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	PATTERN DANCE	NO OF SEQUENCES TO SKATE	NO OF SECTIONS/SEQUENCE	SECTION STEPS
Program Components Factor 0.7	(in skating order)	Without Key Points, up to Level 1		1.0 for one dance
ADULT BRONZE SOLO PATTERN DANCE (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	PATTERN DANCE	NO OF SEQUENCES TO SKATE	NO OF SECTIONS/SEQUENCE	SECTION STEPS
Program Components Factor 0.7	(in skating order)	Without Key Points, up to Level 1		0.5 per dance
ADULT SILVER	(1) Fourteenstep	4	1 A Steps only	1 to 14
SOLO PATTERN DANCE	(29) Tango Canasta	3	1 A Steps only	1 to 14

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

Brogram Components Factor 0.02	PATTERN DANCE	NO OF SEQUENCES TO SKATE	NO OF SECTIONS/SEQUENCE	SECTION STEPS
Program Components Factor 0.93	(in skating order)	Two Key Points, up to Level 3		1.0 per dance
ADULT MASTERS	(3) Rocker Foxtrot	71	Sequences 1 and 3 – A Steps	1 to 14
and	(3) ROCKET FOXITOL		Sequences 2 and 4 – B Steps	1 10 14
ADULT MASTERS ELITE	(12) Starlight Walts	2	Sequence 1 – A Steps	Section 1: Steps 1 to 17
SOLO PATTERN DANCE	(12) Starlight Waltz	2	Sequence 2 – B Steps	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

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

ADULT SILVER SOLO 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)
	One (1) Short Edge	One (1) Dance Spin	One (1) Choreographic	One (1) Set of Sequential	Chosen from:
	Element		step sequence	Twizzles.	
1.50 +/- 10 sec		A spin to be performed	performed on the short		• Choreographic Spinning
	Must be held in position	on the spot on one foot	axis.	At least two twizzles	Movement
Vocal music allowed	for a minimum of three	with or without change(s)		Up to 1 step between	Choreographic
	(3) seconds but cannot	of foot by the skater.	Not permitted elements:	Twizzles. (Each push	Twizzling Movement
Max Level 2	exceed eight (8) seconds.		Touching the ice with any	and/or transfer of weight	Choreographic Sliding
		Flying Spin or Spin with	other part of the body	while on two feet	Movement
Fall deduction 0.5 per fall		Flying Entry are NOT	than the blades, stops,	between Twizzles is	
		permitted.	pattern retrogressions,	considered as a step)	
Program Components			loops and jumps of more	May be skated anywhere	
Factor 2.0			than half a rotation,	in the program except in	
			dance spins, and	the required step	
			pirouettes.	sequence.	

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ADULT GOLD SOLO FREE DANCE	EDGE ELEMENT	DANCE SPIN	STEP SEQUENCE	TWIZZLE	CHOREOGRAPHIC ELEMENT
Five (5) Elements	One (1)	One (1)	One (1)	One (1)	One (1)
	One (1) Short Edge Element	One (1) Dance Spin	One (1) Style B,	One (1) Set of Sequential	Chosen from:
			Midline, Diagonal OR	Twizzles.	
2.20 +/- 10 sec	Must be held in position for a minimum of three (3)	A spin to be performed on the spot on one foot with or	Circular	At least two twizzles	Choreographic Spinning Movement
Vocal music allowed	seconds but cannot exceed eight (8) seconds.	without change(s) of foot by the skater.	Retrogression - one (1) permitted – must not	Up to 1 step between Twizzles. (Each push and/or	Choreographic Twizzling Movement
Max Level 3		Flying Spin or Spin with	exceed two measures of music	transfer of weight while on two feet between Twizzles	Choreographic Sliding Movement
Fall deduction 0.5 per fall		Flying Entry are NOT permitted.	Not permitted: Stops,	is considered as a step) May be skated anywhere	
Program Components Factor 2.0			Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the	in the program except in the required step sequence.	
			chosen pattern.		

ADULT MASTERS AND MASTERS ELITE SOLO FREE DANCE	EDGE ELEMENT	DANCE SPIN	STEP SEQUENCE	TWIZZLE	CHOREOGRAPHIC ELEMENT
Six (6) Elements	One (1)	One (1)	One (1)	One (1)	Two (2)
	One (1) Short Edge Element	One (1) Dance Spin	One (1) Style B,	One (1) Set of Sequential	One (1) Choreographic step
			Midline, Diagonal OR	Twizzles.	sequence performed on the
2.20 +/- 10 seconds	Must be held in position for a minimum of three (3)	A spin to be performed on the spot on one foot with or	Circular	At least two twizzles	short axis.
Vocal music allowed	seconds but cannot exceed eight (8) seconds.	without change(s) of foot by the skater.	Retrogression - one (1) permitted – must not	Up to 1 step between Twizzles. (Each push and/or	AND
Max Level 4		Flying Spin or Spin with	exceed two measures of music	transfer of weight while on two feet between Twizzles	One (1) additional chosen from:
Fall deduction 0.5 per fall		Flying Entry are NOT permitted.	Not permitted: Stops,	is considered as a step) May be skated anywhere	 Choreographic Sliding Movement
Program Components Factor 2.0			Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the	in the program except in the required step sequence.	 Choreographic Spinning Movement Choreographic Twizzling
			chosen pattern.		Movement