



2008-2009 CANADIAN QUALIFYING COMPETITIONS SHORT AND FREE PROGRAM REQUIREMENTS

EFFECTIVE: JULY 1, 2008

SUMMARY OF CHANGES MADE TO WELL BALANCED PROGRAM CRITERIA:

The Skate Canada Board of Directors has approved a number of adjustments to the Well Balanced Program criteria for Singles, Pairs and Ice Dance. These changes have been made to address developmental issues arising at lower levels of competition as well as to incorporate changes to Junior and Senior requirements made by the ISU.

Changes are indicated with either strikethrough or underlined text e.g. ~~one change of two basic positions~~

All changes to Junior and Senior requirements made at the 2008 ISU Congress have been incorporated into this document.

SINGLES

SINGLES SHORT PROGRAM REQUIRED ELEMENTS

PRE-NOVICE WOMEN: A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least ~~one change of two~~ basic positions (sit, camel, upright or any variation thereof).
- (f) Spiral Sequence
- (g) Step Sequence

PRE-NOVICE MEN: (GROUP B, 2008-2009) A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May repeat double axel)
- (d) Sit spin with only one change of foot
- (e) Spin combination with only one change of foot and at least ~~one change of two~~ basic positions (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

* The jump combination may be composed of the same, or two different double jumps, or one double and one triple jump. If a triple jump is executed in the jump combination, a second triple jump **may not** be executed as the solo jump. If a triple jump is executed as the solo jump a



second triple jump **may not** be executed in the jump combination. Jumps in the combination must be different than the solo jump however the double axel may be repeated in the jump combination.

Short program groupings for men shall rotate between A and B on an annual basis. There is no rotation of groupings for women's short programs.

NOVICE WOMEN: A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Layback or sideways leaning spin
- (e) Spin combination with only one change of foot and at least ~~one change of~~ two basic positions (sit, camel, upright or any variation thereof).
- (f) Spiral Sequence
- (g) Step Sequence

NOVICE MEN: A short program of maximum 2:30

- (a) Axel or double Axel
- (b) One double or triple jump immediately preceded by connecting steps and/or other comparable free skating movements* (may not repeat double axel)
- (c) One jump combination consisting of two double jumps or one double and one triple jump* (May not repeat double axel)
- (d) Camel or sit spin. Change of foot is optional. No flying entrance.
- (e) Spin combination with only one change of foot and at least ~~one change of~~ two basic positions (sit, camel, upright or any variation thereof).
- (f) Two different step sequences of a different nature (straight line, circular or serpentine).

* The jump combination may consist of the same or two different double jumps, or one double and one triple jump. The Double Axel may not be repeated in the solo jump or jump combination. The jumps in the combination must be different than the solo jump.

JUNIOR WOMEN (Group A):

- (a) Double Axel Paulsen
- (b) One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps
- (d) Flying camel spin
- (e) Layback or sideways leaning spin
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof)
- (g) Spiral sequence
- (h) Step sequence (straight line, circular or serpentine)

JUNIOR MEN (Group A):

- (a) Double or triple Axel Paulsen
- (b) One double or triple Lutz jump immediately preceded by connecting steps and/or other comparable free skating movements
- (c) One jump combination consisting of one double and one triple jump or two triple jumps.
- (d) Flying camel spin
- (e) Sit Spin with only one change of foot
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof).
- (g) Two different step sequences of a different nature (straight line, circular or serpentine).

SENIOR WOMEN:

- (a) Double Axel Paulsen
- (b) One triple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- (c) One jump combination consisting of one double and one triple jump or two triple jumps.
- (d) Flying spin.
- (e) Layback or sideways leaning spin.
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof).
- (g) Spiral sequence.
- (h) Step sequence (straight line, circular or serpentine).

SENIOR MEN:

- (a) Double or Triple Axel Paulsen
- (b) One triple or quadruple jump immediately preceded by connecting steps and/or other comparable free skating movements.
- (c) One jump combination consisting of one double and one triple jump, or two triple jumps, or a quadruple jump and a double or triple jump.
- (d) Flying spin.
- (e) Camel spin or sit spin with one change of foot.
- (f) Spin combination with only one change of foot and all three basic positions (sit, camel, upright or any variation thereof).
- (g) Two step sequences of a different nature (straight line, circular or serpentine).



