

SAFSA SECTION REQUIREMENTS

SEASON: 2026-2027

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COUPLES ICE DANCE GENERAL INFORMATION

1.1 All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand.

1.2 Couples shall provide their own music for all Pattern Dances. Tunes 1-5 of the ISU Ice Dance music may also be chosen. Each couple's music for the official practice will be played for both Pattern Dances.

1.3 For events with 2 Pattern Dances: The total score for each PD will be multiplied by a factor of 0.5 in Basic Novice, 0.75 in Intermediate Novice and 1.0 in Advanced Novice

1.4 Refer to ISU Comm 2795 Final Update July 14th for all Key Point information.

1.5 Costumes must be modest and dignified, not garish or theatrical, but must reflect the character of the chosen music, trousers of any length may be worn, accessories and props are not permitted.

A. CHAMPIONSHIP STREAM

SECTION: COUPLES ICE DANCE BASIC NOVICE

Age requirement	Has not reached the age of 14 by the 1 st July
Skills Level	Min 1, no Max
Pattern Test	Pewter
Star Test CTES	Bronze Star: 8
ISU Selection	40
Maximum Levels	Pattern Dances: No Keypoints, Level 2 Free Dance: Level 1
Factor Prog Comp	Pattern Dances: 0.7 Free Dance: 1.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	- Willow Waltz – 2 sequences - (3/4 rhythm, 135 bpm +/- 3bpm) – (warm up track 6 European Waltz) - Hickory Hoedown – 2 sequences – (4/4 rhythm, 104bpm +/- 2bpm) – (warm up track see ISU website for download) - Tango Fiesta – 2 sequences – (4/4 rhythm, 108 bpm +/-2bpm) – (warm up track 6 Tango) 2 of the above 3 to be skated. Drawn before 1st practice on site. Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	2min +/- 10secs Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	- One Dance Spin - together in any hold, with or without change of foot by one or both partners - One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. - One Choreographic Character Step Sequence (must be performed within first 2 Choreo elements). - One additional Choreo chosen from: -Choreo Lift -Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Note specific limitations to Choreo elements for all Novice sections in ISU Comm 2794 updated 14th July or any later comm.

FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.
FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted. - Distance allowed is maximum 2 arm lengths apart during separations - Duration of each separation (excluding Required Elements) can be no more than 5 seconds. - Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance

SECTION: COUPLES ICE DANCE INTERMEDIATE NOVICE

Age requirement	Has not reached the age of 16 by the 1 st July
Skills Level	Min 2, no Max
Pattern Test	Pewter & Bronze
Star Test CTES	Inter-Silver Star: 10
ISU Selection	55
Maximum Levels	Pattern Dances: Level 3 Free Dance: Level 2
Factor Prog Comp	Pattern Dances: 0.7 Free Dance: 1.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Fourteenstep – 4 sequences – (6/8 or 2/4 rhythm, 112 bpm +/- 2bpm) – (warm up track 6 Fourteenstep) 2. Foxtrot – 2 sequences – (4/4 rhythm, 100 bpm +/- 2bpm) – (warm up track 6 Foxtrot) – Optional pattern 3. American Waltz – 2 sequences – (¾ rhythm, 198 bpm +/- 3bpm) – (warm up track 6 American Waltz) 2 of the above 3 to be skated. Drawn before 1st practice on site. Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	2 min 30 sec +/- 10sec Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	1. Max 1 Short Lift: Max 7 sec, Straight Line, Curve, Stationary or Rotational 2. One Dance Spin - together in any hold, with or without change of foot by one or both partners. 3. One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. 4. One Choreographic Character Step Sequence (must be performed within first 2 Choreo elements). 5. One additional Choreo element chosen from: -Choreo Lift -Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Note specific limitations to Choreo elements for all Novice sections in ISU Comm 2794 updated 14th July or any later comm.
FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.

FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted. - Distance allowed is maximum 2 arm lengths apart during separations - Duration of each separation (excluding Required Elements) can be no more than 5 seconds. Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance

SECTION: COUPLES ICE DANCE ADVANCED NOVICE

Age requirement	has reached the age of 10 and has not reached the age of 16 for girls, and 18 for boys
Skills Level	Min 2, no Max
Pattern Test	Pewter & Bronze
Star Test CTES	Silver Star: 12
ISU Selection	85
Maximum Levels	Pattern Dances: Level 4 Free Dance: Level 3
Factor Prog Comp	Pattern Dances: 0.93 Free Dance: 1.33
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Paso Doble Plus Choreo Element (before or after, not in between seqs) – (max 1 min 10 sec) – 2 sequences (2/4 rhythm, 112 bpm +/- 2bpm) – (warm up track 6 Paso Doble) – Optional pattern 2. Blues – 2 sequences – (4/4 rhythm, 88 bpm +/- 2bpm) – (warm up track 6 Blues) – Optional pattern
Free Dance Music Length & Requirements	3 min +/- 10sec Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	1. Max 1 Short Lift: Max 7 sec, Straight Line, Curve, Stationary or Rotational 2. One Dance Spin - together in any hold, with or without change of foot by one or both partners. 3. One Step Sequence – Style B - Circular or Serpentine, Midline or Diagonal in Prescribed Holds. * 4. One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. 5. Two Different Choreo elements chosen from: -Choreo Character Step Sequence - Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Type of Choreo attempted in PD cannot be repeated in FD.
* Step Seq info	Not permitted: Stops, Loops, Retrogression, Hand-in-hand hold with fully-extended arm, Separations of more than 2 arm lengths and/or exceeding 5 seconds.

	Pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.
FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted. - Distance allowed is maximum 2 arm lengths apart during separations - Duration of each separation (excluding Required Elements) can be no more than 5 seconds. Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance
FD Touching ice with body	Any part/s of the body with controlled movements allowed only for Advanced Novice Choreo Character Step.

SECTION: COUPLES ICE DANCE JUNIOR

Age requirement	has reached the age of 13 and has not reached the age of 21 with a maximum of a 7 year age gap between partners.
Skills Level	Min 2, no Max
Pattern Test	Pewter & Bronze
Star Test CTES	Inter-Gold Star: 28
ISU Selection	110
Maximum Levels	RD and FD Level 4
Factor Prog Comp	RD: 1.33 FD: 2.00
Program Deductions	1. 1.0 up to every 5 seconds lacking or in excess RD or FD. 2. 1.0 up to every 5 seconds in excess of permitted time after last step in pattern dance to ending pose. 3. 2.0 for Illegal element/movement: 4. 1.0 Costume and Prop 5. 1.0 Part of costume/decoration falls on the ice 6. 1.0 for start between 1 and 30 seconds late 7. 1.0 for every fall by one partner and 2.0 for every fall by both partners. 8. 1.0 interruption of 10-20 secs, 2.0 interruption of 20-30 secs, 3.0 interruption of 30-40 secs 9. 1.0 Choreography restrictions 10. 1.0 per extra element 11. 2.0 Music requirements 12. 1.0 Tempo specifications 13. 1.0 Dance Lift exceeding permitted duration
Rhythm Dance Theme & Music Requirements	“Rhythm and Waltz.” Any style of waltz, from traditional forms to modern interpretations. At least one (1) additional rhythm, tempo and dance style must be included to support the chosen concept or theme. - Remixed and/or remastered music, including cover versions, is permitted. - Music created by AI is also permitted. - RD should not be skated in the style of a FD.
RD Music Length	2 min 50 sec +/- 10 sec
RD Elements	1. Pattern Dance Element: One Sequence of Westminster Waltz evaluated as 2 sections: 1WW (Section 1) steps #1-12 immediately followed by 2WW (Section 2) steps # 13-22

