

WORLD SKATE

RULES FOR ARTISTIC SKATING COMPETITIONS
DANCE

BY WORLD SKATE ARTISTIC TECHNICAL COMMISSION

UPDATE: *JULY 2025*

Page, Item	Change/Addition/Removal	Rationale
Page 10, Technical Elements	For Traveling, No Hold Cluster, No Hold Footwork Sequence, there will be 2 calls by the Technical Panel, one for the lady and one for the man (Please Notes values changes of elements)	Recognizes individual contribution and promotes equality. Provides clearer feedback
Page 11, Technical Elements	Spread eagle or Ina Bauer as Skating Element and/or Difficult entry will be confirmed only if presented with a CLEAR torso Move.	Promotes choreographic quality Discourages box ticking to get the levels
Page 12 and 38 Pattern dance	Change of penalty for missing the repeat of step 1 or next step required by the pattern. ~~If this doesn't happen Technical Panel will lower one level.~~ If this doesn't happen Technical Panel will penalize 0.5.	Skaters will be awarded the correct number of Key Points executed. Inconsistencies between element calls and Key Points were detrimental to the clarity and image.
Page 17, Choreo Stop	The displacement of the skater from the initial stopped position shall be of no more than an imaginary circle within a range of 5m diameter from the initial place of stop.	Ensures that the Choreographic Stop is used as intended — to pause and interpret the music, not continue skating through it like a Choreographic sequence
Page 17, Choreo Stop	The element begins with the transition from the previous element and ends with the transition into the next element. If performed as the first or last element of the program there must be transitions before and after the element.	Provides definition of the element within the choreography
Page 23	~~No change of edge is allowed in the first two turns of the cluster.~~ Change of edges are always allowed except after the difficult entry.	Promotes variety in presentation, musicality and choreographic freedom.
Page 24-25. One Set Cluster	New Element. One Set Cluster Sequence (see document for details in red)	Clarifies the distinction between Style and Free Dance, while promoting precision, technical quality, and balanced program structure
Page 28, Traveling	Group 1: Difficult entry in the first set of the element: Stag Jump or Split. Toe stop is allowed on the landing of the leap.	Increase in spectacular kinds of difficult entries.
Page 29, Traveling	Group 4 – Extra features (For categories Cadet, Youth, Junior and Senior ONLY)	Promotes quality of other features, encouraging age and developmental appropriate progression
Page 29, Traveling	Changes in Group 4 – Extra feature values	Adjusted technical values reflect more appropriately the skaters' actual ability to execute these skills effectively.
Page 37, Penalizations by the Referee	Time of the program less than the minimum or more than the maximum. 0.5 point each 10 seconds or part thereof.	Reduces common occurrence of programs going overtime

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OWNERSHIP

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DANCE – general definitions

Timing: all steps, movements, actions must be danced in the timing of the music. For the compulsory dance/ pattern dance it is mandatory to achieve the correct timing to reach the relevant level. Timing faults will bring level down of a minimum of one and will be marked down in the components.

One foot turns: turns are all the technical difficulties listed and that involve a change of direction on the same foot: traveling (minimum two (2) rotations must be executed quickly and with no edge to be considered as such otherwise will be considered three turns), three, brackets, loops, counters, rockers.

Cluster: sequence of at least three different turns executed on one foot, the three turn will be counted as a turn for the cluster.

Two feet turns: Mohawks, Choctaws. For the Choctaws, the exit edge will be used to define the direction of the turn (e.g. LFI – RBO, the direction will be considered anticlockwise).

Steps: all the technical difficulties that are executed keeping the same direction e.g. chassé, cross chassé, cross rolls, dropped chassé, crosses, runs etc.

Note: half rotation or one rotation jumps on two feet, or one foot are not considered a step or a turn.

Ina Bauer: it is a technical figure like the spread eagle (inside or outside), during which, the skater executing a frontal split keeps the two feet on different parallel tracings. One of the knees bends while the other is kept extended.

Body movements: the choreographic movements of the arms, bust, head, free leg, must clearly affect the balance of the skater/s to be considered, body movements must be performed during at least three (3) moments of the sequence. At least two parts of the body must be used.

Attitude: free leg stretched in front or behind with respect to the skating foot.

Coupé: free leg bent by the side of the skating leg.

Traveling: multiple continuous rotations (no edge three turns) skated on the same skating foot (minimum two rotations), while the free foot can be in any position. If the rhythm changes, it is not good because it is not a continuous action.

COUPLE DANCE

This event shall be conducted for teams consisting of two (2) contestants, one male, one female.

The couple dance competition consists of one style dance and one free dance for Cadet, Youth, Junior and Senior and of compulsory dances and free dance for the other categories.

The two (2) scores for compulsory dances, style dance and free dance will be:

- Technical content.
- Components.

The first required element performed of each type will be the one called by the Technical Panel and evaluated by the judges as the required one for the current year.

For the specific requirements for each year see Appendix 5.

COMPETITIVE WARM-UP

- Competitive warm-up shall be considered part of the event. As such, all interruption of skating rules shall apply.
- For Compulsory Dances, Style Dance and Free Dance events, there will normally be no more than six (6) contestant teams assigned to each warm-up group.
- The warm-up for Compulsory Dances is two (2) minutes with music or the length of a track of music. The couples will have ten (10) seconds to roll down the floor and then the compulsory music will be played.
- The warm-up for Style Dance shall be four and a half minutes (4:30).
- In free dance the warm-up time is based upon the skating time allotted if time allows, plus two (2:00) minutes. The announcer shall inform the contestants when one (1:00) minute remains in their warm-up period.
- The next couple to compete will be allowed to use the competition floor during the exhibition of the scores of the previous athletes.
- At the conclusion of the warm-up period the first skater will be allowed up to one (1.0) minute before they must take the floor.
- For exceptional situations regarding the number of participants and/or time limitations the ATC may decide not to apply this rule.

STYLE DANCE

- There is no limit to the number of rhythms used.
- One of the selected rhythms must be the rhythm required for the Pattern Dance Sequence. During the Pattern Dance Sequence, a change of music selection is NOT permitted.

JUNIOR AND SENIOR

1. One (1) Style Dance of 3:00 minutes +/- 10 seconds.

The number of require elements in a style dance are at least four (4). There will be always the pattern dance sequence and the lift, the others will change each year and will be chosen by Artistic Technical Commission between:

- One (1) no hold footwork sequence, maximum 40 seconds.
- One (1) hold footwork sequence, maximum 50 seconds.
- One (1) no hold synchronized cluster sequence.
- One (1) hold cluster sequence.
- 1 Set Cluster Sequence.
- Synchronized traveling sequence, maximum 15 seconds.
- One partner footwork, maximum 25 seconds.
- Choreographic Stop, maximum 15 seconds.

Fixed elements:

- One (1) dance lift (the kind of lift will be chosen each year).
- One (1) pattern dance sequence (compulsory dance).

2. One (1) free dance of 3:50 minutes +/- 10 seconds.

World Skate ATC will require six (6) elements chosen each year from the following:

- Stationary lift.
- Rotational lift.
- Combo lift.
- Choreographic lift.
- No hold footwork sequence, maximum 40 seconds.
- Hold footwork sequence, maximum 50 seconds.
- One partner footwork sequence, maximum 25 seconds.
- No hold synchronized cluster sequence.
- Hold cluster sequence.
- Synchronized Traveling sequence, maximum 15 seconds.
- Choreographic Stop, maximum 15 seconds.

