

INTERNATIONAL SKATING UNION

Communication No. 1318

ICE DANCING

I. AMENDMENTS TO SPECIAL REGULATIONS FOR ICE DANCING 2004

Based on the experience gained during the 2004/05 season and based on a thorough review by the ISU Judging System ad-hoc Commission as well as the Ice Dance Technical Committee, the ISU Council, in accordance with Article 17, paragraph 1, n) of the ISU Constitution and in accordance with Special Regulations, part A. General, paragraph j), (iii), has decided to implement the following Rule changes effective the season 2005/06, i.e. as of July 1, 2005.

Rule 504, paragraph 16.

16. *Dance Lift (definition)* – An action in which one partner is elevated to any height and set down. Any rotations and positions and changes of such positions during the lift are permitted but the lifting partner must not raise the lifting hand(s) higher than the head. Lifts should enhance the music chosen and express its character and should be performed in an elegant manner without obvious feats of strength and awkward and/or undignified actions and poses. Therefore the following “acrobatic” movements and/or poses during the lift which are more appropriate for an exhibition rather than for sporting competitions are not allowed:

- lying or sitting on the partner’s head
- sitting or standing on the partner’s shoulder, back or boot
- standing on the partner’s leg
- swinging the partner around by holding the partner by hand(s) and or leg(s), boot(s) and/or skate(s) only
- lifted partner in upside down split pose

The duration of the lift should not exceed ~~five (5)~~ six (6) seconds except for a Reverse Rotational Lift, Serpentine Lift or Combination Lift, the duration of which may be up to ten (10) seconds.

Types of Dance Lifts are classified as follows:

- a) *Stationary Lift* - A lift that is executed on the spot (stationary location) by the lifting partner who may or may not be rotating.
- b) *Straight Line Lift* - A lift in which the lifting partner travels in a straight line in any position on one foot or two feet.
- c) *Curve Lift* - A lift in which the lifting partner travels on one curve (lobe) in any position on one foot or two feet.
- d) *Rotational Lift* - A lift in which the lifting partner rotates in one (clockwise or anticlockwise) direction while travelling across the ice.
- e) *Reverse Rotational Lift* - A Lift in which the lifting partner rotates in one direction and then in another direction while travelling across the ice.
- f) *Serpentine Lift* - A lift in which the lifting partner travels on two different curves of approximately similar curvature and duration. The change of direction may incorporate a turn of not more than 1/2 rotation. The pattern must be serpentine shaped.
- g) *Combination Lift* - A lift combining two of the above types of lifts - a), b), c) or d).

Rule 509, paragraph 1, b) (Original Dance)

- b) The incorrect selection of music for the rhythm(s) chosen must be severely penalized. Vocal music using lyrics is permitted. Only music with a rhythmic beat may be used and the couple must skate to the rhythmic beat and not to the melody alone. Minor variations within the permitted range in tempo are allowed. Two or three selections of music may be used. Each selection may have a different tempo but each must be within the range of tempo permitted. In years when multiple rhythms are designated, couples are required to list the rhythms chosen, and the order in which they will be skated, when registering their music for the information of the Referee and Judges of the event.

The musical introduction to the Original Dance may be without beat or melody for a maximum of 10 seconds.

Rule 509, paragraph 3, iv) (Original Dance)

iv) *Illegal Elements/Movements*

The following Elements and Movements are not permitted unless otherwise stated in an ISU Communication:

- Acrobatic Lifts:
 - Lying or sitting on the partner's head;
 - Sitting or standing on the partner's shoulder, back or boot;
 - ~~Sitting or standing on the partner's leg;~~
 - Swinging the partner around by hand(s) and/or leg(s) and/or skate(s) only;
 - Lifted partner in upside down split pose
- ~~Lifts exceeding permitted duration;~~
- Jumps of more than half (½) a revolution;
- ~~Kneeling on two knees or performing the splits on the ice (season 2005/06 only)~~
- ~~Skating with a hand (or hands) on the ice (at any time including during the introduction and conclusion) (season 2005/06 only)~~
- Lying on the ice.

Rule 510, paragraph 2 (Free Dance)

2. For a Well Balanced Senior Program, the following Required Elements have to be included:

- a) ~~5~~ 4 Different Types of Lifts*, but no more (as described in Rule 504 para 16)
- b) ~~2~~ 1 or 2** Different Types of Dance Spins*, but no more (as described in Rule 504 para 14 d)
- c) 2 Different Types of Step Sequences*
 - Circular- utilizing the full width of the ice surface on the short axis of the rink
 - Diagonal- skated as fully corner to corner as possible
 - Midline - skated along the full length of the centre (long) axis of the ice surface
 - Serpentine - commenced at the centre (long) axis at one end of the rink and progresses in three bold curves and ends at the centre (long) axis of the opposite end of the rink. The pattern must utilize the full width of the ice surface.
(lifts, jumps, stops, dance spins, pirouettes, pattern regressions and loops not to be included in either step sequence, unless permitted by the IDTC)
- d) ~~2~~ 1 or 2** Different Sets of Synchronized Twizzles* (see Rule 504 para 14 b)

** It is at the discretion of the couples to decide, whether they will perform only 1 type of Dance spin and 2 different sets of Synchronized twizzles or only 1 set of Synchronized twizzles and 2 different types of dance spins.

* Further instructions and descriptions are published with the Required Elements for the Senior Free Dance Season 2005/2006 published on p. 14.

Rule 510, paragraph 4, iv) (Free Dance)

iv) *Illegal Elements/Movements*

The following Elements and Movements are not permitted unless otherwise stated in an ISU Communication:

- Acrobatic Lifts:
 - Lying or sitting on the partner's head;
 - Sitting or standing on the partner's shoulder, back or boot;
 - ~~Sitting or standing on the partner's leg;~~
 - Swinging the partner around by hand(s) and/or leg(s) and/or skate(s) only;
 - Lifted partner in upside down split pose
- ~~Lifts exceeding permitted duration;~~
- Jumps of more than one (1) revolution or jumps of one (1) revolution skated at the same time by both partners;
- Kneeling on two knees on the ice;
- Skating with a hand (or hands) on the ice (at any time including during the introduction and conclusion)
- Lying on the ice.

Rule 510 para 4 v) – The *Scale of Values Table* is revised as follows to reflect the following changes:

1. **Original Dance** – level of Midline Not-touching Step Sequence with Sequential Twizzles to be assessed in similar manner to a combination lift, i.e. as combination of values of Not-Touching Step Sequence and Twizzles multiplied by a factor of 0.7. The Scale of Values of required elements in the Original Dance has been changed to correspond with changes in the Free Dance.
2. **Free Dance:**
 - One lift and one set of twizzles or a spin removed from Senior Well-balanced program and scale of values increased for lifts, twizzles and spins as a result;
 - Lifts of types b), c), and d) will now be given the same value to encourage variety in programs;
 - Step Sequence values have been revised and regrouped for the circles and serpentine depending on direction.
3. **Dance Spins:** - level 4 added

SCALE OF VALUES – Original and Free Dance								
Required Elements	Level	+++	++	+	Base	-	--	---
DANCE SPINS								
a) Spin	1	1.5	1.0	0.5	<u>2.5</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	4	<u>1.5</u>	<u>1.0</u>	<u>0.5</u>	<u>4.0</u>	<u>-0.5</u>	<u>-1.0</u>	<u>-1.3</u>
b) Combination Spin	1	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>4.0</u>	-0.5	-1.0	-1.3
	4	<u>1.5</u>	<u>1.0</u>	<u>0.5</u>	<u>4.7</u>	<u>-0.5</u>	<u>-1.0</u>	<u>-1.3</u>
LIFTS								
a) Stationary Lift	1	1.5	1.0	0.5	<u>2.0</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>2.5</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
b) Straight Line Lift	1	1.5	1.0	0.5	<u>2.5</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>4.0</u>	-0.5	-1.0	-1.3
c) Curve Lift	1	1.5	1.0	0.5	<u>2.5</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>4.0</u>	-0.5	-1.0	-1.3
d) Rotational Lift	1	1.5	1.0	0.5	<u>2.5</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>4.0</u>	-0.5	-1.0	-1.3
e) Serpentine Lift	1	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>4.2</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>4.9</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>5.6</u>	-0.5	-1.0	-1.3
f) Reverse Rotational Lift	1	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	2	1.5	1.0	0.5	<u>4.2</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>4.9</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>5.6</u>	-0.5	-1.0	-1.3
g) Combination Lift	The Base Value of the two first executed lift types in a Combination Lift will be added and multiplied by 0.7							
SYNCHRONIZED	1	1.5	1.0	0.5	<u>3.0</u>	-0.5	-1.0	-1.3
TWIZZLES – per set	2	1.5	1.0	0.5	<u>3.5</u>	-0.5	-1.0	-1.3
	3	1.5	1.0	0.5	<u>4.0</u>	-0.5	-1.0	-1.3
	4	1.5	1.0	0.5	<u>4.7</u>	-0.5	-1.0	-1.3