	The dance must be skated at the Judges left side, performed to waltz music with minimum of 54 three beat measures or 162 bpm in $\frac{3}{4}$ time or 6/8 time. PATTERN is optional. HOLDS: Variation of Hols throughout, except Hand in Hand. TRACKING: between partners is optional. 2. One Short Lift up to 8 seconds. Type of this short lift may not be performed in the FD except within one part of Combo Lift. 3. One Step Sequence Not Touching (Style B) to any rhythm / dance style. Midline or Diagonal ONLY No more than 2 arm lengths apart. NOT permitted: Loop(s) or Retrogression(s) (Temporary deviation allowed for entry OR exit, not both). 4. One set of Sequential Twizzles – up to 1 step in between, must NOT be in contact between Twizzles. C Feature(s) attempted in RD cannot be repeated in FD for level.
RD Pattern	Season 2026/2027 there is no pattern restriction.
RD Stops	After clock starts, couple must not remain in one place for more than 5 seconds at begin or end of program. During the program (excluding begin or end stop), one full stop of up to 5 seconds is permitted. (any stationary spinning movement is not considered as a stop.)
RD Separations	Couples skating more than two arm-lengths apart is an error, including in all Required Elements/Choreographic Elements, unless otherwise stated in this Communication. Two arm-lengths is defined as the distance between any part of the skaters' body.
RD Touching ice with hand(s)	Not permitted.
Free Dance Music Length	3 min 30 sec +/- 10 sec
Free Dance Elements	1. Two different types of Short Lifts up to 8 seconds (not repeating RD lift) OR One Combination Lift up to 13 seconds 2. One Dance Spin - together in any hold, with or without change of foot by one or both partners. Season 2026-27 Exit Feature is not considered for Level. 3. One Step Sequence in Hold (Style B) Straight Line or Curve Not permitted: Stops, Loops, Retrogression, Hand in hand hold with fully extended arms can't be established, Separations of more than 2 arm lengths and /or exceeding 5 seconds. Must be different shape to that of Choreo Step if chosen.

	4. One 1-foot Turns Sequence NOT TOUCHING: must start 1st difficult turn at the same time, additional difficult turns do not have to be same time. Positive GOE feature if last turn is not Twizzle. 5. One set of Synchronized Twizzles: Between 2 and 4 steps between 1st & 2nd twizzles. Partners may be in contact between. C feature(s) attempted in RD cannot be repeated in FD for level. 6. Two different Choreo Elements chosen from: - Choreo Assisted Jump/Lifting Movement -Choreo Character Step Sequence - Choreo Hydroblading Movement - Choreo Lift - Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement
FD Stops	After clock starts, couple must not remain in one place for more than 10 seconds at begin or end of program. During the program (excluding begin or end stop), unlimited full stops of up to 5 seconds is permitted.
FD Separations	Couples skating more than two arm-lengths apart is an error, including in all Required Elements/Choreographic Elements, unless otherwise stated in this Communication. Two arm-lengths is defined as the distance between any part of the skaters' body.
FD Touching ice with hand(s)	Touching the ice with the hand(s) is not permitted (except Choreo Sliding Movement, Choreo Character Step Sequence)

SECTION: COUPLES ICE DANCE SENIOR

Age requirement	At least 17
Skills Level	Min 2, no Max
Pattern Test	Pewter & Bronze
Star Test CTES	Gold Star: 35
ISU Selection	130
Maximum Levels	RD and FD Level 4
Factor Prog Comp	RD: 1.33 FD: 2.00
Program Deductions	1. 1.0 up to every 5 seconds lacking or in excess RD or FD. 2. 1.0 up to every 5 seconds in excess of permitted time after last step in pattern dance to ending pose. 3. 2.0 for Illegal element/movement: 4. 1.0 Costume and Prop 5. 1.0 Part of costume/decoration falls on the ice 6. 1.0 for start between 1 and 30 seconds late 7. 1.0 for every fall by one partner and 2.0 for every fall by both partners. 8. 1.0 interruption of 10-20 secs, 2.0 interruption of 20-30 secs, 3.0 interruption of 30-40 secs 9. 1.0 Choreography restrictions 10. 1.0 per extra element 11. 2.0 Music requirements 12. 1.0 Tempo specifications 13. 1.0 Dance Lift exceeding permitted duration
Rhythm Dance Theme & Music Requirements	“Rhythm and Waltz.” Any style of waltz, from traditional forms to modern interpretations. At least one (1) additional rhythm, tempo and dance style must be included to support the chosen concept or theme. - Remixed and/or remastered music, including cover versions, is permitted. - Music created by AI is also permitted. - RD should not be skated in the style of a FD.
RD Music Length	2 min 50 sec +/- 10 sec
RD Elements	1. Pattern Dance Element: Section of Golden Waltz PD, 1GW : Started from Woman’s step 33 (LFO) and Man’s step 33 (LFO3/LBI3) on the Judge’s right side, past the short axis. Performed to waltz music with minimum of 62 three beat measures; 186 bpm in ¾ time or 6/8 time. PATTERN is optional. HOLDS Must remain in contact at all times, even during

