

International Solo Ice Dance Handbook

2023/24 General Rules and Requirements

Last updated 8/1/2023

GENERAL RULES

Requirements defined in the Technical Rules as per Rule 711 as valid for one season only:

- Pattern Dances for International Competitions (including Key Points and Key Point Features)
- Music requirements for Pattern Dances for International Competitions,
- Required Elements for Rhythm Dance
- Required Elements for Free Dance
- Technical requirements for Solo Ice Dance

GENERAL INFORMATION 2023/2024

Age Requirements

Category:

Basic Novice – Has not reached the age of fifteen (13)

Intermediate Novice – Has not reached the age of (15)

Advance Novice – Has reached the age of ten (10) and has not reached the age of fifteen (15) for women and 17 for men

Junior - Has reached the age of thirteen (13) and not yet reached the age of nineteen (19) for women and twenty-one (21) for men

Senior - Has reached the age of 16

Deductions

Note: With the exception of Pattern Dance Program Time, all deductions for Novice categories are half the normal deductions for Junior and Senior.

Officials:

a. Rule 420, 6, regarding the appointment of Officials apply, except for the requirement of their international qualification. However, in each event there must be at least one (1) Judge and one (1) member of the Technical Panel and the Referee with an international qualification. National officials may be aged from 21 years to 75 years.

b. For Solo Ice Dance International Competitions the same ISU Rules regarding judging, refereeing and the work of the Technical Panel apply as in Ice Dance Junior and Senior International Competitions.

Rules 433, paragraphs 1 and 2 regarding the Report of the Referee and the Report of the Technical Controller for Advance Novice apply.

MUSIC REQUIREMENTS FOR PATTERN DANCES FOR SOLO ICE DANCE INTERNATIONAL COMPETITIONS

For season 2023, **skaters** shall provide their own music for all Pattern Dances. May be ISU Ice Dance music (tune 1-5). According to 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.

Costume Requirements

The Solo Ice Dance will follow all costume rules and requirements as stated for ice dance in the 2023-2024 in Rule 501, para 1 - Woman is permitted to wear trousers. Trousers may be any length - Accessories and props are not permitted.

Solo Ice Dance events shall consist of:

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

Pattern Dances will be announced annually by the Ice Dance Technical Committee.

BASIC NOVICE

Two (2) Pattern Dances are to be skated from the following:

Group 1: Swing Dance and Willow Waltz

Group 2: Fourteenstep, and Tango Canasta

- Season 2023/2024: Group 2
- Season 2024/25: Group 1

INTERMEDIATE NOVICE

Two (2) Pattern Dances are to be skated from the following:

Group 1: Rocker Foxtrot and American Waltz

Group 2: Fourteenstep and Tango

Group 3: Foxtrot and European Waltz

Group 4: Kilian and Starlight Waltz

- Season 2023/2024: Group 3
- Season 2024/2025: Group 4

ADVANCED NOVICE

The following Two (2) Pattern Dances are to be skated:

- Season 2023/2024: Rocker Foxtrot and Starlight Waltz
- Season 2024/2025: Westminster Waltz and Argentine Tango

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 the skater to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure.

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

BASIC NOVICE

Characteristics of Levels for 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.

All skaters will skate the same steps as prescribed in Appendix A.

Solo Ice Dance Basic Novice:

2023/24 Season: Fourteenstep and Tango Canasta

Free Dance Requirements for Solo Ice Dance Basic Novice:

Duration	1:30 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Elements	One (1) short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Spin	One (1) Dance Spin - Specifications for Season 2023/24 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
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the short axis. <i>Not permitted elements:</i> Touching the ice with any other part of the body than the blades, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.
Twizzle	One (1) set of sequential twizzles. 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)
Maximum Level	Up to Level 1 will be considered for Level.

