

Communication No. 2468

ICE DANCE *(revised April 28, 2022, revised May 30, 2022)* Requirements for Technical Rules season 2022/23

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 Special Regulations & Technical Rules:**

- Requirements defined in the Technical Rules to be announced annually:
 - 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 requirements related to Novice categories are published in the updated for season 2022/23 ISU Communication [2463](#) ICE DANCE - GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS
- Updates to the current ongoing Technical requirements and Scale of Values, valid as of July 1st, 2022, will be published in a subsequent Communication.

Tubbergen,
April 19, 2022
Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General

1. REQUIREMENTS FOR RHYTHM DANCE SEASON 2022/23

1.1. 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 2022/23, the following Rhythms were selected.

Junior: Tango plus at least one of the following Dance Styles – Paso Doble, Flamenco, Spanish Waltz, Fandango, Bolero, Jota, Sevillanas, Milonga

- The **Pattern Dance Element - Argentine Tango** - skated to Tango rhythm, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute

Senior: Latin Dance Styles: At Least Two (2) Different Dance Styles/Rhythms chosen from Salsa, Bachata, Merengue, Mambo, Cha Cha, Rhumba, Samba

- **The Pattern Dance Type Step Sequence and Step Sequence must be skated to a different Latin Style/Rhythm**

Note: To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Specifications:

- The description, chart and diagram of the Pattern Dance Element Argentine Tango are included in the ISU Handbook Ice Dance 2003.

1.2 RHYTHM DANCE – Required Elements 2022/23 – Junior/Senior

ELEMENTS	
<p>Junior Rhythm Dance Pattern Dance Elements</p>	<ul style="list-style-type: none"> • Two (2) Sections of the Argentine Tango: skated to Tango rhythm/style, with the range of tempo: 24 measures of 4 beats per minute (96 beats per minute) plus or minus 2 beats per minute. 1AT: Steps #1-18 2AT: Steps #19-31 <p>Two (2) Sections of Argentine Tango skated in any order or one after the other or separately. Step #1 of 1AT skated at the Judges left side. Step #19 of 2AT skated at the Judges right side. Note: Variation of Hold is permitted. Crossing the Long Axis is permitted for Steps #13 - 15</p>
<p>Senior Rhythm Dance Pattern Dance Type Step Sequence <u>Style D</u> (PSt)</p> <p>And</p> <p><u>Choreographic Rhythm Sequence (ChRS)</u></p>	<ul style="list-style-type: none"> • One (1) Pattern Dance Type Step Sequence (PSt), (<u>Style D</u>): Rhythm: skated to a different Rhythm/Style from that chosen for the Step Sequence Style B. Duration: any exact number of musical phrases Pattern: starting with a Stop on the Short Axis on either side of the rink and concluding on the Short Axis on the opposite side of the rink. One (1) loop in any direction (which may cross the Long Axis is permitted within the pattern) Stops: one (1) required at the start of the PST (this will count as one of the permitted stops) Holds: Must remain in contact at all times, even during changes of Holds (except when performing Twizzles as connecting Choreography) <p>Technical Requirements: Must perform two different difficult turns per partner from the following: Rocker, Counter, Choctaw, Forward Outside Mohawk (except from backward entry edge). Example – Woman performs Rocker and Choctaw. Man performs Counter and Forward Outside Mohawk. Only the first two attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored. The Difficult Turns from those above must not be performed at the same time by both Partners. If the Difficult Turns are performed at the same time by both Partners, both Difficult Turns are not considered for level for either partner.</p> <ul style="list-style-type: none"> • Not permitted: <ul style="list-style-type: none"> • Stops (only allowed at the beginning to indicate the start of the PSt, If a stop of longer than 5 seconds is used to start the PSt, no other stops are permitted throughout the program. • Separations (except during Twizzles if performed as connecting choreography) • Retrogressions • Hand in hand hold – NOT permitted with established fully extended arms <p><i>The PSt is evaluated as one unit with a combined Level for both partners</i></p> <ul style="list-style-type: none"> • <u>Choreographic Rhythm Sequence</u> Rhythm: skated to any of designated Latin Rhythm(s)/Style(s) and performed in the “style” of the chosen Rhythm Hold(s): in contact Hold including Hand in Hand with Fully extended arms with the exception of permitted Separation(s) Pattern: -starts on the Short Axis, - proceed 10 meters on either side of the Short Axis - proceed from barrier to barrier (The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier.) - Retrogression – permitted - Loops – permitted Separation(s) - for not more than 2 arms lengths and duration not more than one measure are permitted Stop(s) – for up to 5 seconds (this will not count as one of the permitted stops and there is no limitation on number of stops as long as each one is no more than 5 secs) <p><i>The Choreographic Rhythm Sequence is evaluated as a Choreographic Element</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) Specifications to Style B, Rhythm Dance: <ul style="list-style-type: none"> Must be skated to a different Rhythm/Style from that chosen for the Pattern Dance Element (Junior) 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 (this will count as one of the permitted stops) <p><i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i></p>
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 and must NOT be in contact between Twizzles Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step) <p><i>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i></p>