YOUTH

1. One (1) Style Dance of 3:00 minutes +/- 10 seconds.

The number of require elements in a style dance are at least four (4). There will be always the pattern dance sequence and the lift, the others will change each year and will be chosen by Artistic Technical Commission between:

- One (1) no hold footwork sequence, maximum 40 seconds.
- One (1) hold footwork sequence, maximum 50 seconds.
- One (1) no hold synchronized cluster sequence.

- One (1) hold cluster sequence.
- 1 Set Cluster Sequence.
- Synchronized traveling sequence, maximum 15 seconds.
- One partner footwork, maximum 25 seconds.
- Choreographic Stop, maximum 15 seconds.

Fixed elements:

1. One (1) dance lift (the kind of lift will be chosen each year).
2. One (1) pattern dance sequence (compulsory dance).

2. One (1) free dance of 3:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- One (1) One Partner Footwork Sequence, maximum 25 seconds.
- One (1) Dance Hold Footwork Sequence, maximum 50 seconds.
- One (1) Traveling sequence (maximum 15 seconds) or no hold cluster sequence
  chosen each year by Artistic Technical Commission.
- Two (2) Lifts will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo).
- One (1) Choreo lift.

CADET

One (1) Style Dance of 3:00 minutes +/- 10 seconds.

The number of require elements in a style dance are at least four (4). There will be always the pattern dance sequence and the lift, the others will change each year and will be chosen by Artistic Technical Commission between:

- One (1) no hold footwork sequence, maximum 40 seconds.
- One (1) hold footwork sequence, maximum 50 seconds.
- One (1) no hold synchronized cluster sequence.
- One (1) hold cluster sequence.
- 1 Set Cluster Sequence.
- Synchronized traveling sequence, maximum 15 seconds.
- One partner footwork, maximum 25 seconds.
- Choreographic Stop, maximum 15 seconds.

One (1) free dance of 3:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- One (1) Dance Hold Footwork Sequence: maximum 50 seconds.
- One (1) One Partner Footwork Sequence: maximum 25 seconds.
- One (1) no hold synchronized cluster sequence.
- Two (2) Lifts will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo).

- One (1) Choreo lift.
- Choreographic Stop, maximum 15 seconds.

ESPOIR

1. Two (2) compulsory dances.
2. One (1) free dance of 3:00 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- One (1) Dance Hold Footwork Sequence: maximum 40 seconds.
- One (1) One Partner Footwork Sequence, maximum 25 seconds.
- One (1) Traveling sequence. Maximum 15 seconds.
- One (1) Lift will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo).
- One Choreo lift or Choreo Stop.

MINIS

1. Two (2) compulsory dances.
2. One (1) free dance of 2:45 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- One (1) Dance Hold Footwork Sequence: maximum 40 seconds.
- One (1) Traveling sequence, maximum 15 seconds.
- One (1) Lift will be chosen each year by Artistic Technical Commission (selected from: stationary, rotational or combo).
- One (1) Choreo lift or Choreo Stop.

TOTS

1. One (1) compulsory dance.
2. One (1) free dance of 2:30 minutes +/- 10 seconds.

Set elements that MUST BE included in free dance program are:

- One (1) Dance No Hold Footwork Sequence: To achieve level each skater must have one of each of four (4) steps and turns confirmed: Inside Three Turn, Outside Three turn, Open Mohawk, traveling (one clockwise and one anticlockwise allowed) maximum 30 seconds.
- One (1) Traveling sequence. Maximum 15 seconds.
- Two (2) Choreo poses (same value as Choreo Lifts).

TECHNICAL ELEMENTS

In the program element content sheet, it is mandatory to write the start time of each element (with the time starting from the first movement of the skater).

For the Technical Elements: Traveling, No Hold Cluster, No Hold One Set Cluster, No Hold Footwork Sequence, there will be 2 calls by the Technical

Panel, one for the lady and one for the man (Please have a look to the updated values of these elements).

SPREAD EAGLE AND INA BAUER

Spread Eagle or Ina Bauer as Skating Element and/or Difficult entry will be confirmed only if presented with a CLEAR torso move. This doesn't apply to lifts.

COMPULSORY DANCES

Please refer to World Skate artistic Dance and Solo Dance Manual for compulsory dance specifications.

The number of opening beats to be used for all dances must not exceed 24 beats of music, if this happens 0.5 points penalization will be applied.

During the competitions, the three (3) tracks of each dance must be used.

Pattern dance sequence

This element may consist of one or more sections of a compulsory dance, or selected steps of a compulsory dance chosen each year by the World Skate ATC and indicated in the Requirements Document.

General rules

- Must adhere to the diagram/pattern provided by World Skate ATC.
- The BPM of the piece of music selected for the Pattern Dance Sequence inserted in the Style Dance may vary from that required, within a range of +2 / -2 BPM.
- The pattern sequence must begin to the left side of the judging panel or as indicated in the dance notes.

For example: *in compulsory dances with a required tempo of 100 BPM, the number of beats may be, for the duration of the pattern dance sequence, from a minimum of 98 to a maximum of 102 BPM.*

There can be an introduction before the beginning of the pattern dance sequence, and after the end of the pattern dance sequence, during which the tempo of the piece of music is free, but whilst skating the actual pattern dance sequence the music must keep the same range +/- 2 from the required bpm. Once the bpm for the pattern dance sequence is decided it MUST remain constant for the entirety of the pattern dance sequence.

For example: *A piece of waltz music has an introduction with a tempo of 148 BPM; but during the skating of the Starlight Waltz the tempo must be within the range of 166 to 170 BPM (168 BPM +/- 2); remaining constant*

throughout the sequence; and after the pattern dance sequence is completed the tempo changes to 128 BPM.
Refer to BPM Control Guidelines for further details.

It is mandatory to present, before the Dance competition, a certification from a teacher of music that confirms:

- The rhythms used.
- The number of BPM of the Pattern Dance Sequence(s).
- It should be specified when the music for the compulsory dance starts and when it finishes.

If the dance pattern is not placed to the left of the judges (or as required annually by request of World Skate ATC), the Technical Panel will call NO LEVEL the element.

The dance pattern MUST begin with step one (1) or the first step of the section as indicated in the requirements and MUST finish with the first step of the following section or the next step of the dance required by the rules. If this doesn't happen Technical Panel will penalize 0.5.

* A recognized position is defined by the hold of the man's right arm/hand with respect to the woman (or by the man's left arm/hand for Reverse Kilian position), and by the position of the skaters with respect to each other. The recognized positions and holds required by the rules may include choreographic movements of the upper body (with the other arm free from hold) to make the performance of the dance more relevant to the required rhythm while respecting the wording of the dance descriptions (see compulsory dance rules) and without changing the nature of the required movements/steps/holds.

Levels

For the pattern dance sequence in the style dance and for the compulsory dances for Espoir, Minis and Tots, there will be five (5) levels depending how the key points have been executed. If the compulsory dance requests two (2) sequences, the levels will be applied twice, once for each sequence.