Solo Ice Dance Intermediate Novice:

2023/24 Season: Foxtrot and European Waltz

Free Dance Requirements for Solo Ice Dance Intermediate Novice:

Duration	1:50 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Elements	Maximum of One (1) short edge element. Short edge elements may not exceed 7 seconds.
Spin	One (1) Dance Spin - Specifications for Season 2023/24 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
Choreographic Character Step Sequence	One (1) Choreographic Character Step Sequence performed on the long axis. <i>Not permitted elements:</i> Touching the ice with any other part of the body than the blades, stops, pattern regressions, loops and jumps of more than half a rotation, dance spins, and pirouettes.
Sequential Twizzle Series	One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)
Choreographic Element	One (1) additional chosen from: Chosen from the following: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement
Maximum Level	Up to Level 2 will be considered for Level.

Note: For Intermediate Novice (FD) if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the third performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

Solo Ice Dance Advance Novice:

2023/24 Season: Rocker Foxtrot and Starlight Waltz

Free Dance Requirements for Solo Ice Dance Advance Novice:

Duration	2:20 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.
Edge Elements	One (1) short edge element, but no more. Short edge elements may not exceed 7 seconds.
Spin	One (1) Dance Spin - Specifications for Season 2023/24 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
Step Sequence	One (1) Style B Midline, Diagonal, Circular Note: Specifications to Step Sequence Style B, Free Dance 2023/24: Retrogression - one (1) permitted – must not exceed two measures of music Not permitted: Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
Sequential Twizzle Series	One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Only one step between twizzles is allowed for a sequential twizzle)
Choreographic Character Step	One (1) additional chosen from: Chosen from the following: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence
Maximum Level	Up to Level 3 will be considered for Level.

Solo Ice Dance Junior

Rhythm Dance Requirements for Solo Ice Dance Junior:

Duration	2:50 +/- 10 seconds
Music Requirements	<p>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 decade of the 1980s. The skater 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.</p> <p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.</p>
Edge Element	One (1) short edge element. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Step Sequence	<p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> • Skated to any tempo • Chosen pattern may ONLY be Midline or Diagonal • Touching the ice with any part of the body is allowed but not longer than 5 sec. • Stops; up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) <p>Not permitted: Loop(s) or Retrogression(s)</p>
Sequential Twizzle Series	<p>One (1) set of sequential twizzles. Two twizzles skated one after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p>May be skated anywhere in the program except in the required step sequence.</p>
Pattern Dance Element	<p>Two (2) Sections of the Rocker Foxtrot: 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.</p> <p>1RF and 2RF: Steps #1-14</p> <p>Two (2) Sequences of Rocker Foxtrot may be skated in any order, one after the other or separately. Step #1 of 1RF skated on the Judges left side. Step #1-14 of 2RF skated at the Judges right side.</p> <p>1RF must be skated using Steps A (previously Woman’s steps), in accordance with the Solo Dance Steps as described in the pattern dance appendix.</p> <p>2RF, must be skated using Steps B (previously Woman’s steps), in accordance with the Solo Dance Steps as described in the pattern dance appendix.</p> <p>Crossing the Long Axis is permitted for Steps #5, #8 – 9.</p> <p>*See Pattern Dance Appendix for Key Points.</p>

Junior Solo Rhythm Dance – Continued	
Additional Information	<p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops in any direction that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 sec. at the beginning and/or at the end of program. During program: 2 full stops up to 5 sec. or 1 full stop up to 10 sec. permitted.</p> <p>Touching the ice with hand(s) is not permitted except during the Style B Step Sequence.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except where allowed in the Style B step sequence.</p>

Free Dance Requirements for Solo Ice Dance Junior:

Duration	3:00 +/- 10 seconds
Music	<p>The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Music must have a change of tempo and/or expression.</p>
Edge Elements	<p>Two options:</p> <ol style="list-style-type: none"> 1) One (1) combination edge element or; 2) Two (2) different types of short edge elements. (Spiral type may be repeated once with different positions in each) <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One (1) Spin but no more. Minimum of three revolutions on one foot. May change feet more than once.</p> <p><i>*FLYING SPINS or FLYING ENTRIES are illegal elements</i></p>
Step Sequence	<p>One (1) step sequence, Style B, from the following list: serpentine, circular, midline or diagonal.</p> <p>It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</p>
One Foot Turn Sequence	<p>Not permitted: stops, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p> <p>One (1), One Foot Turn Sequence to be skated anywhere in the program. 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 3 and 4)</p>
Solo Twizzle Series	<p>One (1) solo twizzle series. 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>
Choreographic Elements	<p>Two (2) Choreographic Elements to be selected from the following:</p> <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement - (can only be performed after required Twizzles) • Choreographic Sliding Movement • Choreographic Character Step Sequence

