

Communication No.2239

ICE DANCE Requirements for Technical Rules season 2019/20

It is a requirement for certain Technical Rules to be announced annually by the Ice Dance Technical Committee **and all other rules are published in the Special Regulations & Technical Rules:**

- This Communication includes the requirements defined in the Technical Rules as valid for one season (2019/20) only, i.e.:
 - Pattern Dances for International Competitions,
 - Music requirements for Pattern Dances for International Competitions,
 - Rhythms or themes, Required Elements (including Key Points and Key Point Features for Pattern Dance Elements) and guidelines for Rhythm Dance – Junior/Senior,
 - Required Elements for Free Dance – Junior/Senior
- All other requirements related to Novice categories are published in the updated ISU Communication SINGLE & PAIR SKATING and ICE DANCE - GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS for the season 2019/20.
- Updates to the current ongoing requirements, valid as of July 1st, 2019, will be published in a subsequent Communication.

Tubbergen,
April 15, 2019
Lausanne,

Jan Dijkema, President
Fredi Schmid, Director General

1. PATTERN DANCES FOR INTERNATIONAL NOVICE COMPETITIONS

1.1 Basic Novice (has not reached the age of thirteen (13):

Two (2) Pattern Dances are to be skated from the following:

Group 1: **Fourteenstep, Willow Waltz and Tango Canasta**

1.2 Intermediate Novice (has not reached the age of fifteen (15):

One of the two groups announced for the season shall be drawn before the first practice of the competition. Each group contains **two (2) Pattern Dances**.

Group 2: **Fourteenstep and Tango**

Group 3: **Foxtrot and European Waltz**

1.3 Advanced Novice (has reached the age of ten (10) and has not reached the age of fifteen (15) for girls and seventeen (17) for boys):

The following Two (2) Pattern Dances are to be skated:

Starlight Waltz and Quickstep

2. MUSIC REQUIREMENTS FOR PATTERN DANCES FOR INTERNATIONAL COMPETITIONS

Rule 707, paragraph 5 provides that, in International Competitions, the current series of ISU Ice Dance music shall be used for the Pattern Dance unless the Ice Dance Technical Committee has decided that the music for one or several Pattern Dances is to be provided by the Couple, following certain requirements.

From season 2019/20, Couples shall provide their own music for all Pattern Dances. According to Rule 707 paragraph 6: After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds. If this time limit is exceeded, a "Pattern Dances Program time" deduction according to Rule 353, paragraph 1. n) shall apply.

- Other International Competitions and International Adult Competitions: As announced by the organizer in the announcement of the competition. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dancing 2003) plus or minus 2 beats per minute (for dances with 4/4 timing) and plus or minus 3 beats per minute for waltz rhythms.

Notes:

- The chosen music may be a tune from ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1 and 2.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance to the style/character of the Pattern Dance.
- For the application of Rule 708 paragraph 1.d) with music provided by the Couple, it is specified that the start of the first Step of the dance must be on beat 1 of a measure (unless otherwise specified in the description of the dance).

Note: All details related to Novice categories' Music requirements are published in the updated for season 2019/20 ISU Communication SINGLE & PAIR SKATING and ICE DANCE - GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS

3. REQUIREMENTS FOR RHYTHM DANCE SEASON 2019/20

3.1. Rhythms

Rule 709, paragraph 1.a) provides that rhythm(s) and/or theme(s) are selected by the Ice Dance Technical Committee annually for the season. For the season 2019/20, the following Rhythms were selected.

Junior and Senior: Music from Musicals and/or Operettas: ALL selected music should be recognized as from one of the following Rhythms: Quickstep, Blues, March, Polka, Foxtrot, Swing, Charleston, Waltz. The number of rhythms is not restricted. The selected music may be from the same or different Musicals and/or Operettas.

Note:

- Musical and/or Operetta - Can be a play (on the stage) or film in which music, singing and/or dancing play an essential part "to tell the story". Juke Box Musicals are allowed (Examples - Mamma Mia, Jersey Boys)
- Music from movie soundtracks which are not movie musicals such as Mr. and Mrs. Smith, A Star is Born or soundtrack music from Star Wars, James Bond are "compilations of music/songs/tracks" and not a "musical".

Note:

- When submitting the Music Information, couples must include the title(s) of the Musical/Operetta and the Rhythms selected for the Rhythm Dance.

Junior: The Pattern Dance Element, Tea Time Foxtrot, must be skated to a Foxtrot Rhythm and in the style of the Foxtrot. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo of the Pattern Dance: 27 four-beat measures per minute 108 beats per minute +/- 2 beats.

Senior: The Pattern Dance Element, Finnstep, must be skated to the Quickstep, Charleston or Swing Rhythm, in the style of the chosen rhythm. The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo: 52 two-beat measures per minute, 104 beats per minute +/- 2 beats.

