

SAFSA SECTION REQUIREMENTS

SEASON: 2026-2027

SOLO ICE DANCE GENERAL INFORMATION

1.1 Male and female skaters compete together in the same category

1.2 All sections consist of 2 Segments to be skated – 2 Pattern Dances and 1 Free Dance or 1 Rhythm Dance and 1 Free Dance, the Pattern Dances or Rhythm Dance must be skated before the Free Dance.

1.3 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.

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

1.5 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

1.6 Refer to ISU Solo Ice Dance Competition Guidelines for all Key Point information.

1.7 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

SOLO ICE DANCE BASIC NOVICE SECTION

Age requirement	Has not reached the age of 14 by the 1 st July
Skills Level and Pattern test	Skills 1 and Pewter Pattern test
Star Test CTES	8
ISU Selection	40
Maximum Levels	Pattern Dances Level 2 Free Dance Level 1
Factor Prog Component	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Willow Waltz – 2 sequences (track 6 European waltz warmup) 2. Tango Fiesta – 2 sequences (track 6 Tango warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 30secs +/- 10secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic Character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Other	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: SOLO ICE DANCE INTERMEDIATE NOVICE

Age requirement	Has not reached the age of 16 by the 1 st July
Skills Level and Pattern Test	Skills 2 and Pewter and Bronze Pattern test
Star Test CTES	10
ISU Selection	55
Maximum Levels Maximum Levels	Pattern Dances Level 3 Free Dance Level 2
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from Junior and Senior
Pattern Dances	1. Foxtrot – 2 sequences (track 6 Foxtrot warmup) 2. American Waltz - 2 sequences (track 6 American Waltz warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 50secs +/- 10 secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between 5. Choreographic Element – chose between a. Sliding Movement b. Spinning Movement c. Twizzling Movement
Illegal Elements	1. Touching the ice with hand(s) in the Choreo step 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: SOLO ICE DANCE ADVANCED NOVICE

Age requirement	Has reached the age of 10 and has not reached the age of 18
Skills Level and Pattern Tests	Skills 2 and the Pewter and Bronze Pattern tests
Star Test CTES	14
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 Junior and Senior
Pattern Dances	1. Paso Doble – 2 sequences and 1 Choreographic Exit Element from the following: a. Sliding Movement b. Twizzling Movement c. Spinning Movement The Choreographic element chosen must come after the last step of the dance and may not be repeated in the Free Dance 2. Blues – 2 Sequences (track 6 Blues warmup)
Free Dance Music Length	2mins 20secs +/-10 secs Must have at least 1 change of tempo/rhythm and expression
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Style B Step sequence - midline, diagonal or circular (stops, loops and retrogressions are not permitted) 4. One set of Sequential Twizzles – up to 2 steps in between 5. Choreographic Elements – 2 chosen from: - Choreographic Character Step (one retrogression or loop is permitted) - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	Not permitted in Style B Step sequence: stops, loops, retrogression May not repeat the Choreographic element chosen as the exit to the Paso Doble in the FD

SECTION: SOLO ICE DANCE JUNIOR

Age requirement	Has reached the age of 13 and has not reached the age of 21
Skills Level and Pattern tests	Skills 2 and the Pewter and Bronze Pattern Tests
Star Test CTES	36
ISU Selection	110
Maximum Levels	RD and FD Level 4
Factor Prog Comp	Rhythm Dance 1.33 Free Dance 2.00
Program Deductions	1. 1.0 per fall 2. 1.0 for every 5 secs lacking or excess 3. 2.0 for illegal elements 4. 1.0 Costume violation 5. 1.0 Part of costume/decoration falls on the ice 6. 1.0 Late start between 1 and 30 secs 7. 1.0 interruption of 10-20 secs, 2.0 interruption of 20-30 secs, 3.0 interruption of 30-40 secs 8. 1.0 Choreography restrictions 9. 1.0 per extra element 10. 2.0 Music requirements 11. 1.0 Tempo specifications
Rhythm Dance Theme & Music Requirements	Theme: 'Rhythm and Waltz Any style of Waltz and at least one additional rhythm, tempo and dance style that is different to the Waltz. Remixed and/or remastered music, including cover versions, is permitted. Music created by AI is also permitted. The Rhythm dance should not be skated in the style of a Free dance.
RD Music Length	2mins 50secs +/- 10 secs
RD Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Step Sequence (Style B) – Midline or Diagonal ONLY 3. One set of Sequential Twizzles – up to 2 steps in between 4. 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 beats per minute

