

# Technical Rules for Solo Ice Dance events in Sweden 2023/2024

## Solo Ice Dance events in Sweden shall consist of:

Juvenile	1 Pattern Dance and Free Dance
Basic Novice	1-2 Pattern Dances and Free Dance
Intermediate Novice	1-2 Pattern Dances and Free Dance
Advanced Novice	1-2 Pattern Dances and Free Dance
Junior	Rhythm Dance and Free Dance
Senior	Rhythm Dance and Free Dance

For Novice Swedish Competitions, the Pattern Dances will be selected from the pattern dances announced annually by the Ice Dance Technical Committee in an ISU Communication.

### **JUVENILE**

One (1) Pattern Dances are to be skated:

Tango Canasta

### **BASIC NOVICE**

One to two (1-2) Pattern Dances are to be skated from the following:

Fourteenstep, and/or Tango Canasta

### **INTERMEDIATE NOVICE**

One to two (1-2) Pattern Dances are to be skated from the following:

Foxtrot and/or European Waltz

### **ADVANCED NOVICE**

One to two (1-2) Pattern Dances are to be skated:

Rocker Foxtrot and Starlight Waltz

**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. For Basic Novice and above, Skaters shall provide their own music for all Pattern Dances. May be ISU Ice Dance music (tune 1-5).**

Category	Pattern Dance	# of sequences	Music	Pattern	Components/Factors	Warm up Music
<b>Basic Novice and Juvenile</b>	Fourteenstep	4 sequences	March 2/4 and 4/4: 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	Timing Presentation Skating Skills Factor: 0.7	the 6th (last) tune of the Fourteenstep ISU Ice Dance music
	Tango Canasta	3 Sequences	Tango 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6th (last) tune of the Tango ISU Ice Dance music
<b>Intermediate Novice</b>	Foxtrot	4 sequences	Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beat per minute	Optional Pattern	Timing Presentation Skating Skills Factor: 0.7	the 6th (last) tune of the Foxtrot ISU Ice Dance music
	European Waltz	2 sequences	Waltz 3/4; Tempo 45 measures of 3 beats (135 beats per minute) plus or minus 3 beats per minute	Set Pattern		the 6th (last) tune of the European Waltz ISU Ice Dance music
<b>Advanced Novice</b>	Rocker Foxtrot	4 Sequences	Foxtrot 4/4; Tempo 26 measures of 4 beats (104 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills Factor: 0.93	the 6th (last) tune of the Rocker Foxtrot ISU Ice Dance music
	Starlight Waltz	2 Sequences 4 sections Steps 1-17 & 18-32	Waltz 3/4; Tempo 58 measures of 3 beats (174 beats per minute) plus or minus 3 beats per minute	Set Pattern		the 6th (last) tune of the Starlight Waltz ISU Ice Dance music

**PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2023-2024)**

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	No OF STEPS PER SECTION OR SEQUENCE	No of Steps				
						10%	25%	50%	75%	100%
Basic Novice	Fourteenstep	110-114 bpm	10.5-10.9	4 Sequences	14	1	4	7	11	13
Basic Novice & Juvenile	Tango Canasta	102-106 bpm	15.8-16.5	3 Sequences	14	1	4	7	11	13
Intermediate Novice	Foxtrot	98-102 bpm	16.5 – 17.1	4 Sequences	14	1	4	7	11	13
	European Waltz	132-138 bpm	23.6 – 24.4	2 Sequences	18	2	5	9	14	16
Advanced Novice	Rocker Foxtrot	102-106 bpm	17.1-17.7	4 Sequences	14	1	4	7	11	13
	Starlight Waltz	171-177 bpm	34.8-35.6	2 Sequences/4 Sections Section One: Steps 1-17 Section Two: Steps 18-32	17 15	2 2	4 4	9 8	13 11	15 14

**For Solo Dance Steps, Key Points and other Pattern Dance requirements, Please refer to Appendix A, ISU Pattern Dance Diagrams.**

**JUVENILE and BASIC NOVICE**

**Characteristics of Levels for Juvenile and Basic Novice Pattern Dances**

All dances are without Key Points and evaluated up to level 1 The Judges evaluate the pattern Dance with GOE	
Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

**INTERMEDIATE NOVICE**

**Characteristics of Levels for Intermediate Novice Pattern Dances**

There will be 1 key point described and up to Level 2 will be evaluated.		
Basic Level	Level 1	Level 2
50% of Pattern Dance is completed	75% of Pattern Dance is completed	75% of Pattern Dance is completed 1 Key Point is correctly executed