STEP SEQUENCES								
a) Straight Line in Hold <i>(Midline or Diagonal)</i>	1	3.0	2.0	1.0	<u>4.2</u>	- 1.0	- 2.0	- 3.0
	2	3.0	2.0	1.0	<u>4.8</u>	- 1.0	- 2.0	- 3.0
	3	3.0	2.0	1.0	<u>5.5</u>	- 1.0	- 2.0	- 3.0
	4	3.0	2.0	1.0	<u>6.2</u>	- 1.0	- 2.0	- 3.0
b) Circular <u>Anti</u>-Clockwise	1	3.0	2.0	1.0	<u>4.2</u>	- 1.0	- 2.0	- 3.0
	2	3.0	2.0	1.0	<u>4.8</u>	- 1.0	- 2.0	- 3.0
	3	3.0	2.0	1.0	<u>5.5</u>	- 1.0	- 2.0	- 3.0
	4	3.0	2.0	1.0	<u>6.2</u>	- 1.0	- 2.0	- 3.0
c) Serpentine <u>Anti</u>-Clockwise <i>(2 of three curves Anti-Clockwise direction)</i>	1	3.0	2.0	1.0	<u>4.2</u>	- 1.0	- 2.0	- 3.0
	2	3.0	2.0	1.0	<u>4.8</u>	- 1.0	- 2.0	- 3.0
	3	3.0	2.0	1.0	<u>5.5</u>	- 1.0	- 2.0	- 3.0
	4	3.0	2.0	1.0	<u>6.2</u>	- 1.0	- 2.0	- 3.0
d) Circular Clockwise	1	3.0	2.0	1.0	<u>4.5</u>	- 1.0	- 2.0	- 3.0
	2	3.0	2.0	1.0	<u>5.3</u>	- 1.0	- 2.0	- 3.0
	3	3.0	2.0	1.0	<u>6.2</u>	- 1.0	- 2.0	- 3.0
	4	3.0	2.0	1.0	<u>7.0</u>	- 1.0	- 2.0	- 3.0
e) Serpentine Clockwise <i>(2 of three curves Clockwise direction)</i>	1	3.0	2.0	1.0	<u>4.5</u>	- 1.0	- 2.0	- 3.0
	2	3.0	2.0	1.0	<u>5.3</u>	- 1.0	- 2.0	- 3.0
	3	3.0	2.0	1.0	<u>6.2</u>	- 1.0	- 2.0	- 3.0
	4	3.0	2.0	1.0	<u>7.0</u>	- 1.0	- 2.0	- 3.0
Midline Not Touching <i>(with sequential Twizzles)</i>	1	3.0	2.0	1.0	<u>4.5</u>	- 1.0	- 2.0	- 3.0
	2	3.0	2.0	1.0	<u>5.3</u>	- 1.0	- 2.0	- 3.0
	3	3.0	2.0	1.0	<u>6.2</u>	- 1.0	- 2.0	- 3.0
	4	3.0	2.0	1.0	<u>7.0</u>	- 1.0	- 2.0	- 3.0
	<u>The base value of the Midline Not Touching Step Sequence will be added to the base value of the Set of Sequential Twizzles and multiplied by a factor of 0.7.</u>							

Rule 510, paragraph 4 b), i) (page 41)

INTERPRETATION/TIMING

Definition:

The personal and creative translation of the music to movement on ice.

Criteria:

- Effortless movement in time to the music (Timing)
- Expression of the music's style, character and rhythm
- Use of finesse¹ to reflect the nuances of the music
 - Relationship between the partners reflecting the character of the music
 - Appropriateness of the Music (Original Dance & Free Dance)
 - Skating primarily to the rhythmic beat for Original Dance and skating primarily to the rhythmic beat for the Free Dance.

Note: If the music does not have a rhythmic beat, the judges must take a deduction from the Component mark for Interpretation/Timing.

¹Finesse is the skaters' refined, artful manipulation of nuances. Nuances are the personal artistic ways of bringing variations to the intensity, tempo, and dynamics of the music made by the composer and/or musicians.

Rule 543

Determination and Publication of Results

1) *Basic Principles of Calculation*

- a) Every "section" of a Compulsory Dance and Required Element of Original and Free dance has a certain base value indicated in the Scale of Value (SOV) chart.
- b) Each Judge identifies for each section/element one of the seven grades of execution. Each grade has its own + or - numerical value also indicated in the SOV chart.
- c) The panel's Grade of Execution (GOE) is determined by calculating the trimmed mean of the numerical values of the Grades of Execution awarded by the maximum of nine (9) scoring Judges.
- d) The trimmed mean is calculated by deleting the highest and the lowest values and calculating the average of the remaining maximum of seven (7) values.

- e) This average will become the final Grade of Execution of an individual section/element. The panel's GOE is rounded to two decimal places.
- f) The panel's score for each section/element is determined by adding the trimmed mean GOE of this element to its base value.
- g) Combination Lifts are evaluated as one unit by adding the base values of the two first executed types of lifts, multiplying the result by 0.7 and afterwards applying the GOE with the numerical value of the most difficult type of lift.
- h) The panel's scores for all the section/elements are added giving thus the Total Technical Score.
- i) Each Judge also marks the Program Components on a scale from 0.25 to 10 with 0.25 points increments.
- j) The panel's points for each Program Component are reached by calculating the trimmed mean of the maximum of nine (9) scoring Judges results for that Program Component. The trimmed mean is calculated in the manner described above in d).
- k) The panel's points for each Program Component are then multiplied by factors which are as follows:

Compulsory Dance	Skating Skills	0.75	0.75
	Performance	0.75	<u>0.50</u>
	Interpretation	0.5	0.50
	Timing	1.0	<u>0.75</u>
Original Dance	Skating Skills	1.0	<u>0.80</u>
	Transitions/Linking Footwork/Movements	1.0	<u>0.80</u>
	Performance/Execution	0.75	<u>0.60</u>
	Choreography/Composition	0.75	<u>0.60</u>
	Interpretation/Timing	1.5	<u>1.00</u>
Free Dance	Skating Skills	1.5	<u>1.25</u>
	Transitions/Linking Footwork/Movements	2.0	<u>1.75</u>
	Performance/Execution	1.5	<u>1.00</u>
	Choreography/Composition	1.5	<u>1.00</u>
	Interpretation/Timing	1.5	<u>1.00</u>

- l) The factored results are rounded to two decimal places and added. The sum is the Program Component Score.
- m) Deductions are applied for each violation as follows:
- Program time violation: -1.0 for every 5 seconds lacking or in excess;
 - Extra elements: -1.0 per violation;
 - Illegal element/movement violation: -2.0 per violation;
 - Costume and prop violation: - 1.0;
 - Lifts exceeding permitted duration: - 1.0 per lift
 - Falls*: -1.0 for every fall of one partner and -2.0 for every fall by both partners.

(For Compulsory Dances: if a fall occurs during the introductory and/or concluding steps/movements only the Technical Panel makes appropriate deduction; if a fall occurs during the Section of dance the Technical Panel and Judges make appropriate deduction)

For the Original and Free Dance only: if a stumble or fall causes interruptions to the program that exceed 5 seconds, an additional deduction will be applied as follows:

-1.0 (for 6-15 seconds interruption) and
 -2.0 (for 16-30 seconds interruption).

* A fall on a Required Element/Section may be further reflected in the Judges' assessment (GOE & Components) and by the Technical Specialists' assignment of the Level for that element/section.

For interpretation of this Rule, a fall is defined as the ~~loss of control by a skater resulting in both blades leaving the ice and the skater landing immobile (even momentarily).~~ loss of control by a skater resulting in both blades leaving the ice and/or any part of the body core or both hands or one hand and one knee touching the ice for stabilization.