LEVEL	SEQUENCE / SECTION	INTERRUPTION TIME	KEY POINTS
Base	75%	/	/
1	100%	No more than 4 beats	1
2	100%	No more than 4 beats	2
3	100%	Not interrupted	3
4	100%	Not interrupted	4

- Level Base – 75% of sequence/section is completed by both partners.
- Level 1 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND one (1) key point is correctly executed.
- Level 2 – sequence/section is not interrupted more than four (4) beats in total, either through stumbles, falls or any other reason AND two (2) key points are correctly executed.
- Level 3 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND three (3) key points are correctly executed.
- Level 4 – sequence/section is not interrupted at all, either through stumbles, falls or any other reason AND four (4) key points are correctly executed.

Timing faults will bring the level down a minimum of one and will be marked down in the components.

If less than 75% of the sequence is completed by both partners, the call by the Technical Panel will be 'No Level'.

If the compulsory sequence is missed or not completed, it will be called “No Level” with no other penalty, however the components would not score highly.

If the dance is skated in the incorrect hold for the whole pattern the call by the Technical Panel will be ‘No level’.

If the compulsory sequence is skated completely out of phrase, it will be reduced one level. For example, the skater begins step 1 on beat 3 of a bar in a dance with 4/4 timing.

Pattern Dance music MUST HAVE clear rhythm (patterned recurrence of required beat) from the beginning to the end of the required stops otherwise it will be called “No level”.

The value of the Pattern Dance Sequence will be factorized by 1.5.

NO HOLD FOOTWORK SEQUENCE

Base level requirements:

- Skaters must include steps/linking steps.
- The pattern is free. It has a time limit depending on the category.

Levels

Level Base – NoHB	Level 1 – NoH1	Level 2 – NoH2	Level 3 – NoH3	Level 4 – NoH4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns and must include one (1) feature (chosen between	Level B AND must perform 6 turns and must include two (2) different features (one	Level B AND must perform 8 turns and must include three (3) different features.	Level B AND must perform 10 turns and must include four (4) different features.

	feature 1 or 2 only).	of them must be feature 1 or 2).		

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards, and closed Choctaws from backward to forward will be considered. Choctaws must demonstrate correct and clear edges.
3. Cluster: to be considered as a feature, both partners must perform a cluster where three (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet turns confirmed required for the level must be presented both on the right foot and on the left foot, or clockwise and anticlockwise for loops and traveling's. They must be evenly distributed between the left foot/anticlockwise and the right foot/clockwise. See Clarifications. Applicable from Level 2.

Clarifications

- Turns to be confirmed and counted for the level must be executed correctly and show clear edges before and after the change of direction and cusps must be clear. Jumped turns, turns executed on the spot or turns where the skater puts the free leg on the floor will not be counted. Each type of turn can only be counted twice.
- Turns that can be counted toward the level are rocker, counter, bracket, traveling, loop. Each type of turn can only be counted twice.
- Three turns are considered a turn for the cluster feature, but NOT as a turn to be counted for the level.
- For Tots: To achieve level each skater must have one of each of four (4) steps and turns confirmed: Inside Three Turn, Outside Three turn, Open Mohawk, traveling (one clockwise and one anticlockwise allowed). No features are required to be confirmed for the Tot skater to achieve level 1.
- For feature number 1: body movements should be distributed throughout the sequence with steps/turns in between. Body movements presented one after another will be counted as only one movement. Body movements performed at the beginning or at the end of the sequence while the skater/s are not skating, will not be counted.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music.
- For feature number 4: loops and traveling performed on either foot in an anticlockwise direction will be considered left foot execution and loops and traveling performed on either foot in a clockwise direction will be considered right foot execution for the purpose of counting

turns on different feet. It is not mandatory to perform the same type of turns in both directions, and with both feet to be considered towards the level.
- For categories with a maximum level of three (3) or below: If the skater presents more than one extra turn than required for the maximum level of the category the level will be reduced by one (1).
- The skaters can present as many features as they like.

DANCE HOLD FOOTWORK SEQUENCE

Base level requirements:
- Skaters must include steps/linking steps.
- Skaters must be in hold.
- The pattern is free. It has time limit depending on the category.
- The couple must perform a minimum of two (2) different recognized dance positions*.

*Appendix 1 – Recognized dance positions.

Levels

Level Base – HoB	Level 1 – Ho1	Level 2 – Ho2	Level 3 – Ho3	Level 4 – Ho4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns and must include one (1) feature (chosen between feature 1 or 2 only).	Level B AND must perform 6 turns and must include two (2) different features and three (3) different holds. (one of them must be feature 1 or 2).	Level B AND must perform 8 turns and must include three (3) different features and three (3) different holds.	Level B AND must perform 8 turns and must include four (4) different features and three (3) different holds.

Features

1. Body movements: three (3) different body movements by both skaters are required; they must be one from each spatial group: high, medium, low. Body Movements to be considered for the feature should be presented during a hold. Hand in hand will not be considered a hold.
2. Choctaws: skaters must add two (2) Choctaws, one clockwise and the other anticlockwise. Only Choctaws from forwards to backwards, and closed Choctaws from backward to forward will be considered. Choctaws must demonstrate correct and clear edges.
3. Cluster: to be considered as a feature, both partners must perform a cluster where the three (3) of the turns presented in the cluster must be confirmed.
4. Turns on different feet: turns confirmed required for the level must be presented both on the right foot and on the left foot, or clockwise and

anticlockwise for loops and traveling's. They must be evenly distributed between the left foot/anticlockwise and the right foot/clockwise. See Clarifications. Applicable from Level 2.

5. Loops: both skaters must perform two (2) confirmed loops, one clockwise and the other anticlockwise. They cannot be performed one after another without performing at least one hold between.

Clarifications

- Clarifications for 'No Hold footwork sequence' apply.
- The turns can be executed simultaneously or not. To be evaluated by the technical panel, turns must be executed while the couple is in hold (not during the quick change of position where the couple is in no hold position) except for traveling and loops that, can be performed during the quick changes of position and can be counted as turns towards the level e.g:
    - Both partners execute travelings or loops.
    - One partner executes a mohawk (two feet turn) the other the loop or the traveling.
- Traveling and loops cannot be presented one after another without at least one hold in between. Hand in hand will not be considered a hold. If they are presented without at least one hold between, the second traveling or loop will not be confirmed.
- To call the dance positions skaters must perform at least one turn while in the position (the other skater can perform any other step).
- During the cluster only the first dance hold will be taken into consideration in counting the dance holds towards the level.
- Stops and go (less than 3 seconds) are permitted if they need to characterize the music.
- The release of contact is permitted only for quick changes of hold/position and for the execution of traveling and loops (regardless of if they are executed at the same time or not).
- The position "hand in hand" is not considered a recognized position.
- Kilian and Kilian Reverse must NOT be considered two different holds.
- The change of position must be:
    - Switching between recognized positions: this happens when the couple changes from a recognized position to another recognized position and during this change one of the partners changes the direction. E.g. Kilian to Waltz, Waltz to Foxtrot, Tango to Tandem etc. Note: it will not be considered a change of position the transition Kilian to Foxtrot (positions with skaters both side by side and with the same direction) or Waltz to Tango (positions with partners in the opposite direction to each other where they both remain on the same direction).
    - Pass through positions coded: this happens when a couple uses not recognized "creative positions" before assuming a recognized position. In such changes of positions, it is not necessary to have a change of direction.

Note: turns executed during the dance hold footwork sequence can be the same between the two skaters (e.g. 2 brackets and 2 rockers), or different (e.g. one skater executes a turn and the other a step).

CHOREOGRAPHIC STOP

The element begins with the transition from the previous element and ends with the transition into the next element. If performed as the first or last element of the program there must be transitions before and after the element.