Solo Ice Dance Senior

Rhythm Dance Requirements for Solo Ice Dance Senior:

Duration	2:50 +/- 10 seconds
Music Requirements	<p>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 decade of the 1980s. The skater 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.</p> <p>Vocal music is permitted and only music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program.</p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p>
Edge Element	One (1) short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Step Sequence	<p>One (1) Step Sequence, Style B.</p> <ul style="list-style-type: none"> • Skated to any tempo • Chosen pattern may ONLY be Midline or Diagonal • Touching the ice with any part of the body is allowed but not longer than 5 secs • Stops; up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops) <p>Not permitted: Loop(s) or Retrogression(s)</p>
Sequential Twizzle Series	<p>One (1) set of sequential twizzles. Two twizzles skated one right after the other with up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</p> <p>May be skated anywhere in the program except in the required step sequence, PSt or <u>ChRs</u>.</p>
<u>Choreographic Rhythm Sequence (ChRs)</u>	<p>Choreographic Rhythm Sequence Tempo: 100 beats/minute minimum</p> <p>Starting with A Steps (formally Woman's steps) #9-12 skated on the left hand side of the Judges and finishing with the Slip Step Section: Steps #43b-47.</p> <p>In between the selected steps the skater may perform any step(s) and/or turn(s) and/or movement(s) echoing the style of the chosen Rhythm for the season.</p> <p>Loop - One (1) permitted Retrogression - One (1) permitted Stop - Not permitted</p>

<p>Pattern Dance Type Step Sequence</p> <p>(PSt)</p>	<p>One (1) Pattern Dance Type Step Sequence – Style D</p> <p>Rhythm: skated to any tempo</p> <p>Duration: any exact number of musical phrases</p> <p>Pattern: 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.</p> <p>Stops: 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>Technical Requirements: Must perform four different difficult turns from the following: Back entry Rocker, Counter, Bracket and Forward Outside Mohawk. Only the first four attempted Different Difficult Turns selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.</p> <p>Not permitted:</p> <ul style="list-style-type: none"> • Stop (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. • Retrogressions
<p>Additional Information</p>	<p>Pattern: Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis/red line) of barrier. May also cross long axis at entry and/or exit to step sequence and at entry to pattern dance element. Loops in any direction that do not cross long axis are permitted.</p> <p>Stops: After clock is started with first movement, skater must not remain in one place for more than 10 sec. at the beginning and/or the end of program. During the program: 2 full stops up to 5 sec. or 1 full stop up to 10 sec. permitted.</p> <p>Touching the ice with hand(s) is not permitted except in Style B Step Sequence.</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered a fall by the judging panel and technical panel except in Style B Step Sequence.</p>

Free Dance Requirements for Senior:

Duration	3:10 +/- 10 seconds
Music	The music must have an audible rhythmic beat. The music may be without an audible rhythmic beat for up to 10 seconds at the beginning of the program. Music must have a change of tempo and/or expression.
Edge Elements	Two options: 1) One (1) combination edge element plus one short edge element of a different type than performed in the combination. Or 2) Three (3) different types of short edge elements. (Spiral Type maybe be repeated once with different positions in each) Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.
Spin	One (1) Spin but no more. Minimum of three revolutions on one foot. May change feet more than once. *FLYING SPINS or FLYING ENTRIES are illegal elements
Step Sequence	One (1) step sequence, Style B, from the following list: serpentine, circular, midline or diagonal. It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element. Not permitted: stops, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
One Foot Turn Sequence	1, One Foot Turn Sequence to be skated anywhere in the program. 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 3 and 4)
Solo Twizzle Series	One (1) solo twizzle series. At least two steps between 1 st and 2 nd 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)
Choreographic Elements	Three (3) Choreographic Elements to be selected from the following: <ul style="list-style-type: none"> • Choreographic Spinning Movement • Choreographic Twizzling Movement – (can only be performed after required Twizzles) • Choreographic Sliding Movement • Choreographic Character Step Sequence

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