SINGLES WELL BALANCED FREE PROGRAM ELEMENTS

IMPORTANT: For all categories of Singles Free Skating, all spins must be of a different character (must have different abbreviations). Any spin with the same abbreviation as one executed before will be invalidated, but will occupy a spin box.

Example: (Novice Men) 1) CCoSp2
 2) FCSp3
 3) CCoSp4**

Because the 1st and 3rd spin have the same abbreviation (code), the 3rd spin is invalidated by the computer and receives no points.

Example 2: (Novice Men) 1) CCoSp2
 2) FCSp3
 3) FCCoSp3

In this example the abbreviations (codes) for all three spins are different, as such, all three spins are valid and count for points.

PRE-JUVENILE WOMEN & MEN

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. ~~one~~ Jump combinations may contain 3 no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - ~~○ Maximum of 3 jumps repeated in a program~~
- Maximum of 3 spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin
 - One may be a spin of any nature
- Maximum of 1 step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1



JUVENILE WOMEN & MEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. ~~one~~ Jump combinations may contain 3 no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - ~~Maximum of 3 jumps repeated in a program~~
- Maximum of 3 spins. All spins shall be called no higher than Level 1.
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One may be a spin of any nature
- Maximum of 1 step sequence or spiral sequence. All step and spiral sequences shall be called no higher than Level 1

PRE-NOVICE WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. ~~one~~ Jump combinations may contain 3 no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - ~~Maximum of 3 jumps repeated in a program~~
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence

PRE-NOVICE MEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. ~~one~~ Jump combinations may contain 3 no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - ~~Maximum of 3 jumps repeated in a program~~
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence



NOVICE WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. ~~one~~ Jump combinations may contain 3 no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - ~~○ Maximum of 3 jumps repeated in a program~~
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence or 1 spiral sequence

NOVICE MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences. ~~one~~ Jump combinations may contain 3 no more than 2 jumps
 - No jump may be included more than twice, and if a jump is repeated it must be in combination or sequence
 - ~~○ Maximum of 3 jumps repeated in a program~~
- Maximum of 3 spins
 - One must be a combination spin with at least one change of foot
 - One must be a flying spin in one position with no change of foot
 - One spin of any nature
- Maximum of 1 step sequence

JUNIOR WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum 1 step sequence
- ~~• Maximum 1 spiral sequence~~



JUNIOR MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of 3 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
- Maximum of ~~2~~ 1 step sequences ~~of a different nature~~

SENIOR WOMEN:

- Maximum of 7 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of ~~3~~ 4 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - ~~One spin of any nature~~
- Maximum 1 step sequence
- Maximum 1 spiral sequence

SENIOR MEN:

- Maximum of 8 jump elements
 - One jump must be an Axel type takeoff
 - Maximum of 3 jump combinations or sequences, one jump combination may contain 3 jumps
 - No triple or quad jump may be included more than twice, and if a triple or quad is repeated it must be in combination or sequence
 - Maximum 2 triple or quad jumps repeated
- Maximum of ~~3~~ 4 spins
 - One must be a combination spin
 - One must be a flying spin
 - One must be a spin in one position (change foot optional)
 - ~~One spin of any nature~~
- Maximum of 2 step sequences of a different nature



PAIR

PAIR SHORT PROGRAM REQUIRED ELEMENTS

PRE-NOVICE PAIR:

- (a) One lift from group 1, 2, 3 or 4
- (b) One twist lift (single or double)
- (c) One solo jump (Axel or any double jump)
- (d) Solo spin in one position, no change of foot (minimum 4 rotations)
- (e) Pair spin (minimum 4 rotations) - any but not a combination
- (f) One spiral figure (See Definition of Spiral Figure, regulation D - 2.4)
- (g) Spiral step sequence
- (e) Step sequence (straight line, circular or serpentine)

NOVICE PAIR: GROUP C (3)

- (a) One toe loop hip lift take-off (Group 3)
- (b) One twist lift (double)
- (c) Any double or triple jump
- (d) Solo spin combination with only one change of foot and at least one change of position
- (e) Pair spin combination with at least one change of position and only one change of foot
- (f) Death spiral forward inside
- (g) Throw Double Loop
- (h) Spiral Sequence