	changes of Holds. TRACKING between partners is optional except during Key Points. 2. Creative Dance Element (CDE) - Performed in contact, may include Hand in Hand with fully extended arms. A brief release to change hold is not considered a separation. - Both partners must perform steps/movements from barrier to opposite barrier. (at least one of the partners is not more than 2 meters from each barrier.) - Short axis and Long axis are accepted - Only One (1) Dance Stop for no more than 5 seconds must be performed anywhere within the CDE (begin, during or end) Any stationary spinning movement is not considered as a stop. - One (1) acrobatic movement involving agility and balance must be performed by one or both, with or without partner assistance. An additional brief stop to prepare/perform the acrobatic movement is permitted and is not considered the Dance Stop. Any additional touching of the ice during the acrobatic movement is permitted and is not considered as the 5 seconds permitted to touch the ice. - The element must demonstrate presentation to all four sides of the rink. - Touching the ice is permitted once for no more than five (5) seconds by one or both partners with any part of the body. - Retrogressions and Loops are permitted. - One (1) separation of no more than 5 seconds is permitted and may be performed within the required stop. 3. One Short Lift up to 8 seconds. Type of this short lift may not be performed in the FD except within one part of Combo Lift. 4. One Step Sequence Not Touching (Style B) to any rhythm / dance style. Circular clockwise direction ONLY No more than 2 arm lengths apart. NOT permitted: Loop(s) or Retrogression(s) (Temporary deviation allowed for entry OR exit, not both). 5. One set of Sequential Twizzles – up to 1 step in between, must NOT be in contact between Twizzles. C Feature(s) attempted in RD cannot be repeated in FD
RD Pattern	Season 2026/2027 there is no pattern restriction.
RD Stops	After clock starts, couple must not remain in one place for more than 5 seconds at begin or end of program. During the program (excluding begin or end stop), one full stop of up to 5 seconds is permitted only during the CDE. (any stationary spinning movement is not considered as a stop.)
RD Separations	Couples skating more than two arm-lengths apart is an error, including in all Required Elements/Choreographic Elements, unless otherwise stated in this Communication. Two arm-lengths is defined as the distance between any part of the skaters' body.

