

**ICE SKATING AUSTRALIA Adult Solo Ice Dance 2024/2025 (July 2024)**

**For Adult Bronze Solo Pattern Dance, refer to ISA Domestic Solo Ice Dance Competition Guidelines 2024/2025**

Program Components Factor 0.7	<b>PATTERN DANCE</b>	<b>NO OF SEQUENCES TO SKATE</b>	<b>NO OF SECTIONS/SEQUENCE</b>	<b>SECTION STEPS</b>
	<b>(in skating order)</b>	Without Key Points, up to Level 1		1.0 for one dance
<b>ADULT BRONZE SOLO PATTERN DANCE</b>	(29) Tango Canasta	3	1 A Steps only	1 to 14

**For Adult Silver and above Solo Free Dance, refer to <https://www.isu.org/docman-documents-links/isu-files/event-documents/adult-figure-skating/related-documents-1/33950-iafsc-technical-announcement-2024-25/file>**

Program Components Factor 0.7	<b>PATTERN DANCE</b>	<b>NO OF SEQUENCES TO SKATE</b>	<b>NO OF SECTIONS/SEQUENCE</b>	<b>SECTION STEPS</b>
	<b>(in skating order)</b>	Without Key Points, up to Level 1		0.5 per dance
<b>ADULT SILVER SOLO PATTERN DANCE</b>	(1) Fourteenstep	4	1 A Steps only	1 to 14
	(29) Tango Canasta	3	1 A Steps only	1 to 14

Program Components Factor 0.7	<b>PATTERN DANCE</b>	<b>NO OF SEQUENCES TO SKATE</b>	<b>NO OF SECTIONS/SEQUENCE</b>	<b>SECTION STEPS</b>
	<b>(in skating order)</b>	One Key Point, up to Level 2		0.75 per dance
<b>ADULT GOLD SOLO PATTERN DANCE</b>	(2) Foxtrot	4	Sequences 1 and 3 – A Steps Sequences 2 and 4 – B Steps	1 to 14
	(9) European Waltz	2	Sequence 1 – A Steps Sequence 2 – B Steps	1 to 18

Program Components Factor 0.93	<b>PATTERN DANCE</b>	<b>NO OF SEQUENCES TO SKATE</b>	<b>NO OF SECTIONS/SEQUENCE</b>	<b>SECTION STEPS</b>
	<b>(in skating order)</b>	Two Key Points, up to Level 3		1.0 per dance
<b>ADULT MASTERS and ADULT MASTERS ELITE SOLO PATTERN DANCE</b>	(3) Rocker Foxtrot	4	Sequences 1 and 3 – A Steps Sequences 2 and 4 – B Steps	1 to 14
	(12) Starlight Waltz	2	Sequence 1 – A Steps Sequence 2 – B Steps	Section 1: Steps 1 to 17 Section 2: Steps 18 to 32

**ICE SKATING AUSTRALIA Adult Solo Ice Dance 2024/2025 (July 2024)**

**For all Adult Solo Free Dance, refer to ISA Domestic Solo Ice Dance Competition Guidelines 2024/2025**

<b>ADULT BRONZE SOLO FREE DANCE</b>	<b>EDGE ELEMENT</b>	<b>DANCE SPIN</b>	<b>CHOREOGRAPHIC STEP SEQUENCE</b>	<b>TWIZZLE</b>
<b>Four (4) Elements</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>
<p>1.30 +/-10 sec</p> <p>Vocal music allowed</p> <p><b>Max Level 1</b></p> <p>Fall deduction 0.5 per fall</p> <p>Program Components Factor 2.0</p>	<p>One (1) <b>Short Edge Element</b></p> <p>Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.</p>	<p>One (1) <b>Dance Spin</b></p> <p>A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.</p> <p><b>Flying Spin or Spin with Flying Entry</b> are <b>NOT</b> permitted.</p>	<p>One (1) <b>Choreographic step sequence</b></p> <p><b>Not permitted elements:</b>  <u>Touching the ice with any other part of the body than the blades, stops, pattern retrogressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.</u></p>	<p>One (1) <b>Set of Sequential Twizzles.</b></p> <p>At least two 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)            May be skated anywhere in the program except in the required step sequence.</p>