The Pattern Dance Type Step Sequence (PSt) must be skated to the same Rhythm selected for the Pattern Dance Element (Finnstep). The chosen tune may be the same as for Finnstep or different but must have the same tempo, The Tempo of the music throughout Finnstep and PSt must be constant and in accordance with the required Tempo.

Specifications:

- The description, chart and diagram of the Pattern Dance Tea-Time Foxtrot are included in Communication 2210 (Revised)
- The description, chart and diagram of the Pattern Dance Finnstep are included in ISU Communication 1497.

3.2 RHYTHM DANCE – Required Elements 2019/2020 – Junior/Senior

Rule 709, paragraph 1.a) provides that rhythm(s) and/or theme(s) are selected by the Ice Dance Technical Committee annually for the season. For the season 2019/20, the following Rhythms were selected.

ELEMENTS	
Junior Rhythm Dance Pattern Dance Elements	<ul style="list-style-type: none"> • Two (2) Sections of the Tea-Time Foxtrot (108 beats per minute+/-2 beats) and skated to a Foxtrot Rhythm 1TTF: Section 1 steps #1-31 2TTF: Section 2 steps #32-54 (Section 1 followed by Section 2 with step #1 skated in front of the Judges on the side of the Judges) Notes: Variation of Foxtrot Hold is permitted Prescribed Holds in Twizzles may be different as long as contact between partners is maintained.
Senior Rhythm Dance Pattern Dance Elements and Pattern Dance Type Step Sequence (PSt)	<ul style="list-style-type: none"> • One (1) Section of Finnstep and skated to one of the following Rhythms: Quickstep, Charleston or Swing 1FS : Section 1 steps # 1-33 (104 beats per minute +/- 2 beats). • One (1) Pattern Dance Type Step Sequence (PSt), (Style B): <ul style="list-style-type: none"> - Rhythm: skated to the same Rhythm chosen for the Finnstep. The chosen tune may be the same as for Finnstep or different but must have the same tempo, The Tempo of the music throughout Finnstep and PSt must be constant and in accordance with the required Tempo. - 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; - Not permitted: <ul style="list-style-type: none"> - Separations - Retrogressions and Loops - Hand in hand hold – NOT permitted with fully extended arms <p><i>PSt is evaluated as one unit by adding the Base Values of the Lady PSt Level and the Man PSt Level and then applying the GOE</i></p>
Dance Lift	<ul style="list-style-type: none"> • Maximum One (1) Short Lift. Up to 7 seconds.
Step Sequence	<ul style="list-style-type: none"> • One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B) <p>Specifications to Style B, Rhythm Dance 2019/2020:</p> <ul style="list-style-type: none"> - 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
Sequential Twizzles	<ul style="list-style-type: none"> • One (1) Set of Sequential Twizzles <ul style="list-style-type: none"> - At least two Twizzles for each partner - Up to 1 step between Twizzles (<u>Each push and/or transfer of weight while on two feet between Twizzles is considered as a step</u>) - <u>Must NOT be in contact between Twizzles</u> <p><i>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles Level and Man Set of Twizzles Level and then applying the GOE</i></p>

3.3 RHYTHM DANCE – Specifications/Restrictions

	Specifications/Restrictions	Violations
Duration	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	Program time: Referee deduction - 1.0 up to every 5 seconds lacking or in excess
Music	<ul style="list-style-type: none"> - Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable. - Only dance music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program." 	Music Requirements: Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat. Referee deduction -1.0 per program – violation of tempo specification
Pattern	<ul style="list-style-type: none"> - For season 2019/20 the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier. - In addition, the couple may also cross the Long Axis at the entry and/or exit to the Style B Step Sequence and at the entry to Pattern Dance Element. - Loops are permitted provided they do not cross the long axis 	Choreography restrictions: (Pattern/ Stops/ Separations/Touching ice with hands) Referee + Judges deduction - 1.0 per program
Stops	<ul style="list-style-type: none"> - After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop 	
Separations	<ul style="list-style-type: none"> - Partners must not separate except to change Hold or to perform Required Elements requiring a separation. - Distance allowed is maximum 2 arms lengths during such separations - Change of hold and Turns as transitional elements must not exceed the duration of one measure of music. - Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation 	
Touching ice with hands	Touching the ice with the hand(s) is not permitted.	
Costume and prop	<ul style="list-style-type: none"> - Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music. - Man must wear full length trousers - <u>Lady may wear trousers</u> - Accessories and props are not permitted 	Costume and prop: Referee + Judges deduction -1.0 per program

