



Changes to Ice Dance for Season 2010 / 2011

As a result of the removal of the Original Dance and the introduction of a Short Dance at the 2010 ISU Congress, the following changes to Elementary, Pre-Primary, Primary and Novice Dance have been approved for the upcoming season for all Competitions and Championships in Australia, effective 1st July 2010.

Elementary

Elementary Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 1 Spin (min 3 revs on 1 foot by both partners).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence in hold (must use full ice surface).
 - Serpentine and Not Touching Midline sequence are not permitted
 - Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.
 - Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Synchronized Twizzles

Illegal Elements

- Lifts of any kind
- Jumps of more than one revolutions or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

1 minutes 30 seconds +/- 10 seconds

Pre-Primary

Pre-Primary Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 2 different types of short lifts (max 6 secs), Long lifts are not permitted;
- Maximum of 1 Spin (min 3 revs on 1 foot by both partners) or Combination Spin (min 3 revs on each foot by both partners).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence in hold (must use full ice surface).
 - Serpentine and Not Touching Midline sequence are not permitted
 - Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.
 - Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Synchronized Twizzles

Remarks

Combined dance spin and lift permitted but are to be counted as separate elements, i.e. as 1 of the permitted lifts and 1 dance spin. Lifts – refer to ISU on repeated positions and illegal lifts/elements.

Illegal Elements

- Jumps of more than one revolutions or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

2 minutes +/- 10 seconds

Primary

Primary Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 2 different types of short lifts (max 6 secs), Long lifts are not permitted;
- Maximum of 1 Spin (min 3 revs on 1 foot by both partners) or Combination Spin (min 3 revs on each foot by both partners).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence in hold (must use full ice surface)
 - Serpentine and Not Touching Midline sequence are not permitted
 - Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.
 - Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Synchronized Twizzles

Remarks

Combined dance spin and lift permitted but are to be counted as separate elements, i.e. as 1 of the permitted lifts and 1 dance spin. Lifts – refer to ISU on repeated positions and illegal lifts/elements.

Illegal Elements

- Jumps of more than one revolutions or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

2 minutes 30 seconds +/- 10 seconds

Novice

Novice Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 3 different types of lifts
 - One may be a Long Lift (max 12 secs) and 1 Short Lift (max 6 secs) OR 3 x Short Lifts (max 6 secs);
- Maximum of 1 Spin (min 3 revs on 1 foot by both partners) or Combination Spin (min 3 revs on each foot by both partners).
- Maximum of 1 Circular, Midline, Diagonal or Serpentine (2 or 3 bold curves) Step Sequence in hold (must use full ice surface)
 - Not Touching Midline sequence are not permitted

- Skated in dance holds or variations thereof except hand-in-hand hold in sustained position with fully extended arms. Any separation to change a hold must not exceed 1 measure of music.
- Lifts, jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Synchronized Twizzles

Remarks

Combined dance spin and lift permitted but are to be counted as separate elements, i.e. as 1 of the permitted lifts and 1 dance spin. Lifts – refer to ISU on repeated positions and illegal lifts/elements.

Illegal Elements

- Jumps of more than one revolutions or jumps of one revolution skated at the same time by both partners
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

3 minutes +/- 10 seconds

Authorised by: Lisa Jelinek, Operational Director Technical Regulations
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