1.3 KEY POINTS AND KEY POINTS FEATURES FOR JUNIOR PATTERN DANCE ELEMENTS SEASON 2022/23

Argentine Tango: Key Points

Pattern Dance Element (1AT) Steps # 1-18	Key Point 1 Woman Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFIO)	Key Point 2 Man Steps 7-10 (LFO, XF-RFO, XB-LFIO, XB-RFI-Ctr)	Key Point 3 Woman Steps 13-15 (CR-RFO3, LBO, RFO)	Key Point 4 Man Steps 13-15 (CR-LBO, RFO3, LBO)
Key Point Features	1. Correct Edges 2. Correct Change of edges	1. Correct Edges 2. Correct Change of edge 3. Correct Turn (#10)	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn
Pattern Dance Element (2AT) Steps # 19-31	Key Point 1 Woman Steps 23-24 (LFO Sw-Tw1 (between counts 4&1), RFO)	Key Point 2 Man Steps 23-24 (LFO Sw-OpCho, RBI (between counts 4&1), LBO)	Key Point 3 Woman Steps 31 CR-LBO-SwR/RFI (between 4&1))	Key Point 4 Man Steps 31 CR-RFO-SwR)
Key Point Features	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Turn	1. Correct Edges 2. Correct Cross Roll movement	1. Correct Edges 2. Correct Cross Roll movement

* 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, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1AT - Key Point 3 & 4, 2AT - Key Point 4)

Note: Step #23 is a left outside edge ending in a forward clockwise "twizzle-like motion" Tw1. Woman's body turns one full continuous rotation, it is not mandatory for the skating foot to execute a full turn, followed by a step forward, RFO

GENERAL NOTE: The first step of the dance begins on beat one of a musical phrase. This is applicable for the ARGENTINE TANGO.

1.4 RHYTHM DANCE – Specifications/Restrictions 2022/23

	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
General Requirements (pending Congress decision)	Rhythm Dance is a dance created by an Ice Dance Couple to dance music with designated rhythm(s) and/or theme(s) selected by the Ice Dance Technical Committee annually for the season. The dance must: <ul style="list-style-type: none"> i) reflect the character of the music, the selected dance rhythm(s) and/or theme(s) ii) be translated to the ice by demonstrating technical skill with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed, and unison iii) be delivered with unison, in harmony and spacial awareness; iv) fit to the phrasing of the music 	
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 the current season, 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 in any direction are permitted provided they do not cross the long axis (except during the PSt) 	
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 	Choreography restrictions: (Pattern/ Stops/ Separations/Touching ice with hands)
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 	Referee + Judges deduction - 1.0 per program
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 - Woman is permitted to wear trousers - Accessories and props are not permitted 	Costume and prop: Referee + Judges deduction -1.0 per program

2. FREE DANCE REQUIREMENTS

2.1 FREE DANCE REQUIREMENTS FOR INTERNATIONAL NOVICE COMPETITONS

For season 2022/23, all Required Elements per ISU Novice Communication.

