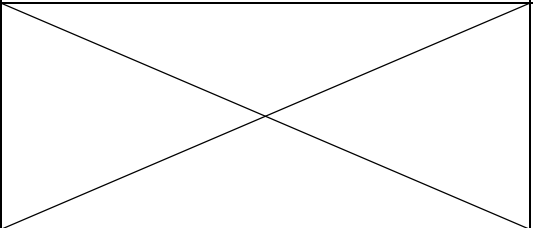


## Ice Skating Australia - Preliminary to Senior Solo Ice Dance 2024/2025 (July 2024)

Refer to ISA Domestic Solo Ice Dance Competition Guidelines 2024/2025				
Program Components Factor 0.7	Pattern Dance	Number of Sequences to skate	Number of Sections per Sequence	Section Steps
<b>PRELIMINARY SOLO PATTERN DANCE</b> Without Key Points, up to Level 1 Factor 1.0	(29) Tango Canasta	2	1	1 to 14 A steps
<b>ELEMENTARY SOLO PATTERN DANCE</b> Without Key Points, up to Level 1 Factor 1.0	(6) Swing Dance	2	1	1 to 15 A steps

Refer to ISU International Solo Ice Dance Competition Guidelines 2024/2025				
	Pattern Dance (in skating order)	Number of Sequences to skate	Number of Sections per Sequence	Section Steps
<b>BASIC NOVICE SOLO PATTERN DANCE</b> Without Key Points, up to Level 1 Factor 0.5 per dance Program Components Factor 0.7	(28) Tango Fiesta	2	1	1 to 16
	(33) Rhythm Blues	2	1	1 to 16 A steps
<b>INTERMEDIATE NOVICE SOLO PATTERN DANCE</b> One Key Point, up to Level 2 Factor 0.75 per dance Program Components Factor 0.7	(10) American Waltz	2	1	1 to 16 Sequence 1 A steps Sequence 2 B steps
	(18) Kilian	4	1	1 to 14 All skate the same steps
<b>ADVANCED NOVICE SOLO PATTERN DANCE</b> Two Key Points, up to Level 3 Factor 1.0 per dance Program Components Factor 0.93	(11) Westminster Waltz	2	1	1 to 22 Sequence 1 A steps Sequence 2 B steps
	(30) Tango	2	1	1 to 22 Sequence 1 A steps Sequence 2 B steps

## Ice Skating Australia - Preliminary to Senior Solo Ice Dance 2024/2025 (July 2024)

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Program Components Factor 1.33 each	JUNIOR SOLO RHYTHM DANCE 2 minutes and 50 seconds (+/-) 10	SENIOR SOLO RHYTHM DANCE 2 minutes and 50 seconds (+/-) 10 seconds
<b>PATTERN DANCE</b>	<p><b>Two (2) Sequences of the Paso Doble:</b> skated to any dance style with the range of tempo: 56 measures of 2 beats per minute (112 beats per minute plus or minus 2 beats per minute.)</p> <ul style="list-style-type: none"> <li>• Steps 1 to 28</li> <li>• Step 1 must be at the judges left side</li> <li>• 1PD and 2PD may be skated in any order, one after the other or separately.</li> </ul> <p>1PD – A Steps – previously Woman’s steps 2PD – B Steps – previously Man’s steps</p>	<p><b>One (1) Pattern Dance Type Step Sequence (PSt), (Style D):</b> Rhythm: skated to any dance style – min 110 beats per min, in 2/2, 2/4 or 4/4 time Duration: any exact number of musical phrases Pattern: Circular shape</p> <ol style="list-style-type: none"> <li>1. Starting in front of the Referee around the short axis with Paso Doble B Steps #8 to #16 on correct edges</li> <li>2. B Steps #15-16, OpMo, is considered as the first different difficult turn</li> <li>3. Continuing the PSt including the three additional different difficult turns</li> <li>4. Concluding with Paso Doble B Steps #26 to #28 on correct edges (step #28 cross roll swing only) in front of the Referee around the short axis and completing the circle shape.</li> </ol> <p><b>Refer to ISU International Solo Dance Competition Guidelines 2024/2025 for further details.</b></p>
<b>CHOREOGRAPHIC RHYTHM SEQUENCE</b>		<p><b>One (1) Choreographic Rhythm Sequence</b> skated to any dance style Pattern: The skater performs steps around the short axis and must proceed from barrier to barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier. Stops – One (1) at the beginning or end of the element for no more than 5 seconds. (This will count as one (1) of the permitted stops) Not Permitted: Loop(s) and Retrogression(s)</p>
<b>EDGE ELEMENT</b>	<p><b>One (1) Short Edge Element</b>, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.</p>	
<b>STEP SEQUENCE</b>	<p><b>One (1) Step Sequence Not Touching (Style B)</b> Specifications to Style B, Rhythm Dance: Skated to any <b>dance style of the prescribed decades</b></p> <ul style="list-style-type: none"> <li>• Chosen pattern may ONLY be Midline or Diagonal</li> <li>• Touching the ice with any part of the body is allowed for no more than 5 secs</li> <li>• 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).</li> </ul> <p><b>Not permitted:</b> - Loop(s), Retrogression(s)</p>	
<b>SEQUENTIAL TWIZZLES</b>	<p><b>One (1) Set of Sequential Twizzles</b> 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>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.</b></p>	

