

**Pending ISU Congress Approval**

Rhythm Dance	RHYTHM	PATTERN DANCE REQUIREMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p><b>JUNIOR</b></p> <p>2:50 +/- 10 sec</p>	<p><b>Music requirements:</b></p> <p><u>“Social Dances and Styles of the 1950’s, 1960’s and 1970’s.” The RD takes inspiration from the high energy and entertaining dance styles from these decades.</u></p> <p><b>Required Characteristics:</b> High energy, rooted in couple dancing, identifiable 1950’s, 1960’s and 1970’s dance styles enjoyed by large groups of people.</p> <p><b>Examples (but not limited to):</b> Rock ‘n roll, Jitterbug, Twist, The Hustle, Disco</p> <p><u>This season’s RD is not based on the Classical, Contemporary, Folk and Ballroom styles of dance.</u></p> <p>Remixes and/or remastered music, including cover versions, is permitted.</p> <p><b>The Rhythm Dance should NOT be skated in the style of a Free Dance. The couple must use dance movements and dance holds to interpret the chosen music from these decades.</b></p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p>	<p><b>2 Sequences of the Paso Doble skated to any dance style with the range of tempo: 56 measures of 2 beats per minute (112 beats per minute +/- 2 beats per minute).</b></p> <p>The first step of the dance must be skated on beat 1 of a musical phrase.</p> <p>1PD &amp; 2PD: Steps #1-28 skated in any order or one after the other or separately.</p> <p>Step #1 of 1PD and 2PD skated at the Judges left side.</p> <p>1PD skating in accordance with Rule 707, paragraph 2. Man must skate Man’s steps &amp; Woman must skate Woman’s steps.</p> <p>2PD the Woman skates Man’s steps and Man skates Woman’s steps (switch tracking/sides on all steps)</p> <p>Note: variations of hold, except hand in hand, are permitted.</p> <p>See ISU Communication #2630 for key points.</p>	<p><b>1 Short Lift</b></p> <p><b>Up to 8 seconds</b></p>	<p><b>1 Step Sequence Not Touching (Style B)</b></p> <p><u>Skated to any dance style of the prescribed dances.</u></p> <p>Pattern must be midline or diagonal</p> <p>Touching the ice with any part of the body is allowed, but not for longer than 5 seconds.</p> <p>Skated no more than 2 arm lengths apart.</p> <p><b>Not Permitted:</b></p> <ul style="list-style-type: none"> <li>-Retgressionion</li> <li>-Loops</li> </ul> <p>Note: the entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered a retrogression</p> <p><b>Permitted:</b></p> <ul style="list-style-type: none"> <li>-One stop up to 5 sec (this will count as one of the permitted stops, must be performed Not Touching)</li> </ul>	<p><b>1 Set of Sequential Twizzles</b></p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p>Must not be in contact between twizzles.</p> <p><b>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit in the RD.</b></p>	<p><b>Pattern:</b> Must proceed in generally constant direction and must cross long axis of rink within no more than 30 meters (short axis) of barrier. May also cross long axis at entry and/or exit to Style B step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted (exception applicable per individual element)</p> <p><b>Stops:</b> After clock is started with first movement, couple must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted. A dance spin or choreographic spinning movement that does not travel will be considered as a stop.</p> <p><b>Separations:</b> Must not separate except to change hold or perform Required Elements requiring separation. Max two arms lengths allowed during such separations. Change of hold and turns as transitional elements must not exceed 1 measure of music. Separations at beginning and/or end of program may be up to 10 secs in duration without restrictions on distance.</p> <p><b>Touching the ice with hand(s)</b> is not permitted except during the Step Sequence Style B.</p> <p>See ISU Communication #2630 for detailed rules for the rhythm dance.</p>

