



## 2025-2026 Ice Dance Technical Requirements Guide

September 23, 2025

## 2025-2026 Ice Dance Technical Requirements Guide

Effective July 1, 2025

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**In domestic competition** an Ice Dance team consists of two athletes. These athletes will be identified as Athlete A and Athlete B. The listing of the team's name corresponds to their role (i.e., Athlete A / Athlete B).

When referring to ISU documents Athlete A must follow the requirements listed for the woman and Athlete B must follow the requirements listed for the man. For elements where a level is given for each partner, the identifiers "A" and "B" will be used for each athlete in the element code (e.g., DiStA2+DiStB2).



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### General Information for Pattern Dances

First sequence must be executed in front of the judges' stand	If not, referee will stop the team and instruct them to restart on the correct side.	No deduction
Introductory steps	Must not to exceed the introductory phrasing of the music.	Referee and Judges apply GOE negative features for must start on the prescribed beat
Final pose time violation	Must reach final movement/pose within 20 seconds after completion of the last step of the Pattern Dance.	Referee will deduct for up to every five seconds in excess of 20 seconds after the last prescribed step to the ending movement/pose.
<p>Music</p> <p>Each team must submit their own pattern dance music at competition registration, even if using Skate Canada Series 8 or ISU Music</p>	<p>Pre-Juvenile/ Juvenile: Music chosen must be from Skate Canada Series 8, <a href="#">Skate Canada Approved Music for Pattern Dances</a>, or ISU (not tune 6).</p> <p>For teams selecting their own music, the Referee will time the dance for correct tempo. To ensure consistency of process, the complete dance will be timed from the start of Step 1 until the end of the last step of the dance. Refer to the chart on page 13 for the range of tempo and duration of each pattern dance.</p>	<p>Pre-Novice/Novice: Music must be chosen in accordance with the rhythm of the Pattern Dance and may be vocal. Tempo must remain constant throughout and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute (plus or minus 3 beats per minute for waltz rhythms). If choosing a tune from the ISU Ice Dance Music, only tunes 1 to 5 can be used.</p>
<p>Warm-up: 3 minutes 30 sec. without music followed by 2:30 min. with music Maximum 6 teams/skaters</p>	<p>Pre-Juvenile/Juvenile: 2:30 min. of music will be from Skate Canada Series 8.</p>	<p>Pre-Novice/Novice: 2:30 min. of music will be tune 6 of ISU Pattern Dance music.</p>
Interruptions/Falls	Resumed at the nearest technically practical point which must be after the point of interruption. The athlete(s) may not skate the steps missed by the interruption.	If less than 50% of the section/sequence is completed due to a fall or interruption, the section/sequence will have no value.
<b>Pattern</b>	<p>Pattern correct means:</p> <ul style="list-style-type: none"> <li>• Tracking is correct</li> <li>• Set Pattern: the pattern generally agrees with the Pattern Dance Diagram.</li> <li>• Optional Pattern: the pattern may deviate from the Pattern Dance diagram but fully utilizes the ice surface.</li> <li>• If more than one sequence is required, restart and repetition are correct to the pattern skated.</li> </ul>	<p><b>GOE feature</b> Referee + Judges apply positive or negative feature(s)</p>



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<p><b>Costume and prop</b></p>	<ul style="list-style-type: none"> <li>• Must be modest, dignified and not give the effect of excessive nudity.</li> <li>• Must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music.</li> <li>• For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501.</li> <li>• Accessories &amp; props are not permitted.</li> </ul>	<p><b>Costume and Prop</b> Referee + Judges Deduction: once per program</p>
<p>Calling Process without Key Points</p>	<p>Technical Controller (TC) identifies Sequences/Sections of the Pattern Dance as Level Base when 50% of the Sequence/Section is completed by the skater (solo) or both partners; Level 1 when 75% of the Sequence/Section is completed by the skater (solo) or both partners.</p> <p>TC also identifies and calls falls. If a TC is not available at non-qualifying events, the referee may perform this function.</p>	
<p>Calling Process with Key Points</p>	<p>Technical Panel determines the Level of every Section/Sequence. At Novice level, two Key Points are called (Y, N, T, <span style="background-color: yellow;">X</span>) with a maximum of Level 3 if both Key Points are achieved.</p>	
<p>Pattern Dance Diagrams</p>	<p><a href="#">Skate Canada Pattern Dance Competitions Technical Requirements</a></p>	
<p>ISU Pattern Dance Videos</p>	<p><a href="#">Skate Canada Skating Development Video Library</a></p>	



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### 2025-2026 Pattern Dances

3-minute warm-up: 30 seconds without music followed by 2:30 minutes with music		
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. Swing Dance (2 sequences; 2 GOEs) 2. Fiesta Tango (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. Fourteenstep (4 sequences; 4 GOEs) 2. Foxtrot (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. Tango (2 sequences; 2 GOEs) 2. Blues (3 sequences; 3 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	No Key Points – Max Level 1	
Novice	1. Quickstep (4 sequences; 4 GOEs) 2. Argentine Tango (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. Quickstep (4 sequences; 4 GOEs) 2. Argentine Tango (2 sequences – sequence 1 A (follow) steps, sequence 2 B (lead) steps; 2 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	2 Key Points – Max Level 3	



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### Key Points for Novice Pattern Dances

Athlete A performs the A (follow) steps and Athlete B performs the B (lead) steps.