2.2 FREE DANCE – Required Elements 2022/23 for Junior/Senior

ELEMENTS	JUNIOR	SENIOR
Dance Lift - Not more than	<p>Two (2) Different Type Short Lift (up to 7 seconds each) Or One (1) Combination Lift (up to 12 seconds in total) The lifted partner's Difficult Pose or Change of Pose (option a) or b) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated same Difficult Pose or Change of Pose (option a) or b) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.</p>	<p>Three (3) Different Type Short Lift (Up to 7 sec each) Or One (1) Short Lift Lift (up to 7 sec each) and One (1) Combination Lift (up to 12 seconds in total) (Short Lift must be a different type than in the Combination Lift) The lifted partner's Difficult Pose or Change of Pose (option a) or b) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated Difficult Pose or Change of Pose (option a) or b) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.</p>
Dance Spin (DSp)	<ul style="list-style-type: none"> One (1) Dance Spin (pending Congress decision) Specifications for Season 2022/23 Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners 	
Step Sequence: Types: Straight line or Curve	<ul style="list-style-type: none"> 1 Step Sequence in Hold (Style B) Specifications to Style B, Free Dance 2022/23: Retrogression - one (1) permitted –must not exceed two measures of music Not permitted: - Stops - Loops - Hand in hand hold with fully extended arms cannot be established - Separations of more than 2 arms length and/or exceeding 5 seconds The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. <i>The Step Sequence is evaluated as one unit by adding the Base Values of the Woman Step Sequence Level and the Man Step Sequence Level and then applying the GOE</i> 	
One (1) One Foot Turns Sequence, (OFT)	<ul style="list-style-type: none"> One (1) One Foot Turns Sequence FD Option, Not-Touching Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time. <i>One Foot Turns Sequence is evaluated as one unit by adding the Base Values of the Woman One Foot Turns Sequence & Man One Foot Turns Sequence and then applying the GOE.</i> 	
Synchronized Twizzles	<ul style="list-style-type: none"> One (1) 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 <i>Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Woman Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i> 	
Choreographic element	<p>Two (2) Different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jumps Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>	<p>Three (3) Different Choreographic Elements chosen from: Choreographic Lift Choreographic Spinning Movement Choreographic Assisted Jumps Movement Choreographic Twizzling Movement Choreographic Sliding Movement Choreographic Character Step Sequence</p>

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 Assisted Jumps–Movement:** at least three assisted jumps movements performed continuously in a row, performed anywhere in the program
The following requirements apply:
 - At least three in a row (same or different) performed continuously
 - Cannot rotate more than $1\frac{1}{2}$ one (1) rotations in each assisted jump movement by the assisting partner
 - Less than three seconds off the ice for assisted partner
 - No more than three (3) steps in between each assisted jump movement
 - Either partner may do the assisted jumps movement
- **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 with up to 3 steps between the first and second twizzling movement, 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 sliding movements on the ice.
The following requirements apply:
 - Sliding movement by both partners at the same time on any part of the body for at least 2 seconds. The start and ending of the Choreographic Sliding Movement does not have to be performed simultaneously.
 - 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.
 - Performing basic lunge movement by both partners at the same time will NOT be considered as a Choreographic Sliding Movement.
- **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. The requirement from barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier.
 - May be in hold or not touching
 - Touching the ice with any part of the body with controlled movements are allowed.
 - Distance between partners is permitted as a maximum of 4 arms lengths apart (4 meters)

2.3 FREE DANCE – Specifications/Restrictions 2022/23

	Specifications/Restrictions	Violations
Duration	Senior: 4 minutes +/- 10 seconds Junior: 3 ½ minutes +/- 10 seconds	<u>Program time:</u> Referee deduction -1.0 up to every 5 seconds lacking or in excess
Music (pending Congress decision)	<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. (Pending Congress decision) Note: <u>Any music of the same tempo/rhythm and expression should last no more than 75% of the program.</u> - Music must be suitable for the Couple's skating skills and technical ability. Pending Congress decision - 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 (except during Choreographic Character Step Sequence); - Duration of each separation (excluding Required Elements) 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 permitted (except Choreographic Sliding Movement, Choreographic Character Step Sequence)	
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 - Woman is permitted to wear trousers - Accessories and props are not permitted 	<u>Costume and prop:</u> Referee + Judges deduction -1.0 per program