



2025-2026 Ice Dance Program Requirements Quick Reference Guide
As of February 12, 2025

PATTERN DANCE		
CATEGORY	PATTERN DANCE SELECTION <i>FOR THE FULL SEASON</i> <i>To be skated in the order listed</i> <i>Must be performed with the first sequence executed on the same side as the officials' stand</i>	MUSIC SPECIFICATIONS <i>Each team must submit their own music, regardless of selection</i>
Pre-Juvenile	1. <u>Swing Dance</u> (2 sequences; 2 GOEs) 2. <u>Fiesta Tango</u> (3 sequences; 3 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or ISU (not tune 6).
	No Key Points – Max Level 1	
Juvenile	1. <u>Fourteenstep</u> (4 sequences; 4 GOEs) 2. <u>Foxtrot</u> (4 sequences; 4 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or ISU (not tune 6).
	No Key Points – Max Level 1	
Pre-Novice	1. <u>Tango</u> (2 sequences; 2 GOEs) 2. <u>Blues</u> (3 sequences; 3 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	No Key Points – Max Level 1	
Novice	1. <u>Quickstep</u> (4 sequences; 4 GOEs) 2. <u>Argentine Tango</u> (2 sequences; 4 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	2 Key Points – Max Level 3	
Solo Novice	1. <u>Quickstep</u> (4 sequences; 4 GOEs) 2. <u>Argentine Tango</u> (2 sequences – sequence one: A steps (follow), sequence two: B steps (lead); 2 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	2 Key Points – Max Level 3	



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RHYTHM DANCE <i>(Per ISU Comm. 2704)</i>					
CATEGORY	PATTERN DANCE ELEMENT/PATTERN DANCE TYPE STEP SEQUENCE	CHOREOGRAPHIC RHYTHM SEQUENCE	LIFT <i>Max 8 seconds</i>	STEP SEQUENCE*	TWIZZLES
Junior (2:50 ±0:10)	<p style="text-align: center;">1 sequence of the Rhumba (1RH – steps #1-16) immediately followed by 1 sequence of the Quickstep (1QS – steps #1-18)</p> <ul style="list-style-type: none"> • Skated/performed to any dance music/dance style(s) from the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4, or 4/4 time. Duration: Any exact number of musical phrases. The first step of the dance must be skated on beat one of a musical phrase. • Step #1 of 1RH must be skated at the Judges left until step #16. Immediately followed by step #1 of the 1QS on the Judges right side. • Variations of holds, except hand in hand, are permitted. Tracking between partners is optional except during key points. • 1RH must be skated in accordance with beats per step as listed in ISU Communication 2704. 1QS must be skated in accordance with beats per minute as listed in ISU Handbook 2003 	N/A	Maximum 1 short lift	Maximum 1 Not Touching Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles. Partners must not be in contact between twizzles.
Senior (2:50 ±0:10)	<p style="text-align: center;">Maximum 1 Pattern Dance Type Step Sequence – Style D</p> <ul style="list-style-type: none"> • Rhythm: skated to any dance style chosen from the 1990s - minimum 120 beats per minute in 2/2, 2/4 or 4/4 time. Any exact number of musical phrases. • Pattern: Circular <ol style="list-style-type: none"> 1. Starting with a walk around three turns movement around a common axis of at least two rotations by both partners on the Judges' side and crossing the short axis during any of these movements. The first rotation must be performed face to face, any partner may skate forward or backward. There is no restriction of holds / position for the second rotation. 2. Continuing the PSt including four different difficult turns. 3. Concluding the PSt when the team closing the circular shape in front of the Referee at the short axis by performing a Helicopter type movement (see ISU Communication 2704 for definition). • Holds: Must remain in contact at all times, even during changes of holds (except when performing twizzles as connecting choreography). • Timing: All difficult turns for level must be performed with no more than 2 beats for entry edge and 2 beats for exit edge. • NOT PERMITTED: Stop(s), Separations (except during twizzles), Retrogression(s), Hand in hand hold with fully extended arms, Loop(s). 	<p style="text-align: center;">Maximum 1 – Skated to any dance style from the 1990s.</p> <ul style="list-style-type: none"> • Holds: In contact including hand in hand with fully extended arms with the exception of permitted Separation. • Pattern: Perform steps/movements around the short axis and must proceed from barrier to barrier. • PERMITTED: 1 separation (not more than 2 arm lengths and no more than 5 seconds) and only 1 stop at the beginning, during or end of the element for no more than 5 seconds (will count as 1 of the permitted stops). A stop at beginning or end of CHR is considered part of element. Steps/movements around each partner during a stop is not considered a retrogression. • NOT PERMITTED: Retrogression(s), Loop(s). 	Maximum 1 short lift	Maximum 1 Not Touching Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles. Partners must not be in contact between twizzles.

