

Technical Requirements Ice Dance

ICE DANCE in general : When dances are skated in couple, each couple consists of a man and a lady.

A. PATTERN DANCES

For couples, the man skates the man's pattern, the lady skates the lady's pattern.

For Duo's, partners should exchange positions after the 1st sequence to enable each skater to skate both patterns. It is MANDATORY that ice dance & duo's enter at the skill level of the more skilled skater.

A dancer can enter any other category with a different partner.

It is not allowed to enter a same category with 2 different partners.

All couples may register in **2 consecutive categories** with the same partner :

Tin+Copper or Copper+Pre-Bronze or Pre-Bronze+Bronze, or Bronze+Pre-Silver, or Pre-Silver+Silver, or Silver+Pre-Gold, or Pre-Gold+Gold, or Gold+Masters.

It is not allowed to register for 2 non-consecutive categories

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges.. Starting the dance at the wrong side will be judged as illegal (1.0 deduction)

Tempo specification for the Pattern Dance music chosen by the dancers (as per ISU and NISA Rules)

<u>Masters</u>	- Starlight Waltz 174 BPM (29 measures of 6 beats) - Rhumba 176 BPM (44 measures of 4 beats)	2 sequences 4 sequences
<u>Gold</u>	- Starlight Waltz 174 BPM (29 measures of 6 beats) - Silver Samba 112 BPM (28 measures of 4 beats)	2 sequences 2 sequences
<u>Pre-Gold</u>	- Quickstep 112 BPM (56 measures of 2 beats) - Viennese Waltz 156 BPM (28 measures of 4 beats)	4 sequences 2 sequences
<u>Silver</u>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats) - Blues 88 BPM (22 measures of 4 beats)	4 sequences 3 sequences
<u>Pre-Silver</u>	- European Waltz 135 BPM (45 measures of 3 beats) - Tango 112 BPM (28 measures of 4 beats)	2 sequences 2 sequences
<u>Bronze</u>	- Fourteen step 112 BPM (28 measures of 4 beats) - Swing Dance 100 BPM (25 measures of 6 beats)	4 sequences 2 sequences
<u>Pre-Bronze</u>	- Fiesta Tango 108 BPM (27 measures of 4 beats) - Riverside Rhumba 104 BPM (28 measures of 4 beats)	2 sequences 2 sequences
<u>Copper</u>	- Rhythm Blues 88 BPM (22 measures of 4 beats) - Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	2 sequences 2 sequences
<u>Tin</u>	- Prelim Foxtrot 100 BPM (25 measures of 4 beats) - Dutch Waltz 135 BPM (45 measures of 3 beats)	2 sequences 2 sequences

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Dancers must provide their own music on the following conditions : VOCAL MUSIC MAY BE USED.

- The music and its tempo throughout the required sequences must be constant and chosen in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- Each tune should have the length in time of the corresponding pattern dance, if not it will result in a 1.0 point deduction by the referee.
- Vocal music is allowed.
- The chosen tunes should have a clear and regular beat
- The music MUST reflect the character of the dance
- The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase (Rule 708 paragraph 1.d).
- If a couple for any possible reason hasn't sent any music to skate on, the referee will decide on which tune these skaters will perform.

The Pattern Dances will be judged without Key Points.

After completion of the last step in the Pattern Dance, the couple must reach its final pose within 20 seconds. If this time limit is exceeded, a "program time" deduction according to Rule 353, para 1.n) shall apply.

The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

The Total Score for each dance will be multiplied by a factor of 0.5 (Rule 353, paragraph 1.b).

The warm-up duration is three (3) minutes, of which only the two (2) last ones will be with music.

Each fall shall receive a deduction of 1.0.

B. RHYTHM DANCE

VOCAL MUSIC MAY BE USED.

The maximum time is 2 minutes and 50 seconds +/- 10 seconds, may be less for Silver, Bronze and Pre-Bronze

The points for each Program component are multiplied by a factor of 0,8

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0

For Master, Gold (Adult) and Silver, for the Season 2021-2022, the Pattern Dance Element for the Rhythm Dance is the Blues.

Music: At least two different Rhythms from the following: "Street Dance Rhythms" (such as hip hop, disco, swing, krump, popping, funk, etc), jazz, reggae (reggaeton) and blues. Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics. The **Pattern Dance Element, Blues may be skated to any of the announced Rhythms**

The Tempo of the music throughout the Pattern Dance elements must be constant and in accordance with the required Tempo and character of the chosen Rhythm Pattern Dance element: Blues, range 86-90 beats per minute

Specifications Gold Rhythm Dance :

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance – there should not be the feeling that the rhythms are just put together without thought of how they fit together.