Free Dance Music Length	3mins +/- 10 secs Must have at least 1 change tempo/rhythm and expression
Free Dance Elements	1. One Combination Edge Element (Max 13 secs) OR 2 different types of Short Edge elements (Max 8 secs each) 2. One Dance Spin 3. One Step sequence (style B) – from the following: Serpentine, circular, midline or diagonal 4. One – One Foot Turn sequence – must include the following: Rocker, Bracket, Counter, Twizzle (Single for level 1-2, Double for Level 1-4) 5. One Solo Twizzle series – at least 2 steps between 1st and 2nd but no more than 4 (the ‘C’ feature used in the RD cannot be repeated in the FD) 6. Two different Choreographic Elements selected from the following: - Choreographic Character Step (one retrogression or loop is permitted) - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement (can only be performed after the required Twizzles)
Illegal Elements	1. Touching the ice with hand(s) when not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	In the RD: There is no pattern restriction. A skater cannot remain in one place for more than 5 secs at beginning or end of program. One full stop of no more than 5 secs is permitted during the program. This stop can occur during the Step sequence. Any stationary spinning movement is not considered a stop. In RD & FD: Kneeling or sliding on 2 knees is not allowed and will be considered as a fall.

SECTION: SOLO ICE DANCE SENIOR

Age requirement	Has reached the age of 17 by the 1 st of July
Skills Level and Pattern Tests	Skills 2 and the Pewter and Bronze Pattern tests
Star Test CTES	42
ISU Selection	130
Maximum Levels	RD and FD Level 4
Factor Prog Comp	Rhythm Dance 1.33 Free Dance 2.00
Program Deductions	1. 1.0 per fall 2. 1.0 for every 5 secs lacking or excess 3. 2.0 for illegal elements 4. 1.0 Costume violation 5. 1.0 Part of costume/decoration falls on the ice 6. 1.0 Late start between 1 and 30 secs 7. 1.0 interruption of 10-20 secs, 2.0 interruption of 20-30 secs, 3.0 interruption of 30-40 secs 8. 1.0 Choreography restrictions 9. 1.0 per extra element 10. 2.0 Music requirements 11. 1.0 Tempo specifications
Rhythm Dance Theme & Music Requirements	Theme: 'Rhythm and Waltz Any style of Waltz and at least one additional rhythm, tempo and dance style that is different to the Waltz. Remixed and/or remastered music, including cover versions, is permitted. Music created by AI is also permitted. The Rhythm dance should not be skated in the style of a Free dance.
RD Music Length	2mins 50secs +- 10 secs
RD Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Step Sequence (Style B) – Circular clockwise ONLY 3. One set of Sequential Twizzles – up to 2 steps in between 4. One Choreographic Dance Element – Requirements: - Required Pattern: from barrier to barrier - Required Stop: One stop of no more than 5 secs performed at the beginning, during the CDE or at the end - Required Sliding movement of at least 2 secs - Required presentation to all 4 sides of the rink 5. A Section of the Golden Waltz: Starting with Step 33, including the restart, and concluding with step 20. The dance must be performed to waltz music with minimum of 62 three beat measures or 168 beats per minute.

	Pattern: Starting from A-step 33 on Judges RHS past the short axis
Free Dance Music Length	3mins 30secs +/- 10secs Must have at least 1 change tempo/rhythm and expression
Free Dance Elements	1. One Combination Edge Element (Max 13 secs) + 1 Short Edge Element (Max 8 secs) OR 3 different types of Short Edge elements (Max 8 secs each) 2. One Dance Spin 3. One Step sequence (style B) – from the following: Serpentine, circular, midline or diagonal 4. One – One Foot Turn sequence – must include the following: Rocker, Bracket, Counter, Twizzle (Single for level 1-2, Double for Level 1-4) A Twizzle performed as the last turn will not be considered for level 5. One Solo Twizzle series – at least 2 steps between 1st and 2nd but no more than 4 (the 'C' feature used in the RD cannot be repeated in the FD) 6. Two different Choreographic Elements selected from the following: - Choreographic Character Step (one retrogression or loop is permitted) - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement (can only be performed after the required Twizzles)
Illegal Elements	1. Touching the ice with hand(s) when not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	In the RD: There is no pattern restriction. A skater cannot remain in one place for more than 5 secs at beginning or end of program. One full stop of no more than 5 secs is permitted during the program. This stop can occur during the Step sequence. Any stationary spinning movement is not considered a stop In the FD: Twizzle Series must have at least 3 twizzles with 4 rotations per twizzle A different skating foot is required on any of the 3 twizzles for level 3-4 A different entry edge and rotational direction for 2 of the twizzles is required for levels 2-4 Both Programs: Kneeling or sliding on 2 knees is not allowed and will be considered as a fall.