**Key Points: Must include correct turns, edges, foot placement, timing and holds**

### Characteristics of Levels for Novice Pattern Dances

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

### Quickstep

Sequence	Key Point 1	Key Point 2
<b>Sequence 1 &amp; 3: QS1Sq &amp; QS3Sq</b> 25% = 5 steps	Athlete A (Follow) steps 5 & 6 (LFO Sw-CISSt, RBIO)	Athlete B (Lead) steps 11 & 12 (LFI, RFI)
<b>Sequence 2 &amp; 4: QS2Sq &amp; QS4Sq</b> 25% = 5 steps	Athlete B (Lead) steps 5 & 6 (LFO Sw-CISSt, RBIO)	Athlete A (Follow) steps 11 & 12 (LFI, RFI)

### Argentine Tango

Section	Key Point 1	Key Point 2
<b>Each Section: AT1Sq1Se &amp; AT2Sq1Se</b> <b>Steps #1-18 (25% = 4 steps)</b>	Athlete A (Follow) Steps 7 to 10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Athlete B (Lead) Steps 13 to 15 (CR-LBO, RFO3, LBO)
<b>Each Section: AT1Sq2Se &amp; AT2Sq2Se</b> <b>Steps #19-31 (25% = 3 steps)</b>	Athlete B (Lead) Steps 23 & 24 (LFO Sw-OpSSt, RBI (between counts 4&1), LBO)	Athlete A (Follow) Steps 31 (CR-LBO-SwR/RFI (between counts 4&1))

Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice

**Note:** A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1AT - Key Point 2)



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### Characteristics of Levels for Solo Novice Pattern Dances

**Key Points: Must include correct turns, edges, foot placement, timing and holds**

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.

### Quickstep

Sequence	Key Point 1	Key Point 2
Sequence 1 to 4: QS1Sq, QS2Sq, QS3Sq & QS4Sq 25% = 5 steps	Steps 5 & 6 (LFO Sw-CISSt, RBIO)	Steps 11 & 12 (LFI, RFI)

### Argentine Tango

Section	Key Point 1	Key Point 2
Sequence 1: AT1Sq A (Follow) Steps #1-31 (25% = 8 steps)	A (Follow) Steps 7 to 10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	A (Follow) Steps 31 (CR-LBO-SwR/RFI (between counts 4&1))
Sequence 2: AT2Sq B (Lead) Steps #1-31 (25% = 8 steps)	B (Lead) Steps 13 to 15 (CR-LBO, RFO3, LBO)	B (Lead) Steps 23 & 24 (LFO Sw-OpSSt, RBI (between counts 4&1), LBO)

\* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

**Note:** A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.



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### General Information for Rhythm Dance

	Specifications/Requirements		Violations
<b>Duration</b>	Junior/Senior (partnered and solo)	2 minutes 50 seconds (+/- 10 seconds)	<b>Program time:</b> Referee deduction: once for up to every 5 sec lacking or in excess
<b>General Requirements</b>	<p>Rhythm Dance is a dance created by an Ice Dance competitor 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:</p> <ul style="list-style-type: none"> <li>• Reflect the character of the music, the selected dance rhythm(s) and/or theme(s).</li> <li>• Be translated to the ice by demonstrating technical skills with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed, and unison.</li> <li>• Be delivered with unison, in harmony, and spatial awareness (partnered ice dance).</li> <li>• Fit to the phrasing of the music.</li> </ul>		
<b>Music – General</b>	<ul style="list-style-type: none"> <li>• May be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>• Must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.</li> <li>• Only dance music with a rhythmic beat may be used.</li> <li>• May be without rhythmic beat for up to 10 seconds at the beginning of the program.</li> <li>• Note: To comply with the ethical values of sports, music chosen must not include aggressive and/or offending lyrics.</li> </ul>		<p><b>Music Requirements:</b></p> <p>Referee + Judges Deduction: once per program – incorrect rhythm, lack of rhythmic beat.</p> <p>Referee deduction: once per program – violation of tempo specification.</p>
<b>Theme and Music - Specific to 2025-2026 Season</b>	<p><b>“The Music, Dance Styles and Feeling of the 1990s”</b></p> <ul style="list-style-type: none"> <li>• Takes inspiration from high energy and entertaining dance styles from this decade.</li> <li>• Any music released, either originally or as a cover version, in the 1990s.</li> <li>• <b>Required Characteristics:</b> High energy and crowd pleasing, demonstrating the essence of the 1990s.</li> <li>• Remixed and/or remastered music, including cover versions, is permitted. Music created via AI in the “Style of 1990’s” is also permitted.</li> <li>• Must not be skated in the style of a Free Dance. Skaters must use dance movements and dance holds (as applicable) to interpret the feeling/essence and dance styles from this decade.</li> <li>• This season’s dance is not based on Classical, Contemporary, Traditional Folk and Competition Ballroom styles of dance.</li> </ul>		



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<p><b>Pattern</b></p>	<ul style="list-style-type: none"> <li>• Pattern must proceed in a generally constant direction; must cross the long axis of the ice surface once at each end of the rink within no more than 30 metres (short axis) of the barrier.</li> <li>• The skater(s) may also cross the long axis at the entry to the Style B Step Sequence, at the entry to the ChRS (Sr), and at the entry to the Pattern Dance Elements (Jr).</li> <li>• Loops in any direction are permitted provided they do not cross the long axis</li> </ul>	<p><b>Choreography Restrictions:</b></p> <p>Applied to violations outside of elements: pattern/stops/separations/touching ice with hands.</p> <p>Referee + Judges Deduction: once per program</p> <p>Note: When performed during a Required Element when not permitted, Judges evaluate as a Negative feature(s) for the GOE.</p>
<p><b>Stops</b></p>	<ul style="list-style-type: none"> <li>• After the clock starts, the skater(s) must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>• During program (excluding the 10 seconds at the beginning and/or end of the program): 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.</li> <li>• <del>A dance spin or choreographic spinning movement that does not travel will be considered as a stop.</del></li> </ul>	
<p><b>Separations</b></p>	<ul style="list-style-type: none"> <li>• Partners must not separate except to change hold or to perform required elements requiring a separation, turns as transitional elements and moves during permitted stops.</li> <li>• Distance allowed is maximum 2 arm's length apart during such separations.</li> <li>• <u>Separations during permitted stops outside of required elements, changes of hold or turns as transitional elements</u> must not exceed one measure of music.</li> <li>• Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation.</li> </ul>	
<p><b>Touching ice with hand(s)</b></p>	<p>Touching the ice with the hand(s) is not permitted, except during Step Sequence Style B</p>	
<p><b>Costume and prop</b></p>	<ul style="list-style-type: none"> <li>• Must be modest, dignified and not give the effect of excessive nudity.</li> <li>• Must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music.</li> <li>• For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501.</li> <li>• Accessories &amp; props are not permitted; no part of the costume may be used as any support in a lift.</li> </ul>	<p><b>Costume and Prop</b> Referee + Judges Deduction: once per program</p>
<p><b>Illegal Elements/Movements/Pose</b></p>	<p>See list on page 20.</p>	<p>Technical Panel: once per violation</p>