<b>ADULT SILVER SOLO FREE DANCE</b>	<b>EDGE ELEMENT</b>	<b>DANCE SPIN</b>	<b>CHOREOGRAPHIC STEP SEQUENCE</b>	<b>TWIZZLE</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Five (5) Elements</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>
<p>1.50 +/- 10 sec</p> <p>Vocal music allowed</p> <p><b>Max Level 2</b></p> <p>Fall deduction 0.5 per fall</p> <p>Program Components Factor 2.0</p>	<p>One (1) <b>Short Edge Element</b></p> <p>Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.</p>	<p>One (1) <b>Dance Spin</b></p> <p>A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.</p> <p><b>Flying Spin or Spin with Flying Entry</b> are <b>NOT</b> permitted.</p>	<p>One (1) <b>Choreographic step sequence</b></p> <p>performed on the short axis.</p> <p><b>Not permitted elements:</b>  <u>Touching the ice with any other part of the body than the blades, stops, pattern retrogressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.</u></p>	<p>One (1) <b>Set of Sequential Twizzles.</b></p> <p>At least two 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)            May be skated anywhere in the program except in the required step sequence.</p>	<p>Chosen from:</p> <ul style="list-style-type: none"> <li>• <b>Choreographic Spinning Movement</b></li> <li>• <b>Choreographic Twizzling Movement</b></li> <li>• <b>Choreographic Sliding Movement</b></li> </ul>

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<b>ADULT GOLD SOLO FREE DANCE</b>	<b>EDGE ELEMENT</b>	<b>DANCE SPIN</b>	<b>STEP SEQUENCE</b>	<b>TWIZZLE</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Five (5) Elements</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>
<p>2.20 +/- 10 sec</p> <p>Vocal music allowed</p> <p><b>Max Level 3</b></p> <p>Fall deduction 0.5 per fall</p> <p>Program Components Factor 2.0</p>	<p><b>One (1) Short Edge Element</b></p> <p>Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.</p>	<p><b>One (1) Dance Spin</b></p> <p>A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.</p> <p><b>Flying Spin</b> or <b>Spin with Flying Entry</b> are <b>NOT</b> permitted.</p>	<p><b>One (1) Style B, Midline, Diagonal OR Circular</b></p> <p>Retrogression - one (1) permitted – must not exceed two measures of music</p> <p><b>Not permitted:</b> Stops, Loops, <b>the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</b></p>	<p><b>One (1) Set of Sequential Twizzles.</b></p> <p>At least two 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) May be skated anywhere in the program except in the required step sequence.</p>	<p>Chosen from:</p> <ul style="list-style-type: none"> <li>● Choreographic <b>Spinning Movement</b></li> <li>● Choreographic <b>Twizzling Movement</b></li> <li>● Choreographic <b>Sliding Movement</b></li> </ul>

<b>ADULT MASTERS AND MASTERS ELITE SOLO FREE DANCE</b>	<b>EDGE ELEMENT</b>	<b>DANCE SPIN</b>	<b>STEP SEQUENCE</b>	<b>TWIZZLE</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Six (6) Elements</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2)</b>
<p>2.20 +/- 10 seconds</p> <p>Vocal music allowed</p> <p><b>Max Level 4</b></p> <p>Fall deduction 0.5 per fall</p> <p>Program Components Factor 2.0</p>	<p><b>One (1) Short Edge Element</b></p> <p>Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.</p>	<p><b>One (1) Dance Spin</b></p> <p>A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.</p> <p><b>Flying Spin</b> or <b>Spin with Flying Entry</b> are <b>NOT</b> permitted.</p>	<p><b>One (1) Style B, Midline, Diagonal OR Circular</b></p> <p>Retrogression - one (1) permitted – must not exceed two measures of music</p> <p><b>Not permitted:</b> Stops, Loops, <b>the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</b></p>	<p><b>One (1) Set of Sequential Twizzles.</b></p> <p>At least two 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) May be skated anywhere in the program except in the required step sequence.</p>	<p><b>One (1) Choreographic step sequence</b> performed on the short axis.</p> <p><b>AND</b></p> <p>One (1) additional chosen from:</p> <ul style="list-style-type: none"> <li>● Choreographic <b>Sliding Movement</b></li> <li>● Choreographic <b>Spinning Movement</b></li> <li>● Choreographic <b>Twizzling Movement</b></li> </ul>