Rule 559, paragraph 2

Qualifying Round System for Ice Dancing

1. In all ISU Championships, both Senior and Junior, all couples entered will skate a Compulsory Dance under the following provisions:
2. If the total number of entries, at the time of the first draw for the starting order does not exceed thirty-one (31), the draw for the Compulsory Dance will be in accordance with Rule 535, paragraph 1. ~~and all entered couples will take part in all parts of the event.~~

Rule 580, paragraph 1. Referee

(including changes from Communication 1305)

Duties and powers of the Referee:

- keeps himself fully informed about all matters concerning the Judging and Refereeing of Ice Dancing in the current ISU Special Regulations, ISU Communications and Manuals, Handbooks, and Booklets;
- conducts himself in a fair and unbiased manner at all times;
- checks all eligibility Rules and the ISU clearance certificates unless the ISU Event Coordinator is present;
- conducts all the draws for starting order;
- manages the panel of Judges (including ensuring that they do not, while on the judges stand, bring notes from previously awarded scores or any form of electronic communication, nor communicate with one another or indicate errors by action or sound, nor look at marks being inputted by judges sitting along side them) and acts as the responsible spokesperson of the panel of Judges should the need arise;
- conducts a brief Meeting with the Judges prior to every segment of an event;
- gives a signal to the person in charge of music to start the music of the competitor;
- allows a competitor to restart under Rule 538;
- decides whether the condition of the ice permits the holding of the event;
- alters the shape and size of the skating surface if unfavourable circumstances arise;
- accepts in agreement with the Organizing Member or affiliated Club, another rink for the holding of the event;
- instructs the Timekeeper (volunteer) to take the time of the program as skated and to time possible interruptions according to Rule 543, paragraph 1 m);
- instructs the second Timekeeper (volunteer) to take the time of all lifts in the Original Dance and Free Dance, to verify possible extended lifts;
- decides upon all the deductions according to the those Regulations listed in Rule 543, paragraph 1. m), which come under the responsibility of the Referee, namely: costume and prop violations, time violations, interruptions of the program and lifts in excess of permitted time;
- judges the complete event for his own information;
- suspends skating until the order is restored in case the public interrupts the competition or interferes with its orderly conduct;
- decides upon all protests on the event concerned;
- excludes competitors from the event, if necessary;
- removes Judge(s) from the panel, if necessary based on important and valid reasons;
- forbids any coach at any time during the course of the Skating Championships or Competitions to be on any part of the ice surface of the rink on which the Championships or Competitions is taking place;
- decides any matter concerning breaches of the ISU Constitution or Regulations;
- participates in the Victory ceremony;
- moderates the Round Table Discussion together with the Technical Controller;
- with the help of the Technical Controller prepares the Report on the event.

Rule 580, paragraph 3. Technical Controller

Duties of the Technical Controller:

- supervises and corrects (if necessary) the call of the Technical Specialists and the input of the names and correct Levels of Difficulty performed elements, however if both Technical Specialists disagree with correction, their initial decision stays;
- authorizes or corrects the deletion of elements;
- authorizes or corrects the identification of illegal elements;
- authorizes or corrects the identification of a fall, which occurred in any part of the program, including introductory and concluding steps/movements in Compulsory Dance;
- confirms the deletion of additional elements;
- moderates the Round Table Discussion together with the Event Referee (with the purpose of feedback among the

- Judges in regards to the application and validity of current regulations and discussions on the general quality of skating); the Technical Controller provides mainly the input regarding Technical Content;
- helps the Referee to prepare the Report;
 - participates in the Victory Ceremony.

Rule 580, paragraph 4. Technical Specialists

Duties of the Technical Specialist:

- identifies and calls the performed elements;
- identifies and calls correct Levels of Difficulty of the performed elements;
- identifies illegal elements;
- identifies a fall, which occurred in any part of the program, including introductory and concluding steps/movements in Compulsory Dance;
- identifies and deletes additional elements

II. INFORMATION

1. COMPULSORY DANCES 2005/2006

In accordance with Rule 539 paragraphs 1 & 2, for all ISU Championships and International Competitions in 2005/2006, the compulsory dances are announced as follows:

JUNIOR EVENTS		SENIOR EVENTS	
# 6	Westminster Waltz	# 10	Ravensburger Waltz
# 8	Austrian Waltz	# 13	Yankee Polka
# 14	Quickstep	# 21	Tango Romantica
# 15	Paso Doble		

In accordance with Rule 539 paragraph 2, a), b), c) and d) the dances to be skated will be drawn as follows:

2006 Four Continents and European Championships: One (1) Compulsory Dance from the Senior dances listed above shall be drawn at the Senior Grand Prix Final and announced to the Members by the ISU Secretariat. The same dance shall be skated at both Championships.

2006 World Championships: One (1) Compulsory Dance from the Senior dances listed above shall be drawn at the World Junior Championships, from the dances not drawn for the Four Continents and European Championships and announced to the Members by the ISU Secretariat.

2006 Winter Olympic Games: One (1) Compulsory Dance from the Senior dances listed above shall be drawn and announced before the first official practice.

2006 Junior World Championships: One (1) Compulsory Dance from the Junior dances listed above shall be drawn at the Four Continents Championships and announced to the Members by the ISU Secretariat.

2. GUIDELINES FOR ORIGINAL DANCE – SEASON 2005/2006

Refer to pages 9-10. Description of Salsa – pages 11-12.

3. REQUIREMENTS FOR FREE DANCE SEASON 2005/2006

a) JUNIOR: Refer to page 13.

b) SENIOR: Refer to page 14.

4. DESCRIPTION OF LEVELS FOR SEASON 2005/2006

After receiving input from coaches this year the chart of description of levels has been revised. Refer to page 15-26. Please read this document very carefully as some of the Required Elements that received a certain level last season (2004/2005) may not achieve the same level in season 2005/2006

5. COMPULSORY DANCES 2006/2007

In accordance with Rule 539 paragraphs 1 & 2, for all ISU Championships and International Competitions in 2006/2007, the compulsory dances are announced as follows:

JUNIOR EVENTS		SENIOR EVENTS	
# 9	Starlight Waltz	# 6	Westminster Waltz
# 18	Silver Samba	# 11	Golden Waltz
# 22b	Midnight Blues	# 16a	Rhumba

6. SETS OF RHYTHMS FOR ORIGINAL DANCE FOR 2006/2007

For all ISU Championships and International Competitions, both Junior and Senior, the rhythm of the Original Dance will be:

Tango

Any 1, 2 or 3 types of Tangos may be chosen with up to three different Tango Music selections, one of which may be repeated.

See descriptions in "ISU Dance Music Rhythms Booklet and Compact Disc 1995".

Vocal music is permitted

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

Guidelines will be published in due course.

Milano,
May 19, 2005
Lausanne,

Ottavio Cinquanta, President
Fredi Schmid, General Secretary

III. CLARIFICATIONS

The Ice Dance Technical Committee and the ISU Judging System ad-hoc Commission herewith takes this opportunity to make the following clarifications:

GUIDELINES FOR ORIGINAL DANCE FOR 2005-2006

For all ISU Championships and International Competitions, both Junior and Senior, the rhythm of the Original Dance will be:

Latin Combination

Two or three different rhythms from the following:

Group 1: Cha Cha, Rhumba, Samba

Group 2: Only one (1) of Mambo, Merengue or Salsa

A rhythm from either group 1 or 2 may be repeated once.

Selection of a rhythm from group 2 is not required, but only one rhythm may be chosen from this group.

(Examples: Cha Cha, Rhumba, Samba OR Cha Cha, Rhumba, Mambo OR Cha Cha, Rhumba, Cha Cha OR Cha Cha, Rhumba OR Mambo, Rhumba OR Mambo, Rhumba, Mambo BUT NOT Cha Cha, Mambo and Merengue.)

The Rhythms are described in the "Ice Dance Music Rhythms Booklet and Compact Disc 1995" except for the Salsa which is described on pages 11-12. The Dances must reflect ballroom and/or social dance character and style translated to the ice by flow and use of edges. The required elements should be carefully chosen to reflect and enhance the character of the chosen rhythms and music.

Vocal music is permitted

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

For the Latin Combination, the lady is permitted to wear trousers.

Required Elements:

Required Elements should enhance and reflect the character of the chosen rhythm and the music

The following required elements must be included:

- **Two different types of Lifts** (but no more) which are appropriate to the chosen music (chosen from the Short Lifts - up to 6 seconds only).

Short Lifts - Up to 6 seconds:

- a) *Stationary Lift*
- b) *Straight Line Lift*
- c) *Curve Lift*
- d) *Rotational Lift*

A Full Split Pose for lifted partner is permitted in only one Short Lift. Another lift in split pose will be demoted to level 1. The Referee will make deductions for lifts which exceeds permitted duration.

The following are not permitted during the lifts:

- lifted partner in upside down split pose.
- lying, sitting on the partner's head,
- sitting or standing on the partner's shoulder, back or boot,
- standing on the partner's leg,
- swinging the partner around by holding the partner by hand(s) and/or leg(s), boot(s) and/or skate(s) only (e.g. lifting partner holds lifted partner by only blade and one hand and swings partner)

- **One type of the Dance Spin** (Spin or Combination Spin) but not more.