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*August 12, 2025*

### Rhythm Dance Required Elements (Partnered and Solo)

Elements	
<p><b>Senior Rhythm Dance Pattern Dance Type Step Sequence Style D (PSt)</b></p>	<p><b>One Pattern Dance Type Step Sequence (PSt), Style D:</b></p> <ul style="list-style-type: none"> <li>• <b>Rhythm:</b> Skated to any dance style chosen from the 1990s – min 120 beats per minute, in 2/2, 2/4, or 4/4 time.</li> <li>• <b>Duration:</b> Any exact number of musical phrases.</li> <li>• <b>Pattern:</b> Circular shape: <ul style="list-style-type: none"> <li>○ Partnered: Starting with a walk around <del>three</del> 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.</li> <li>○ Solo: 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.</li> <li>○ Continuing the PSt including the four different difficult turns (listed below).</li> <li>○ Concluding the PSt when the skater(s) closing the circular shape in front of the Referee <del>at</del> <u>around</u> the short axis by performing a Helicopter type movement (refer to the definition below).</li> </ul> </li> <li>• <b>Holds (partnered):</b> Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography).</li> </ul> <p><b>Technical Requirements: Must perform two different difficult turns per partner from the following: Back entry Rocker, Counter, back entry Bracket, and Forward Outside C-Step.</b> Only the first two attempted different difficult turns per partner selected from those above are considered for level. Additional attempts of the same difficult turn are ignored.</p> <ul style="list-style-type: none"> <li>• <b>Timing:</b> All performed different difficult turns for level must be performed with no more than two beats to the entry edge and two beats to the exit edge.</li> <li>• <b>Not Permitted:</b> <ul style="list-style-type: none"> <li>○ Stop(s)</li> <li>○ Separations (except during Twizzles)</li> <li>○ Retrogressions (Note: The entry <del>and/or</del> exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <u>However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel</u>)</li> <li>○ Hand-in-hand hold with established fully extended arms.</li> <li>○ Loop(s)</li> </ul> </li> </ul> <p><b>Helicopter type movement:</b> A movement skated in any direction with skater(s) (both for partnered) executing double three turns of at least one full revolution at the same time, with the free leg extended and elevated at 45 degrees or higher to the side, back, in front or any combination. Partners may execute this movement in any position around a common axis, for example, face to face, back to back, side by side, etc.</p>



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<p><b>Senior Rhythm Dance Choreographic Rhythm Sequence (ChRS)</b></p>	<p><b>One Choreographic Rhythm Sequence</b> – skated to any dance style from the 1990s</p> <ul style="list-style-type: none"> <li>• <b>Hold(s) (partnered):</b> in contact, including Hand in Hand with fully extended arms with exception of permitted Separation.</li> <li>• <b>Pattern:</b> Skater(s) (both partners) perform steps/movements around the short axis and must proceed barrier to barrier. The requirement of barrier to barrier is fulfilled when at least one skater is not more than 2 metres from each barrier.</li> <li>• <b>Separation(s) (partnered): 1 separation is permitted</b> for not more than 2 arms lengths and no more than 5 seconds</li> <li>• <b>Stop(s):</b> Only 1 at the beginning, during or end of the element for no more than 5 seconds (this will count as 1 of the permitted stops). A stop performed at the beginning or end of the ChRS will be considered as part of the element. Performing steps/movements around each partner during a Stop is not considered as a retrogression.</li> <li>• <b>Not permitted:</b> <ul style="list-style-type: none"> <li>○ Retrogression(s)</li> <li>○ Loop(s)</li> </ul> </li> </ul>
<p><b>Junior Rhythm Dance Pattern Dance Element (PDE)</b></p>	<p><b>One sequence of the Rhumba immediately followed by one Sequence of the Quickstep:</b> skated/performed to any dance music/dance style(s) of the 1990s with a minimum tempo of 120 beats per minute, in 2/2, 2/4, or 4/4 time.</p> <p>1RH (Steps #1 – 16) and 1QS (Steps #1 – 18)</p> <ul style="list-style-type: none"> <li>• Step #1 of 1RH skated on the Judges’ left side until Step #16. Immediately followed by Step #1 of 1QS skated on the Judges’ right side.</li> <li>• 1RH must be skated in accordance with the beats per steps outlined in section 1.3 of ISU Communication 2704.</li> <li>• 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003.</li> <li>• Partnered: Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional except during Key Points</li> <li>• The first step of the dance begins on beat 1 of a musical phrase.</li> </ul>
<p><b>Dance Lift (partnered)</b></p>	<p><b>Maximum one Short Lift</b> – maximum 8 seconds</p>
<p><b>Edge Element (solo)</b></p>	<p><b>Maximum one Short Edge Element</b> – minimum of 3 seconds and maximum of 8 seconds</p>
<p><b>Step Sequence</b></p>	<p><b>One Step Sequence Not Touching (Style B); chosen patterns may only be Midline or Diagonal</b></p> <p><b>Specifications to Style B Rhythm Dance:</b></p> <ul style="list-style-type: none"> <li>• Skated to any dance style from the 1990s.</li> <li>• Skated no more than 2 arm’s length apart.</li> <li>• Touching the ice with any part of the body is allowed but not longer than 5 seconds.</li> <li>• Stops – up to 1 permitted for up to 5 seconds (this will count as one of the permitted stops, must be performed as Not Touching)</li> <li>• Not Permitted: <ul style="list-style-type: none"> <li>• Loop(s)</li> <li>• Retrogression(s) (Note: The entry <del>and</del>/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <u>However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel</u>)</li> </ul> </li> </ul>
<p><b>Sequential Twizzles</b></p>	<p><b>One Set of Sequential Twizzles</b></p> <ul style="list-style-type: none"> <li>• At least 2 twizzles for each skater; must NOT be in contact between twizzles.</li> <li>• Up to 1 step between twizzles (each push, including scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step).</li> </ul> <p>Note: The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.</p>