**ADVANCED NOVICE**

**Characteristics of Levels for Advanced Novice Pattern Dances**

There will be 2 key points described and up to Level 3 will be evaluated			
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

**Novice: After the completion of the last step of the Pattern Dance, the skater must reach their final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction shall apply.**

## REQUIREMENTS FOR RHYTHM DANCE

The theme selected for the Rhythm Dances for both Junior and Senior for the season 2023/24 is “Music and Feeling of the Eighties”. Any music is possible provided it was originally released in the skater of the 1980s. The couple should demonstrate through dance the culture and feeling/essence of this decade. The selected music may be remastered. **The Rhythm Dance should NOT be skated in the style of a Free Dance. The skater must use dance movements to interpret the chosen music from this decade.**

Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

<b>Junior Required Elements - Element features up to level 4 will be considered for level</b>	
<b>Junior Rhythm Dance Pattern Dance Elements</b>	<p><b>Two (2) Sections of the Rocker Foxtrot:</b> skated to any dance style with the range of tempo: 26 measures of 4 beats per minute (104 beats per minute) plus or minus 2 beats per minute. The first step of the dance begins on beat one of a musical phrase.  <b>1RF and 2RF: Steps #1-14</b>  <b>Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately.</b> Step #1 of 1RF skated at the Judges left side. Step #1-14 of 2RF skated at the Judges right side.  <b>1RF must be skated using Steps A (previously Woman’s steps)</b>, in accordance with the SoloDance Steps as described in the pattern dance appendix.the Woman’s Steps.  <b>2RF, must be skated using Steps B (previously Man’s steps)</b>, in accordance with the SoloDance Steps as described in the pattern dance appendix.the Woman’s Steps.</p> <p><b>Crossing the Long Axis is permitted for Steps #5, #8 – 9.</b>                      The description, chart and diagram of the Pattern Dance Element Rocker Foxtrot are included in the ISU Handbook Ice Dance 2003.</p>
<b>Edge Element</b> SpEe, CrEe, SeEe, IBEe	Maximum <b>One (1) Short Edge Element</b> . The Edge Element must be held <b>in position</b> for a minimum of three seconds but cannot exceed seven seconds.
<b>Step Sequence</b> - MiSt or DiSt	<p><b>One (1) Step Sequence (Style B)</b>  <b>Specifications to Style B, Rhythm Dance:</b></p> <ul style="list-style-type: none"> <li>- Skate to any tempo.</li> <li>- Chosen pattern may ONLY be Midline or Diagonal</li> <li>- Touching the ice with any part of the body is allowed but not longer than 5 seconds.</li> <li>- Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</li> </ul> <p>- NOT permitted - Loop(s) or Retrogression(s)</p>
<b>Sequential Twizzles</b> - SqTw	<p><b>One (1) Set of Sequential Twizzles</b></p> <ul style="list-style-type: none"> <li>- At least two Twizzles must be performed.</li> <li>- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).</li> </ul>

<b>Senior Required Elements - Element features up to level 4 will be considered for level</b>	
<b>Senior Rhythm Dance Pattern Dance Type Step Sequence (PSt)</b>	<p><b>One (1) Pattern Dance Type Step Sequence (PSt), (Style D):</b>  <b>Rhythm:</b> skated to any tempo  <b>Duration:</b> any exact number of musical phrases  <b>Pattern:</b> starting with a Stop or skidding movement on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis) is permitted within the pattern  <b>Stops:</b> A stop at the start of the PST will count as one of the permitted stops. A skidding movement to start the PST will NOT be considered as a stop.</p> <p><b>Technical Requirements: Must perform two different difficult turns from the following: Back entry Rocker, Counter, Bracket and Forward Outside Mohawk.</b> Only the first two attempted Different Difficult Turns selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.</p> <p><b>Not permitted:</b>  - Stops (only allowed at the beginning to indicate the start of the PSt, If a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program.  - Retrogression</p>
<b>Senior Rhythm Dance Choreographic Rhythm Sequence (ChRS)</b>	<p><b>Choreographic Rhythm Sequence</b>  <b>Tempo:</b> 100 beats/minute minimum  <b>Steps:</b> Silver Samba, steps #9, A Step (formally Woman's steps) starting on step 9 and concluding on step 47. No restriction in the number of beats per step.  <b>Pattern:</b> starts on the judges' left side with step no. #9-12 and finishing with step #47  May cross the long axis without any restriction  <b>Loop</b> - One (1) permitted  <b>Retrogression</b> - One (1) permitted  <b>Stop</b> - Not permitted</p>
<b>Edge Element</b> SpEe, CrEe, SeEe, IBEe	<p>Maximum <b>One (1) Short Edge Element</b>. The Edge Element must be held <b>in position</b> for a minimum of three seconds but cannot exceed seven seconds.</p>
<b>Step Sequence</b> - MiSt or DiSt	<p><b>One (1) Step Sequence (Style B)</b>  <b>Specifications to Style B, Rhythm Dance:</b>  - Skated at any tempo  - Chosen pattern may ONLY be Midline or Diagonal - Retrogression – NOT permitted  - Touching the ice with any part of the body is allowed but not longer than 5 seconds.  - Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)</p> <p>- NOT permitted - Loop(s) or Retrogression(s)</p>
<b>Sequential Twizzles</b> - SqTw	<p><b>One (1) Set of Sequential Twizzles</b>  - At least two Twizzles must be performed.  - Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step).</p>