Combined Spins and Lifts are not permitted.

- **Two Step Sequences:**

One Diagonal Step Sequence executed as fully corner to corner as possible. Any dance hold is permitted, including "Hand- in- Hand".

AND

One Midline (not touching) Step Sequence along the centre axis (midline) of the ice surface extending as nearly as possible for the full length of the ice surface. This sequence must incorporate difficult mirror and/or matching footwork and two sequential twizzles (two twizzles on one foot for both skaters skated simultaneously with up to one step in between; no stop(s) are allowed before and/or between twizzles). During this step sequence the partners should remain as close together as possible, so that the distance between them is not more than 2 arms length, but they must not touch each other.

During both step sequences: No lifts, spins, jumps of more than half (½) a revolution, stops or pattern regressions are permitted.

Small hops (without rotation) and a few toe steps are allowed.

Original Dance Requirements/Restrictions

Excerpts from Rule 509 are reprinted below and must be strictly observed with the following exceptions as underlined:

- a) Vocal music is permitted. The incorrect selection of music for the rhythms chosen must be severely penalized by the judges.
- b) Only music with a rhythmic beat may be used and the couples must skate to the rhythmic beat and not to the melody alone. Two or three selections of music may be used. (If only two rhythms have been selected, one may be repeated even if it is a different tune.) *It is recommended that the duration of each selected rhythm be approximately balanced in order for couples to show their ability to interpret different rhythms/music.* Couples are required to list the rhythms chosen and the order in which they will be skated when registering their music for the information of the Referee and Judges of the event.
- c) The musical introduction to the original dance may be without beat or melody for a maximum of 10 seconds.
- d) The duration of the original dance shall be 2 minutes 30 seconds plus or minus 10 seconds. The time must be reckoned from the moment when one of the couple begins to move or to skate until arriving at a complete stop at the end of the program.
- e) Except during the required step sequences, the pattern of the dance must proceed in a generally constant direction (either clockwise or anti-clockwise) and must not cross the long axis of the ice surface except once at each end of the rink (not more than 20 meters from the barrier).
Loops in either direction are permitted provided that they do not cross the centre axis.
- f) All steps, turns, rotations and changes of hold are permitted provided that they are appropriate to the rhythms chosen. Difficult, original, varied and intricate footwork is required for both skaters. A program that relies heavily on the use of chasses and progressives (runs), posing and one directional skating is considered to be less difficult than one containing changes of edge, rockers, choctaws and other such steps and turns, and multi-directional skating. Small hops, a few toe steps, and small jumps of not more than ½ rotation are permitted. Excessive skating on two feet, by either partner or both, is considered as showing the inability to skate or maintain balance. However, 1 highlight for which one or both partner(s) are on two feet may be included (maximum duration – 5 seconds). Repetition of any steps is permitted. Kneeling or sliding on two knees or performing full spilt position on the ice and/or touching the ice with hand(s) are permitted if not used excessively. A program which is choreographed so that its performance extends to all sides of arena is preferable to one directed to only one side (judges' side).
- g) Partners must not separate except to change dance hold, to perform the midline step sequence or the permitted stop(s) and brief Side By Side skating mentioned below. Separations at the beginning or end of the program are permitted but must not exceed 10 seconds in duration.
- h) There are no restrictions on dance holds, arm movements, handclaps and the like that are interpretive of the music. Brief Hand-In-Hand holds or Side By Side skating to express the character of the chosen rhythms are permitted (not to exceed two measures of music.)
- j) After the clock is started with the first movement, the couple must not remain in one place (even if doing brief extra stops which are permitted) for longer than 10 seconds. After this, up to two full stops are permitted (maximum duration: 5 seconds each). Any choreography appropriate to the music selection (including a separation of not more than 2 arms length apart) may be included. Such stop(s) may not be included in the required step sequences.

SALSA

Origin

The history of Salsa dancing has Afro-Cuban roots (originating in African bell and drum rhythms), and many aficionados believe that it stemmed from Latin barrios in New York as a combination of Cuban, Puerto Rican, and jazz rhythms. It is also comprised of Cuban dances. African slaves brought their rhythms to the Caribbean, and these became blended with Indian, European melodies, Spanish lyrics and gave birth to Latin music. The sons and daughters then mixed in high energy, the influence of Jazz, added in some brass, and Salsa; was born! It then traveled to New York to further evolve in the urban atmosphere of the 1950's and 1960's and adapted to the local dance styles especially at clubs. In addition, the various Central/Latin American countries have their variants, but it's usually attributed to Colombia. In its traditional form it's a courtship dance: with men in white trousers and shirt, hat and red neckerchief; women in long full skirts that are swished about.

Salsa Music

Many forms of Cuban music, including salsa, are based on syncopated Clave rhythms but New York, Miami, and Los Angeles have developed their own unique Salsa styles. The clave is a wooden instrument with 2 cylindrical sticks that are struck together. In addition to Claves, Salsa dance rhythms may also include the beat of bongos, piano, and timbales. Some say it is music with "flavor and spice": Salsa is Ritmo (rhythm)! Salsa music is a term that covers many regional styles of "Latin Mambo music" from Columbian borderline Cumbia Salsa to Cuban Charanga, Puerto Rican Bomba, or New York Latin Jazz

Rhythm Pattern

Salsa music is played in 4/4 time, and has 4 beats to the measure or bar, but is danced within two 4-beat measures (i.e. danced to an 8 beat measure).

Salsa is commonly danced in three different phase relationships to the musical rhythm:

Music Counts:	1 2 3 4/1 2 3 4/ . . .
Steps:	/QQS-/QQS-/...
Or:	/-QQS/-QQS/...
Or:	/S-QQ/S-QQ/...

General Characteristics of the Dance

Salsa is a street dance. It is not formalized! It tends to be side-to-side and circular in motion. There is no "fundamental" difference between Mambo and Salsa. It can look like a very smooth Mambo but Mambo is more linear and sharper and breaks on the 2 beat. They both feature a pattern of 6 steps danced to two measures of music. Step-wise, both dances are danced onto a bent leg, with ball-flat footwork. Salsa, though, moves to the side, crossing behind on the two instead of stepping forward and backward. Mainly, there appears to be only one technical difference between Salsa and Mambo: the "feel" - Salsa music has more of a "rolling" beat, compared to the Mambo which has a strong "distinct" beat which the Mambo dancer accentuates.

Thus, the "feel" of Salsa becomes more sensual. There is no need for a definite step, rather more of a gliding through the steps. Salsa thus loses some of the "technical" dance position, allowing for a "closer, relaxed, and sexual" hold. In dancing a mambo, you step-step-step-hold 1; in Salsa, you work through the 1. In other words, glide and don't necessarily worry about being somewhere on a count.

Salsa also has a lot of Merengue hand-wraps and turns. The basic step is mostly done with a tap. There are steps that are led by applying the lead on elbows, waist, neck (open posture). There are also some close posture moves. It can look like a very smooth. Mambo: and can even use Cha-cha figures.

Foot & Hip Action

Salsa tends to be much more relaxed in the feet and hips. Movements are smooth and continuous rather than sharp & accented, as in the Mambo. On the Slow count, the Mambo dancer's feet stay in place until the last possible moment. A salsa dancer will move the free foot throughout the slow count, sometimes flicking it forward, but almost always in a smooth way. Salsa hip action can vary depending on the dancer, but most do a relaxed Cuban-motion, often with an element of swivel involved, and often with both knees slightly bent. (True Cuban motion doesn't have swivel in the standing foot, and always has one or both knees straight).

Position & Connection

For the most part, the Mambo dancer's position is fixed. This gives them more opportunity for quick connections and changes of direction. The arms are not stiff, but resistant for the purpose of the connection. Salsa dancers like to feel their movement in their arms as well as their bodies & feet, and so there is a looseness and softness to the connection. This limits the connection potential, but it's okay because the steps don't rely on it as much. The movement tends to follow a natural progression and rotation, and changes of direction can occur when partners move in opposition.

Choreography / Steps

Basic movements are similar to the Mambo: the time step, cross-body lead the basic types of underarm turns, spot turns, and swivels. Salsa moves will include lots more underarm turns, head loops, arm-intertwining type things, rotational ideas. Mambo dancers prefer ballroom-type steps like crossovers, side breaks, promenade movements, etc. Ballroom connections will usually be standard closed or one- or two-hand connections. Salsueros will lead from whatever body part they can get a hold of (e.g., shoulders, arms, midriff, neck, even legs. are all fair game and very typical).