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*June 17, 2025*

<b>Key Points and Key Point Features for Junior (partnered) Pattern Dance Elements Season 2025-2026</b>				
Section	Key Point 1 (Athlete A)	Key Point 2 (Athlete B)	Key Point 3 (Athlete A)	Key Point 4 (Athlete B)
<b>Pattern Dance Element (1RH) Steps # 1-16</b>	Steps 11, 12, 13 (Wd-LFI Wd-XF OpSSt, RBO Wd-XB-CISSt, LFI)	Steps 11, 12, 13 (Wd-LFI Wd-XF OpSSt, RBO Wd-XB-CISSt, LFI)	Step 14 (RFI3)	Step 14 (RFI3)
<b>Pattern Dance Element (1QS) Steps # 1-18</b>	Steps 5 & 6 (LFO Sw-CISSt, RBIO)	Steps 5 & 6 (LFO Sw-CISSt, RBIO)	Steps 11 & 12 (LFI, RFI)	Steps 17 & 18 (XB-LFIO, XF-RFI)

<b>Key Points and Key Point Features for Junior (solo) Pattern Dance Elements Season 2025-2026</b>			
Section	Key Point 1	Key Point 2	Key Point 3
<b>Pattern Dance Element (1RH) Steps # 1-16</b>	Steps 11, 12, 13 (Wd-LFI Wd-XF OpSSt, RBO Wd-XB-CISSt, LFI)	Step 14 (RFI3)	Step 16 (XF-RBI)
<b>Pattern Dance Element (1QS) Steps # 1-18</b>	Steps 5 & 6 (LFO Sw-CISSt, RBIO)	Steps 11 & 12 (LFI, RFI)	Steps 17 & 18 (XB-LFIO, XF-RFI)

**Key Points: Must include correct turns, edges, foot placement and timing.**

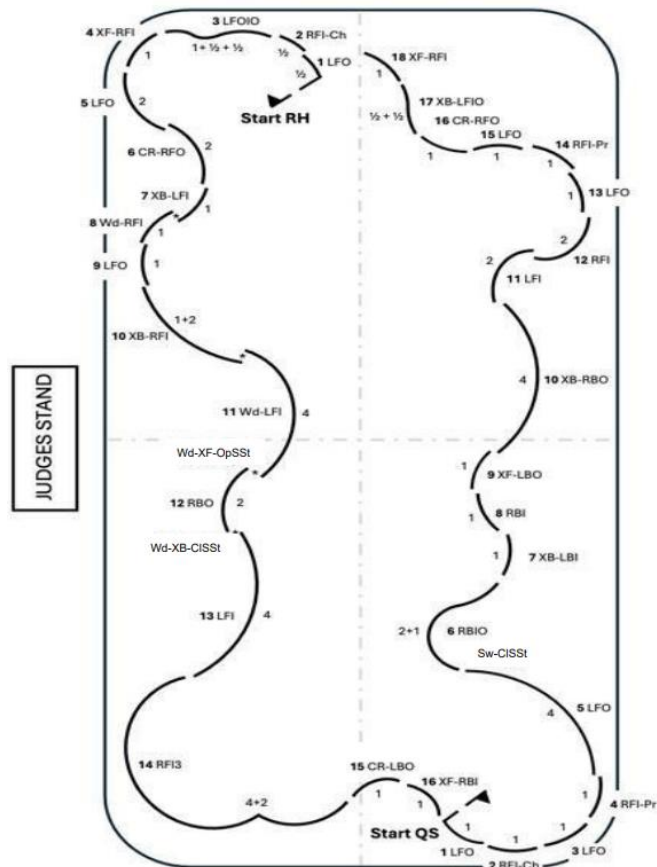
**Note:** For 1RH KPs 1 & 2 (Steps 11 & 12) correct foot placement means that the free foot must be at least 1 blade length distance from the skating foot when touching the ice.



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**Rhumba + Quickstep – Optional pattern.** Diagram is a general layout of the two pattern dances skated back to back and not indicating exact depth of edges.



Rhumba Steps – Junior 2025-2026		
Step No.	Step (same for both)	Number of beats of music
1	LFO	1/2
2	RFI-Ch	1/2
3	LFOIO	1+1/2+1/2
4	XF-RFI	1
5	LFO	2
6	CR-RFO	2
7	XB-LFI	1
8	Wd-RFI	1
9	LFO	1
10	XB-RFI	1+2
11	Wd-LFI Wd-XF OpSSt	4
12	RBO Wd-XB CISSt	2
13	LFI	4
14	RFI3	4+2
15	CR-LBO	1
16	XF-RBI	1



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### Pattern Dance and Pattern Dance Element Music Information