The Choreographic Stop is an element used by the skaters to interpret, emphasize and perform moves to emphasize the music. The skaters must demonstrate sensitivity to the music and apply their athletic, flexibility and theatrical skills to perform to the audience and judges.

- The Choreographic stop will have a fixed value of three (3.0) points.
- The skaters must start from a stopped position.
- The displacement of the skaters from the initial stopped position shall be no more than of an imaginary circle range of 10m diameter from the initial place of stop and can be in any direction
- The sequence must be max 15 seconds.
- The skaters have all the freedom for using sequences of steps; small jumps; rotational movements; acrobatic movements; aesthetic movements, flexibility movements, dance moves and so on.
- The technical panel will call the element, and the judges will give their QOE.

Clarifications

- The elements used for the Choreographic stop will not count for the dance limitations (like lifts, jumps, spins, laying on the floor, stops).
    - Assisted Jumps: Choreographic of up to one rotation are allowed. They should not be performed with a prolonged preparation or exit like in free skating.
    - Spins: Creative spins are allowed on the toe stop. The skaters may present a contact or individual spin. If individual both skaters must execute a spin.
    - Laying on the floor: The skaters are free to be in contact on the floor during the execution of the element.
    - Lifts: Maximum 5 seconds.

DANCE LIFTS

Kinds of lifts:

- Stationary position.
- Rotational.
- Combination: stationary position + rotational.
- Choreographic.

For all the lifts, the maximum time allowed is ten (10) seconds, except for the combination lift to which the maximum time allowed is fifteen (15) seconds.

It is not allowed to execute lifts at the beginning of the program when the lifted partner is already lifted or finish with a lift where the lifted partner does not exit the lift. If this happens the lift will be called no level.

General rules

- The sustaining partner's hands may go above their own head as long as the hips of the lifted partner remain below the sustaining partner's head.
- The lifted partner's hips may go above the sustaining partner's head as long as the sustaining partner's hands do not go above their own head.
- A dance lift occurs when the partner is lifted in the air for at least two (2) seconds (less than two (2) seconds is not considered a lift).
- Each type of difficult position/entry, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.
- If the skaters present more features than required for the maximum level of the category the level will be reduced by one (1).

Difficult positions

Difficult position for the lifted partner

A. Full split: when the legs are spread and extended at a straight angle (180°). Supports are free. The lifting partner may use one arm to assist the lifted partner reach the split position.
B. Full biellmann: position for the lifted partner, the heel of the skate (sustained by the hands (2 or 1) brought behind the bust (on the sagittal plane) and at the same level as the head or above the head. Supports are free. The position must be held without the help of the lifting partner. The free leg and the back should be at less than 90°.
C. Full ring: the upper body is arched backward with one or both heels close to the head (describing a complete circle). Supports are free. The position must be held without the help of the lifting partner.
D. Head upside down: upside down vertical position for the lifted partner with the head close to the rink. The head of the lifted partner must be lower than the hips of the lifting partner. Total supports maximum three (3). Torso is not to be used as a support.

E. Cantilever: the position of the lifted partner is vertical/oblique and cantilevered out: the lifted partner is extended away from the lifting partner. Total supports maximum two (2).
F. Balancing: horizontal position of either lifting or lifted partner. The final position of the two partners should be reached with the center of gravity situated far from the skating foot of the lifting partner. Total supports maximum two (2).
G. Leg Lift: one point of support must be one leg (from the hips to the foot). Total supports maximum two (2) including the support on the leg.
H. Layback: the lifted partner is in a supine position (defined by the position of the hips, torso and chest facing upwards while the back is arched) without being supported by the lifting partner above the thigh. Maximum two (2) points of contact allowed.
I. Shoulder back: horizontal position of the lifted partner with just one support given by one shoulder of the lifting partner.
J. Static Hold: Lifted partner holds the lower body away from the lifting partner (at least 45 degrees) with just the strength of the upper body and core. The lifting partner cannot support the lifted lower than the level of the underarm.

Difficult position of the lifting partner
a. One foot (For rotational: one revolution).
b. Outside, inside, or flat spread eagles or Ina bauer inside and outside.
c. Bended (sit position) 90° / complete squat.
d. One or no contact arm/hand.
Appendix 2 – Examples difficult positions for the lifts.

Difficult variations

Change of Position (COP)

When to consider a change of position of the lifted partner
- The lifted partner changes hold and position in a significant way.
- The change of hold and position are executed at the same time.
- Different positions must be clear and defined.

Change of hold means that the contact area is different.

Examples: holding with the legs to hold with arms (or vice versa); holding with one arm to hold with the opposite arm.

Different position means the body pose and/or the body axis change in a significant way. Merely changing the position of arm(s) and/or leg(s) do not constitute a “Change of Position” feature.

Example: the woman changes the plane of the body axis (vertical to horizontal or vice-versa).

Creative/difficult entry or exit
a. Unexpected entry. From an acrobatic movement: i.e. cartwheel, landing on the lifting partner from a jump, etc.

b. Difficult transition on entry: from a turn. Counter, Rocker or Choctaw from forward to backward will be accepted. It should be performed by the partner to be lifted, and it must be right before the take-off on clear edges. Exit edge cannot change before take-off.
c. Difficult transition on entry or exit: From a Spread Eagle or Ina Bauer.
d. Assisted jump on entry: a minimum ½ rotation assisted jump.
e. Rotation on entry or exit: minimum one (1) rotation on the sagittal plane or on the horizontal one, supported by the lifting partner.
f. One hand hold landing: Where the lifting partner uses one hand point of contact and the lifted partner does not touch the lifting partner with any other part of the body.

Stationary lifts - levels

Base level requirements:
The lifting partner will not perform any rotation and the lifted partner will stay in a stationary position for at least three (3) seconds. Seconds will start from the definition of the position of the lifted partner. The lifting partner is allowed to do a half rotation to enter the lift and a half rotation to exit. The maximum time allowed for the execution of the stationary lift is ten (10) seconds.

Level Base – StLiB	Level 1 – StLi1	Level 2 – StLi2	Level 3 – StLi3	Level 4 – StLi4
A Stationary Lift that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B and must include two (2) features.	Level B and must include three (3) features.	Level B and must include four (4) features.

Features

1. Change of position: each position must be held for at least between one (1) and two (2) seconds.
2. Difficult entry or exit: to be considered, it must immediately precede or follow the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: it must be kept for at least between one (1) and two (2) seconds in a position if presented with feature number one (1), or at least between two (2) or three (3) seconds if presented in a one position lift.
4. Difficult position of the lifted partner: it must be kept for at least between one (1) and two (2) seconds in a position if presented with feature number one (1), or at least between two (2) or three (3) seconds if presented in a one position lift.

Rotational lifts – levels

Base level requirements:
One rotational lift of at least three (3) revolutions of the lifting partner and the lifted partner must be in one position for at least two (2) rotations. The maximum time allowed for the execution of the rotational lift is ten (10) seconds.

Level Base – RtLiB	Level 1 – RtLi1	Level 2 – RtLi2	Level 3 – RtLi3	Level 4 – RtLi4
A Rotational Lift that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B and must include two (2) features.	Level B and must include three (3) features.	Level B and must include four (4) features.