## RHYTHM DANCE – Specifications/Restrictions 2023-2024

	Specifications and Requirements	Violations
<b>Duration</b>	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	<b>Program time:</b> Referee deduction - 1.0 up to every 5 seconds lacking or in excess
<b>General Requirements</b>	Rhythm Dance is a dance created by an Ice Dancer to dance music with designated rhythm(s) and/or theme(s) selected by the Ice Dance Technical Committee annually for the season. The dance must - reflect the character of the music, the selected dance rhythm(s) and/or theme(s) - be translated to the ice by demonstrating technical skill with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed - be delivered with special awareness - fit to the phrasing of the music	
<b>Music</b>	Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. - Only dance music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program."	<b>Music Requirements:</b> Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat. Referee deduction -1.0 per program – violation of tempo specification
<b>Pattern</b>	For the current season, the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier. - In addition, the skater may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence, during the ChRS and at the entry to Pattern Dance Element. - Loops in any direction are permitted provided they do not cross the long axis (exception applicable per individual element)	<b>Choreography restrictions:</b> (Pattern/ Stops/Touching ice with hands) Referee + Judges deduction - 1.0 per program
<b>Stops</b>	- After clock started, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop	
<b>Touching ice with hands</b>	Touching the ice with the hand(s) is not permitted, (except during the Step Sequence Style B)	
<b>Costume and Prop</b>	- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. - Man must wear full length trousers - Woman is permitted to wear trousers (Trousers may be any length) - Accessories and props are not permitted	<b>Costume and prop:</b> Referee + Judges deduction -1.0 per program

## FREE DANCE REQUIRED ELEMENTS

Category	Juvenile and Basic Novice	Intermediate Novice	Advanced Novice
	Up to Level 1 will be considered for Level	Up to Level 2 will be considered for Level	Up to Level 3 will be considered for Level
<b>Edge Element</b> - SpEe, CrEe, SeEe, IBEe	<b>One (1)</b>  <b>Maximum 1 Short Edge Element</b> - minimum 3 seconds and max 7 seconds		
<b>Dance Spin</b> - DSp	<b>One (1)</b> <b>Dance Spin - Specifications for Season 2023/24</b> Dance Spin - A spin to be performed on the spot on one  FLYING SPINS or FLYING ENTRIES are illegal elements		
<b>Sequential Twizzles</b> - SqTw	<b>One (1)</b> At least two Twizzles, with up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)		
<b>Step Sequences</b> - MiSt, DiSt, CiSt	<b>N/A</b>		<b>One (1) Style B</b> - MiSt, DiSt, CiSt
<b>Choreographic Elements</b> - ChSt - ChSp - ChTw - ChSl	Must include a <b>Choreographic Character Step Sequence</b> - Performed on the <u>short axis</u>	Must include a <b>Choreographic Character Step Sequence</b> - Performed on the <u>long axis</u> <b>and</b> <b>One (1) additional chosen from:</b> Chosen from the following: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement	<b>Two (2) Choreographic Element:</b> Chosen from the following:  Choreographic Character Step Sequence Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

**Note: Specifications to Step Sequence Style B, Free Dance 2023/24:**

**Not permitted:** Stops, Loops, Retrogression

**The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.**

**Note:** For Juvenile, Basic Novice and Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first or first two Choreographic Elements, the second performed Choreographic Element is identified but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

