



2026-2027 Ice Dance Program Requirements

Pattern Dance

Effective July 1, 2026

March 25, 2026

PATTERN DANCE			
CATEGORY	PATTERN DANCE SELECTION FOR THE 2026-2027 SEASON <i>To be skated in the order listed. Must be performed with the first sequence executed on the same side as the officials' stand.</i>	PATTERN DANCE SELECTION FOR THE 2027-2028 SEASON <i>To be skated in the order listed. 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>Baby Blues</u> (3 sequences; 3 GOEs) 2. <u>Swing Dance</u> (2 sequences; 2 GOEs)	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>Ten-Fox</u> (3 sequences; 3 GOEs) 2. <u>European Waltz</u> (2 sequences; 2 GOEs)	1. <u>Fourteenstep</u> (4 sequences; 4 GOEs) 2. <u>Foxtrot</u> (4 sequences; 4 GOEs)	
No Key Points – Max Level 1			
Pre-Novice	1. <u>Rocker Foxtrot</u> (4 sequences; 4 GOEs) 2. <u>Starlight Waltz</u> (2 sequences; 4 GOEs)	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>Starlight Waltz</u> (2 sequences; 4 GOEs) 2. <u>Quickstep</u> (4 sequences; 4 GOEs)	1. <u>Paso Doble</u> (3 sequences; 3 GOEs) 2. <u>Westminster Waltz</u> (2 sequences; 4 GOEs) 2 sections per sequence, steps 1-10 & 11-22	
2 Key Points – Max Level 3			



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Free Dance
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March 25, 2026

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 <u><i>Min 2 and max 4 steps between 1st and 2nd twizzles</i></u> <u><i>may be in contact between 1st and 2nd twizzles</i></u>	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> <u><i>Straight line or curve</i></u>	N/A	Maximum 1 set of synchronized twizzles <u><i>Min 2 and max 4 steps between 1st and 2nd twizzles</i></u> <u><i>may be in contact between 1st and 2nd twizzles</i></u>	Maximum 1
Novice (3:00 ±0:10)	Maximum 2 different type short lifts	Maximum 1 dance spin	Maximum 1 <i>Style B</i> <u><i>Straight line or curve</i></u>	Maximum 1	Maximum 1 set of synchronized twizzles <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i> <i>may be in contact between 1st and 2nd twizzles</i>	Maximum 1
Junior (3:30 ±0:10)	<i>Will be updated per ISU Communication when available.</i>					
Senior (4:00 ±0:10)						

*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.