Dance	Beats per Minute (bpm)	Duration in seconds per Sequence	Duration in seconds from step #1 to last step	Required Sequences or Sections	Number of Steps per Sequence or Section	Number of Steps				
						10%	25%	50%	75%	90%
Swing Dance Set Pattern	94-98	39.2-40.9	78.4-81.8	2 sequences	30	3	8	15	23	27
Fiesta Tango Set Pattern	106-110	17.5-18.1	52.5 - 54.3	3 sequences	16	2	4	8	12	14
Fourteenstep Set Pattern	110-114	10.5-10.9	40.0-43.6	4 sequences	14	1	4	7	11	13
Foxtrot Optional Pattern	98-102	16.5-17.1	66.8-68.4	4 sequences	14	1	4	7	11	13
Tango Optional Pattern	106-110	28.4-29.4	56.8-58.8	2 sequences	22	2	6	11	17	20
Blues Optional Pattern	86-90	24.0-25.2	72.0-75.6	3 sequences	17	2	4	9	13	15
Quickstep (Novice) Set Pattern	110-114	17.7-15.3	58.8-61.2	4 sequences	18	2	5	9	14	16
Argentine Tango (Novice) Set Pattern	94-98	34.2 - 35.8	68.6 - 71.4	2 sequences/4 sections AT1: steps 1-18	18	2	5	9	14	16
				AT2: steps 19-31	13	1	3	7	10	12
Argentine Tango (solo Novice) Set Pattern	94-98	34.2 - 35.8	68.6 - 71.4	2 sequences	31	3	8	16	23	28
Rhumba (Junior Rhythm) Optional Pattern	min 120	Max 16	n/a	1RH	16	2	4	8	12	14
Quickstep (Junior Rhythm) Optional Pattern	min 120	Max 14	n/a	1QS	18	2	5	9	14	16

For Pattern Dance Diagrams, see the [Skate Canada Pattern Dances in Competition Technical Requirements Guide](#)



## 2025-2026 Ice Dance Technical Requirements Guide

August 20, 2025

### General Information for Free Dance

	Specifications/Restrictions		Violations
<b>Duration</b>	Juvenile	2 minutes (+/- 10 seconds)	<b>Program time:</b> Referee deduction: Once for up to every 5 seconds lacking or in excess.
	Pre-Novice	2 minutes 30 seconds (+/- 10 seconds)	
	Novice	3 minutes (+/- 10 seconds)	
	Solo Novice	2 minutes 20 seconds (+/- 10 seconds)	
	Junior	3 minutes 30 seconds (+/- 10 seconds)	
	Solo Junior	3 minutes (+/- 10 seconds)	
	Senior	4 minutes (+/- 10 seconds)	
	Solo Senior	3 minutes 30 seconds (+/- 10 seconds)	
<b>Music</b>	<p>May be vocal and must be suitable for ice dance as a sport discipline and must have the following characteristics:</p> <ul style="list-style-type: none"> <li>• Must have a rhythmic beat and melody, or rhythmic beat alone, and may be vocal.</li> <li>• May be without a rhythmic beat for up to 10 seconds at the beginning or end of the program.</li> <li>• May be without a rhythmic beat for up to 10 seconds during the program.</li> <li>• Must have at least one change of tempo/rhythm and expression; this change may be gradual or immediate.</li> <li>• All music must create an interesting, colourful, entertaining dance program with different dance moods or a building effect.</li> </ul>		<b>Music Requirements:</b>  Referee + Judges Deduction: once per program
<b>Stops</b>	<ul style="list-style-type: none"> <li>• After the clock is started with the first movement, the skater(s) must not remain in one place for more than 10 seconds.</li> <li>• During the program, unlimited full stops of up to 5 seconds are allowed.</li> </ul>		<b>Choreography restrictions:</b>  Applied to violations outside of elements: stops/separations/touching ice with hands  Referee + Judges Deduction: once per program  Note: When performed during a Required Element when not permitted, Judges evaluate as Negative feature(s) for the GOE
<b>Separations</b>	<ul style="list-style-type: none"> <li>• The number of separations to execute transitional footwork or moves is unrestricted.</li> <li>• Distance allowed is maximum 2 arm's length apart during separations.</li> <li>• Duration of each separation (excluding Required Elements) can be no more than 5 seconds.</li> <li>• Separations at the beginning and/or end of the program are permitted up to 10 seconds, no restrictions on the distance of separation.</li> </ul>		
<b>Touching ice with hand(s)</b>	<ul style="list-style-type: none"> <li>• Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence).</li> </ul>		



## 2025-2026 Ice Dance Technical Requirements Guide

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<b>Costume and Prop</b>	<ul style="list-style-type: none"> <li>• Must be modest, dignified and not give the effect of excessive nudity; must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music.</li> <li>• For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501.</li> <li>• Accessories &amp; props are not permitted; no part of the costume may be used as any support in a lift.</li> </ul>	<b>Costume and Prop</b> Referee + Judges Deduction: once per program
<b>Program Components</b>	Juvenile: <b>Three</b> Program Components will be assessed, <b>Composition</b> , Presentation and Skating Skills	
<b>Illegal Elements/ Movements/Pose</b>	See list on page 20	Technical Panel: once per violation



