

Ice Dance Warm Up and Program Times 2024- 2025 (July 2024)

Warm Up	Numbers	Time	Official Practice
Pattern Dance - partnered Preliminary to Advanced Novice	Maximum 6 couples	30 Seconds without music followed by 2 minutes and 30 seconds of the last ISU Tune (usually Tune 6).	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 - solo Preliminary to Intermediate Novice	Maximum 8 solo skaters		
Pattern Dance - partnered All Adult categories	Maximum 5 couples		
Pattern Dance - solo Advanced Novice and all Adult categories	Maximum 6 solo skaters		
Free Dance - partnered Preliminary to Intermediate Novice	Maximum 6 couples	3 minutes	Each competitor's music is played at the official practice.
Pattern Dance - solo Preliminary to Intermediate Novice	Maximum 8 solo skaters		
Rhythm Dance and Free Dance - partnered Advanced Novice to Senior, all Adult categories	Maximum 5 couples	5 minutes	
Rhythm Dance and Free Dance - solo Advanced Novice to Senior, all Adult categories	Maximum 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 30 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		
2 minutes and 20 seconds +/- 10 seconds	Silver and Gold Adult; solo	
2 minutes and 50 seconds +/- 10 seconds	Junior, Senior, Adult Masters and Adult Masters Elite; solo and partnered	