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Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the entire Rhythm Dance (including music for specified Pattern Dance Elements) is provided by the couple.

Required Gold Rhythm Dance Elements:

- Pattern Dance Elements
- One (1) Step Sequence
- Dance Lift
- Sequential Twizzles

The Pattern Dance Element must be skated on the Blues rhythm.

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Blues : i.e. 22 measures of 4 beats or 88 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- Two (2) Sequences of the Blues, either skated one after the other or separately.

Step #1 of each Sequence must be skated on a different side of the ice surface.

The description, chart and diagrams of the Blues Pattern Dance is included in the ISU Handbook Ice Dance 2003.

The Blues will be judged with key points.

Step Sequence

One (1) Step Sequence Style B Midline/Diagonal, skated to a different Rhythm than the PDE (Blues).

Step sequence can be in hold, side by step or a combination.

Dance Lift : Maximum one (1) Short Lift up to 7 seconds

Transitional Dance Lift : not more than one (1) Transitional Lift (up to 7 seconds) is permitted, must be performed optionally after the required Dance Lift.

Sequential Twizzles

Set of Sequential Twizzles. At least two Twizzles for each partner and MUST NOT be in contact between Twizzles. Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)

Special requirements :

- Music
 - Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.
 - Music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.
 - Music with audible rhythmic beat only will be allowed
 - Music may be without audible beat up to 10 seconds at beginning only

Silver Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance.

For the Silver level, the pattern dance element is Foxtrot

Specifications Silver Variation Dance :

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.



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- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:
Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

Required Silver Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 36 beats of the music
 - Third part of the variation, pattern dance section 2, #step 8 to 14
- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) Not Touching Midline or Diagonal Step Sequence – maximum level 2
- Dance Lift: not more than one (1) Short Dance Lift – maximum level 2

The Variation must be skated on the Foxtrot Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Foxtrot: i.e. 25 measures of 4 beats or 100 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Not Touching Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Lift : not more than one (1) Short Lift, executed before or after the Step Sequence and between the 2 Variation Elements

Dance Spin

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted.

A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as a non-permitted stop.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal Step Sequence,.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Bronze Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance.

For the Bronze level, the pattern dance element is Fiesta Tango



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Specifications Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

Required Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 32 beats of the music
 - Third part of the variation , pattern dance section 2, #step 8 to 16

– Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) Not Touching Midline or Diagonal – maximum level 1
- Dance Lift: not more than one (1) Short Dance Lift – maximum level 1

The Variation must be skated on the Tango Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 27 measures of 4 beats or 108 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Not Touching Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Lift : not more than one (1) Short Lift, executed before or after the Step Sequence and between the 2 Variation Elements

Dance Spin

The Dance Spin is not a Required Element. Nevertheless, a spinning movement skated by the couple together in any hold around a common axis on one foot (or two feet) with any number of rotations is permitted.

A couple may choose to use this movement as part of their choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Pre-Bronze Rhythm Dance (Variation Dance)



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In this category it is expected from the dancer to skate a variation based on a pattern dance. For the Pre-Bronze level, the pattern dance element is Dutch Waltz

Specifications Pre-Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

Required Pre-Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 8
 - Second part of the variation, free pattern executed on 48 beats of the music
 - Third part of the variation , pattern dance section 2, #step 9 to 16
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

The Variation must be skated on the Waltz Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Waltz: i.e. 35 measures of 3 beats or 135 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.
- However, the following do NOT constitute violations of these provisions:
- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
 - After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

C. FREE DANCE

General Requirements for Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications.

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:



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- The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.
The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- The music must be suitable for the Couple's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

VOCAL MUSIC MAY BE USED

The points for each Program Component are multiplied by a factor of 1.2

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

Elite & Master

Couples entering this category will compete against other Elite Masters Ice Dancers.

The technical requirements are the same as those for the category "Gold Free Dance" (below.)

Gold Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of two (2) different Dance Lifts, one (1) Short Lift with a maximum duration of 7 seconds and one (1) Combination Lift with a maximum duration of 12 seconds; OR three (3) different types of Short Lifts with a maximum duration of 7 seconds each.
- b. A maximum of one (1) Dance Spin (Spin or Combination Spin).
- c. A maximum of one (1) Circular Step Sequence in Hold, Style A.
- d. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.

