



# ICE SKATING AUSTRALIA SOLO ICE DANCE - NON-ISU and ADULT CATEGORIES

## DOMESTIC COMPETITION GUIDELINES

**1 July 2024 to 30 June 2025**

Refer also to relevant Ice Skating Australia By-Laws

<ul style="list-style-type: none"> <li>● 1. General Information</li> <li>● 2. Pattern Dance Calling Information</li> <li>● 3. Music and Costume Requirements for Pattern Dances</li> <li>● 4. Pattern Dances</li> <li>● 5. Required Elements for Free Dance</li> </ul>	<p><b>Solo Ice Dance events shall consist of:</b></p> <ul style="list-style-type: none"> <li>● Preliminary <span style="float: right;">1 Pattern Dance and Free Dance</span></li> <li>● Elementary <span style="float: right;">1 Pattern Dance and Free Dance</span></li> <li>● Adult Bronze <span style="float: right;">1 Pattern Dance and Free Dance</span></li> <li>● Adult Silver to Adult Masters Elite <span style="float: right;">2 Pattern Dances and Free Dance</span></li> </ul>
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<b>1. GENERAL INFORMATION – A Dance Test at the relevant level is a prerequisite for all Solo Ice Dance competition categories</b>							
CATEGORY	PRELIMINARY	ELEMENTARY	ADULT BRONZE	ADULT SILVER	ADULT GOLD	ADULT MASTERS	ADULT MASTERS ELITE
ISA By-Law	430	431	440	441	442	443	444
Age requirements	N/A	N/A	Has reached the age of 18 years before July 1 preceding the competition				
Pattern Dance (Recreational) Test passed OR	Preliminary	Elementary	Elementary	Basic Novice	Intermediate Novice	Advanced Novice	Junior
Solo Ice Dance Test passed OR	Preliminary	Elementary	Elementary	Basic Novice	Intermediate Novice	Advanced Novice	Junior
Competitive Dance Test passed	NA	NA	NA	Basic Novice	Intermediate Novice	Advanced Novice	Junior
Special Notes for Pattern Skills Tests passed.	Preliminary Pattern Skills Test is required before attempting any Preliminary Dance Tests.	If <b>Elementary Pattern Skills Test</b> is passed <b>ONLY Elementary Solo Ice Dance Test</b> is required. (No requirement to pass Preliminary Solo Ice Dance Test).	If <b>Basic Novice Pattern Skills Test</b> is passed <b>ONLY Basic Novice Solo Ice Dance Test</b> is required. (No requirement to pass Solo Ice Dance Tests below Basic Novice).	If <b>Advanced Novice Pattern Skills Test</b> is passed <b>ONLY Advanced Novice Solo Ice Dance Test</b> is required. (No requirement to pass Solo Ice Dance Tests below Advanced Novice).	If <b>Junior Pattern Skills test AND/OR the Advanced Novice Pattern Dance (Recreational) Test</b> are passed <b>ONLY the Junior Solo Ice Dance test</b> is required. (No requirement to pass Solo Ice Dance Tests below Junior).		

## 2. PATTERN DANCE CALLING INFORMATION

### Technical Panel

- Identifies Sequences/Sections of the Pattern Dances:
- Evaluates up to Level 1 for Preliminary, Elementary, Adult Bronze and Adult Silver (no Key Points)
- Evaluates up to Level 2 for Adult Gold (1 Key Point)
- Evaluates up to Level 3 for Adult Master and Masters Elite (2 Key Points)
- Identifies and calls falls.

Judges evaluate the Pattern Dance with a GOE for each sequence/section.

Refer to current *ISU Solo Ice Dance - International Competition Guidelines* for marking GOE and Program Components and applying deductions.

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed	75% of Pattern Dance is completed	75% of Pattern Dance is completed 1 Key Point is correctly executed	90% of Pattern Dance is completed 2 Key Points are correctly executed

All skaters will skate the steps as prescribed in the table 4. PATTERN DANCES below.

## 3. MUSIC AND COSTUME REQUIREMENTS FOR PATTERN DANCES

### MUSIC

Skaters shall provide their own music for all Pattern Dances, it may be ISU Ice Dance music (tunes 1-3 or 5, excluding the last tune). According to ISU Rule 707 paragraph 6: After the completion of the last step of the Pattern Dance, the **skater** must reach the final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction according to Rule 353, paragraph 1. n) shall apply.