REQUIRED ELEMENTS FOR FREE DANCE SEASON 2005/2006

JUNIOR

The following are the Requirements for a Well-balanced Free Dance Program that shall apply to all events.
The Free Dance Rule 510 and the definitions in Rule 504 should also be observed

THREE (3) DIFFERENT TYPES OF LIFTS, but no more selected from the following list:

one (1) of which may be chosen from the types of lifts not to exceed 10 seconds.

Lifts not to exceed 6 seconds in duration (Short Lifts):

- a) Stationary Lift
- b) Straight line Lift
- c) Curve Lift
- d) Rotational Lift

The scale of values for the b), c) & d) lifts will now be the same

Lifts not to exceed 10 seconds in duration (Long Lifts):

- e) Serpentine Lift
- f) Reverse Rotational Lift
- g) Combination Lift

Note: Difficult Pose for Lifted partner and Difficult Position for Lifting Partner must be held for at least 3 seconds:

A Full Split Pose for lifted partner is permitted in only one Short Lift and/or in one part of a Long Lift (Types e), f), g). Each additional lift in split pose will be demoted to Level 1. Upside down split pose is not permitted in any type of lift and it will be called as an illegal element.

The Referee will make deductions for lifts which exceeds permitted duration.

TWO (2) DIFFERENT STEP SEQUENCES selected from the following:

Couples may choose 2 different types of Step Sequences out of the 6 mentioned below: but step sequences of the same pattern (even if in different directions) may not be chosen - e.g. not Circular clockwise and Circular anticlockwise; nor Serpentine clockwise and Serpentine anti-clockwise. These may be skated in any type of hold except Hand-in-Hand which is not permitted in either step sequence.

- a) **Midline:** skated along the full length of the centre (long) axis of the ice surface.
- b) **Diagonal:** skated as fully corner to corner as possible.
- c) **Circular anticlockwise** – utilizing the full width of the ice surface on the short axis of the rink in a anticlockwise direction;
- d) **Serpentine anticlockwise** – commences in anti-clockwise direction at the centre (long) axis at one end of the rink and progresses in three bold curves (2 in anticlockwise and 1 in clockwise direction) and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface;
- e) **Circular clockwise** – utilizing the full width of the ice surface on the short axis of the rink in a clockwise direction;
- f) **Serpentine clockwise** – commences in clockwise direction at the centre (long) axis at one end of the rink and progresses in three bold curves (2 in clockwise and 1 in anticlockwise direction) and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.

The scale of values has been revised so that; a), b), c) & d) are of the same value; and e) & f) are of the same value.

Lifts, jumps, stops, dance spins, pirouettes, pattern regressions and loops not to be included in either step sequence

ONE (1) DANCE SPIN (but no more) selected from Spin or Combination Spin as described below:

Spin - Both partners must complete at least 3 full continuous rotations on one foot.

Combination Spin - Both partners must complete at least 3 rotations on one foot, followed by a change to the other foot for both simultaneously and 3 further rotations on the other foot must be completed with no more than ½ rotation on 2 feet during “change of feet”.
A change of centre of rotation is not permitted.

ONE (1) SET OF SYNCHRONIZED TWIZZLES:

Synchronized Twizzles

- The four different twizzle entry edges are: *Forward Inside, Forward Outside, Backward Inside, Backward Outside,*
- All sets of twizzles are comprised of 2 twizzles on one foot for both partners with up to 3 steps between
- Each twizzle shall be at least one rotation on one foot performed simultaneously (at the same time),
- Both partners must skate the same number of rotations for each twizzle,
- The skaters must travel across the ice during the turns (if the action stops they become spins).
- More twizzles may be added but shall not be counted:
- No stops are permitted before the first or second Twizzles.

Note: Time code and description of entry edge for the chosen Synchronized Twizzles must be specified on the Program Content Sheet. Each additional Set of Twizzles will be not counted for the Level but will be considered by the judges in marking the Components.

Combined Spins and Lifts: Combined spins and lifts are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one spin.

REQUIRED ELEMENTS FOR FREE DANCE SEASON 2005/2006

SENIOR

The following are the Requirements for a Well-balanced Free Dance Program that shall apply to all events.
The Free Dance Rule 510 and the definitions in Rule 504 should also be observed.

FOUR (4) DIFFERENT TYPES OF LIFTS, but no more selected from the following list:

Two (2) of which may be chosen from the types of lifts not to exceed 10 seconds.

Lifts not to exceed 6 seconds in duration (Short Lifts):

- a) Stationary Lift
- b) Straight line Lift
- c) Curve Lift
- d) Rotational Lift

The scale of values for the b),c) & d) lifts will now be the same.

Lifts not to exceed 10 seconds in duration (Long Lifts):

- e) Serpentine Lift
- f) Reverse Rotational Lift
- g) Combination Lift

Note: *Difficult Pose for Lifted partner and Difficult Position for Lifting Partner must be held for at least 3 seconds:*

A Full Split Pose for lifted partner is permitted in only one Short Lift and/or in one part of a Long Lift (Types e), f), g). Each additional lift in split pose will be demoted to Level 1. Upside down Split Pose is not permitted in any type of lift and it will be called as an illegal element.

The Referee will make deductions for lifts which exceeds permitted duration.

TWO (2) DIFFERENT STEP SEQUENCES selected from the following:

Couples may choose 2 different types of Step Sequences out of the 6 mentioned below: but step sequences of the same pattern (even if in different directions) may not be chosen - e.g. not Circular clockwise and Circular anticlockwise; nor Serpentine clockwise and Serpentine anti-clockwise. These may be skated in any type of hold except Hand-in-Hand which is not permitted in either step sequence.

- a) **Midline:** skated along the full length of the centre (long) axis of the ice surface.
- b) **Diagonal:** skated as fully corner to corner as possible.
- c) **Circular anticlockwise** – utilizing the full width of the ice surface on the short axis of the rink in a anticlockwise direction;
- d) **Serpentine anticlockwise** – commences in anti-clockwise direction at the centre (long) axis at one end of the rink and progresses in three bold curves (2 in anticlockwise and 1 in clockwise direction) and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface;
- e) **Circular clockwise** – utilizing the full width of the ice surface on the short axis of the rink in a clockwise direction;
- f) **Serpentine clockwise** – commences in clockwise direction at the centre (long) axis at one end of the rink and progresses in three bold curves (2 in clockwise and 1 in anticlockwise direction) and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface.

The scale of values has been revised so that: a), b), c) & d) are of the same value; and e) & f) are of the same value

Lifts, jumps, stops, dance spins, pirouettes, pattern regressions and loops not to be included in either step sequence.

SPINS AND TWIZZLES (FOR SENIOR ONLY) – 2 OPTIONS

Option 1: 2 Dance Spins and 1 Set of Twizzles

OR

Option 2: 1 Dance Spin and 2 Sets of Twizzles

OPTION 1

TWO (2) Different Types of Dance Spins but no more (Spin and Combination Spin)

AND

ONE (1) Set of Synchronized Twizzles

as described below

OPTION 2

ONE (1) Dance Spins but no more, selected from Spin or Combination Spin

AND

TWO (2) Different Sets of Synchronized Twizzles

as described below, but the first Twizzle of one set must be started with a forward entry edge and the first Twizzle of the other set must be started with a backward entry edge.

(If the second set of twizzles is started with the same entry edge it will be reduced to level 1)

Spin

- Both partners must complete at least **3 full continuous** rotations on one foot.

Combination Spin – Both partners must complete at least 3 rotations on one foot, followed by a change to the other foot for both simultaneously and 3 further rotations on the other foot must be completed with no more than ½ rotation on 2 feet during “change of feet”.

A change of centre of rotation is not permitted.

Synchronized Twizzles:

- The four different twizzle entry edges are: *Forward Inside, Forward Outside, Backward Inside, Backward Outside,*
- All sets of twizzles are comprised of 2 twizzles on one foot for both partners with up to 3 steps between
- Each twizzle shall be at least one rotation on one foot performed simultaneously (at the same time),
- Both partners must skate the same number of rotations for each twizzle,
- The skaters must travel across the ice during the turns (if the action stops they become spins).
- More twizzles may be added but shall not be counted:
- No stops are permitted before the first or second Twizzles.

Note: Time code and description of entry edge for the chosen Synchronized Twizzles must be specified on the Program Content Sheet.

Each additional Set of Twizzles will be not counted for the Level but will be considered by the judges in marking the Components.