*Specifications to Step Sequence, Style B (Rhythm Dance): Skated to any dance style from the 1990s.

PERMITTED: Skated no more than two arm's length apart, Stops (up to 1 permitted for no more than 5 seconds, must not be touching, counted as one of the permitted stops), touching the ice with any part of the body is allowed for no more than 5 seconds.

NOT PERMITTED: Retrogressions, Loops



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SOLO RHYTHM DANCE					
CATEGORY	PATTERN DANCE ELEMENT/PATTERN DANCE TYPE STEP SEQUENCE	CHOREOGRAPHIC RHYTHM SEQUENCE	EDGE ELEMENT <i>Max 8 seconds</i>	STEP SEQUENCE*	TWIZZLES
Junior (2:50 ±0:10)	<p>1 sequence of the Rhumba (1RH – steps #1-16) immediately followed by 1 sequence of the Quickstep (1QS – steps #1-18)</p> <ul style="list-style-type: none"> Skated/performed to any dance music/dance style(s) from the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4, or 4/4 time. Duration: Any exact number of musical phrases. The first step of the dance must be skated on beat one of a musical phrase. Step #1 of 1RH must be skated at the Judges left until step #16. Immediately followed by step #1 of the 1QS on the Judges right side. 1RH must be skated in accordance with beats per step as listed in ISU Communication. 1QS must be skated in accordance with beats per minute as listed in ISU Handbook 2003. 	N/A	Maximum 1 short edge element	Maximum 1 Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles
Senior (2:50 ±0:10)	<p>Maximum 1 Pattern Dance Type Step Sequence – Style D</p> <ul style="list-style-type: none"> Rhythm: skated to any dance style chosen from the 1990s - minimum 120 beats per minute in 2/2, 2/4 or 4/4 time. Any exact number of musical phrases. Pattern: Circular <ol style="list-style-type: none"> Starting with Choreographic Spin (ChSp) for at least three revolutions on two feet or a combination of two feet and one foot but not one foot alone for three revolutions. This ChSp must be performed on the Judges' side and must cross the short axis during the element. This should travel some, but part may be in place and not count as a stop. Continuing the PSt including four different difficult turns. Concluding the PSt when the skater closing the circular shape in front of the Referee at the short axis by performing a Helicopter type movement (see ISU Communication for definition). Timing: All difficult turns for level must be performed with no more than 2 beats for entry edge and 2 beats for exit edge. NOT PERMITTED: Stop(s), Retrogression(s), Loop(s). 	<p>Maximum 1 – Skated to any dance style from the 1990s.</p> <ul style="list-style-type: none"> Pattern: Perform steps/movements around the short axis and must proceed from barrier to barrier. PERMITTED: 1 stop at the beginning, during or end of the element for no more than 5 seconds (will count as 1 of the permitted stops). A stop at beginning or end of CHRS is considered part of element. NOT PERMITTED: Retrogression(s), Loop(s). 	Maximum 1 short edge element	Maximum 1 Style B MiSt or DiSt	Maximum 1 set of sequential twizzles Up to 1 step between twizzles