## FREE DANCE REQUIRED ELEMENTS

Category	Junior	Senior
	<b>Element Features up to Level 4 will be considered for Level</b>	
<b>Edge Element</b> SpEe, CrEe, SeEe, IBEe	<b>Two (2) Different Types Short Edge Elements</b> (Spiral type may be repeated once with different position in each) <b>Or</b> <b>One (1) Combination Edge Element</b> (Short Edge Element maximum 7 seconds Combined Edge Element maximum 12 seconds in total)	<b>Two (3) Different Types Short Edge Elements</b> (Spiral type may be repeated once with different position in each) <b>Or</b> <b>One (1) Combination Edge Element plus one short edge element for a different type than performed in the combination.</b> (Short Edge Element maximum 7 seconds Combined Edge Element maximum 12 seconds in total)
<b>Dance Spin</b> - DSp	<b>One (1)</b> <b>Dance Spin - Specifications for Season 2023-24</b> Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater  FLYING SPINS or FLYING ENTRIES are illegal elements	
<b>Step Sequence</b> - MiSt - DiSt - CiSt - SeSt	<b>One (1) Step Sequence Specifications to Style B, Free Dance 2023-24:</b> It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element. <b>Not permitted elements:</b> - Stops, Loops, jumps of more than one-half rotation, dance spins and pirouettes.  <b>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern</b>	
<b>One Foot Turns Sequence</b> - OFTs	<b>One (1) One Foot Turns Sequence</b> Difficult Turns performed on one foot, Bracket, Rocker, Counter and Twizzle (Single Twizzle counts for levels 1 and 2 and Double Twizzle counts for level 3 and 4)	
<b>Solo Twizzle Series</b> - SyTw	<b>One (1) Set of Solo Twizzle Series</b>  At least two Twizzles, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)	
<b>Choreographic Element</b> - ChSt - ChSp - ChTw - ChSI	<b>Two (2) Choreographic Elements:</b> <b>Chosen from the following:</b> <ul style="list-style-type: none"> <li>● Choreographic Character Step Sequence</li> <li>● Choreographic Spinning Movement</li> <li>● Choreographic Sliding Movement</li> <li>● Choreographic Twizzling Movement - (Can only be performed after the required Twizzles)</li> </ul>	<b>Three (3) Choreographic Elements:</b> <b>Chosen from the following:</b> <ul style="list-style-type: none"> <li>● Choreographic Character Step Sequence</li> <li>● Choreographic Spinning Movement</li> <li>● Choreographic Sliding Movement</li> <li>● Choreographic Twizzling Movement - (Can only be performed after the required Twizzles)</li> </ul>

## FREE DANCE – Specifications/Restrictions 2023-2024

	Specifications and Requirements	Violations
<b>Duration</b>	Juvenile: 1:30 minutes +/- 10 seconds Basic Novice: 1:30 minutes +/- 10 seconds Intermediate Novice: 1:50 minutes +/- 10 seconds Advanced Novice: 2:20 minutes +/- 10 seconds Junior: RD 5:50 minutes +/- 10 seconds, FD 3 minutes +/- 10 seconds Senior: RD 5:50 minutes +/- 10 seconds, FD 3:10 minutes +/- 10 seconds	<b>Program time:</b> Referee deduction -1.0 up to every 5 seconds lacking or in excess
<b>Components Factors</b>	<ul style="list-style-type: none"> <li>• Composition</li> <li>• Presentation</li> <li>• Skating Skills</li> </ul> Juvenile, Basic Novice/Intermediate Novice: Factor 1.0 Advanced Novice: Factor 1.33 Junior/Senior: Factor 2.00	
<b>Music</b>	<p>- Music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect</p> <p>- Music must have at least one obvious change of tempo/rhythm and expression, when over 2 minutes in length. This change may be gradual or immediate.</p> <p>Note: Any music of the same tempo/rhythm and expression should last approximately no more than 75% of the program,</p> <p>- Music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline.</p> <p>- Music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and maybe vocal.</p> <p>- Music may be without audible rhythmic beat up to 10 seconds at beginning or at the end of program - Music may be without audible rhythmic beat up to 10 seconds during the program</p>	<b>Music Requirements:</b> Referee + Judges deduction - 2.0 per program
<b>Stops</b>	- After clock started, the skater must not remain on one place for more than 10 seconds - During program: unlimited full stops of 5 seconds max. are allowed	<b>Choreography restrictions:</b> (Stops/ Separations/Touching ice with hands) Referee + Judges deduction 1.0 per program
<b>Touching ice with hands</b>	Touching the ice with the hand(s) is not permitted (except Choreographic Sliding Movement, Choreographic Character Step Sequence)	
<b>Costume and Prop</b>	<p>- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music</p> <p>- Man must wear full length trousers</p> <p>- Woman is permitted to wear trousers (Trousers may be any length)</p> <p>- Accessories and props are not permitted</p>	<b>Costume and prop:</b> Referee + Judges deduction -1.0 per program
<b>ALL DEDUCTIONS FOR JUVENILE AND NOVICE CATEGORIES ARE HALF THE NORMAL DEDUCTIONS FOR JUNIOR/SENIOR</b>		