The maximum time is 3 minutes +/- 10 seconds.

Silver Free Dance

Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec. And only a maximum Level 2 lift will be counted.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B.
- c. A maximum of one (1) Set of Synchronized Twizzles with up to three (3) steps between.
- d. A maximum of one (1) Dance Spin (Spin or Combination Spin).

The maximum time is 2 minutes and 30 seconds +/- 10 seconds.

Bronze Free Dance

Bronze Couples must perform a well-balanced program that may contain:

- a. A maximum of one (1) Short Lift, with a maximum duration of 7 sec.
Note that only a maximum Level 1 lift will be counted.
- b. A maximum of one (1) Diagonal Step Sequence in Hold, Style B
- c. A maximum of one (1) Dance Spin (No combination).

The maximum time is 1 minute and 50 seconds +/- 10 seconds.



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D. SOLO PATTERN DANCES

The men skate the men's pattern, the ladies skate the ladies pattern.

All solo dancers may register in **2 consecutive categories** :

Tin+Copper or Copper+Pre-Brons or Pre-Brons+Brons, or Brons+Pre-Silver, or Pre-Silver+Silver, or Silver-Pre-Gold, or Pre-Gold+Gold.

It is not allowed to register for 2 non-consecutive categories

All pattern dances will be started so that the steps of the first pattern are skated in front of the judges unless otherwise specified by the Referee. If the Referee changes the side to start, the change must be announced at the time of the first draw for starting order. Starting the dance at the wrong side will be judged as illegal (1.0 deduction)

<u>Solo Masters</u>	- Starlight Waltz 174 BPM (29 measures of 6 beats) - Rhumba 176 BPM (44 measures of 4 beats)	2 sequences 4 sequences
<u>Solo Gold</u>	- Starlight Waltz 174 BPM (29 measures of 6 beats) - Silver Samba 112 BPM (28 measures of 4 beats)	2 sequences 2 sequences
<u>Solo Pre-Gold</u>	- Quickstep 112 BPM (56 measures of 2 beats) - Viennese Waltz 156 BPM (28 measures of 4 beats)	4 sequences 2 sequences
<u>Solo Silver</u>	- Rocker Foxtrot 104 BPM (26 measures of 4 beats) - Blues 88 BPM (22 measures of 4 beats)	4 sequences 3 sequences
<u>Solo Pre-Silver</u>	- European Waltz 135 BPM (45 measures of 3 beats) - Tango 112 BPM (28 measures of 4 beats)	2 sequences 2 sequences
<u>Solo Bronze</u>	- Fourteen step 112 BPM (28 measures of 4 beats) - Swing Dance 100 BPM (25 measures of 6 beats)	4 sequences 2 sequences
<u>Solo Pre-Bronze</u>	- Fiesta Tango 108 BPM (27 measures of 4 beats) - Riverside Rhumba 104 BPM (28 measures of 4 beats)	2 sequences 2 sequences
<u>Solo Copper</u>	- Rhythm Blues 88 BPM (22 measures of 4 beats) - Golden Skaters Waltz 162 BPM (27 measures of 6 beats)	2 sequences 2 sequences
<u>Solo Tin</u>	- Prelim Foxtrot 100 BPM (25 measures of 4 beats) - Dutch Waltz 135 BPM (45 measures of 3 beats)	2 sequences 2 sequences

Factors in each dance for Program Components are:

- Skating Skills 0,75
- Performances 0,50
- Interpretation 0,50
- Timing 0,75

Dancers must provide their own music on the following conditions :



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- The music and its tempo throughout the required sequences must be constant and chosen in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute.
- A violation of tempo specifications will result in a 1.0 point deduction by the Referee.
- The chosen tunes should have a clear and regular beat
- The music MUST reflect the character of the dance
- The 1st step of the 1st pattern of a dance will be started on the 1st strong beat of a musical phrase.
- If any dancer for any possible reason doesn't send any music to skate on, the referee will decide on the day of the competition on which tune these skaters will perform.

The Pattern Dances will be judged without Key Points.

VOCAL MUSIC MAY BE USED.

The points for each Program Component are multiplied by a factor of 0.7 (Rule 353, paragraph 1.m).

The Total Score for each dance will be multiplied by a factor of 0.5 (Rule 353, paragraph 1.b).

The warm-up duration is five (3) minutes.

Each fall shall receive a deduction of 1.0.

E. SOLO RHYTHM DANCE

VOCAL MUSIC MAY BE USED.