Combined Spins and Lifts: Combined spins and lifts are permitted but are to be counted as separate elements: i.e. as one of the permitted lifts and one spin.

Levels of Difficulty of Required Elements

SPIN

Definition and Requirements - A spin skated by the couple together in any hold. It should be performed on the spot around a common axis on one foot by each partner simultaneously.

Requirement 2005/06

Both partners must complete at least 3 full continuous rotations on one foot.

Some Examples:

a) Different Types of Difficult Pose

- a) “Bielman” type –free leg must be held up at least to the level of the head; (it is not enough just to hold the skate)
- b) Full layback with upper body arched back towards the ice or sideways with upper body bent to the side towards the ice
- c) Full split holding own foot (not on partner’s shoulder)
- d) Sit Position (free leg bent or straight) with free leg forward with thigh of skating leg at least parallel to the ice
- e) Sit Position (free leg bent or straight) with free leg backward (at least 90 degrees between thigh and shin of skating leg)
- f) Sit Position (free leg bent or straight) with free leg to the side (at least 90 degrees between thigh and shin of skating leg)
- g) Camel Spin with upper body turned upwards – facing up
- h) Camel Spin with body arched with head and free foot almost touching (doughnut/ring).

Note: Simple Camel is not considered to be a difficult pose.

b) Change of Pose– Both partners *change body pose* so that the change is significant (i.e., a photographer would produce two different photos).

Calling Specifications for Dance Spins:

Basic Requirement for calling a Dance Spin Level 1 - at least **one** rotation for both partners

1. A Spin will be identified but given no level when the couple commence the entry edge to the spin but a full rotation is not completed. If a fall occurred at the entrance to or during a spin and is immediately followed by a Spin or Spinning movement (for the purpose of filling time) this will receive no value and will not occupy another spot.
2. If the entry is not started on one foot by one partner, it will be reduced 1 level per violation.
3. If there is a touchdown of one foot, the level is determined by the number of rotations completed before the touchdown.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
A Spin that does not meet level 2, 3 or 4 requirements.	Started on one foot by both partners AND Both at least 3 full continuous rotations AND Option 1 One type of difficult pose for 1 partner (for at least 3 rotations) OR Option 2 Change of pose for at least one partner.	Started on one foot by both partners AND Both a total of at least 4 full continuous rotations AND Option 1 Same type of difficult pose for both partners (for at least 4 rotations) OR Option 2 Change of pose for both partners-(each pose at least 2 rotations): AND One type of difficult pose for both partners (for at least 2 rotations) OR Two different types of difficult pose for one partner.	Started on one foot by both partners AND Both a total of at least 5 full continuous rotations AND Option 1 Two different types of difficult poses for both partners (for at least 5 rotations) OR Option 2 Change of pose for both partners must be performed (each pose at least 2 rotations): AND At least 3 different types of difficult poses (two different types of difficult poses for one partner and one type of difficult pose for other)

COMBINATION SPIN

Definition and Requirements

A spin performed as above after which a change of foot to the other foot is made by both partners simultaneously and further rotations occur

Requirement 05/06:

Both partners must complete at least 3 rotations on one foot, followed by a change to the other foot for both simultaneously and 3 further rotations on the other foot and no more than ½ rotation on 2 feet during “change of feet”.

Examples of Difficult Pose and Change of Pose: – see Spin

Calling Specifications for Combination Spins:

Basic Requirement for calling a Combination Spin Level 1 - at least 1 rotation for both parts of the spin on one foot by each partner of the Combination Spin (or it will be called a Spin)

1. A Combination Spin will be identified but given no level when the couple commence the entry edge to the second part of the spin but a full rotation is not completed.
If a fall occurred at the entrance to or during a spin and is immediately followed by a Spin or Spinning movement (for the purpose of filling time) this will receive no value and will not occupy another spot.
2. If the entry is not started on one foot by one partner, it will be reduced 1 level per violation.
3. If one of the partners or both does not change foot (to the other foot) in the combination spin, the spin will be called a simple Spin.
4. A “change of foot “means change to the other foot.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
A Combination Spin that does not meet level 2, 3 or 4 requirements.	Started on one foot by both partners AND Both partners skate at least 3 full rotations on one foot followed by 3 full rotations on the other foot by both partners AND One type of difficult pose for one part of the spin for <u>both</u> partners (for at least 3 rotations) OR Two different types of difficult pose for both parts of the Combo Spin for <u>one</u> partner (for at least 3 rotations)	Started on one foot by both partners AND Both partners skate at least 3 full rotations on one foot followed by at least 3 full rotations on the other foot by both partners AND Two different types of difficult poses for both parts of the spin for <u>one</u> partner (for at least 3 rotations) AND One type of difficult pose for the other partner in one part of the Combo Spin (for at least 3 rotations)	Started on one foot by both partners AND Both partners skate at least 3 full rotations on one foot followed by at least 3 full rotations on the other foot by both partners AND Different types of difficult poses for <u>both</u> parts of the spin for <u>both</u> partners (for at least 3 rotations)

LIFTS

Definition and Requirements:

Short Lift - duration of following lifts up to maximum of 6 seconds:

- a) **Stationary Lift** - A lift which is executed “on the spot” (stationary location) by the lifting partner who may or may not be rotating.
- b) **Straight Line Lift** - A lift in which the lifting partner travels in a straight line in any position on one foot or two feet.
- c) **Curve Lift** - A lift in which the lifting partner travels on one curve (lobe) in any position on one foot or two feet.
- d) **Rotational Lift** - A lift in which the lifting partner rotates in one (clockwise or anti-clockwise) direction while travelling across the ice

Long Lift - duration of following lifts up to maximum of 10 seconds:

- e) **Reverse Rotational Lift** - A lift in which the lifting partner rotates in one direction (clockwise or anti-clockwise) and then in the other direction while travelling across the ice.
- f) **Serpentine Lift** - A lift in which the lifting partner travels on two different curves of approximately similar curvature and duration. The change of direction of the pattern may incorporate a turn of not more than ½ rotation. The pattern must be serpentine shaped (“S”). After the completion of the 2 curves the couple may skate additional curves or rotate but this will not be counted.
- g) **Combination Lift** - A lift combining two of the above “types” of lifts a), b), c) and d). It must have 2 fully established approximately equal parts or will be assessed as a single lift determined by the larger part. A further part may be added to the combo (such as a curve, or rotation) provided it is within the allowable time but will not be counted.

Some Examples:

a) Difficult Pose for Lifted partner (must be held for at least 3 seconds):

Note: A Full Split Pose for lifted partner is permitted in only one Short Lift and/or one part of a Long Lift (Types e),f,g).

- full split
- full Bielman
- full doughnut/ring- holding one or both legs close to the head
- upside down combined with difficult hold
- lady is cantilevered out -lady’s torso extended away from the man and the only point of contact is the hands
- balancing with one point of contact but no support
- leaning out where the only point of support are the legs
- full layback with arched pose with no support from the lifting partner above the thigh.

b) Difficult Position for Lifting Partner (must be held for at least 3 seconds):

- one foot
- shoot the duck
- spread eagle (straight legs or crouched)
- Ina Bauer
- one hand lift
- full crouch (more than 90 degrees) on two feet
- full lunge/ drag with any position of free leg

c) **Change of Pose** : Lifting partner changes hold and Lifted partner changes hold and body pose so that it is a significant change (i.e., a photographer would produce two different photos. A mere change of position of arm(s) and/or legs is not enough to constitute a change of pose).

Calling Specifications for Lifts:

Basic Requirement for calling a Lift Level 1 is determined from the moment one partner is elevated to any height and set down:

- a) Stationary Lift: while on the spot.
- b) Straight Line Lift: on an identifiable straight line while travelling.
- c) Curve Lift: on an identifiable curve while travelling.
- d) Rotational Lift: for at least one rotation while travelling.
- e) Reverse Rotational Lift: for at least one rotation in both directions while travelling (if there is not at least one rotation in the second direction it will be called a Rotational Lift)
- f) Serpentine Lift: for at least 2 identifiable curves while travelling (if there is not a second identifiable curve it will be called a Curve Lift)
- g) Combination Lift: See rules for each part of a) b) c) d) above. Two different lifts from group a), b), c) and d) only must be skated.