Features

1. Change of position: each position must be held for at least for two (2) revolutions. The total number of revolutions should be more than four (4).
2. Difficult entry or exit: to be considered, it must immediately precede or follow the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: it must be kept for at least two (2) revolutions in a position if presented with feature number one (1), or three (3) revolutions if presented in a one position lift.
4. Difficult position of the lifted partner: it must be kept for at least two (2) revolutions in a position if presented with feature number one (1), or three (3) revolutions if presented in a one position lift.
5. Number of revolutions: six (6) revolutions for the lifting partner. The half revolution in the exit will not be considered part of the revolutions.
6. Continuous movement of the leg/s of the lifted partner: the movement can be a continuous or a repeated movement throughout the element at least for 2 revolutions.

Combination lifts - levels

This lift is a combination of a stationary lift and a rotational lift.

It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.

Base level requirements:
A lift with one (1) stationary position held for two (2) seconds combined with a rotational lift of three (3) revolutions of the lifting partner. The maximum time allowed for the execution of the combination lift is fifteen (15) seconds.

Level Base – CliLiB	Level 1 – CliLi1	Level 2 – CliLi2	Level 3 – CliLi3	Level 4 – CliLi4
A Combo Lift that meets the basic requirements and calling specifications.	Level B and must include one (1) feature.	Level B and must include two (2) features and three (3) revolutions by the lifting partner in the rotational.	Level B and must include three (3) features and four (4) revolutions by the lifting partner in the rotational.	Level B and must include four (4) features and five (5) revolutions by the lifting partner in the rotational.

Features

1. Change of position: each position must be held for at least for two (2) revolutions if executed in the rotational or at least between one (1) and two (2) seconds if executed in the stationary. Note: the two (2) stationary positions do not have to be in succession, example: stationary 1 – rotational – stationary 2. The COP feature can be performed between the stationary and rotational parts, within the stationary part or within the rotational part, however the COP feature will only be considered once as a feature toward the level.
2. Difficult entry or exit: to be considered, it must immediately precede or follow the lift, so it challenges and makes the lift more difficult. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.
3. Difficult position of the lifting partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds if presented with feature (1), two (2) to three (3) seconds otherwise.
4. Difficult position of the lifted partner: if presented in the rotational part, it must be kept for one rotation less than the number of rotations required for the level, unless presented with feature 1 in which case the difficult position must be kept for at least two (2) revolutions; if presented in the stationary part, it must be kept for at least one (1) and two (2) seconds the stationary part if presented with feature (1), two (2) to three (3) seconds otherwise.

Choreographic lift

The choreographic lift will have a set value of two (2) points (there are no levels). Judges will give their QOE based on the characteristics listed in the table (refer to section 6. QOE).

- The choreographic lift will be inserted to enhance or underline a part of the choreography.

- The lift must be done in movement across the floor, not in stationary or stopped position.
- The lift must be a minimum of three (3) seconds and cannot last more than ten (10) seconds.
- Supports are free.

CLUSTERS SEQUENCES

No hold cluster sequences

Base level no hold cluster requirements:

- The couple must introduce two (2) set of clusters separated by dance steps or two feet turns (no one foot turns).
- The sets MUST be the same for both partners. The skaters have not to be in hold but skating alone. They should be as close as possible, and they are free to use whatever turn they want (except for where the choice of formation requires otherwise. For example, if the couple performs a cluster sequence in mirror image of each other).
- Each set must start with at least three (3) different turns. Change of edges are always allowed except after the difficult entry.
- Both sets must be different: it is possible to use the same turns in each set but in a different order.
- For Base Level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.
- If the skaters, after the second set remain in a no hold position before the following element, it will be considered one of the separations allowed by the referee as per the separation rules.

Levels

Level Base – ClSqB	Level 1 – ClSq1	Level 2 – ClSq2	Level 3 – ClSq3	Level 4 – ClSq4
A cluster sequence that meets the basic requirements and calling specifications.	Level B and three (3) confirmed turns in each set AND must include one (1) feature.	Level B and three (3) confirmed turns in each set AND must include two (2) different features.	Level B AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.	Level B AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different features.

Features

1. Difficult entries in both sets.
   a. Difficult entries can be: Choctaw, Ina Bauer (using a minimum of six (6) wheels) or Spread Eagle, Jump of one (1) complete rotation.
   b. The difficult entries for each set must be different.
   c. Only Choctaws from forwards to backwards and closed Choctaws from backward to forward will be considered.
2. Body movements: skaters must present two (2) body movements: one body movement in the first set and one body movement in the second set. The two (2) body movements must be from different spatial groups. They cannot be executed at the end or at the beginning of the sets they must be executed during or between the turns.
3. Different feet: one set must be executed on the right foot and one set on the left foot.
4. Mirror: set of clusters performed side by side with the skaters executing the turns in a mirror formation.
5. Crossing patterns: skaters should cross their pattern in one of the sets. This must happen during the execution of the turns and not during the connecting steps.

No Hold One Set Cluster

Base level cluster requirements:

- The skaters must introduce one (1) cluster. The set must be of at least three (3) turns.
- The set must start with at least three (3) different turns. Change of edge is allowed in between all the turns except after the difficult entry.
- For base level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.

Levels

Level Base – 1SClSqCB	Level 1 – 1SClSqC1	Level 2 – 1SClSqC2	Level 3 – 1SClSqC3	Level 4 – 1SClSqC4
A cluster sequence that meets the basic requirements and calling specifications.	Level B and three (3) confirmed turns AND must include one (1) feature.	Level B and three (3) confirmed turns AND must include two (2) different features.	Level B AND the skater must perform four (4) confirmed turns AND must include three (3) different features.	Level B AND the skater must perform five (5) confirmed turns AND must include three (3) different features.

Features

1. Difficult entry.
    a. Difficult entries can be Choctaw, Ina Bauer (using a minimum of six (6) wheels) OR Spread Eagle, Jump of one (1) complete rotation.
    b. Only Choctaws from forwards to backwards and closed Choctaws from backward to forward will be considered.
2. Body movements: skaters must present two (2) body movements: The two (2) body movements must be from spatial different groups. They cannot be executed at the end or at the beginning of the sets they must be executed during or between the turns. They cannot be executed one after the other without a turn or feature in between.
3. Jump: One (1) rotation jump in between turns. Landing edge must be clear and stable to allow the correct execution of the following turn/s. This feature cannot be used if Jump was performed as difficult entry. Use of the toe-stop is not allowed in take-off or landing.
4. Loop: a confirmed loop execution in a fluid motion.

Clarifications

- If the skater falls or there is a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption.
- If there is an interruption or a loss of control momentarily and the skater is able to continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption.
- Skaters may execute up to 5 turns.
- The skaters can present as many features as they like.
- Traveling as a turn for the cluster will only be considered once for the entire element.
- Three turn is not allowed.
- One rotation jump used as a difficult entry or as feature number 3 are counted within the maximum allowed jumps in the program.

For difficult entries:

- The difficult entries must precede immediately the first turn of the set.
- Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not possible to execute a change of edge before the first turn.
- Jumps. They must be very clear to be considered as difficult entries, and the turns of the set must begin immediately after the edge is taken.

- Difficult entries used MUST be different than the ones used for traveling.
- A difficult entry may be confirmed even if the first turn is not confirmed.