The maximum time is 2 minutes and 50 seconds +/- 10 seconds, may be less for Silver, Bronze and Pre-Bronze

The points for each Program component are multiplied by a factor of 0,8

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0

Solo Gold Rhythm Dance

The composition of the Short Dance in the season 2018/2019 is as follows:

Argentine Tango plus any number of the following rhythms: Tango, and any closely related Spanish rhythm

Specifications Rhythm Dance :

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements may be skated anywhere in the Short Dance and should be integrated into the composition of the dance – there should not be the feeling that the rhythms are just put together without thought of how they fit together.

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the entire Rhythm Dance (including music for specified Pattern Dance Elements) is provided by the couple.

The maximum time is 2 minutes and 50 seconds, +/- 10 seconds.

Required Rhythm Dance Elements:

- Pattern Dance Elements

One sequence of the Argentine Tango. Each section of the Argentine Tango must be skated one after the other.

Section 1(steps # 1-18) followed by Section 2 (steps # 19-31) with Step #1 skated on the judges opposite side.

– The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.

– Timing: The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

- One (1) Midline or Diagonal or Circular Step Sequence
- Dance Attitude : not more than one (1) Attitude (Eagle, Ina Bauer, Spiral, etc...)
- Sequential Twizzles
- Spin (optional)



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The Pattern Dance Element must be skated on the Argentine Tango Rhythm.

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 24 measures of 4 beats or 96 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- Two (2) Sections of Argentine Tango (96 beats per minute +/- 2 beats per minute) to be skated one after the other. Section 1 steps #1-18 and Section 2 steps #19-31
Option 1 - Section 1 followed by Section 2 with step #1 skated on judge's left side
Option 2 - Section 2 followed by Section 1 with step #19 skated on judge's right side

Step Sequence

One (1) Step Sequence chosen from the following Types of Pattern:

- Midline – skated along the full length of the ice surface on the Long Axis.
- Diagonal – skated as fully corner to corner as possible
- Circular – utilizing the full width of the ice surface on the Short Axis

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 not clearly recognizable, there will be a required reduction for incorrect Pattern by the Judges

Specifications :

- One (1) Stop permitted, up to 5 seconds
- One (1) Retrogression up to two measures is permitted and may start from the permitted Stop.
- Loop(s) **NOT permitted**

Dance Attitude : not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.

The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

One (1) Combination Set of Sequential Twizzles

At least two Twizzles for each partner with up to 1 step maximum between Twizzles.

Spin

The Spin is not a Required Element. Nevertheless, a spinning movement skated by the skater on one foot (or two feet) with any number of rotations is permitted. A skater may choose to use this movement as part of her/his choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as one of the permitted stops.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Midline, Diagonal or Circular Step Sequence,
- After the clock is started with the first movement, the skater must not remain in one place for more than 10 seconds. During the program, either up to two full stops (duration must not exceed 5 seconds each) or up to one full stop (duration must not exceed 10 seconds) are permitted. Any choreography appropriate to the music selection is permitted.

Solo Silver Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance.



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For the Silver level, the pattern dance element is Foxtrot

Specifications Silver Variation Dance :

- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the variation pattern should be skated 2 times:

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

Required Silver Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 36 beats of the music
 - Third part of the variation , pattern dance section 2, #step 8 to 14
- The description, chart and diagrams of the Pattern Dances are included in the ISU Handbook Ice Dance 2003.
- Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

Optional elements :

- One (1) step sequence Midline or Diagonal – maximum level 2
- Dance Attitude : not more than one (1) Attitude

The Variation must be skated on the Foxtrot Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Foxtrot: i.e. 25 measures of 4 beats or 100 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Attitude : not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.

The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

Spin

The Spin is not a Required Element. Nevertheless, a spinning movement skated on one foot (or two feet) with any number of rotations is permitted.

A skater may choose to use this movement as part of the choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as a non-permitted stop.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal Step Sequence,.



Starlight Challenge - International Open Adult & Kids Skating Competition

- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Bronze Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance. For the Silver level, the pattern dance element is Fiesta Tango

Specifications Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the free pattern should be skated 2 times:
Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

Required Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 7
 - Second part of the variation, free pattern executed on 32 beats of the music
 - Third part of the variation , pattern dance section 2, #step 8 to 16
 - Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.
- Optional elements :
- One (1) Midline or Diagonal Step Sequence – maximum level 1
 - Dance Attitude: not more than one (1)

The Variation must be skated on the Tango Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Tango: i.e. 27 measures of 4 beats or 108 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

The Step Sequence can be a Midline Step Sequence OR a Diagonal Step Sequence.