## Ice Skating Australia - Preliminary to Senior Solo Ice Dance 2024/2025 (July 2024)

<b>Refer to ISA Domestic Solo Ice Dance Competition Guidelines 2024/2025</b>			
<b>PRELIMINARY SOLO FREE DANCE</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Program Components Factor 1.0</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1) chosen from:</b>
1:20 +/- 10 secs NO vocal music Max Level 1 to be called for features Fall deduction 0.5 Refer to ISA By-Law 430	To be performed on the spot around a common axis on one foot. Change(s) of foot NOT permitted.  <b>*Flying Spins or Flying Entries are illegal elements.</b>	One (1) set of <b>Synchronized Twizzles</b>	<ul style="list-style-type: none"> <li>• Choreographic <b>Character Step Sequence</b></li> <li>• Choreographic <b>Sliding Movement</b></li> <li>• Choreographic <b>Spinning Movement</b></li> <li>• Choreographic <b>Twizzling Movement</b></li> </ul>
<b>ELEMENTARY SOLO FREE DANCE</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Program Components Factor 1.0</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2)</b>
1:30 +/- 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 431	To be performed on the spot around a common axis on one foot. Change(s) of foot NOT permitted.  <b>*Flying Spins or Flying Entries are illegal elements.</b>	One (1) set of <b>Synchronized Twizzles</b>	Chosen from: <ul style="list-style-type: none"> <li>• Choreographic <b>Character Step Sequence</b></li> <li>• Choreographic <b>Sliding Movement</b></li> <li>• Choreographic <b>Spinning Movement</b></li> <li>• Choreographic <b>Twizzling Movement</b></li> </ul>

<b>Refer to ISU International Solo Ice Dance Competition Guidelines 2024/2025</b>				
<b>BASIC NOVICE SOLO FREE DANCE</b>	<b>EDGE ELEMENT</b>	<b>DANCE SPINS</b>	<b>TWIZZLES</b>	<b>CHOREOGRAPHIC ELEMENT</b>
<b>Program Components Factor 1.0</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>
1:30 +/- 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	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	To be performed on the spot around a common axis on one foot. Change(s) of foot NOT permitted.  <b>*Flying Spins or Flying Entries are illegal elements.</b>	One (1) set of <b>Sequential Twizzles</b>  Up to 1 step between Twizzles (each push and/or transfer of weight while on two feet between Twizzles is considered as a step.)	Choreographic <b>Character Step Sequence</b>