*Specifications to Step Sequence, Style B (Rhythm Dance): Skated to any dance style from the 1990s.
 PERMITTED: Stops (up to 1 permitted for no more than 5 seconds, counted as one of the permitted stops), touching the ice with any part of the body is allowed for no more than 5 seconds.
 NOT PERMITTED: Retrogressions, Loops



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FREE DANCE						
CATEGORY (TIME)	LIFTS <i>Short lift – max 8 seconds Combination lift – max 13 seconds</i>	DANCE SPIN	STEP SEQUENCES		TWIZZLES	CHOREO <i>ChLi – max 10 seconds</i>
			In Hold*	One Foot Not Touching		
Juvenile (2:00 ±0:10)	N/A	Maximum 1 dance spin Max Level 2	Maximum 1 <i>Style B</i> <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between partners may touch, but not considered for level</i>	Maximum 1 Chosen from: ChLi, ChSp, or ChTw
Pre-Novice (2:30 ±0:10)	Maximum 2 different type short lifts	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of synchronized twizzles <i>up to 3 steps between partners may touch, but not considered for level</i>	Maximum 1
Novice (3:00 ±0:10)	Maximum 2 different type short lifts	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles may be in contact between 1st and 2nd twizzles</i>	Maximum 1
Junior (3:30 ±0:10)	Maximum 2 different type short lifts OR 1 combination lift	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles Partners may be in contact between the 1st and 2nd twizzles</i>	Maximum 2
Senior (4:00 ±0:10)	Maximum 3 different type short lifts OR 1 combination lift and 1 short lift <i>Short lift type must be different from combination lift type</i>	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <i>Straight line or curve</i>	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles Partners may be in contact between the 1st and 2nd twizzles</i>	Maximum 3

*Specifications to Step Sequence, Style B (Free Dance):

NOT PERMITTED: Stops, Loops, Retrogressions, Hand in hand hold with fully extended arms, Separations of more than 2 arm's length and/or exceeding 5 seconds.

The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Must be a different shape than pattern of Choreographic Step if chosen as a Choreographic Element.

Please note: Junior & Senior categories subject to change by the ISU



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SOLO FREE DANCE						
CATEGORY (TIME)	EDGE ELEMENT <i>Short – max 8 seconds Combination – max 13 seconds</i>	DANCE SPIN	STEP SEQUENCE*	ONE FOOT TURN SEQUENCE	TWIZZLES	CHOREO
Solo Novice (2:20 ±0:10) Max Level 3	1 short edge element	Maximum 1 dance spin	Maximum 1 <i>Style B CiSt, MiSt, or DiSt</i>	N/A	Maximum 1 set of sequential twizzles. <i>Up to 1 step between twizzles</i>	Maximum 2 Chosen from: ChSp, ChTw, ChSI, ChSt
Solo Junior (3:00 ±0:10)	Maximum 2 different type short edge elements (spiral type may be repeated once with different positions in each) OR 1 combination edge element	Maximum 1 dance spin	Maximum 1 <i>Style B SeSt, CiSt, MiSt, or DiSt</i>	Maximum 1 <i>Must include the following difficult turns: Rocker, Bracket, Counter, Twizzle</i>	Maximum 1 solo twizzle series <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	Maximum 2 Chosen from: ChSp, ChTw, ChSI, ChSt
Solo Senior (3:30 ±0:10)	Maximum 3 different type short edge elements (spiral type may be repeated once with different positions in each) OR 1 combination edge element and 1 short edge element	Maximum 1 dance spin	Maximum 1 <i>Style B SeSt, CiSt, MiSt, or DiSt</i>	Maximum 1 <i>Must include the following difficult turns: Rocker, Bracket, Counter, Twizzle</i>	Maximum 1 solo twizzle series <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	Maximum 3 Chosen from: ChSp, ChTw, ChSI, ChSt
<p>*Specifications to Step Sequence, Style B (Free Dance): NOT PERMITTED: Stops, Loops, Retrogressions. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Must be a different shape than pattern of Choreographic Step if chosen as a Choreographic Element.</p>						

Please note: Solo Dance, and partnered Junior & Senior categories subject to change by the ISU