It must be skated between the 2 Variation Elements.

Dance Attitude : not more than one (1) Attitude, executed before or after the Step Sequence and between the 2 Variation Elements.

The Attitude must be recognizable and held for at least 3 seconds and maximum 7 seconds

Spin

The Spin is not a Required Element. Nevertheless, a spinning movement skated on one foot (or two feet) with any number of rotations is permitted.

A dancer may choose to use this movement as part of the choreography. The Technical Panel will ignore these movements and the Judges will not consider these movements as a non-permitted stop.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.



Starlight Challenge - International Open Adult & Kids Skating Competition

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
- After the clock is started with the first movement, the skater must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

Pre-Bronze Rhythm Dance (Variation Dance)

In this category it is expected from the dancer to skate a variation based on a pattern dance.

For the Pre-Bronze level, the pattern dance element is Dutch Waltz

Specifications Pre-Bronze Variation Dance :

- The concept and choreography must produce the feeling of a unified dance.
- The Pattern Dance elements and the free pattern should be skated 2 times:

Note: as per ISU Communication 1860, paragraph 3, a Pattern Dance Element not started on the required beat must be penalized by Judges. Music for the Variation Dance is provided by the couple.

Required Pre-Bronze Variation Dance Elements:

- Pattern Dance Elements
 - Start of the dance with #step 1
 - First part of the variation, pattern dance section 1, #step 1 to #step 8
 - Second part of the variation, free pattern executed on 48 beats of the music
 - Third part of the variation, pattern dance section 2, #step 9 to 16

– Timing: The Pattern Dance and Free Pattern Elements must be skated in strict time to the music with the start of the first Step of each Pattern Dance Element on beat 1 of a musical phrase.

The Variation must be skated on the Waltz Rhythm.

- The Tempo of the music throughout the Variation must be constant and in accordance with the required Tempo and character of the Pattern Dance: Waltz: i.e. 35 measures of 3 beats or 135 beats per minute, plus or minus 2 beats per minute
- The Pattern Dance Elements must be skated in strict time to the music with the start of the first Step of the Pattern Dance Element on the 1st strong beat of a musical phrase.
- #Step 1 of the Pattern Dance Elements must be skated on judge's left side.

Special requirements :

- The pattern must proceed in a generally constant direction and must not cross the Long Axis of the ice surface except once at each end of the rink (within no more than 20 meters of the barrier). Loops in either direction are permitted provided they do not cross the Long Axis.

However, the following do NOT constitute violations of these provisions:

- ♣ crossing the Long Axis while performing the Not Touching Midline or Diagonal.
- After the clock is started with the first movement, the Couple must not remain in one place for more than 10 seconds. During the program, full stops are not permitted.

F. SOLO FREE DANCE

General Requirements for Solo Free Dance

The following are the Requirements for Music for Free Dance

Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal.



Starlight Challenge - International Open Adult & Kids Skating Competition

The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.

- The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- The music must be suitable for the Skater's skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction of -1

VOCAL MUSIC MAY BE USED

The panel's points for each Program component are multiplied by a factor of 1,2

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

Solo Gold Free Dance

The requirements for a well-balanced program are:

- A maximum of two (2) different Attitudes,
- A maximum of two (2) Spins, with optional positions.

A simple spin with no change of foot consisting of at least three (3) rotations or a Combination Spin with a change of foot consisting of at least three (3) rotations on each foot is permitted.

- A maximum of one (1) Circular Step Sequence.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.

Duration: 3 minutes and 10 seconds +/-10 seconds

Solo Silver Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude.
- A maximum of one (1) Diagonal Step Sequence.
- A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
- A maximum of one (1) Spin with optional positions. (Spin or combination_Spin)

Duration: 2 minutes and 40 seconds +/- 10 seconds.

Solo Bronze Free Dance

The requirements for a well-balanced program are:

- A maximum of one (1) Attitude.
- A maximum of one (1) Diagonal Step Sequence.
- A maximum of one (1) Spin with optional positions.
- A simple spin with no change of foot consisting of at least three (3) revolutions (no Combination).

VOCAL MUSIC MAY BE USED

Duration: 2 minutes and 10 seconds +/- 10 seconds.

The panel's points for each Program Component are multiplied by a factor of 1,2

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

