

ICE SKATING AUSTRALIA 2019 / 2020 Ice Dance Elements (23rd June 2019)

Mark all components Factor 0.7 each	Pattern Dance (in skating order)	Number of Sequences to skate	Number of Sections per Sequence	Section Steps and Factors
PRELIMINARY PD Without Key Points, Factor 1.0	(6) Dutch Waltz	3	1	1 to 16
ELEMENTARY PD Without Key Points Factor 0.5 per dance	(6) Dutch Waltz	3	1	1 to 16
	(27) Tango Canasta	3	1	1 to 14
BASIC NOVICE PD	Without Key Points, up to Level 1			Factor 0.5 per dance
All except State Championships	(1) Fourteenstep	4	1	1 to 14
	(26) Tango Canasta	3	1	1 to 14
State Championships	(7) Willow Waltz	2	1	1 to 22
	(27) Tango Canasta	3	1	1 to 14
AFSC and International Competitions	Two Dances chosen from Group 2: (1) Fourteenstep, (7) Willow Waltz and (27) Tango Canasta			
INTERMEDIATE NOVICE PD	One Key Point, up to Level 2			Factor 0.75 per dance
All except State Championships	(1) Fourteenstep	4	1	1 to 14
	(28) Tango	2	1	1 to 22
State Championships	(2) Foxtrot	4	1	1 to 14
	(8) European Waltz	2	1	1 to 18
AFSC and International Competitions	Chosen from one of the following groups: Group 2: (1) Fourteen Step and (28) Tango OR Group 3: (2) Foxtrot and (8) European Waltz			
ADVANCED NOVICE PD	Two Key Points, up to Level 3			Factor 1.0 per dance
All competitions	(13) Starlight Waltz	2	1	1 to 32
	(19) Quickstep	4	1	1 to 18

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<p align="center">RHYTHM DANCE Refer to ISU Communication 2239</p>	<p align="center">JUNIOR 2 minutes and 50 seconds (+/-) 10 seconds</p>	<p align="center">SENIOR 2 minutes and 50 seconds (+/-) 10 seconds</p>
<p align="center">PATTERN DANCE</p>	<p>Two (2) Sections of Tea Time Foxtrot (108 bpm +/- 2 bpm) to be skated one after the other.</p> <p>Section 1 Steps 1 to 31 Section 2 Steps 32 to 54</p> <p>Section 1 followed by Section 2 with Step 1 on the judges' left side.</p> <p>Variation of Foxtrot Hold is permitted Prescribed Holds in Twizzles may be different as long as contact between partners is maintained.</p>	<p>One (1) Section of Finnstep (104 bpm +/- 2 bpm)</p> <p>Steps 1 to 33</p> <p>One (1) Pattern Dance Type Step Sequence (PSt) Style B. Duration: any exact number of musical phrases Pattern: starting immediately following the Slide and Stop on step 33 of the Finnstep, concluding at the Short Axis (middle of the rink) on the Judges' side. Stops – after the completion of step 33, a Stop can be up to 5 seconds and is not counted as one of the permitted Stops. No additional stops are allowed during the PSt Holds: Hand-in-Hand Hold with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of Holds and during Twizzles</p>
<p align="center">DANCE LIFT</p>	<p align="center">Maximum one (1) Short Lift (up to 7 seconds)</p>	
<p align="center">STEP SEQUENCE</p>	<p>One (1) Step Sequence in Hold or Not Touching or a Combination of both (Style B)</p> <p>Specifications for Style B, Rhythm Dance 2019-2020: Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element (Junior & Senior) and Pattern Dance Type Step Sequence (Senior). Chosen pattern may ONLY be Midline or Diagonal Retrogression – NOT permitted Separations permitted, no more than 2 arms length Loops NOT permitted Hand in hand hold – NOT permitted with fully extended arms Stops – up to one (1) permitted for up to 5 seconds</p>	
<p align="center">SEQUENTIAL TWIZZLES</p>	<p align="center">One (1) Combination Set of Sequential Twizzles At least two twizzles for each partner, with up to 1 step maximum between Twizzles.</p>	