B. COMPETITIVE STREAM

SECTION: BRONZE SOLO DANCE

Age requirement	Has not reached the age of 28 by the 1 st July
Skills Level and Pattern Test	No Skills Level or Pattern test
Maximum Levels	Pattern Dances Level 2 Free Dance Level 1
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Willow Waltz – 2 sequences (track 6 European waltz warmup) 2. Tango Fiesta – 2 sequences (track 6 Tango warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 30secs +- 10secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic Character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Other	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: SILVER SOLO DANCE

Age requirement	Has not reached the age of 28 by the 1 st July
Skills Level and Pattern test	Minimum Skills Level 1, Maximum Skills Level 2 No Pattern test
Maximum Levels	Pattern Dances Level 2 Free Dance Level 1
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from ISU Junior and Senior
Pattern Dances	1. Willow Waltz – 2 sequences (track 6 European waltz warmup) 2. Tango Fiesta – 2 sequences (track 6 Tango warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 30secs +- 10secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic Character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Other	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: GOLD SOLO DANCE

Age requirement	Has reached the age of 14 by the 1 st July Has not reached the age of 28 by the 1 st July
Skills Level and Pattern Test	Minimum Skills Level 2, Maximum Skills Level 3 Pewter Pattern test
Maximum Levels	Pattern Dances Level 3 Free Dance Level 2
Factor Prog Comp	Pattern Dances 0.70 Free Dance 1.00
Program Deductions	Half of the normal deductions from Junior and Senior
Pattern Dances	1. Foxtrot – 2 sequences (track 6 Foxtrot warmup) 2. American Waltz - 2 sequences (track 6 American Waltz warmup) Skater must reach the final pose within 20secs of the last step of the dance
Free Dance Music Length	1min 50secs +/- 10 secs
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Choreographic character Step Seq - starting with a stop or skidding movement 4. One set of Sequential Twizzles – up to 2 steps in between 5. Choreographic Element – chose between d. Sliding Movement e. Spinning Movement f. Twizzling Movement
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted
Additional Information	For 2026/27 season 1 retrogression or loop is permitted in the Character step sequence

SECTION: PLATINUM SOLO DANCE

Age requirement	Has reached the age of 16 by 1 st July Has not reached the age of 28 by 1 st July
Skills Level and Pattern Tests	Minimum Skills Level 3, no Maximum Pewter Pattern test
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 Junior and Senior
Pattern Dances	1.Paso Doble – 2 sequences and 1 Choreographic Exit Element from the following: a. Sliding Movement b. Twizzling Movement c. Spinning Movement The Choreographic element chosen must come after the last step of the dance and may not be repeated in the Free Dance 2.Blues – 2 Sequences (track 6 Blues warmup)
Free Dance Music Length	2mins 20secs +-10 secs Must have at least 1 change of tempo/rhythm and expression
Free Dance Elements	1. One Short Edge Element - min 3 max 8 secs long 2. One Dance Spin – with or without change of foot 3. One Style B Step sequence - midline, diagonal or circular (stops, loops and retrogressions are not permitted) 4. One set of Sequential Twizzles – up to 2 steps in between 5. Choreographic Elements – 2 chosen from: - Choreographic Character Step (one retrogression or loop is permitted) - Choreographic Sliding Movement - Choreographic Spinning Movement - Choreographic Twizzling Movement
Illegal Elements	1. Touching the ice with hand(s) where not permitted 2. Flying spins or flying entries 3. Toe assisted jumps where the thighs are split more than 90 degrees 4. Illusions of more than one rotation 5. Jumps of more than ½ rotation 6. 2 or more consecutive ½ rotation jumps 7. Lying or sitting on the ice except where permitted

Additional Information	Not permitted in Style B Step sequence: stops, loops, retrogression May not repeat the Choreographic element chosen as the exit to the Paso Doble in the FD
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