Hold clusters sequences

Base Level Hold Cluster requirements:

- The couple must introduce two (2) set of clusters separated by dance steps or two feet turns (no one foot turns). Each set must be of at least three (3) turns. No change of edge is allowed in the first two turns of the cluster.
- The couple can never break the hold during the execution of the sequences; the holds can be recognized or not.
- Each set must start with at least three (3) different turns. Change of edges are always allowed except after the difficult entry.
- Partners can execute different turns within the set or the same turns.
- It is allowed for the couple to execute the steps between the sets in a no hold position however, before the first turn of the second sequence, they must be in dance hold.
- Both sets must be different: it is possible to use the same turns in the sets but in a different order.
- For Base level the presentation of the element with the above requirements is mandatory, even if the turns are not confirmed.

Levels

Level Base – HClSqB	Level 1 – HClSq1	Level 2 – HClSq2	Level 3 – HClSq3	Level 4 – HClSq4
A cluster sequence that meets the basic requirements and calling specifications.	Level B and three (3) confirmed turns in each set AND must include one (1) feature.	Level B and three (3) confirmed turns in each set AND must include two (2) different features.	Level B AND the skater must perform three (3) confirmed turns in one set and four (4) confirmed turns in the other set AND must include three (3) different features.	Level B AND the skater must perform four (4) confirmed turns in the two sets and must include three (3) different features.

Features

1. Difficult entries in both sets.
   a. Difficult entries can be Choctaw, Ina Bauer (using a minimum of six (6) wheels) or Spread Eagle, Assisted jump of at least ½ rotation.
   b. The difficult entries for each set must be different.
   c. Only Choctaws from forwards to backwards, and closed Choctaws from backward to forward will be considered.
2. Different feet: one set must be executed on the right foot and one set on the left foot.

3. Loops or Travelings
   a. The couple need to introduce a minimum of one loop or one traveling in each set of the cluster.
   b. As a minimum, in one set a loop or traveling will be performed by the man and in one set a loop or traveling will be performed by the lady.

Clarifications for Hold and No Hold clusters sequences

- If a loss of control with additional support (touch down by free leg/foot and/or hand/s) occurs after the cluster has started and the execution of the element continues after the touch down, only the part before the touch down will be considered for the level.
- If the skater falls or there is a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption.
- If there is an interruption or a loss of control momentarily and the skater can continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption.
  i.e. If the skater touches down momentarily after three confirmed turns in the first set and then continues to complete a second set, the technical panel will consider the first set of three confirmed turns and what was completed after the interruption in the subsequent set.
- Skaters may execute up to 4 turns in each set.
- The skaters can present as many features as they like.
- Traveling as a turn for the cluster will only be considered once for the entire element.
- Three turns as a turn for the cluster will only be considered once for the entire element.
- One rotation jump used as a difficult entry are counted within the maximum allowed jumps in the program.

For difficult entries:

- The difficult entries must precede immediately the first turn of the set. In the second sequence, the difficult entry must be the step preceding the first turn of the second sequence.
- The two partners must execute the same difficult entries for no hold cluster, however for the hold cluster they may be different.
- Spread Eagles/Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not possible to execute a change of edge before the first turn.
- For Hold Cluster: Choctaw as a difficult entry can be performed by one or both partners to be considered.
- Jumps. They must be very clear to be considered as difficult entries, and the turns of the set must begin immediately after the edge is taken.

- Difficult entries used MUST be different than the ones used for traveling.
- A difficult entry may be confirmed even if the first turn is not confirmed.

TRAVELING SEQUENCES

Base level traveling requirements:

- Two (2) sets of a minimum of two (2) rotations.
- Maximum duration of the traveling is fifteen (15) seconds.

Levels

Level Base – TrB	Level 1 – Tr1	Level 2 – Tr2	Level 3 – Tr3	Level 4 – Tr4
A traveling sequence of at least two (2) rotations that meets the basic requirements and calling specifications.	Level B AND each set must be of at least three (3) rotations and must include one (1) feature.	Level B AND each set must be of at least three (3) rotations and must include two (2) features from two different groups. One of the sets must be in different direction.	Level B AND each set must be of at least three (3) rotations and must include three (3) features, from three different groups. One of the sets must be in different direction.	Level B AND each set must be of at least four (4) rotations and must include four (4) features, from four different groups. One of the sets must be in different direction.

Features

<u>Group 1</u>

a. Difficult entry into the first set of the element:
   i. Spread Eagles OR Ina Bauer (minimum of 6 wheels): it is not allowed to change the edge before starting rotation and the characteristics must be maintained until the entry of the first set.
   ii. Jump must be of 1 revolution (360°): landing edge must be entry edge to the traveling.
   iii. Choctaw: only Choctaws from forwards to backwards, and closed Choctaws from backward to forward will be considered. it is not allowed to change the edge before starting rotation.
   iv. Turns: rocker or counter: it is not allowed to change the edge before starting rotation.
   v. Stag Jump or Split. Toe stop is allowed on the landing of the leap.

<u>Group 2</u>

a. Elbow(s) at least level with or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).
b. Significant continuous motion of arms during required number of rotations.
c. Clasped hands behind the back and far from it.
d. Arms, one behind and the other in front like a screw.

e. Straight arms clasped in front & extended away from the body (between the waist and chest level and lower than the level of shoulder).

Group 3

a. Free leg crossed in front or behind under the knee line (pirouettes).
b. Free skate wheels held by one or two hands.
c. High free leg stretched or bent lateral (at least 45-degree angle from the vertical).

Group 4 – Extra features (For categories Cadet, Youth, Junior and Senior ONLY)

Confirmed extra features will be awarded a bonus percentage of the value of the element as indicated below.

a. Third traveling set (+1.1).
    i. Must be presented third in the sequence of travelling.
    ii. Must be of at least the number of rotations required for the maximum level of the category.
    iii. Must be executed within the ten (10) seconds allowed.
    iv. Feature 1b or features from Group 2 or Group 3 can be presented during the third set of traveling. One of these additional features may be included in the features to get the level.
    v. Change of direction required can be executed between the second and third set.
b. Continuous motion of the free leg (+1.0). Movement needs to start within the first complete revolution and finish during the last revolution.
c. Core of body is shifted from vertical axis laterally or torso twisted at least 45 degrees (+1.7).
d. Free leg in a static position. For this position the free foot should be higher than the hip. Position can be reached also with the help of a hold. (+1.3).
e. Mirror. Set of travelings performed with the skaters rotating in opposite directions. (+1.2 bonus). To be confirmed the skaters should be synchronized.
f. Crossing patterns. The skaters should cross their pattern in one or both of the sets. This must happen during the execution of the rotations and not during the connecting steps. (+1.4 bonus).
g. Changing the level of the skating leg (knee) with a continuous wave motion (+2.0). Movement needs to start within the first complete revolution and finish during the last revolution.

All the Features presented in the Style Dance will not be taken into consideration in the Free Dance.

Appendix 3 – Traveling features.

Clarifications

- If one (1) of the sets is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling

sequence will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2). If two (2) of the sets are executed with clear three turns, then the level will be no higher than Level Base.