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PRELIMINARY FREE DANCE	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	One (1) chosen from:
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 410	No more than one (1) chosen from Spin or Combination Spin	One (1) set of Synchronized Twizzles	Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

ELEMENTARY FREE DANCE	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	Two (2)
2:00 +/- 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 411	No more than one (1) chosen from Spin or Combination Spin	One (1) set of Synchronized Twizzles	One (1) of which must be a Choreographic Lift plus one (1) additional chosen from: Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

BASIC NOVICE FREE DANCE	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	Two (2)
2:00 +/- 10 secs Vocal music permitted IJS Level – Basic Novice Max Level 1 to be called for features Fall deduction 0.5 per fall per skater Refer to ISU Communication 2242	No more than one (1) chosen from Spin or Combination Spin	One (1) set of Synchronized Twizzles (FD variation)	One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

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INTERMEDIATE NOVICE FREE DANCE	LIFTS	DANCE SPINS	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0 each	One (1)	One (1)	One (1)	Two (2)
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 2242	No more than one (1) Short Lift	No more than one (1) chosen from Spin or Combination Spin	One (1) set of Synchronized Twizzles (FD variation)	One (1) of which must be a Choreographic Character Step Sequence plus one (1) additional chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement

ADVANCED NOVICE FREE DANCE	LIFTS	DANCE SPINS	STEP SEQUENCES	TWIZZLES	CHOREOGRAPHIC ELEMENT
Mark all components Factor 1.0	One (1)	One (1)	One (1)	One (1)	Two (2) different
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 2242	No more than one (1) Short Lift	No more than one (1) chosen from Spin or Combination Spin	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 (FD variation)	Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence

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<p align="center">FREE DANCE Refer to ISU Communication 2239</p>	<p align="center">JUNIOR 3 minutes and 30 seconds (+/-) 10 seconds</p>	<p align="center">SENIOR 4 minutes (+/-) 10 seconds</p>
<p align="center">DANCE LIFT Not more than</p>	<p align="center">Two (2) Different Types of Short Lift OR One (1) Combination Lift</p>	<p align="center">Three (3) Different Type Short Lift OR One (1) Short Lift and One (1) Combination Lift <small>(Short Lift must be a different type than in the Combination Lift)</small></p>
<p align="center">DANCE SPIN</p>	<p align="center">One (1) Dance Spin (Spin or Combination Spin)</p>	
<p align="center">STEP SEQUENCE – Types: Straight Line or Curve</p>	<p align="center">Two (2)</p> <ul style="list-style-type: none"> <li align="center">• One (1) Step Sequence in Hold (Style B) <p align="center">Specifications for Style B, Free Dance 2019-2020: Retrogression - one (1) permitted – must not exceed two measures of music. Separations permitted, no more than 2 arms length and must not exceed 5 seconds Loops NOT permitted, a narrow loop an acceptable shape in retrogression Hand in hand hold - NOT permitted with fully extended arms Stops - NOT permitted</p> <p align="center">The integrity or basic shape of the chosen pattern must be maintained and clearly recognisable otherwise there will be a reduction for incorrect Pattern by the Judges.</p> <ul style="list-style-type: none"> <li align="center">• One (1) One Foot Step Sequence, Not touching <p align="center">Turns performed on one foot by each partner and must be started with the first turn at the same time</p>	
<p align="center">SYNCHRONIZED TWIZZLES</p>	<p align="center">One (1) Combination Set of Synchronized Twizzles At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) - Partners must be in contact at some point between the 1st and 2nd Twizzles.</p>	
<p align="center">CHOREOGRAPHIC ELEMENT</p>	<p>Two (2) Different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>	<p>Three (3) Different Choreographic Elements One (1) of which must be a Choreographic Character Step Sequence plus two (2) additional chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement</p>