## 2025-2026 Ice Dance Technical Requirements Guide

August 12, 2025

### Free Dance Required Elements: Juvenile, Pre-Novice, Novice

	Juvenile	Pre-Novice	Novice
<b>Dance Lifts</b> Not more than:	N/A	<b>Two Different Short Lifts</b> Maximum 8 seconds each Choice of straight line, curve, stationary or rotational lift	<b>Two Different Short Lifts</b> maximum 8 seconds each Choice of straight line, curve, stationary, or rotational lift
<b>Dance Spins</b> On one foot or with change(s) of foot by one or both partners	<b>One Dance Spin</b> Called to maximum Level 2	<b>One Dance Spin</b>	<b>One Dance Spin</b>
<b>Step Sequences</b>  Other required elements may not be performed in the StSq.	<b>One Step Sequence Style B</b> Circular, midline or diagonal Performed in hold	<b>One Step Sequence Style B</b> Circular, midline or diagonal Performed in hold	<b>Two performed in any order:</b> <b>One Style B performed in hold;</b> Types: straight line or curve <b>One One-foot turns sequence:</b> not touching; difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time.
<p><b>Specifications to Style B, Free Dance 2025/26:</b> The pattern must maintain the integrity or basic shape of the chosen pattern</p> <ul style="list-style-type: none"> <li>• Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element</li> <li>• Not Permitted: <ul style="list-style-type: none"> <li>○ Stops</li> <li>○ Loops</li> <li>○ Retrogressions (Note: The entry <del>and</del>/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <u>However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel.</u>)</li> <li>○ Separations of more than 2 arm's length and/or exceeding 5 seconds</li> <li>○ Hand-in-hand hold with fully extended arms cannot be established</li> </ul> </li> </ul>			
<b>Synchronized Twizzles</b>	<b>One set of Synchronized Twizzles</b> At least two twizzles for each partner with up to three steps between twizzles. Partners may touch between twizzles, but this will not be considered for the level.	<b>One set of Synchronized Twizzles</b> At least two twizzles for each partner with up to three steps between twizzles. Partners may touch between twizzles, but this will not be considered for the level.	<b>One set of Synchronized Twizzles</b> At least two twizzles for each partner with a minimum of 2 and up to 4 steps between 1 <sup>st</sup> and 2 <sup>nd</sup> twizzles (each push, including scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step). Partners may touch at some point between the 1 <sup>st</sup> and 2 <sup>nd</sup> twizzles.
<b>Choreographic Elements</b>	<b>One chosen from:</b> Choreographic Lift, Choreographic Spinning Movement, or Choreographic Twizzling Movement	<b>One chosen from:</b> Choreographic Assisted Jump/Lifting Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement	<b>One chosen from:</b> Choreographic Assisted Jump/Lifting Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement



## 2025-2026 Ice Dance Technical Requirements Guide

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### Free Dance Required Elements: Junior, Senior

	Junior	Senior
<b>Dance Lift</b> <b>Not more than:</b>	<b>Two different type Short Lifts</b> (maximum 8 seconds each) <b>OR</b> <b>One Combination Lift</b> (maximum 13 seconds)	<b>Three different type Short Lifts</b> (maximum 8 seconds each) <b>OR</b> <b>One Short Lift</b> (maximum 8 seconds) <b>and one Combination Lift</b> (maximum 13 seconds) (Short Lift must be a different type than in the Combination Lift)
	The lifted partner's difficult pose or change of pose (option a and b) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated difficult pose or change of pose (option a or b) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.	
<b>Dance Spins</b>	<b>One Dance Spin (DSp)</b> - A spin skated by the team together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners	
<b>Step Sequences</b> <b>Types: Straight Line or Curve</b>  <b>One Foot Turn Sequence (OFT)</b>	<b>Two</b> <ul style="list-style-type: none"> <li>• <b>One Step Sequence, in Hold, Style B:</b> <ul style="list-style-type: none"> <li>• The pattern must maintain the integrity or basic shape of the chosen pattern</li> <li>• Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element</li> <li>• Specifications to Style B, Free Dance 2025/26:                             <ul style="list-style-type: none"> <li>○ Not Permitted:                                     <ul style="list-style-type: none"> <li>○ Stops</li> <li>○ Loops</li> <li>○ Retrogression (Note: The entry <del>and</del>/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <u>However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel.</u>)</li> <li>○ Separations of more than 2 arm's length and/or exceeding 5 seconds</li> <li>○ Hand-in-hand hold with fully extended arms cannot be established</li> </ul> </li> </ul> </li> </ul> </li> <li>• <b>One One-Foot Turns Sequence FD option, Not Touching:</b> Difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time.</li> </ul>	
<b>Synchronized Twizzles</b>	<b>One set of Synchronized Twizzles</b> <ul style="list-style-type: none"> <li>• At least two twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1<sup>st</sup> and 2<sup>nd</sup> twizzles (each push, including scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step).</li> <li>• Partners <b>may</b> be in contact at some point between the 1<sup>st</sup> and 2<sup>nd</sup> Twizzles.</li> <li>• The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD</li> </ul>	
<b>Choreographic Elements</b>	<b>Two different Choreographic Elements</b> chosen from:	<b>Three different Choreographic Elements</b> chosen from:
	Choreographic Assisted Jump/Lifting Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement	



## 2025-2026 Ice Dance Technical Requirements Guide

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### Free Dance Required Elements: Solo Novice, Solo Junior, Solo Senior

	Solo Novice (Max Level 3)	Solo Junior	Solo Senior
<b>Edge Element</b> (minimum 3 seconds) <b>Not more than:</b>	<b>One Short Edge Element</b> (Maximum 8 seconds)	<b>Two different type Short Edge Elements</b> (maximum 8 seconds each) (Spiral type may be repeated once with different positions in each) <b>OR</b> <b>One Combination Edge Element</b> (maximum 13 seconds)	<b>Three different type Short Edge Elements</b> (maximum 8 seconds each) (Spiral type may be repeated once with different positions in each) <b>OR</b> <b>One Short Edge Element</b> (maximum 8 seconds) <b>and one Combination Edge Element</b> (maximum 13 seconds) (Short Edge Element must be a different type than in the Combination Edge Element)
<b>Dance Spins</b>	<b>One Dance Spin (DSp)</b> – minimum 3 revolutions one foot, with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.		
<b>Step Sequence</b>	<b>One Step Sequence Style B</b> – midline, diagonal, or circular	<b>One Step Sequence Style B</b> – serpentine, circular, midline, or diagonal	
	<b>Specifications to Style B, Free Dance 2025/26:</b> <ul style="list-style-type: none"> <li>• The pattern must maintain the integrity or basic shape of the chosen pattern</li> <li>• Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element</li> <li>• Not Permitted: <ul style="list-style-type: none"> <li>○ Stops</li> <li>○ Loops</li> <li>○ Retrogression (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression. <u>However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel.</u>)</li> </ul> </li> </ul>		
<b>One Foot Turn Sequence (OFT)</b>	n/a	<b>One One-Foot Turn Sequence:</b> to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle for Level 1-2, Double Twizzle for Levels 1-4).	
<b>Twizzles</b>	<b>One set of Sequential Twizzles:</b> two twizzles skated one after the other with up to one step in between twizzles (each push, including scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)	<b>One Solo Twizzle Series:</b> At least two twizzles, with a minimum of 2 steps and up to 4 steps between 1 <sup>st</sup> and 2 <sup>nd</sup> twizzles (each push, including scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step). Note: The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD	
<b>Choreographic Elements</b>	<b>Two</b> <b>Choreographic Element</b> chosen from:	<b>Two different</b> <b>Choreographic Elements</b> chosen from:	<b>Three different</b> <b>Choreographic Elements</b> chosen from:
	Choreographic Character Step Sequence (started with a stop or skidding movement), Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement (can only be performed after required twizzles)		