- If the skater falls or there is any interruption or loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the traveling is called for what has been done before the fall or interruption.
- If there is an interruption or a loss of control momentarily and the skater can continue the element, the technical panel can consider what was completed before the interruption if two revolutions minimum have been completed and continue to consider what the skater completes after the interruption.
  i.e. If the skater touches down momentarily after two revolutions in the first set and then continues to complete a second or third set in the element, the technical panel will consider the first set of two revolutions and what was completed after the interruption in the subsequent sets.
- The rotations of the traveling should be fast and demonstrate ability to keep control of the body axis.
- Pushing with toe-stop or stopping before the traveling starts or during the steps-turns between sets is not allowed and would result in the level being lowered by one (1).
- There must be at least two clear steps between sets of travelling with no pushing from the toe stop to gain speed. If this occurs the traveling will be reduced one (1) level.
- Skaters can use the first half revolution to reach the position required by a feature.
- Features should be performed correctly and for the entirety of the set to be considered and must be different to be counted to the level.
- A jump used as a difficult entry will count toward the number of allowed jumps in the program.
- There is no maximum to the number of revolutions performed, however the features, turns and connecting steps will be timed as part of the allowed time. All the features and turns done after the maximum time is reached will not be counted for the level.
- There is no maximum to the number of features performed, however in the case of the Extra Feature only one will be considered with the bonus. This will the most difficult of the confirmed extra features performed.
- Difficult entries used MUST be different than the ones used for cluster.
- Features from groups 2 and 3, will not be considered in the execution of extra features b, c, d and g. Even if the extra feature is attempted but not confirmed.

ONE PARTNER FOOTWORK SEQUENCE

It is mandatory to specify on the program content sheet if it will be the lady or man performing the turns to be counted by the TP.

Base level requirements:

- One of the two partners must present steps/turns/connecting steps.
- The sequence must be in hold. At least 3 different holds must be presented even if not recognizable ones.
- Maximum time allowed 25 seconds.

Levels

Level Base – OPFB	Level 1 – OPF1	Level 2 – OPF2	Level 3 – OPF3	Level 4 – OPF4
A footwork sequence that meets the basic requirements and calling specifications.	Level B AND must perform 4 turns.	Level B AND must perform 4 turns and must include one (1) feature.	Level B AND must perform 5 turns and must include two (2) different features.	Level B AND must perform 6 turns and must include three (3) different features.

Features

1. Assisted jump.
2. Lift: of two revolutions.
3. Two body movements: for both skaters (they can be the same or different in between skaters). The two BM must come from different spatial groups.

Clarifications

- No more than 6 turns (including Choctaw and loop) are allowed. If more than 6 turns are presented the level will be reduced by one.
- The Choctaw (from forward to backward) and closed Choctaws from backward to forward will be counted as turn but only once (if there are more Choctaws in the sequence).
- All features to be considered confirmed must be completed within the 25 seconds allowed.
- Only one traveling is allowed.
- Three turns are not considered.
- Each kind of turn (except traveling) can be repeated but the second time will be considered only if executed on a different foot than the previous or in different skating direction (backward to forward or forward to backward).

CHOREOGRAPHIC POSE

The Choreographic pose is a held position of the couple that creates an interesting or artistic design in space.

The choreographic pose will have a set value of two (2) points (there are no levels). Judges will give their QOE based on the characteristics listed in the table (refer to section 6. QOE).

- The choreographic pose will be inserted to enhance or underline a part of the choreography.
- It cannot last more than five (5) seconds.
- Supports are free.

LIMITATIONS

Dance lifts: no additional lift is permitted.

Dance spin: a maximum of two (2) dance spins, done in hold with a minimum of two (2) rotations. Including the spins performed in technical elements. Less than two (2) rotations are not considered a spin. Lifted spins are not permitted. Spins are not allowed in the footwork sequence.

Dance jumps: a maximum of two (2) jumps (each skater) of one (1) rotation each (no more than one rotation in the air). Jumps shall not be considered as elements of technical value. The required jumps used as features of the technical elements will be counted in the two (2) allowed. Jumps are not allowed in the footwork sequence.

Stop: a stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to maximum of eight (8) seconds. A maximum of two (2) stops may be executed during the program for a minimum of three (3) seconds to a maximum of eight (8) seconds each for a maximum allowed distance of separation of four (4) meters (excluding the beginning and the end).

Stationary positions: kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). If both partners are on the floor at the same time, it shall be considered as once. Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown.

Beginning and end of the program: the skaters may not exceed eight (8) seconds of being stopped.

Separations permitted:

- At the beginning and the end of the program for a maximum time of eight (8) seconds.
- During the stop where the separation is for a maximum of eight (8) seconds and for a maximum distance of four (4) meters between the partners

- Style dance: for only one (1) time during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between the partners (except were prohibited by the rules).
- Free dance: for only two (2) times during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between them.
- For quick changes of position/hold between the partners during the entire program.

QOE

Judges will score each technical element with the QOE and will give from -3 to +3 taking into consideration the following guidelines for each technical element.

ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
SEQUENCES/ SECTIONS OF COMPULSORY / PATTERN DANCE	-3	-2	-1	Base	+1	+2	+3
Quality/correctness of edges/steps/ turns for the whole pattern dance element	40% or less clean edges/ steps/turns with many errors	50% clean edges/steps/ turns with 2 major errors	60% clean edges/steps/ turns with 1 major error	75% clean edges/steps/ turns with no major error	80% clean edges/steps/turns with no major error	90% clean edges/step/turns with no major error	100% clean edges/step/ turns
Depth of edges	Very flat	Generally flat	Some flats	Shallow	Good curves	Deep	Very deep
Correct holds	40%	50%	60%	75%	80%	90%	100%
Correct tracking, restart and its repetition	40%	50%	60%	75%	80%	90%	100%
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
DANCE LIFTS	-3	-2	-1	Base	+1	+2	+3
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/ effortless
Stability	Lose balance	Unstable	Variable	Stable	Sure	Confident	Relaxed/bold
Change of position	Awkward	Discontinuous	Labored	Controlled	Smooth	Flowing	Effortless
Rotation technique	Awkward/ very slow	Unstable, scraped turns	Discontinuous weak turns	Continuous	Smooth	Flowing and fast	Flowing and very fast

Positions of both skaters	Completely uncontrolled	Some lack of control and aestheticall y wrong	Aesthetical ly wrong	Controlled and basic positions	Good control and positions	Very Good control and positions	Clever and very controlled positions
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTAB LE	GOOD	VERY GOOD	OUTSTANDI NG/ EXCELLENT
CHOREO LIFT	-3	-2	-1	Base	+1	+2	+3
Entry/exit	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Ascendant/ descent	Very brief	Struggling	Much effort	Some effort	Little effort	With ease	Floating/effo rtless
Music	Not coherent with the music and choreograph y	No choreogra phic reason Poor in originality	Good but meaningle ss	Some coherence with the music and choreogra phy	On the music	Coherent with the theme and the choreograph y Original	Absolutely in the flow of the music and on the meaning of the theme, originality
Positions of both skaters	Completely uncontrolled	Some lack of control and aestheticall y wrong	Aesthetical ly wrong	Controlled and basic positions	Good control and positions	Very Good control and positions	clever and very controlled positions
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTAB LE	GOOD	VERY GOOD	OUTSTANDI NG/ EXCELLENT
CHOREO POSE	-3	-2	-1	Base	+1	+2	+3
Execution	Shaky/ dropped	Fumbling	Hesitant/ abrupt	Sure/ solid	Smooth	Flowing	Seamless
Music	Not coherent with the music and choreograph y	No choreogra phic reason Poor in originality	Good but meaningle ss	Some coherence with the music and choreogra phy	On the music	Coherent with the theme and the choreograph y Original	Absolutely in the flow of the music and on the meaning of the theme, originality
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTAB LE	GOOD	VERY GOOD	OUTSTANDI NG/ EXCELLENT
FOOTWORK SEQUENCES INC. ONE PARTNER	-3	-2	-1	Base	+1	+2	+3
Edges/surene ss	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong, confident	Deep and bold
Speed and flow	Struggling, labored, forced	Deteriorate s or limited	Inconsisten t/variable	Some speed and some flow	Good speed with variable flow	Considerabl e speed and constant flow	Considerabl e speed achieved effortlessly and fluidly
Partner balance	Both very poor	Both poor	Unequal	Differ slightly	Both good	Both very good	Both excellent
Footwork	Both on two feet or both toe-pushing	Wide stepping or one on two	Variable Mostly in one part of	Generally correct	Correct	Clean and neat	Clean and effortless