The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dancing 2003) plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

**COSTUME** - Refer to ISU Rule 501

#### 4. PATTERN DANCES

Pattern Dances announced annually by ISA\* and the ISU Adult Figure Skating Group#. ( <https://www.isu.org/figure-skating/events/solo-ice-dance> )

	Pattern Dance	Number of sequences	Music	Pattern	Factors	Warm up Music
<b>Preliminary* and Adult Bronze*</b> <b>No Key Points</b> <b>Maximum Level 1</b>	<b>Tango Canasta</b>	<b>3 sequences</b> A Steps	Rhythm: Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	PD Factor 1.0 for one dance	The 4th (last) tune of the Tango Canasta ISU Ice Dance music
					PC Factor 0.7	
<b>Elementary*</b> <b>No Key Points</b> <b>Maximum Level 1</b>	<b>Swing Dance</b>	<b>2 sequences</b> A Steps	Rhythm: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Fall 0.5	The 4th (last) tune of the Swing Dance ISU Ice Dance music
<b>Adult Silver#</b> <b>No Key Points</b> <b>Maximum Level 1</b>  (Same as 2023/2024 ISU Basic Novice Solo Ice Dance)	<b>Tango Canasta</b>	<b>3 sequences</b> A Steps	Rhythm: Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern	PD Factor 0.5 per dance	The 4th (last) tune of the Tango Canasta ISU Ice Dance music
	<b>Fourteenstep</b>	<b>4 sequences</b> A Steps	Rhythm: March 2/4 and 4/4; Tempo 56 measures of 2 beats per minute and 28 measures of 4 beats per minute (112 beats per minute) plus or minus 2 beats per minute)	Set Pattern	PC Factor 0.7  Fall 0.5	The 6th (last) tune of the Fourteenstep ISU Ice Dance music
<b>Adult Gold#</b> <b>One Key Point</b> <b>Maximum Level 2</b>  (Same as 2023/2024 ISU Intermediate Novice Solo Ice Dance)	<b>Foxtrot</b>	<b>4 sequences</b> Sequences 1 and 3 – A Steps Sequences 2 and 4 – B Steps	Rhythm: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beat per minute	Optional Pattern	PD Factor 0.75 per dance	The 6th (last) tune of the Foxtrot ISU Ice Dance music
	<b>European Waltz</b>	<b>2 sequences</b> Sequence 1 – A Steps Sequence 2 – B Steps	Rhythm: Waltz ¾; Tempo 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern	PC Factor 0.7  Fall 0.5	The 6th (last) tune of the European Waltz ISU Ice Dance music
<b>Adult Masters# and Masters Elite#</b> <b>Two Key Points</b> <b>Maximum Level 3</b>  (Same as 2023/2024 ISU Advanced Novice Solo Ice Dance)	<b>Rocker Foxtrot</b>	<b>4 sequences</b> Sequences 1 and 3 – A Steps Sequences 2 and 4 – B Steps	Rhythm: Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	PD Factor 1.0 per dance	The 6th (last) tune of the Rocker Foxtrot ISU Ice Dance music
	<b>Starlight Waltz</b>	<b>2 sequences</b> Sequence 1 – A Steps Sequence 2 – B Steps	Rhythm: Waltz ¾; Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute	Set Pattern	PC Factor 0.93  Fall 0.5	The 6th (last) tune of the Starlight Waltz ISU Ice Dance music

All Pattern Dances must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the skater and instruct them to restart on the correct side without deduction. **The first Step of the dance must be on beat 1 of a measure.**

**5. FREE DANCE REQUIREMENTS** - announced annually by ISA

Refer to current *ISU Solo Ice Dance - International Competition Guidelines* for marking GOE and Program Components and applying deductions.

- Except for an allowed 10 seconds at the beginning of the program, the music must have an audible rhythmic beat.
- Music must have a change of tempo and/or expression.