## 2025-2026 Ice Dance Technical Requirements Guide

*June 17, 2025*

### **Marking**

Pattern Dance: Judges mark the quality of execution of each Section/Sequence of the Pattern Dance using the Grade of Execution scale +5 to -5. The number of Sequences and/or Sections determines the number of GOEs for the given dance. Three Program Components are assessed (Timing, Presentation, and Skating Skills). The Program Component marking guide for Pattern Dances can be found in ISU Communication [2700](#).

Rhythm Dance and Free Dance: Judges mark the quality of execution of each element using the Grade of Execution scale +5 to -5. Three Program Components (Composition, Presentation, and Skating Skills) are assessed.

Evaluating the GOE of Sequential and Synchronized Twizzles, the One Foot Turns Sequence – Not Touching, PSt: Judges will evaluate these elements as a unit and must base their GOE on the quality of execution of BOTH partners.

See page 25 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU Communication [2704](#) along with the Program Component marking guides.

The Referee and Judges also apply deductions for certain violations.



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### Additional information pertaining to Rhythm Dance and Free Dance

#### Pattern of Step Sequences

The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is clearly not recognizable, there will be a required reduction by the Judges for incorrect pattern.

#### Illegal Elements/Movements/Poses in Partnered Ice Dance –Technical Panel identifies and deducts accordingly.

The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in an ISU Communication):

Note: a brief movement through poses will be permitted if it is not established and sustained or if it is used only to change pose:

- sitting on the partner's head
- standing on the partner's shoulder
- ~~Lifted partner in upside down split pose (with sustained angle between thighs more than 45 degrees)~~
- lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s)
- lifting partner swinging the lifted partner around without the assistance of hand(s)/arm(s) and the lifted partner holding only with feet around the lifting partner's neck
- point of contact of the lifting hand(s)/arm(s) of the lifting partner with any part of the body of the lifted partner is sustained with the fully extended arms higher than the lifting partner's head (the supporting arm must be sustained and fully extended above the head).
- Jumps of more than one revolution except jump entry and/or jump exit
- Lying on the ice

#### Illegal Elements/Movements/Poses in Solo Ice Dance –Technical Panel identifies and deducts accordingly.

The following movements and/or poses are illegal in Solo Ice Dance Competitions:

- Jumps of more than half ( $\frac{1}{2}$ ) revolution (including back flips)
- 2 or more consecutive  $\frac{1}{2}$  rotation jumps (jumps are not consecutive if there are two or more steps in between)
- Lying on the ice (except where permitted)
- Toe Assisted Split Jumps or Edge Split jumps more than 90 degrees at the thighs.  
(Split Jumps with toe assisted take off. [A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump]. Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to, a Falling Leaf.)
- Flying entries for Dance spins
- Illusions\* of more than one rotation.

\*Definition Illusion: An illusion is a spin that has a basic position similar to the camel, but instead of remaining flat throughout the duration of the spin, the skater's body tilts up and then down so the head is close to the ice with the boot of the free leg extended upwards, creating almost a full split, while the skater is spinning.



## 2025-2026 Ice Dance Technical Requirements Guide

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### Definition of Free Dance Choreographic Elements (Partnered Ice Dance)

**Choreographic Assisted Jump/Lifting Movement:** at least three assisted jump movements performed continuously in a row; performed anywhere in the program.

The following requirements apply:

- At least three in a row (same or different) performed continuously
- Cannot rotate more than one rotation in each assisted jump movement by the assisting partner
- Less than three seconds off the ice for assisted partner
- No more than three steps in between each assisted jump/lifting movement
- Either partner may do the assisted jump/lifting movement

**Choreographic Character Step Sequence:** performed anywhere in the program. The ChSt pattern must be different from the chosen pattern for the Style B step sequence. Both partners perform steps around the chosen axis and must proceed from barrier to barrier.

The following requirements apply:

- Any pattern from the following:
  - Diagonal, performed from corner to opposite corner
  - Long Axis, performed from barrier to opposite barrier, primarily along the Long Axis
  - Short Axis, performed from barrier to opposite carrier, primarily along the Short Axis
  - Circular, starting from the long barrier at the Short Axis, crossing the long axis on each side of the short axis and completing the circle at the starting barrier
- The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than two metres from each barrier.
- May be in hold or not touching.
- Touching the ice with any part of the body with controlled movements is allowed.
- Touching the barrier at the start or finish of the Choreographic Character Step Sequence is permitted
- Distance between partners is permitted as a maximum of two arm's length apart.
- Retrogression: not permitted (Performing movements/steps around each partner during a Stop is NOT considered a Retrogression)

**Choreographic Hydroblading Movement:** performed anywhere in the program, during which both partners perform hydroblading movements

The following requirements apply:

- A low movement with the upper body almost parallel to the ice. The core of the body must be clearly positioned away from the vertical axis. No other part of the body other than the boot of the free leg is allowed to touch the ice. If any other part of the body, (other than the allowable boot/foot drag of the free leg) touches the ice it may be considered a Chorographic Sliding Movement
- Hydroblading movement by both partners at the same time for at least two seconds. The start and end of the Choreographic Hydroblading Movement does not have to be performed simultaneously.
- May be in hold or not touching
- At least one blade by each partner must be on the ice



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**Choreographic Lift:** Dance Lift of minimum three seconds and maximum 10 seconds, performed after all the other required Dance Lifts.

