

## Ice Dance, Technical requirements

**Basic Novice** born on 01.07.2006 or later  
ISU Communication No. 2242 or later where applicable

**Intermediate Novice** born on 01.07.2004 or later  
ISU Communication No. 2242 or later where applicable

**Advanced Novice** born in between 01.07.2004 - 30.06.2009 (girls) and 01.07.2002-30.06.2009 (boys) ISU Communication No. 2242 or later where applicable

**Juniors born** in between 01.07.2004 - 30.06.2009 (girls) and 01.07.2002-30.06.2009 (boys) ISU Communication No. 2239 or later where applicable

**In solo dance** categories shall be used the ISU communication rules 2242 or later where applicable, except the requirements as follows:

**Basic Novice** born on 01.07.2006 or later  
Two pattern dances are to be skated from the following:

- Group 2: Fourteenstep, Willow Waltz and Tango Canasta

Free dance 2:00 min +/- 10 sec  
A Well Balanced Free Dance program must contain:

- One Spin or Combination Spin
- One Combination Set of Synchronized Twizzles
- One Choreographic Character Step Sequence
- One Choreographic Short Pose 3 sec

**Intermediate Novice** born on 01.07.2004 or later  
Two Pattern Dances are to be skated from the following two groups:

- Group 2: Fourteen Step and Tango
- Group 3: Foxtrot and European Waltz

Free dance 2:30 min +/- 10 sec  
A Well Balanced Free Dance program must contain:

- Long Pose
- One Spin or Combination Spin
- One Combination Set of Synchronized Twizzles
- One Choreographic Character Step Sequence
- One Choreographic Element chosen from:
  - Choreographic Short Pose
  - Choreographic Twizzling Movement

**Advanced Novice** born in between 01.07.2004 - 30.06.2009 (girls) and 01.07.2002-30.06.2009 (boys) The following Two Pattern Dances are to be skated:

- Starlight Waltz and Quickstep

Free dance 3:00 min +/- 10 sec

A Well Balanced Free Dance program must contain:

- Long Pose with one leg, two curves and two difficult and different positions
- One Spin or Combination Spin
- One Straight Line Step Sequence (Midline or Diagonal) or Curved Step Sequence (Circular or Serpentine)

- One Combination Set of Synchronized Twizzles
- Two Different Choreographic Elements chosen from:

- o Choreographic Short Pose
- o Choreographic Twizzling Movement
- o Choreographic Character Step Sequence