1. A small rotation at the beginning or end of a lift (of less than 1 rotation) is considered part of the entry or exit (e.g. out of Curve lift).
2. For all rotational lifts, the movement through the change of position will be counted if it occurs during rotation, but not on entry or exit, and will not count if rotation stops, change occurs and then rotation continues. Also, the rotations will only be counted if the lift is travelling, and if the travelling action is stopped the additional rotations on the spot will not be counted as part of the rotational lift.
3. For the Combinational Lift a Technical Specialist will call for example: “Curve Lift Level 2, Rotational Lift Level 3 Combo “.
4. For a Straight Line or Curve Lift a ½ turn rotation is permitted within the lift provided that the pattern (straight line or curve respectively) is maintained.
5. For the Combination Lift, because only lift types a), b), c) and d) are permitted:
 - if a couple skate an e) or f) lift as the first part of the Combination Lift, the Reverse Rotational (e) or Serpentine (f) Lift will be identified and the lift will receive no level.
 - if a couple skate an e) or an f) lift as the second part of the Combination Lift, that part of the lift will be identified as a Rotational or Curve lift and the remaining part of the lift will not be counted in determining the level.
 - if the choice is Straight Line + Curve, the pattern must be clearly skated, or the lift may be called a Simple Curve, Simple Straight Line, or Serpentine depending on the pattern.
 - the combination lift must have two fully-established parts or it will be assessed as a single lift determined by the larger part.
6. Each additional Short Lift or both parts of Long Lift in full split pose will be demoted to Level 1. Upside down split pose is not permitted in any type of lift and it will be called an Illegal element.
7. If a program begins with the partner in a lift before the music starts, the duration of the lift will be counted when one of the partners begins to move.
If a program concludes with a partner in a lift, the duration of the lift will be calculated until the music stops.
8. A one hand lift “without other means of support” requires that there is no contact other than by hand/arm. Contact at the shoulder is incorrect or contact by Lifted partner’s leg touching Lifting partner’s body is incorrect.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Duration of following lifts up to maximum of 6 seconds:			
a) b) c) STATIONARY LIFT, STRAIGHT LINE LIFT, CURVE LIFT			
A Lift that does not meet level 2, 3 or 4 requirements and meets element requirements	Lifted partner: Sustains one simple pose (for at least 3 seconds)	OPTION 1 Lifted partner: Sustains a difficult pose (for at least 3 seconds) OR moves through a significant change of pose OPTION 2 Lifting partner: Sustains a difficult position (for at least 3 seconds)	Lifted partner: Sustains a difficult pose (for at least 3 seconds) OR moves through a significant change of pose AND Lifting partner: Sustains a difficult position (for at least 3 seconds)
d) ROTATIONAL LIFT			
A Rotational Lift that does not meet level 2, 3 or 4 requirements but meets requirements for a Rotational Lift (Must have at least 1 full rotation)	Lifted partner: in one simple pose AND Lifting partner: moves through at least 3 rotations	OPTION 1 Lifted partner: in a difficult pose <u>through at least 4 rotations</u> OR a significant change of pose during rotations AND Lifting partner: at least 4 rotations OPTION 2 Lifting partner: One Hand/Arm Lift (without any other means of support) AND at least 2 rotations in one hand hold	OPTION 1 Lifted partner: in a difficult pose <u>through at least 5 rotations</u> OR A significant change of pose during rotations AND Lifting partner: at least 5 rotations OPTION 2 Lifting partner: One Hand/Arm Lift (without any other means of support) AND at least 3 rotations in one hand hold

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Duration of following lifts up to maximum of 10 seconds			
e) REVERSE ROTATIONAL LIFT			
<p>A Reverse Rotational Lift that does not meet level 2, 3 or 4 requirements but meets requirements for Reverse Rotational Lift.</p> <p>(Must have at least 1 full rotation in one direction and 1 in the other direction).</p>	<p>Lifted partner: in one simple pose</p> <p>AND</p> <p>Lifting partner: moves through at least 4 rotations (with at least 1 rotation in one direction)</p>	<p>OPTION 1</p> <p>Lifted partner: in a difficult pose <u>for at least 2 rotations</u> during <u>one</u> direction</p> <p>OR</p> <p><u>one</u> significant change of pose during the rotation in one direction</p> <p>AND</p> <p>Lifting partner: moves through at least 5 rotations (with at least <u>2</u> rotations in each direction)</p> <p>OPTION 2</p> <p>Lifting partner: One Hand/Arm Lift in <u>one</u> of the directions for at least 2 rotations (without any other means of support)</p> <p>AND</p> <p>moves through at least 4 rotations (with at least <u>2</u> rotations in each direction)</p>	<p>OPTION 1</p> <p>Lifted partner: in a difficult pose <u>for at least 3 rotations</u> during <u>both</u> directions</p> <p>OR</p> <p>in a difficult pose <u>for at least 3 rotations</u> during <u>one</u> direction</p> <p>AND</p> <p>one significant change of pose during the rotation in the other direction</p> <p>AND</p> <p>Lifting partner: moves through at least 6 rotations (with at least <u>2</u> rotations in each direction)</p> <p>OPTION 2</p> <p>Lifting partner: One Hand/Arm Lift in <u>both</u> directions for at least 2 rotations in each direction (without any other means of support except during change of direction)</p> <p>AND</p> <p>moves through at least 5 rotations (with at least <u>2</u> rotations in each direction)</p> <p>OPTION 3</p> <p>Lifted partner: in a difficult pose during the other direction through at least 3 rotations</p> <p>AND</p> <p>Lifting partner: One hand/arm lift during one direction for at least 3 rotations</p> <p>AND</p> <p>Moves through at least 3 rotations in each direction</p>

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<p>f) SERPENTINE LIFT</p> <p>A Serpentine Lift that does not meet level 2, 3 or 4 requirements but meets the requirements of Serpentine Lift.</p> <p>(Must have two similar curves with no more than ½ rotation between curves)</p>	<p>OPTION 1 Lifted partner: Sustains a difficult pose for 3 seconds on <u>one</u> curve OR significant change of pose during one curve or between curves AND Lifting partner: Sustains a difficult position for 3 seconds on <u>one</u> curve [not necessarily the same curve]</p> <p>OPTION 2 Lifted partner: Sustains difficult pose for 3 seconds for both curves OR significant change of pose during both curves (Lifting Partner in simple position for both curves)</p> <p>OPTION 3 Lifted partner Sustains simple pose for both curves AND Lifting partner Sustains difficult position for 3 seconds for <u>both</u> curves</p>	<p>OPTION 1 Lifted partner: Sustains a difficult pose for 3 seconds on <u>both</u> curves OR significant change of pose during both curves OR a combination of the above (one change of pose on 1 curve and difficult pose on other for 3 seconds) AND Lifting partner: Sustains a difficult position for 3 seconds on <u>one</u> curve</p> <p>OPTION 2 Lifted partner: Sustains a difficult pose for 3 second on one curve OR significant change of pose during <u>one</u> curve AND Lifting partner: Sustains a difficult position for 3 seconds for <u>both</u> curves</p>	<p>OPTION 1 Lifted partner: Sustains a difficult pose for 3 seconds on <u>both</u> curves OR significant change of pose during <u>both</u> curves OR a combination of the above (one change of pose on 1 curve and difficult pose on other for 3 seconds) AND Lifting partner: Sustains a difficult position for 3 seconds on <u>both</u> curves</p>
<p>g) COMBINATION LIFT</p>	<p>For level requirements please refer to para a), b), c) and d).</p>		

SYNCHRONIZED TWIZZLES

Definition and Requirements

A travelling turn on one foot with one or more rotations which is quickly rotated with a continuous (uninterrupted) action. For definition of Twizzles see Ice Dance Regulations Rule 504 para14 a).

The **4** different types of entry edges on Twizzles are:

FI - Forward Inside

FO - Forward Outside

BI - Backward Inside

BO - Backward Outside

(There are 8 different edges if you include right and left feet, but only 4 general entry edges as above)

Requirement 2005/2006:

All sets of twizzles are comprised of 2 twizzles on one foot for both partners for both twizzles which travel across the ice. (if the action stops they become spins). More twizzles may be added but shall not be counted: No stops are permitted before the first or second Twizzles.

Free Dance: No more than 3 steps between twizzles are permitted.

For the Original Dance “Sequential Twizzles” in Midline Step Sequence – no more than 1 step between permitted.

A “step between twizzles” means stepping onto the other foot.

Time code for the chosen Required Synchronized Twizzles must be specified on the Program Content Sheet

Calling Specifications for Synchronized Twizzles:

Basic Requirement for calling a set of Synchronized Twizzles level 1 is that at least one of the partners completes at least one full rotation for both twizzles.

A set of Synchronized Twizzles will be identified but given no level when both partners skate only 1 twizzle each.