JUNIOR PAIR: GROUP C

- (a) One toe loop hip lift take-off (Group 3)
- (b) One twist lift (double)
- (c) Any double or triple jump (Double Lutz for ISU Junior)
- (d) Solo spin combination with only one change of foot and at least one change of position
- (e) Pair spin combination with at least one change of position and only one change of foot
- (f) Death spiral forward inside
- (g) Throw Double or Triple Loop
- (h) Spiral Sequence

SENIOR PAIR: GROUP C

- (a) Any hip lift take-off (Group 3)
- (b) One twist lift (double or triple)
- (c) One throw jump (double or triple)
- (d) One solo jump (double or triple)



- (e) Solo spin combination with only one change of foot and at least one change of position
- (f) Pair spin combination with at least one change of position and only one change of foot (sit, camel, upright or any variation thereof)
- (g) Death spiral forward inside
- (h) Spiral Sequence



PAIR WELL BALANCED FREE PROGRAM ELEMENTS

PRE-JUVENILE: 1 free program, 2.0 minutes or 2.5 (to be determined by the applicable section and applied at all events in that Section in the same competitive season)

All Lifts, Solo Spins, Pair Spins, Spiral Figures or Death Spirals and Step Sequences shall be called no higher than Level 1 regardless of content.

- (a) maximum of 2 different lifts, each lift must be from group 1. **Lifts must not include a change of position**
- (b) maximum of 1 throw jump
- (c) maximum of 1 solo jump
- (d) maximum of 1 solo jump combination or sequence
- (e) maximum of 1 pair spin (may be in combination)
- (f) maximum of 1 solo spin (may be in combination)
- (g) maximum of 1 spiral figure or death spiral
- (h) maximum of 1 step sequence (straight line, circular or serpentine)

JUVENILE: 1 free program to music of 2.5 minutes (+ or – 10 seconds).

All Lifts, Twists, Solo Spins, Pair Spins, Spiral Figures or Death Spirals and Step Sequences shall be called no higher than Level 1 regardless of content.

- (a) maximum of 2 different lifts, at least one of which must be from group 1. **Lifts must not include a change of position**
- (b) maximum of 1 twist lift
- (c) maximum of 1 throw jump
- (d) maximum of 1 solo jump
- (e) maximum of 1 solo jump combination or sequence
- (f) maximum of 1 pair spin (may be in combination)
- (g) maximum of 1 solo spin (may be in combination)
- (h) maximum of 1 spiral figure or death spiral
- (i) maximum of 1 step sequence (straight line, circular or serpentine)

PRE-NOVICE: 1 free program to music of 3.0 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, one of which must be from group 1, 2, 3 or 4.
- (b) maximum of 1 twist lift
- (c) maximum of 2 different throw jumps
- (d) maximum of 1 solo jump
- (e) maximum of 1 solo jump combination or sequence
- (f) maximum of 1 pair spin (may be in combination)
- (g) maximum of 1 solo spin (may be in combination)
- (h) maximum of 1 spiral figure or death spiral
- (i) maximum of 1 step sequence (straight line, circular or serpentine)



NOVICE PAIR: 1 free program to music of 3.5 minutes (+ or – 10 seconds).

- (a) maximum of 2 different lifts, at least one of which must be from group 3 or 4
- (b) maximum of 1 twist lift
- (c) maximum of 2 different throw jumps
- (d) maximum of 1 solo jump
- (e) maximum of 1 jump combination or sequence
- (f) maximum of 1 pair spin or pair spin combination
- (g) maximum of 1 solo spin or solo spin combination
- (h) maximum of 1 death spiral without restriction as to type
- (i) maximum of 1 step sequence (2008-2009 Season Only)

JUNIOR PAIR: 1 free program to music of 4.0 minutes (+ or – 10 seconds)

- (a) maximum of 2 lifts, one of which must be from group 3 or 4
- (b) maximum of 1 twist lift
- (c) maximum of 2 different throw jumps
- (d) maximum of 1 solo jump
- (e) maximum of 1 jump combination or sequence
- (f) maximum of 1 solo spin or solo spin combination
- (g) maximum of 1 pair spin or pair spin combination
- (h) maximum of 1 death spiral
- (i) maximum of 1 step sequence (2008-2009 Season Only)*

SENIOR PAIR: 1 free program to music of 4.5 minutes (+ or – 10 seconds).

