

ICE SKATING AUSTRALIA 2017 / 2018 Ice Dance Elements (30th May 2017)

Mark all components Factor 0.7 each	All competitions and championships	Number of Sequences to skate	Number of Sections per Sequence	Section Steps
ELEMENTARY PD Without Key Points	Dutch Waltz	3	1	1 to 16
	Fiesta Tango	3	1	1 to 16
PRE-PRIMARY PD Without Key Points	Swing Dance	2	2	1 to 15, 16 to 30
	European Waltz	2	1	1 to 18
BASIC NOVICE PD Without Key Points	Fourteen Step (own music permitted, or ISU tunes 1 to 5)	4	1	1 to 14
	European Waltz (ISU Music only)	2	1	1 to 18
ADVANCED NOVICE PD with 2 Key Points, up to Level 3 Mark all components, factor 0.7 each				
Competitions in January, March, May, July, September, November	European Waltz (ISU Music only)	2	1	1 to 18
	Tango (own music permitted, or ISU tunes 1 to 5)	2	1	1 to 22
Competitions in February, April, June, August, October and December (including AFSC)	Rocker Foxtrot (own music permitted, or ISU tunes 1 to 5)	4	1	1 to 14
	Starlight Waltz (ISU music only)	2	2	1 to 17, 18 to 32
International Competitions	Chosen from one of the following groups Group 1: European Waltz and Tango Group 3: Rocker Foxtrot and Starlight Waltz	Refer above.		

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SHORT DANCE	Mark all components. Factor 0.8 each. Rhythm: Latin American , chosen from Cha Cha, Rhumba, Samba, Mambo, Meringue, Salsa, Bachata or any closely related Latin American Rhythms. Excluded are Reggae, Hip Hop, Argentine Tango and Bolero.				
JUNIOR SD	PATTERN DANCE ELEMENT	LIFTS	ONE (1) STEP SEQUENCE	TWIZZLES	DANCE SPINS
2 mins 50 secs +/- 10 secs Refer to ISU Communications 2076 and 2086	Cha Cha Congelado Section 1: Steps 1 to 17 Section 2: Steps 18 to 38 Section 1 skated first immediately followed by Section 2. Step 1 skated on the Judges' opposite side. Skated on Cha Cha Rhythm.	One (1) Short Lift	One (1) Not Touching Midline, Diagonal, Circular or Serpentine Step Sequence (NTSS) in Style B. Skated to a different rhythm than Cha Cha.	One (1) Set of Sequential Twizzles (STw)	The Dance Spin is not a Required Element in a Junior and Senior Short Dance. Nevertheless, a Dance Spin or spinning movement skated outside the Step Sequence by the couple together in any hold around 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 consider these movements as ONE of the permitted stops, even if it is in the NTSS .
SENIOR SD	PATTERN DANCE ELEMENT	LIFTS	TWO (2) STEP SEQUENCES	TWIZZLES	
2 mins 50 secs +/- 10 secs Refer to ISU Communications 2076 and 2086	Rhumba Section 1: Steps 1 to 16 plus Steps 1 to 4 Step 1 skated on the Judges' left side. Skated on any Latin American Rhythm and must have constant tempo.	One (1) Short Lift	One (1) Pattern Dance Type Step Sequence(PSt) in Hold Style B: - Pattern: up to one full circuit of the ice surface and must start on beat one of a musical measure but not from the beginning of the program. - Stops including dance spin not permitted - Must have a constant tempo One (1) NTSS as for Junior. The PSt and NTSS must be skated on different rhythms and have a constant tempo.	One (1) Set of Sequential Twizzles (STw)	

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ELEMENTARY FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
Mark all components Factor 1.2 each	One Short Lift	Not required	One	One	
1:30 +/- 10 secs NO vocal music IJS Level – Elementary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 339	Chosen from Straight Line Curved Rotational One additional lift (up to 6 secs without any requirements for the Level of Difficulty	A spinning movement skated by the couple together in any hold around a common axis on one or two feet with any number of rotations is permitted. If performed, it will be ignored by the Technical Panel and Judges will not consider these movements as one of the permitted stops.	Choice of either Style A or B	One (1) set of Synchronized Twizzles	Stationary Lift – if performed as the lift with a Level of Difficulty will be: <ul style="list-style-type: none"> • Identified by the Technical Panel to occupy a box • Given No Value • Considered and extra element (element not according to the Well Balanced Program)