1. If one or both partners touch(es) the free foot down during the execution of the turn, the level will be assessed in accordance with the number of clean rotations before the touchdown.
2. If skaters perform a three turn, check rotation and then start a twizzle, the entry edge and number of rotation of that twizzle will be counted after the three turn from the starting edge of the proper twizzle.
3. If there is a full stop before or between twizzles the level of the twizzles will be reduced by **one** Level per stop

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<p>OPTION 1 Both Twizzles at least 1 full rotation:</p> <p>AND</p> <p>Different entry edge: Different direction of rotation</p> <p>OPTION 2 Both Twizzles at least 2 rotations</p> <p>AND</p> <p>Same entry edge: Same direction of rotation.</p>	<p>OPTION 1 Both Twizzles at least 2 rotations:</p> <p>AND</p> <p>Different entry edge: Same direction of rotation.</p> <p>OR Same entry edge Different direction of rotation</p> <p>OPTION 2 Both Twizzles at least 3 rotations</p> <p>AND</p> <p>Same entry edge: Same direction of rotation.</p>	<p>OPTION 1 One Twizzle at least 3 rotations and other at least 2 rotations</p> <p>AND</p> <p>Different entry edge: Different Direction of rotation.</p> <p>OPTION 2 Both Twizzles at least 3 rotations</p> <p>AND</p> <p>Different entry edge Same direction of rotation.</p> <p>OR Same entry edge Different direction of rotation</p>	<p>OPTION 1 One Twizzle at leas 4 rotation and other Twizzle at least 3 rotations</p> <p>AND</p> <p>Different entry edge, Different direction of rotation</p>

STEP SEQUENCES

Definition and Requirements:

Steps and turns be distributed evenly throughout the sequence and they must be skated with distinct edges.

Requirements 2005/2006:

There are no longer restrictions on the types of holds; except that Hand-in- Hand hold is not permitted in either Step Sequence.

Couples may choose 2 different types of Step Sequences out of the 6 mentioned below:

- **Circular clockwise** – utilizing the full width of the ice surface on the short axis of the rink in a clockwise direction;
- **Serpentine clockwise** – commences in clockwise direction at the centre (long) axis at one end of the rink and progresses in three bold curves (2 in clockwise and 1 in anticlockwise direction) and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface;
- **Circular anticlockwise** – utilizing the full width of the ice surface on the short axis of the rink in a anticlockwise direction;
- **Serpentine anticlockwise** – commences in clockwise direction at the centre (long) axis at one end of the rink and progresses in three bold curves (2 in anticlockwise and 1 in clockwise direction) and ends at the centre (long) axis of the opposite end of the rink; pattern utilizing the full width of the ice surface;
- **Midline** – skated along the full length of the center (long) axis of the ice surface;
- **Diagonal** – skated as fully corner to corner as possible.

Calling Specifications for Step Sequences:

Basic Requirement for calling a Step Sequence level 1 is that at least 25% of the footwork sequence must be completed by both partners.

1. All steps need to be included for a level to be called and the footwork must be at the stated level for both skaters for the stated percentage of time.
2. Types of Turns will be identified only when executed with correct distinct edges in accordance with the description in Special Regulations Ice Dancing (Rule 504). The speed of the skating will be taken into consideration by judges in assessing the GOE.
3. A Step Sequence that deserves an assessment of a higher level for one partner and a lower level for the other partner shall be assessed at the level of the lower partner.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
CIRCULAR/ SERPENTINE/STRAIGHTLINE IN HOLD			
<p>A Step Sequence In Hold that does not meet Level 2, 3 or 4 requirements but meets the requirements for pattern and/or hold described above.</p>	<p>Footwork for both skaters must include: At least 2 different types from the following 6, types of turns for each partner (could be same 2 for each partner Brackets, Rockers, Counters, Choctaws, Mohawks, Twizzles</p> <p>AND At least <u>one single</u> Twizzle for at least <u>one</u> skater</p> <p>AND</p> <p>75% of the steps must be of the difficulty as required above and such steps must be distributed over 75% of the chosen pattern</p> <p>OR</p> <p>Level 3 requirements met but only 50-75% of steps.</p>	<p>Footwork for both skaters must include: At least 3 different types from the following 5 types of turns for each (could be different 3 for each partner): Brackets, Rockers, Counters, Choctaws, Twizzles</p> <p>AND Turns: multidirectional</p> <p>AND At least <u>1 double</u> Twizzle <u>for one</u> skater</p> <p>AND Use of edges</p> <p>AND Section of steps on one foot for both partners (not necessarily simultaneous) incorporating at least 2 of the following 4 types of turns for each (could be different 2 for each partner): Brackets, Rockers, Counters, Twizzles;</p> <p>AND 75% of the steps must be of the difficulty as required above and such steps must be distributed over 75% of the chosen pattern.</p> <p>OR</p> <p>Level 4 requirements met but only 50 – 75% of steps.</p>	<p>Footwork: completely varied & intricate for both skaters and must include: All 5 of the following 5 types of turns for each Partner: Brackets, Rockers, Counters, Choctaws, Twizzles</p> <p>AND Turns: multidirectional</p> <p>AND At least <u>1double</u> Twizzle <u>for both</u> skaters (Not necessarily simultaneous)</p> <p>AND Use of edges</p> <p>AND Section of steps on one foot (simultaneously skated) incorporating at least 3 of the following 4 types of turns for each (could be different 3 for each partner): Brackets, Rockers, Counters, Twizzles;</p> <p>AND 75% of the steps must be of the difficulty as required above and such steps must be distributed over 75% of the chosen pattern</p>

Additional Calling Specification for Midline Not-Touching with Sequential Twizzles:

1. Same as above
2. Same as above
3. Same as above
4. Will be called as a combination of these two required elements and this value of the Midline Not-Touching Step Sequence will be added to the base value of the Set of Sequential Twizzles and multiplied by a factor of **0.7**.

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<u>MIDLINE NOT-TOUCHING WITH SEQUENTIAL TWIZZLES</u>			
<u>Requirements for Sequential Twizzles as described under Synchronized Twizzles</u>			
<u>Requirements for Rest of Step Sequence</u>			
A Not-Touching Step section of steps that does not meet level 2, 3 or 4 requirements but meets the requirements for pattern described above outside of the required sequential twizzles.	<p>Footwork for both skaters must include: At least 2 different types from the following 5 types of turns for each partner (could be same 2 for each partner): Brackets, Rockers, Counters, Choctaws, Mohawks</p> <p>AND Outside of the Required Sequential Twizzles,</p> <p>75% of the steps must be of the difficulty as required above and such steps must be distributed over 75% of the remaining pattern. OR Level 3 requirements met but only 50-75% of steps.</p>	<p>Footwork for both skaters must include: At least 3 different types from the following 5 types of turns for each partner: Brackets, Rockers, Counters, Choctaws, Twizzles</p> <p>AND Turns: multidirectional</p> <p>AND Use of edges</p> <p>AND Section of steps on one foot incorporating at least 2 of the following 4 types of turns for each: Brackets, Rockers, Counters, Twizzles;</p> <p>AND Outside of the Required Sequential Twizzles,</p> <p>75% of the steps must be of the difficulty as required above and such steps must be distributed over 75% of the remaining pattern. OR Level 4 requirements met but only 50-75% of steps.</p>	<p>Footwork: completely varied & intricate for both and must include: All 5 of the following 5 types of turns for each Partner: Brackets, Rockers, Counters, Choctaws, Twizzles</p> <p>AND Turns: multidirectional</p> <p>AND Use of edges</p> <p>AND Section of steps on one foot incorporating at least 3 of the following 4 types of turns for each: Brackets, Rockers, Counters, Twizzles;</p> <p>AND Outside of the Required Sequential Twizzles,</p> <p>75% of the steps must be of the difficulty as required above and such steps must be distributed over 75% of the remaining pattern.</p>

Other principals of ISU Judging System:

1. The Technical Specialists will call what they see and what was completed despite what is listed on the sheet e.g. If the sheet says it is to be a Reverse Rotational Lift, but only the first part is completed (perhaps due to a fall or interruption), it will be classified as a Rotational Lift **or** if the sheet says it is to be a Serpentine Lift and only the first curve is completed, it will be classified as a Curve Lift.
2. Elements exceeding the prescribed number of permitted elements will receive a deduction of **1.0** per additional element as authorized by Technical Controller.
3. If a fall occurs after the element has commenced and its Level could not be identified (and it meets the basic requirements to be classified as an element), it shall be classified as Level 1 and shall occupy a space to enable the judges to apply a Grade of Execution GOE. (e. g. Spin is 1 rotation).
4. If a fall occurs after the element has commenced, and its Level has been identified, it shall be given that Level and the judges shall apply a reduction to the GOE.