PRELIMINARY SOLO FREE DANCE	DANCE SPIN	TWIZZLE	CHOREOGRAPHIC ELEMENT
Three (3) Elements	One (1)	One (1)	One (1)
1:20 +/- 10 sec NO vocal music  <b>Max Level 1</b>  Fall deduction 0.5 per fall	A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  <b>Flying Spin or Spin with Flying Entry are NOT permitted.</b>	One (1) set of <b>Sequential Twizzles</b> . Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	<ul style="list-style-type: none"> <li>• Choreographic <b>Character Step Sequence</b> performed on the Short Axis</li> <li>• Choreographic <b>Edge Element</b></li> <li>• Choreographic <b>Sliding Movement</b></li> <li>• Choreographic <b>Spinning Movement</b></li> <li>• Choreographic <b>Twizzling Movement</b></li> </ul>

ELEMENTARY SOLO FREE DANCE	DANCE SPIN	TWIZZLE	CHOREOGRAPHIC ELEMENT
Four (4) Elements	One (1)	One (1)	Two (2)
1:30 +/- 10 sec NO vocal music  <b>Max Level 1</b>  Fall deduction 0.5 per fall	A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  <b>Flying Spin or Spin with Flying Entry are NOT permitted.</b>	One (1) set of <b>Sequential Twizzles</b> . Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	One of which <b>MUST</b> be a <b>Choreographic Edge Element</b> PLUS one chosen from: <ul style="list-style-type: none"> <li>• Choreographic <b>Character Step Sequence</b> performed on the Short Axis</li> <li>• Choreographic <b>Sliding Movement</b></li> <li>• Choreographic <b>Spinning Movement</b></li> <li>• Choreographic <b>Twizzling Movement</b></li> </ul>

**Note:** For Elementary (FD), if a Choreographic Edge Element is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced requirements received (\*) symbol. The Choreographic Edge Element performed as a subsequent Choreographic Element shall not be identified.

<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>
1:30 +/-10 sec Vocal music allowed  <b>Max Level 1</b>  Fall deduction 0.5 per fall	One (1) <b>Short Edge Element</b>  Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  <b>Flying Spin or Spin with Flying Entry are NOT permitted.</b>	One (1) <b>Choreographic Step Sequence</b> performed on the short axis.  <b>Not permitted elements:</b> 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.	One (1) set of <b>Sequential Twizzles</b>  Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)

<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>
1:50 +/- 10 sec Vocal music allowed  <b>Max Level 2</b>  Fall deduction 0.5 per fall	One (1) <b>Short Edge Element</b>  Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  <b>Flying Spin or Spin with Flying Entry are NOT permitted.</b>	One (1) <b>Choreographic Step Sequence</b> performed on the short axis.  <b>Not permitted elements:</b> 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.	One (1) set of <b>Sequential Twizzles</b>  Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	Chosen from: <ul style="list-style-type: none"> <li>● <b>Choreographic Sliding Movement</b></li> <li>● <b>Choreographic Spinning Movement</b></li> <li>● <b>Choreographic Twizzling Movement</b></li> </ul>

<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>
2:20 +/- 10 sec Vocal music allowed  <b>Max Level 3</b>  Fall deduction 0.5 per fall	One (1) <b>Short Edge Element</b>  Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  <b>Flying Spin or Spin with Flying Entry are NOT permitted.</b>	<b>One (1) Style B, Midline, Diagonal OR Circular</b>  Retrogression - one (1) permitted – must not exceed two measures of music  <b>Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</b>	One (1) set of <b>Sequential Twizzles</b>  Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	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>

<b>ADULT MASTERS AND ADULT 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>
2:20 +/- 10 seconds Vocal music allowed  <b>Max Level 4</b>  Fall deduction 0.5 per fall	One (1) <b>Short Edge Element</b>  Must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.	A spin to be performed on the spot on one foot with or without change(s) of foot by the skater.  <b>Flying Spin or Spin with Flying Entry are NOT permitted.</b>	<b>One (1) Style B, Midline, Diagonal OR Circular</b>  Retrogression - one (1) permitted – must not exceed two measures of music  <b>Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</b>	One (1) set of <b>Sequential Twizzles</b>  Two twizzles skated one right after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)	One (1) <b>Choreographic step Sequence</b> performed on the short axis. <b>AND</b> One (1) additional 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>