- (a) maximum of 3 lifts, one of which must be from group 3 or 4
- (b) maximum of ± 2 twist lifts; (there can be not more than 4 lifts and twist lifts in total and if there are 2 twist lifts, these must be with different take-offs)
- (c) maximum of 2 different throw jumps
- (d) maximum of 1 solo jump
- (e) maximum of 1 jump combination or sequence
- (f) maximum of 1 solo spin combination
- (g) maximum of 1 pair spin combination
- (h) maximum of 1 death spiral
- (i) maximum of 1 step sequence (2008-2009 Season Only)*

***Spiral Sequences and Step Sequences will alternate annually. In years where a Spiral Sequence is required in the short program, a step sequence will be required in the free program and vice versa.**



DANCE

COMPULSORY DANCE AND ORIGINAL DANCE

NOTICE: The compulsory dance draw shall be conducted by the Skating Programs committee and announced on the Skate Canada Members Only Web Site no later than September 1st 2008

JUVENILE

Compulsories – Two of the four dances listed below shall be drawn and announced by September 1st annually. Dances shall be skated in the order listed:

Fiesta Tango, Ten-Fox, Fourteenstep, European

Free Dance - Requirements shall be listed in the Technical Handbook

PRE-NOVICE:

Compulsories – Two of the four dances listed below shall be drawn and announced by September 1st annually. Dances shall be skated in the order listed:

Keats Foxtrot, Harris Tango, American Waltz, Rocker Foxtrot

Free Dance – Requirements shall be listed in the Technical Handbook.

NOVICE:

Compulsories – Two of the four dances listed below shall be drawn and announced by September 1st annually. Dances shall be skated in the order listed:

Paso Doble, Starlight Waltz, Blues, Kilian

Free Dance – Requirements shall be listed in the Technical Handbook

JUNIOR/SENIOR:

Compulsories (2008/2009) – One dance from those listed below** to be drawn for each qualifying event by the Skating Programs Committee and announced by September 1st annually:

Junior

Starlight Waltz

Paso Doble

Senior

Viennese Waltz

Finnstep**

Paso Doble

The new Finnstep compulsory dance shall **not be skated at any Canadian qualifying or championship events during the 2008-09 season.



ORIGINAL DANCE

Original Dance (2008/2009) – For all ISU Championships, International Competitions, Canadian qualifying and Championship events, both Junior and Senior, the rhythm of the Original Dance will be:

Rhythms and Dances of the 1920's, 1930's or 1940's

Any one or two rhythms/dances originated in the 1920's or 1930's or 1940's may be chosen (except Tango). If two rhythms are used one of them may be repeated. The program should reflect the original flavor and style of the decades mentioned above and NOT performed as a Ballroom Dance.

For general information concerning the rhythms (dances) which belong to the above mentioned decades please refer to the "ISU Ice Dance Music Rhythms Booklet and Compact Disc 1995".

Vocal music is permitted.

Variations of tempo within one selection of music are permitted. If only one rhythm /dance is chosen two different tunes of this rhythm may be used and which may differ in tempo. Original orchestration of the music of the 1920's, 1930's or 1940's is not required. However, the orchestration must be in the style of the decade chosen.

Duration: 2 minutes and 30 seconds (plus or minus 10 seconds).

If appropriate for the chosen music the lady and the man are permitted to wear trousers and sleeves of any length. ISU Rule 612 should apply. Props that are part of the costume and are characteristic for the chosen music are allowed (hats, head bands, ribbon). Props may not be thrown in any part of the program.

Note: The Referee will make a proper costume deduction for a prop which is detached.

The couple should announce the Rhythm(s)/dance(s) and the decade(s) of the music chosen for the Original Dance.