3.4 KEY POINTS AND KEY POINTS FEATURES FOR PATTERN DANCE ELEMENTS SEASON 2019/20

Tea-Time Foxtrot

Pattern Dance Element (1TTF) Steps # 1-31	Key Point 1 Lady Steps 1-3, 9-11 (RFI3-RBO, CR-LBO*, XF-RBI3-RFO3) (XF (crossover) RBIO WdCho, LFI, RFI-Tw2)	Key Point 2 Man Steps 1-3, 9-10 (RFI3-RBO, CR-LBO*, XF-RBI3-RFO3) (XF (crossover) RBIO WdCho, LFI)	Key Point 3 Lady Step 27 (CR-RFO*-SwRk)	Key Point 4 Man Step 27 (CR-RFO*-SwRk)
Key Point Features	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn	1. Correct Edges** 2. Correct Turn 3. Correct Cross Roll*	1. Correct Edges** 2. Correct Turn 3. Correct Cross Roll*
Pattern Dance Element (2TTF) Steps # 32-54	Key Point 1 Lady Steps 40-41 (RFI-Pr3-CIMo, LFO)	Key Point 2 Man Steps 40-41 (RFI-Pr3-CIMo, LFO)	Key Point 3 Lady Steps 44-46 (RFO-Br, LBO, XF (crossover) - RBI- a brief touchdown – RBO)	Key Point 4 Man Steps 44-46 (RFO-Br, LBO, XF (crossover)- RBIO-Tw2)
Key Point Features	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn

The first step of the dance begins on beat one of a musical phrase.

FINNSTEP

Pattern Dance Element (1FS) Steps # 1-33	Key Point 1 Lady Steps 20-21 (XB-LBO, XF-RBI/RBI Tw1½/RFO)	Key Point 2 Man Steps 20-21 (XB-LFI, RFO-Sw3/RBI Tw1/RBI)	Key Point 3 Lady Steps 32 & 33 (LFO Sw-CICho, RBI/RBO/RBO Tw1½/RFI slide into stop)	Key Point 4 Man Steps 32 to 33c (LFO Sw-CICho, RBI OpMo, LFI, RFI/RFI Tw1/RFI slide into stop)
Key Point Features	1. Correct Edges 2. Tw1½ : correct Turn 3. XB-LBO: free leg crossed behind the skating leg below the knee 4. XF-RBI: free leg crossed in front of the skating leg below the knee	1. Correct Edges 2. Sw3, Tw1: correct Turns 3. XB-LFI: free leg crossed behind the skating leg below the knee 4. Sw3/RBI: correct swing movement of the free leg	1. Correct Edges 2. Sw-CICho, Tw1½: correct Turns 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg	1. Correct Edges 2. Sw-CICho, Tw1: correct Turns 3. Sw-CICho: correct placement of the free foot 4. Sw-CICho: correct swing movement of the free leg

The first step of the dance begins on beat one of a musical phrase.

* Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

**For Cross Rolls, while the free foot is passing the skating blade/foot, the placement on the ice with the new skating blade/foot is not required to be on an outside edge.

4. FREE DANCE REQUIREMENTS

4.1 FREE DANCE REQUIREMENTS FOR INTERNATIONAL NOVICE COMPETITONS

For season 2019/20, all Required Elements per ISU Communication 2172.

4.2 FREE DANCE – Required Elements 2019/2020 for Junior/Senior

Rule 710, paragraph 2 provides that the list of Required Elements to be included in a Well Balanced Free Dance Program and the specific requirements for these elements are announced annually from the list of options provided in this Rule. For the season 2019/20 the Ice Dance Technical Committee have adopted the following specific Required Elements to be included in a Well Balanced Free Dance Program

ELEMENTS	JUNIOR	SENIOR
Dance Lift - Not more than	<p style="text-align: center;">Two (2) Different Type Short Lift Or One (1) Combination Lift</p>	<p style="text-align: center;">Three (3) Different Type Short Lift Or One (1) Short Lift and One (1) Combination Lift (Short Lift must be a different type than in the Combination Lift)</p>
Dance spin	<p>One (1) Dance Spin (Spin or Combination Spin)</p>	
<p>Step Sequence: Types: Straight line or Curve</p>	<p style="text-align: center;">Two (2)</p> <ul style="list-style-type: none"> • One (1) Step Sequence, in Hold (Style B)* Specifications to Style B, Free Dance 2019/2020: <ul style="list-style-type: none"> - 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 is an acceptable shape in the retrogression <ul style="list-style-type: none"> - Hand in hand hold – NOT permitted with fully extended arms - Stops – NOT permitted • One (1) One Foot Step Sequence, Not-Touching <ul style="list-style-type: none"> • <u>Turns performed on one foot by each partner and must be started with the first turn at the same time</u> <i>One Foot Step Sequence is evaluated as one unit by adding the Base Values of the Lady One Foot Step Sequence and Man One Foot Step Sequence and then applying the GOE.</i> <p>*The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is not clearly recognizable, this will be a negative feature for incorrect Pattern in the GOE</p>	
Synchronized Twizzles	<ul style="list-style-type: none"> • One (1) Set of Synchronized Twizzles (FD variation) Specifications for Season 2019/2020 <ul style="list-style-type: none"> - At least two Twizzles for each partner, with a <u>minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles.</u> (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><i>Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i></p>	
Choreographic element	<p style="text-align: center;">Two (2) Different Choreographic Elements chosen from:</p> <p>Choreographic Lift Choreographic Spinning Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>	<p style="text-align: center;">Three (3) Different Choreographic Elements</p> <ul style="list-style-type: none"> • One (1) of which must be a Choreographic Character Step Sequence • Two (2) additional chosen from: Choreographic Lift. Choreographic Spinning Movement. Choreographic Twizzling Movement. Choreographic Sliding Movement