RD Touching ice with hand(s)	Only during the CDE.
Free Dance Music Length	4 min +/- 10 sec
Free Dance Elements	- Three different types of Short Lifts up to 8 seconds (not repeating RD lift) OR One Short Lift and One Combination Lift up to 13 seconds (short lift must be a different type than in Combo Lift) - One Dance Spin - together in any hold, with or without change of foot by one or both partners. Season 2026-27 Exit Feature is not considered for Level. - One Step Sequence in Hold (Style B) Straight Line or Curve Not permitted: Stops, Loops, Retrogression, Hand in hand hold with fully extended arms, Separations of more than 2 arm lengths and /or exceeding 5 seconds. Must be different shape to that of Choreo Step if chosen. - One 1-foot Turns Sequence: must start 1st difficult turn at the same time, additional difficult turns do not have to be same time. - Min of 2 turns must be performed IN HOLD. - Twizzle performed in hold is not considered for level. - Twizzle performed as last turn is not considered for level. - One set of Synchronized Twizzles: At least 3 twizzles for each partner. Between 2 and 4 steps between 1st & 2nd twizzles and up to 1 step between 2nd and 3rd twizzles. Partners may be in contact between. C feature(s) attempted in RD cannot be repeated in FD for level. - Two different Choreo Elements chosen from: - Choreo Assisted Jump/Lifting Movement -Choreo Character Step Sequence - Choreo Hydroblading Movement - Choreo Lift - Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement
FD Stops	After clock starts, couple must not remain in one place for more than 10 seconds at begin or end of program. During the program (excluding begin or end stop), unlimited full stops of up to 5 seconds is permitted.
FD Separations	Couples skating more than two arm-lengths apart is an error, including in all Required Elements/Choreographic Elements, unless otherwise stated in this Communication. Two arm-lengths is defined as the distance between any part of the skaters' body.
FD Touching ice with hand(s)	Touching the ice with the hand(s) is not permitted (except Choreo Sliding Movement, Choreo Character Step Sequence)

B. COMPETITIVE STREAM

SECTION: BRONZE COUPLES ICE DANCE

Age requirement	Has not reached the age of 14 by the 1 st July
Skills Level	None
Pattern Test	None
Maximum Levels	Pattern Dances: No Keypoints, Level 2 Free Dance: Level 1
Factor Prog Comp	Pattern Dances: 0.7 Free Dance: 1.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Willow Waltz – 2 sequences - (3/4 rhythm, 135 bpm +/- 3bpm) – (warm up track 6 European Waltz) 2. Hickory Hoedown – 2 sequences – (4/4 rhythm, 104bpm +/- 2bpm) – (warm up track see ISU website for download) 3. Tango Fiesta – 2 sequences – (4/4 rhythm, 108 bpm +/-2bpm) – (warm up track 6 Tango) 2 of the above 3 to be skated. Drawn before 1st practice on site. Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	2min +/- 10secs Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	1. One Dance Spin - together in any hold, with or without change of foot by one or both partners 2. One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. 3. One Choreographic Character Step Sequence (must be performed within first 2 Choreo elements). 4. One additional Choreo chosen from: -Choreo Lift -Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Note specific limitations to Choreo elements for all Novice sections in ISU Comm 2794 updated 14th July or any later comm.
FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.
FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted.

	- Distance allowed is maximum 2 arm lengths apart during separations - Duration of each separation (excluding Required Elements) can be no more than 5 seconds. - Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance

SECTION: SILVER COUPLES ICE DANCE

Age requirement	Has not reached the age of 14 by the 1 st July
Skills Level	Min 1, Max 2
Pattern Test	None
Maximum Levels	Pattern Dances: No Keypoints, Level 2 Free Dance: Level 1
Factor Prog Comp	Pattern Dances: 0.7 Free Dance: 1.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	- Willow Waltz – 2 sequences - (3/4 rhythm, 135 bpm +/- 3bpm) – (warm up track 6 European Waltz) - Hickory Hoedown – 2 sequences – (4/4 rhythm, 104bpm +/- 2bpm) – (warm up track see ISU website for download) - Tango Fiesta – 2 sequences – (4/4 rhythm, 108 bpm +/-2bpm) – (warm up track 6 Tango) 2 of the above 3 to be skated. Drawn before 1st practice on site. Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	2min +/- 10secs Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	- One Dance Spin - together in any hold, with or without change of foot by one or both partners - One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. - One Choreographic Character Step Sequence (must be performed within first 2 Choreo elements). - One additional Choreo chosen from: -Choreo Lift -Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Note specific limitations to Choreo elements for all Novice sections in ISU Comm 2794 updated 14th July or any later comm.
FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.
FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted. - Distance allowed is maximum 2 arm lengths apart during separations

	- Duration of each separation (excluding Required Elements) can be no more than 5 seconds. - Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance

SECTION: GOLD COUPLES ICE DANCE

Age requirement	Has not reached the age of 16 by the 1 st July
Skills Level	Min 2, Max 3
Pattern Test	Pewter
Maximum Levels	Pattern Dances: Level 3 Free Dance: Level 2
Factor Prog Comp	Pattern Dances: 0.7 Free Dance: 1.0
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Fourteensstep – 4 sequences – (6/8 or 2/4 rhythm, 112 bpm +/- 2bpm) – (warm up track 6 Fourteensstep) 2. Foxtrot – 2 sequences – (4/4 rhythm, 100 bpm +/- 2bpm) – (warm up track 6 Foxtrot) – Optional pattern 3. American Waltz – 2 sequences – (¾ rhythm, 198 bpm +/- 3bpm) – (warm up track 6 American Waltz) 2 of the above 3 to be skated. Drawn before 1st practice on site. Couples must reach the final pose within 20secs of the last step of the dance.
Free Dance Music Length & Requirements	2 min 30 sec +/- 10sec Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	1. Max 1 Short Lift: Max 7 sec, Straight Line, Curve, Stationary or Rotational 2. One Dance Spin - together in any hold, with or without change of foot by one or both partners. 3. One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. 4. One Choreographic Character Step Sequence (must be performed within first 2 Choreo elements). 5. One additional Choreo element chosen from: -Choreo Lift -Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Note specific limitations to Choreo elements for all Novice sections in ISU Comm 2794 updated 14th July or any later comm.
FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.
FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted.

	- Distance allowed is maximum 2 arm lengths apart during separations - Duration of each separation (excluding Required Elements) can be no more than 5 seconds. Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance

SECTION: PLATINUM COUPLES ICE DANCE

Age requirement	has reached the age of 10 and has not reached the age of 16 for girls, and 18 for boys
Skills Level	Min 3, no Max
Pattern Test	Pewter
Maximum Levels	Pattern Dances: Level 4 Free Dance: Level 3
Factor Prog Comp	Pattern Dances: 0.93 Free Dance: 1.33
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Paso Doble Plus Choreo Element (before or after, not in between seqs) – (max 1 min 10 sec) – 2 sequences (2/4 rhythm, 112 bpm +/- 2bpm) – (warm up track 6 Paso Doble) – Optional pattern 2. Blues – 2 sequences – (4/4 rhythm, 88 bpm +/- 2bpm) – (warm up track 6 Blues) – Optional pattern
Free Dance Music Length & Requirements	3 min +/- 10sec Must have at least one change of tempo/rhythm and expression. Must be age appropriate in tone, content and presentation.
Free Dance Elements	1. Max 1 Short Lift: Max 7 sec, Straight Line, Curve, Stationary or Rotational 2. One Dance Spin - together in any hold, with or without change of foot by one or both partners. 3. One Step Sequence – Style B - Circular or Serpentine, Midline or Diagonal in Prescribed Holds. * 4. One set of Sequential Twizzles – up to 2 steps in between, must NOT be in contact between Twizzles. 5. Two Different Choreo elements chosen from: -Choreo Character Step Sequence - Choreo Sliding Movement -Choreo Spinning Movement -Choreo Twizzling Movement Type of Choreo attempted in PD cannot be repeated in FD.
* Step Seq info	Not permitted: Stops, Loops, Retrogression, Hand-in-hand hold with fully-extended arm, Separations of more than 2 arm lengths and/or exceeding 5 seconds. Pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.
FD Stops	During the program, unlimited full stops of up to 5 seconds are allowed.

FD Separations	- The number of separations to execute transitional footwork or moves is unrestricted. - Distance allowed is maximum 2 arm lengths apart during separations - Duration of each separation (excluding Required Elements) can be no more than 5 seconds. Separations at the beginning and/or end of the program may be up to 10 seconds, no restrictions on the distance of separation.
FD Touching ice with hand(s)	Not permitted — except during a Choreographic Sliding Movement or Choreographic Character Step Sequence in the Free Dance
FD Touching ice with body	Any part/s of the body with controlled movements allowed only for Advanced Novice & Platinum Choreo Character Step.