Required Elements:

- 2 different types of short lifts, but no more (up to 6 seconds)
Note: The first performed Lift only will be identified and considered in determining the level of difficulty. The second Lift will be considered by the judges in marking the Choreography.
- 1 Spin, but no more (Combination spin is not permitted)
- 2 step sequences
 - i. One Midline Not Touching step sequence without Sequential Twizzles*
 - ii. One Diagonal or Circular step sequence in hold*
- 1 set of sequential twizzles

*note: Base values for the midline not touching step sequence shall be the same as the midline in hold. Base values for the Diagonal step sequence shall be the same as the circular.

Further guidelines for the Original Dance can be found in ISU Communication 1496 available on the ISU Website (www.isu.org)



FREE DANCE

- (1) **JUVENILE FREE DANCE:** 1 free dance to music of 2.0 minutes (+ or – 10 seconds). A well-balanced Juvenile free dance must meet the following requirements:
 - (a) a maximum of 1 dance lifts chosen from Stationary, Curve or Straight Line.
 - (b) a maximum of 1 dance spin (simple spin type, not combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 1 footwork sequence (any shape, no required positions, may not be Midline Not Touching).

- (2) **PRE-NOVICE FREE DANCE:** 1 free dance to music of 2.5 minutes (+ or – 10 seconds). A well-balanced Pre-Novice free dance must meet the following requirements:
 - (a) a maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type).
 - (b) a maximum of 1 dance spin (simple Spin type, not Combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 1 footwork sequence (any shape, no required positions, may not be Midline Not Touching).

- (3) **NOVICE FREE DANCE:** 1 free dance to music of 3.0 minutes (+ or – 10 seconds). A well-balanced Novice free dance must meet the following requirements:
 - (a) a maximum of 2 different dance lifts chosen from Stationary, Curve, Straight Line or Rotational (any type).
 - (b) a maximum of 1 dance spin (simple Spin type, or Combination type).
 - (c) a maximum of 1 series of synchronized twizzles
 - (d) a maximum of 2 different step sequences: one Straight (Midline in hold, Midline not-touching without sequential twizzles or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular). No required positions.



(4) JUNIOR FREE DANCE: 1 free dance to music of 3.5 minutes (+ or – 10 seconds). A well-balanced Junior free dance must meet the following requirements:

- (a) a maximum of 3 different dance lifts (1 of which may be a 12 second lift from either Serpentine, Reverse Rotational or Combination).
- (b) a maximum of 1 combination spin**
***Note: One additional Dance Spin (Spin or Combo Spin) is permitted but only the first performed Combination Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component for Linking Footwork/Movements. But the third Dance Spin performed will be considered by the Technical Panel as an Extra Element.*
- (c) a maximum of 1 set of synchronized twizzles.
- (d) a maximum of 2 different step sequences in any dance hold, one Straight line (Midline or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular).

(5) SENIOR FREE DANCE: 1 free dance to music of 4.0 minutes (+ or – 10 seconds). A well-balanced Senior free dance must meet the following requirements:

- (a) a maximum of 4 different types of dance lifts* (2 of which may be a 12 second lift from either Serpentine, Reverse Rotational or combination)
** Note: One additional Lift up to 6 seconds without any requirements for the Level is permitted but only the first four performed Lifts will be identified and considered in determining the level of difficulty. This additional Lift will be considered by the judges in marking the Choreography. However, if a sixth Lift is performed, it will be considered by the Technical Panel as an Extra Element.*
- (b) a maximum of 1 combination spin**
***Note: One additional Dance Spin (Spin or Combo Spin) is permitted but only the first performed Combination Spin will be identified and considered in determining the level of difficulty. This additional Dance Spin will be considered by the judges in marking the Component for Linking Footwork/Movements. But the third Dance Spin performed will be considered by the Technical Panel as an Extra Element.*
- (c) a maximum of 1 set of synchronized twizzles
- (d) a maximum of 2 different step sequences in any dance hold, one Straight line (Midline or Diagonal) and one Curved (Serpentine with 2 or 3 bold curves, or Circular).

Further guidelines for the Jr. and Sr. Free Dance can be found in ISU Communication 1496 available on the ISU Website (www.isu.org).

Please Note: The term “different dance lift” means that they must be of a different nature – i.e., in Pre-Novice there can only be one rotational lift.