one of the permitted stops, must be performed Not Touching). Not permitted: - Loop(s), Retrogression(s)	
SEQUENTIAL TWIZZLES	One (1) Set of Sequential Twizzles At least two twizzles for each partner and must not be in contact between Twizzles Up to 1 step between Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.	

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PRELIMINARY FREE DANCE	DANCE SPIN	TWIZZLES	CHOREOGRAPHIC ELEMENT
PC Factor 1.0	One (1)	One (1)	One (1) chosen from:
1:30 +/- 10 secs NO vocal music IJS Level – Preliminary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 410	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 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) - Partners may be in contact at some point between the 1st and 2nd Twizzles.	- Choreographic Character Step Sequence - Choreographic Lift - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement

ELEMENTARY FREE DANCE	DANCE SPIN	TWIZZLES	CHOREOGRAPHIC ELEMENT
PC Factor 1.0	One (1)	One (1)	Two (2)
2:00 +/- 10 secs NO vocal music IJS Level – Elementary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 411	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 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) - Partners may be in contact at some point between the 1st and 2nd Twizzles.	One (1) of which must be a Choreographic Lift plus one (1) additional chosen from: - Choreographic Character Step Sequence - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement

BASIC NOVICE FREE DANCE	DANCE SPIN	TWIZZLES	CHOREOGRAPHIC ELEMENT
PC Factor 1.0	One (1)	One (1)	Two (2)
2:00 +/- 10 secs Vocal music permitted IJS Level – Basic Novice Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2794	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 Sequential Twizzles At least two Twizzles for each partner and must not be in contact between Twizzles. Up to 2 steps between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from: - Choreographic Lift - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement

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INTERMEDIATE NOVICE FREE DANCE	LIFT	DANCE SPIN	TWIZZLES	CHOREOGRAPHIC ELEMENT
PC Factor 1.0	One (1)	One (1)	One (1)	Two (2) different
2:30 +/- 10 secs Vocal music permitted IJS Level – Intermediate Novice Max Level 2 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2794	No more than one (1) Short Lift Maximum 7 seconds Choice of Straight line, Curved, Stationary or Rotational Lift	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 Sequential Twizzles At least two Twizzles for each partner and must not be in contact between Twizzles. Up to 2 steps between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from: • Choreographic Lift • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement

ADVANCED NOVICE FREE DANCE	LIFT	DANCE SPIN	STEP SEQUENCE	TWIZZLES	CHOREOGRAPHIC ELEMENT
PC Factor 1.33	One (1)	One (1)	One (1)	One (1)	Two (2) different
3:00 +/- 10 secs Vocal music permitted IJS Level – Advanced Novice Max Level 3 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2794	No more than one (1) Short Lift Maximum 7 seconds Choice of Straight line, Curved, Stationary or Rotational Lift	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.	Style B Straight Line (midline or diagonal) Performed in prescribed holds	One (1) set of Sequential Twizzles At least two Twizzles for each partner and must not be in contact between Twizzles. Up to 2 steps between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	Chosen from: • Choreographic Character Step Sequence • Choreographic Lift • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement The type of Choreographic Element attempted in the PD Paso Doble cannot be repeated in the FD.

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	JUNIOR FREE DANCE 3 minutes and 30 seconds (+/-) 10 seconds	SENIOR FREE DANCE 4 minutes (+/-) 10 seconds
PC Factor 2.00	Refer to ISU Communication 2795 for Free Dance information including further requirements on all elements	
DANCE LIFT Not more than	Two (2) Different Types of Short Lift up to 8 seconds OR One (1) Combination Lift up to 13 seconds The Lift type performed in the RD may not be repeated in FD unless performed within one part of a Combination Lift	Three (3) Different Type Short Lift up to 8 seconds OR One (1) Short Lift and One (1) Combination Lift up to 13 seconds (Short Lift must be a different type than in the Combination Lift) The Lift type performed in the RD may not be repeated in FD unless performed within one part of a Combination Lift
DANCE SPIN	• One (1) Dance Spin A spin skated 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. For season 2026-27, Exit Feature is not considered for Level.	
STEP SEQUENCE – Types: Straight Line or Curve	• One (1) Step Sequence in Hold (Style B) Not Permitted –Stops, Loops, Retrogression, Hand in hand hold with fully extended arms cannot be established, separations of more than 2 arm lengths and/or exceeding 5 seconds The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Must be a different shape to the ChSt if that is chosen as one of the Choreographic elements	
One (1) ONE FOOT TURNS SEQUENCE	• One (1) One Foot Turns Sequence FD Option - Not touching Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time.	
	One (1) One Foot Turns Sequence Not Touching Not performing the Twizzle as the last turn will be considered as a positive feature for the GOE.	One (1) One Foot Turns Sequence with Contact/Hold A minimum of two of the turns must be performed in hold The Twizzle performed in hold is not considered for level. Twizzle performed as the last turn is not considered for the level.
SYNCHRONIZED TWIZZLES	One (1) Set of Synchronized Twizzles At least 2 Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd twizzles.	One (1) Set of Synchronized Twizzles - At least 3 Twizzles for each partner; minimum 4 rotations per twizzle with a minimum 2 steps and up to 4 steps between 1 st and 2 nd twizzles; up to 1 step between 2 nd and 3 rd twizzles. Different entry edge and different direction of rotation for two of the Twizzles.
	Each push including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step. Partners may be in contact at some point between the 1st and 2nd Twizzles. The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.	
CHOREOGRAPHIC ELEMENT	Two (2) different Choreographic Elements chosen from: Choreographic Assisted Jump Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement Choreographic Lift Choreographic Sliding Movement Choreographic Spinning Movement Choreographic Twizzling Movement	