PRE-PRIMARY FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	ADDITIONAL INFORMATION
Mark all components Factor 1.2 each	One Short Lift	Not required	One	One	
2:00 +/- 10 secs NO vocal music IJS Level – Pre-Primary Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISA By-Law 339	Chosen from Straight Line Curved Rotational One additional lift (up to 6 secs without any requirements for the Level of Difficulty	A spinning movement skated by the couple together in any hold around a common axis on one or two feet with any number of rotations is permitted. If performed, it will be ignored by the Technical Panel and Judges will not consider these movements as one of the permitted stops.	Choice of either Style A or B	One (1) set of Synchronized Twizzles	Stationary Lift – if performed as the lift with a Level of Difficulty will be: <ul style="list-style-type: none"> • Identified by the Technical Panel to occupy a box • Given No Value • Considered and extra element (element not according to the Well Balanced Program)

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BASIC NOVICE FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One	Not required	One	One	One
2:30 +/- 10 secs Vocal music permitted IJS Level – Basic Novice Max Level 2 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2024	No more than one (1) Short Lift chosen from Straight Line Curved Rotational	In a Free Dance where the Dance Spin is not a Required Element, the first performed Dance Spin or Spinning Movement shall be identified as the Choreographic Spinning Movement, if no other Choreographic Element has been identified and confirmed.	Style B only, chosen from: Straight Line (midline or diagonal) in hold OR Curved (circular or serpentine) in hold	One (1) set of Synchronized Twizzles	Chosen from: Choreographic Spinning Movement OR Choreographic Twizzling Movement

ADVANCED NOVICE FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0	Two	One	One	One	One
3:00 +/- 10 secs Vocal music permitted IJS Level – Advanced Novice Max Level 3 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2024	No more than two (2) different types of Short Lift chosen from Straight Line Curved Rotational	One (1) Spin A combination spin is not permitted	Style B only, chosen from: Straight Line (midline or diagonal) in hold OR Curved (circular or serpentine) in hold	One (1) set of Synchronized Twizzles	Chosen from: Choreographic Spinning Movement OR Choreographic Twizzling Movement

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JUNIOR FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.2 each	Two or three	One	One	One	Two
3:30 +/- 10 secs Vocal music permitted IJS Level – Junior Fall deduction 1.0 per fall per skater Refer to ISU Communications 1998 and 2019	Maximum of One (1) Combination Lift OR Two (2) different types of Short Lift	One (1) Spin OR One (1) Combination Spin	One (1) Step Sequence in hold, Style A. One (1) Straight Line (midline or diagonal) in hold OR One (1) Curved (circular or serpentine) in hold	One (1) set of Synchronized Twizzles	Two (2) different chosen from: Choreographic Dance Lift (up to 10 seconds) Choreographic Spinning Movement (min 2 continuous rotations by both) Choreographic Twizzling Movement performed after the required Twizzles

SENIOR FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.2 each	Two or three	One	Two	One	Two
4:00 +/- 10 secs Vocal music permitted IJS Level – Senior Fall deduction 1.0 per fall per skater Refer to ISU Communications 1998 and 2019	Maximum of One (1) Combination Lift and one (1) Short Lift OR Three (3) different types of Short Lift The type of the Short Lift must be different from the type(s) of Short Lifts forming the Combination Lift.	One (1) Dance Spin OR One (1) Combination Spin	Two (2) different types of Step Sequence in hold. One (1) Straight Line (midline or diagonal) in hold AND One (1) Curved (circular or serpentine) in hold 1 st performed = Style A 2 nd performed = Style B	One (1) set of Synchronized Twizzles	Two (2) different types chosen from: Choreographic Dance Lift (up to 10 seconds) Choreographic Spinning Movement (min 2 continuous rotations by both) Choreographic Twizzling Movement performed after the required Twizzles