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Rhythm Dance	RHYTHMS	PATTERN DANCE REQUIREMENTS	CHOREOGRAPHIC ELEMENT	LIFTS	STEP SEQUENCE	TWIZZLES	ADDITIONAL INFORMATION
<p><b>SENIOR</b></p> <p>2:50 +/- 10 sec</p>	<p><b>Music requirements:</b></p> <p><u>“Social Dances and Styles of the 1950’s, 1960’s and 1970’s.” The RD takes inspiration from the high energy and entertaining dance styles from these decades.</u></p> <p><b>Required Characteristics:</b> High energy, rooted in couple dancing, identifiable 1950’s, 1960’s and 1970’s dance styles enjoyed by large groups of people.</p> <p><b>Examples (but not limited to):</b> Rock ‘n roll, Jitterbug, Twist, The Hustle, Disco</p> <p><u>This season’s RD is not based on the Classical, Contemporary, Folk &amp; Ballroom styles of dance.</u></p> <p><u>Remixes and/or remastered music, including cover versions, is permitted.</u></p> <p><b>The Rhythm Dance should NOT be skated in the style of a Free Dance. The couple must use dance movements and dance holds to interpret the chosen music from these decades.</b></p> <p>Note: to comply with ethical values of sports, any music chosen for ice dance competitions must not include aggressive and/or offensive lyrics.</p>	<p><b>1 Pattern Dance Type Step Sequence (PSt), (Style D):</b></p> <p>- <b>Rhythm:</b> skated to <u>any dance style – min 110 beats per minute, in 2/2, 2/4 or 4/4 time</u></p> <p>- <b>Duration:</b> any exact number of musical phrases.</p> <p>- <b>Pattern:</b> <u>Circular Shape</u></p> <ol style="list-style-type: none"> <li>1. start in front of Referee around short axis with Paso Doble steps #8-16 on correct edges</li> <li>2. Steps #15-16, OpMo, is considered 1st difficult turn</li> <li>3. Con’t PSt incl 3 addtl difficult turns</li> <li>4. Conclude Paso Doble steps #26-#28 on correct edges (#28 cross swing roll only) in front of Ref around short axis &amp; complete circle shape</li> <li>5. PD steps above performed by both partners (Woman performing Woman’s steps &amp; Man performing Man’s steps OR Woman performing Man’s steps &amp; Man performing Woman’s steps)</li> </ol> <p>- <b>Holds:</b> Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography)</p> <p>- <b>Technical Requirements:</b> <u>Must perform 2 different difficult turns per partner from: Back entry Rocker, Counter, Bracket &amp; Fwd Outside Mohawk (OpMo from req PD steps)</u></p> <p>- <b>Timing:</b> <u>No restriction in number of beats per step for the required steps (excluding OpMo); All performed different difficult turns no more than 2 beats for entry edge &amp; 2 beats for exit edge</u></p> <p>- <b>Not permitted:</b> stops, separations, retrogressions, hand-in-hand hold with fully extended arms, loops</p>	<p><b>1 Choreographic Rhythm Sequence</b></p> <p><u>Skated to any dance style</u></p> <p>- <b>Hold(s):</b> <u>in contact including hand in hand with fully extended arms with exception of permitted separation</u></p> <p>- <b>Pattern:</b> <u>both partners perform steps around short axis &amp; must proceed barrier to barrier – fulfilled when at least one partner is not more than 2 meters from barrier</u></p> <p>- <b>Separation:</b> 1 permitted for not more than 2 arm lengths and <u>no more than 5 secs.</u></p> <p>- <b>Stop:</b> <u>only 1 at beginning or end for no more than 5 secs (will count as one of the permitted stops)</u></p> <p><b>Not Permitted:</b> -Loop(s) -Retrogression(s)</p>	<p><b>1 Short Lift</b></p> <p><b>Up to 8 secs</b></p>	<p><b>1 Step Sequence Not Touching (Style B)</b></p> <p><u>Skated to any dance style of the prescribed dances.</u></p> <p>Pattern must be midline or diagonal</p> <p>Touching the ice with any part of the body is allowed, but not for longer than 5 seconds.</p> <p>Skated no more than 2 arm lengths apart.</p> <p><b>Not Permitted:</b> -Retrogression -Loops</p> <p>Note: the entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered a retrogression</p> <p><b>Permitted:</b> -One stop up to 5 sec (this will count as one of the permitted stops, must be performed Not Touching)</p>	<p><b>1 Set of Sequential Twizzles</b></p> <p>At least two twizzles for each partner.</p> <p>Up to one step in between twizzles. (Each push and/or transfer of weight while on two feet between twizzles is considered as a step.)</p> <p>Must not be in contact between twizzles</p> <p><b>The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit in the RD.</b></p>	<p><b>Pattern:</b> Must proceed in generally constant direction and must cross long axis of ice surface once at each end of rink within no more than 30 meters (short axis) of barrier. May also cross long axis at entry and/or exit to Style B step sequence and at entry to pattern dance element. Loops that do not cross long axis are permitted (exception applicable per individual element)</p> <p><b>Stops:</b> After clock is started with first movement, couple must not remain in one place for more than 10 secs at beginning and/or end of program. During program: 2 full stops up to 5 secs or 1 full stop up to 10 secs permitted. 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