Definition of Choreographic Elements:

- **Choreographic Lift:** Dance Lift of minimum 3 seconds and up to ten (10) seconds
The following requirements apply
 - performed after all the other required Dance Lifts
- **Choreographic Spinning Movement:** spinning movement performed anywhere in the program, during which both partners perform at least 2 continuous rotations in any hold,
The following requirements apply
 - on one foot or two feet or one partner being elevated for less than 2 rotations, or a combination of the three,
 - on a common axis which may be moving.
- **Choreographic Twizzling Movement:** twizzling movement performed after the required Set of Twizzles, composed of 2 parts.
The following requirements apply:
 - for both parts: on one foot or two feet or a combination of both,
 - for the first part: at least 2 continuous rotations performed simultaneously and both partners must travel (cannot be on the spot)
 - for the second part: at least one of the partners has to perform at least 2 continuous rotations and one or both partners can be on the spot or traveling or a combination of both.
- **Choreographic Sliding Movement:** performed anywhere in the program, during which both partners perform controlled sliding movements on the ice.
The following requirements apply:
 - Continuous controlled sliding movement by both partners at the same time on any part of the body
 - May be in hold or not touching, or a combination of both and may also rotate.
 - Controlled sliding on 2 knees or any part of the body will not be considered as a Fall/Illegal Element by the Technical Panel during this element.
 - Sliding Movement which finishes as a stop on 2 knees or sitting/lying on the ice is identified as a Choreographic Sliding Movement and a deduction for Fall/Illegal Element is applied.
- **Choreographic Character Step Sequence**
The following requirements apply:
 - Performed anywhere in the program
 - Must be placed around the Short Axis (within 10 meters on either side of the Short Axis) and must proceed from barrier to barrier.
 - May be in hold or not touching
 - Touching the ice with hand(s) is allowed
 - Distance between partners is permitted as a maximum of 4 arms lengths apart (4 meters)

4.3 FREE DANCE – Specifications/Restrictions

	Specifications/Restrictions	Violations
Duration	Senior: 4 minutes +/- 10 seconds Junior: 3 ½ minutes +/- 10 seconds Advanced Novice: 3 minutes +/- 10 seconds Intermediate Novice: 2 ½ minutes +/- 10 seconds Basic Novice: 2 minutes +/- 10 seconds	<u>Program time:</u> Referee deduction -1.0 up to every 5 seconds lacking or in excess
Music	<ul style="list-style-type: none"> - Music including classical music must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colorful, entertaining dance program with different dance moods or a building effect - Music must have at least one obvious change of tempo/rhythm and expression. This change may be gradual or immediate, but in either case it must be obvious. - Music must be suitable for the Couple's skating skills and technical ability. - Music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline. - Music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. - Music may be without audible rhythmic beat up to 10 seconds at beginning or end of program - Music may be without audible rhythmic beat up to 10 seconds during the program 	<u>Music Requirements:</u> Referee + Judges deduction -2.0 per program
Stops	<ul style="list-style-type: none"> - After clock started, couple must not remain on one place for more than 10 seconds - During program: unlimited full stops of 5 seconds max. are allowed 	<u>Choreography restrictions:</u> (Stops/ Separations/Touching ice with hands) Referee + Judges deduction 1.0 per program
Separations	<ul style="list-style-type: none"> - Number of separations to execute transitional footwork or moves is not restricted; - Distance allowed is maximum 2 arms length during separations (<u>except during Choreographic Character Step Sequence</u>); - Duration of each separation (<u>excluding Required Elements</u>) is 5 seconds max; - Separations at beginning and/or end of program are permitted up to 10 seconds, no restrictions on distance of separation. 	
Touching ice with hands	Touching the ice with the hand(s) is not allowed (except Choreographic Sliding Movement and <u>Choreographic Character Step Sequence</u> .).	
Costume and prop	<ul style="list-style-type: none"> - Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music - Man must wear full length trousers - Lady must wear a skirt - Accessories and props are not permitted 	<u>Costume and prop:</u> Referee + Judges deduction -1.0 per program