## Ice Skating Australia - Preliminary to Senior Solo Ice Dance 2024/2025 (July 2024)

Refer to ISU International Solo Ice Dance Competition Guidelines 2024/2025					
INTERMEDIATE NOVICE SOLO FREE DANCE	EDGE ELEMENT	DANCE SPINS	CHOREOGRAPHIC ELEMENT	TWIZZLES	CHOREOGRAPHIC ELEMENT
<b>Program Components Factor 1.0</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>
1:50 +/- 10 secs  Vocal music permitted  IJS Level – Basic Novice  Max Level 2 to be called for features  Fall deduction 0.5	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	To be performed on the spot around a common axis on one foot or with change(s) of foot  <b>*Flying Spins or Flying Entries are illegal elements.</b>	One (1) Choreographic <b>Character Step Sequence</b>	One (1) set of <b>Sequential Twizzles</b>  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.)	Chosen from: <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>
ADVANCED NOVICE SOLO FREE DANCE	EDGE ELEMENT	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
<b>Program Components Factor 1.33</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>One (1)</b>	<b>Two (2) different</b>
2:20 +/- 10 secs  Vocal music permitted  IJS Level – Advanced Novice  Max Level 3 to be called for features  Fall deduction 0.5 per fall	<b>One (1) Short Edge Element</b> , but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	To be performed on the spot around a common axis on one foot or with change(s) of foot  <b>*Flying Spins or Flying Entries are illegal elements.</b>	Style B  Midline, Diagonal, Circular	One (1) set of <b>Sequential Twizzles</b>  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.)	Chosen from: <ul style="list-style-type: none"> <li>• Choreographic <b>Character Step Sequence</b></li> <li>• Choreographic <b>Sliding Movement</b></li> <li>• Choreographic <b>Spinning Movement</b></li> <li>• Choreographic <b>Twizzling Movement</b></li> </ul>

## Ice Skating Australia - Preliminary to Senior Solo Ice Dance 2024/2025 (July 2024)

Refer to ISU International Solo Ice Dance Competition Guidelines 2024/2025		
Program Components Factor 2.00	JUNIOR SOLO FREE DANCE 3 minutes (+/-) 10 seconds	SENIOR SOLO FREE DANCE 3 minutes and 30 seconds (+/-) 10 seconds
<b>EDGE ELEMENT</b>	Maximum One (1) <b>Short Edge Element</b> . The short edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	One (1) <b>Combination Edge Element</b> and one (1) <b>Short Edge Element</b> OR three (3) <b>Different Types of Short Edge Elements</b> Combination edge element may not exceed 13 seconds in total Short edge element may not exceed 8 seconds
<b>DANCE SPIN</b>	<p>• <b>One (1) Dance Spin</b></p> <p>Minimum of three revolutions on one foot, with or without change(s) of foot by the skater.</p> <p><b>*Flying Spins or Flying Entries are illegal elements.</b></p>	
<b>STEP SEQUENCE – Types: Straight Line or Curve</b>	<p><b>One (1) Step Sequence, Style B</b>, from the following list: serpentine, circular, midline or diagonal.</p> <p>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence as a Choreographic Element.</p> <p><b>Not permitted:</b> Stop(s), Loop(s) and Retrogression(s).</p>	
<b>One (1) ONE FOOT TURNS SEQUENCE</b>	<p><b>One (1), One Foot Turn Sequence</b> to be skated anywhere in the program.</p> <p>It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for levels 1 - 4).</p>	
<b>SOLO TWIZZLE SERIES</b>	<p><b>One (1) Solo Twizzle Series</b></p> <p>At least two steps between 1st and 2nd twizzle are required but no more than four steps between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p><b>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.</b></p>	
<b>CHOREOGRAPHIC ELEMENT</b>	<b>Two (2) Different Choreographic Elements</b>	<b>Three (3) Different Choreographic Elements</b>
	Chosen from: Choreographic <b>Character Step Sequence</b> Choreographic <b>Sliding Movement</b> Choreographic <b>Spinning Movement</b> Choreographic <b>Twizzling Movement</b>	Chosen from: Choreographic <b>Character Step Sequence</b> Choreographic <b>Sliding Movement</b> Choreographic <b>Spinning Movement</b> Choreographic <b>Twizzling Movement</b>