**Choreographic Sliding Movement:** performed anywhere in the program, during which both partners perform controlled sliding movements on the ice.

The following requirements apply:

- Sliding movement by both partners at the same time on any part of the body for at least two seconds. The start and ending of the Choreographic Sliding Movement does not have to be performed simultaneously.
- May be in hold or not touching, or a combination of both and may also rotate.
- Controlled sliding on two knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element
- Sliding Movement which finishes as a stop on two knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- Performing basic lunge movement by both partners at the same time will NOT be considered as a Choreographic Sliding Movement.

**Choreographic Spinning Movement:** spinning movement performed anywhere in the program, during which both partners perform at least three (Junior/Senior) or two (Juvenile/Pre-Novice/Novice) continuous rotations in any hold.

The following requirements apply:

- On one foot or two feet or one partner being elevated for less than three rotations, or a combination of the three
- On a common axis which may be moving

**Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles, composed of two parts.

The following requirements apply:

- For both parts: on one foot or two feet or a combination of both
- Distance between partners is permitted as a maximum of two arms lengths apart
- For the first part: at least two continuous rotations performed simultaneously, and both partners must travel (cannot be on the spot)
- For the second part: at least one of the partners must perform at least two continuous rotations with up to three steps between the first and second twizzling movement, one or both partners can be on the spot or traveling or a combination of both



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### Definition of Free Dance Choreographic Elements (Solo Ice Dance)

**Choreographic Character Step Sequence:** performed anywhere in the program. The ChSt pattern must be different from the chosen pattern for the Style B step sequence.

The following requirements apply:

- Must begin with a stop or skidding movement within two meters of the barrier on either side of the rink.
- Must be primarily placed around either the short axis or long axis, the pattern must be different than the chosen Style B step sequence and must proceed from barrier to barrier. The requirement from barrier to barrier is fulfilled when the skater is not more than 2 meters from the barrier on each side.
- Touching the ice with any part of the body with controlled movements is allowed.
- Touching the barrier at the start or finish is permitted
- Permitted stops must not be longer than 5 seconds each
- Retrogression: not permitted (during a Stop, movements in any direction away from the point of origin up to approximately one meter will not be considered a Retrogression).

**Choreographic Sliding Movement:** performed anywhere in the program, during which both the skater performs a controlled sliding movement on the ice for a minimum of two seconds.

The following requirements apply:

- Continuous controlled sliding movement on any part of the body.
- May rotate and no maximum time restriction.
- Controlled sliding on two knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element
- Sliding Movement which finishes as a stop on two knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- A loss of control while executing a Choreographic Sliding Movement will not be considered a Fall as long as no additional support is required.
- Performing a simple lunge movement will NOT be considered as a Sliding Movement.
- Additional Sliding Movements will be ignored. Appropriate penalties should be taken if the movement meets the requirements for a Fall or violates other choreographic restrictions which would then be penalized by the judging panel, i.e. on two knees, or the weight of the body is on any another body part, it would be considered a Fall while lightly touching the ice with a hand would be a choreographic restriction violation.

**Choreographic Spinning Movement:** spinning movement performed anywhere in the program, A continuous spinning (rotating) movement with at least 3 full rotations which may be stationary or travelling.

The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee/boot (but not two knees).
- If a skater performs a pause within the first three rotations of the spinning movement, the movement is considered broken and will not be confirmed by the Technical Panel.
- Must not meet the requirements for a Dance Spin (i.e. 3 revolutions on the spot on one foot).



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**Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles, composed of two parts.

The following requirements apply:

- For both parts: on one foot or two feet or a combination of both and must travel.
- For the first part: at least two continuous rotations must be performed.
- For the second part: at least two continuous rotations with up to three steps between the first and second twizzling movement.



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### Links to ISU and Skate Canada documents

In instances of discrepancies, Junior and Senior events, ISU rules take precedence.

#### ISU Rules, Communications and Technical Resources:

- [ISU Special Regulations & Technical Rules Singles & Pair Skating and Ice Dance](#)
- [ISU Handbook for Technical Panels Ice Dance](#)
- [ISU Handbook for Referees and Judges](#)
- [ISU Handbook for Ice Dance Officials – Pattern Dances](#)
- [ISU Communication 2704](#): Technical requirements for 2025-2026
- [ISU Communication 2716](#): Technical rules and marking guides for 2025-2026
- [ISU Communication 2700](#): Novice Rules – Pattern Dance Program Component Guide
- [ISU Additional Q&As](#)
- [ISU Grade of Execution of Required Elements & Pattern Dance Elements](#)
- [ISU Who is Responsible](#)
- [Solo Dance Information](#)

#### Skate Canada Rules and Technical Resources:

- [Competition Program Requirements Rule – Podium Pathway](#)
  - Defines well-balanced program requirements by category.
- [Competitions Rule](#)
  - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
  - Defines all aspects of CPC scoring of Skate Canada competitions.
- [Pattern Dance Competition Technical Requirements Guide](#)
  - Contains all dance patterns and information needed for pattern dance competitions.
- [Skate Canada Ice Dance Quick Reference Guide](#)
  - Contains concise summaries of technical requirements for all competitive Ice Dance categories in competition.
- [Skate Canada Scale of Values](#)
  - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Singles & Pair Skating and Ice Dance for complete and authoritative rules in effect at any point in time