	Just in one part of the sequence	feet or toe-pushing Just in one part of the sequence	the sequence	And correctly distributed			
Turns	Jumped/ awkward	Skidded	Forced	Majority correct	Clean	Clean and neat	Clean and effortless
Spacing between partners (not touching)	Uncontrolled	Deteriorates	Variable	Little variation	Controlled	Consistent and close	Consistent and very close with ease
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Pattern & distribution	Very poor pattern and/or large sections without steps/turns	Poor in pattern and/or multiple errors in distribution	Basic pattern and/or at least one noticeable distribution error	Limited variations in pathways and/or some illogical distribution	Some varied pathways and consistent distribution	Many variations in pathways, and logical distribution	Intricate pattern with logical & even distribution throughout
Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality	Good musicality	Very good musicality	Clever and exquisite
Managing Holds	Struggling and uncontrolled	Awkward	Labored/ variable	Generally correct and controlled	Correct & controlled	Very good control & positioning	Smooth & effortless
Managing features (for one partner)	Struggling and uncontrolled	Awkward	Labored/ variable	Generally correct and controlled	Correct & controlled	Very good control and quality	Smooth, effortless and superb quality
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
CLUSTER/ONE SET CLUSTER SEQ	-3	-2	-1	Base	+1	+2	+3
Entry/completion	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/stable	Sure and smooth	With ease	Seamless
Footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Connecting steps footwork	Completely uncontrolled or poor variety	Some lack of control and wide stepping, limited variety	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Edges	Very flat and shaky	Generally flat and hesitant	Some flats and variable stability	Shallow but stable	Good curves and secure	Strong confident	Deep and bold
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater

Musicality	No musicality	Poor in musicality	Some musicality	Moderate musicality.	Good musicality	Very good musicality	Clever and exquisite
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/ EXCELLENT
TRAVELING SEQUENCES	-3	-2	-1	Base	+1	+2	+3
Entry/ Completion	Awkward/ off balance	Hesitant/ lack of control	Abrupt	Sure/ stable	Sure and smooth	With ease	Seamless
Connecting steps footwork	Completely uncontrolled	Some lack of control and wide stepping	Labored/ variable	Sure/ clean	Smooth/ neat	Very good and stylish and fast transition	Clever and exquisite and fast transition
Spacing between partners	Completely uncontrolled	Deteriorates	Variable	Little variation	Consistent	Consistent and close	Consistent and very close
Rotational speed	Very slow	Slow	Variable	Normal	Good	Fast	Very fast
Synchronization	Absolutely missing	Some moments	Variable	Correct	Correct and lines matching	Perfectly matching	Like one skater
Position of the free leg	Completely uncontrolled	Some lack of control and aestheticall y wrong	Aesthetically wrong	Controlled and basic positions	Good control and position	Very Good control and position	Clever and very controlled position
Musical relationship	Absolutely no musical relevance	Some musical reasoning	Element makes sense in its musical placement	Beginning of the element matches musical nuance	Musical relationship in at least one set	Musical Relationship with both sets	Perfect harmonious relationship with music in every turn, step & feature.
ASPECTS	VERY POOR	POOR	MEDIOCRE	ACCEPTABLE	GOOD	VERY GOOD	OUTSTANDING/EXCELLENT
CHOREO STOP	-3	-2	-1	Base	+1	+2	+3
Timing	40% or less	50% clean	60% clean	75% clean	80% clean	90% clean	100%
Variety, originality, musicality	No variety, no originality, no musicality	Poor in variety, originality and musicality	Some variety and original parts, no musicality	Some variety and original parts, some music match.	Good variety and originality, musicality	Very good variety and originality, musicality	Clever and exquisite
Energy, control	Completely uncontrolled, no energy	Some lack of control and energy	Labored/ variable	Sure/clean	Smooth/ neat	Very good and stylish	Clever and exquisite
Involvement, movements, choreographed with the music	Completely lack of involvement and movements	Lack of involvement and movements	Some lack of involvement and movements	Basic movements and some involvement	Good movements and involvement	Very good movements and involvement	Completely involved and fine movements

CLARIFICATIONS

- Falls: in addition to the deduction to the sum at the end of the program, the judges should apply a negative QOE like this: -2 for the fall of one (1) skater, -3 for the fall of two (2) skaters.
- For compulsory dance: if the skater changes (i.e. does not attempt the correct execution of the step as described in the dance book and replaces it with any other step) the judges must give negative QOE.
- For footwork sequences turns and/or steps must be distributed throughout the sequence. There should be no long sections without turns or steps. If not, the judges will give negative QOE.
- In addition to the aspects listed in the table above judges should consider the quality of execution of all features and originality in the elements.

PENALIZATIONS

A deduction of one point (1.0) (unless otherwise specified) will be applied to the sum of technical content and artistic impression each time one of the following is executed:

BY THE REFEREE

Style dance: wrong rhythm, rules on the music for the compulsory dance sequence not achieved.	1.0 point
No correct BPM for the Style Dance Pattern sequence	1.0 point
More than the allowed separations	1.0 point
Kneeling or laying on the floor more than twice or more than maximum five (5) seconds (including beginning and end).	1.0 point
Stopping more than twice or more than maximum eight (8) seconds (excluding beginning and end) or being separated more than 4m during a stop.	1.0 point
Costume violation (with opinion of judges)	1.0 point
Time of the program less than the minimum or more than the maximum.	0.5 point each 10 secs or part thereof
The time from the start of the music and the first movement is more than 10 seconds	0.5 point
Music with inappropriate or expletive lyrics in any language or spoken words (narration) in violation of the General Rules	1.0 point
Skating outside of the designated competition surface or touching against the barrier of the skating surface during the program.	0.5 point
Entry and Exit the floor not respecting the time allowed.	0.5 point
Falls for each skater	1.0 point for first and second fall

For each fall after the second the penalty will increase by another 0.3 (Tots, Minis) and 0.5 (Espoir to Senior) For example, in Espoir to Senior: 1.0 for first and second fall, additional 1.5 for third fall (3.5 total), additional 2.0 for fourth fall (5.5 total), additional 2.5 for fifth fall (8.0 total) etc.	Incremental penalty increases for each subsequent fall after the second: +0.3 For Tots and Minis +0.5 Espoir to Senior

BY THE TECHNICAL PANEL

Missing mandatory element	1.0 point
Illegal elements	1.0 point
Compulsory dance: the number of opening beats to be used for all dances must not exceed 24 beats of music	0.5 point
Pattern Dance: the first step of the following section or the next step of the dance required by the rules is not executed correctly.	0.5 point

APPENDIX 1 – recognized couple positions

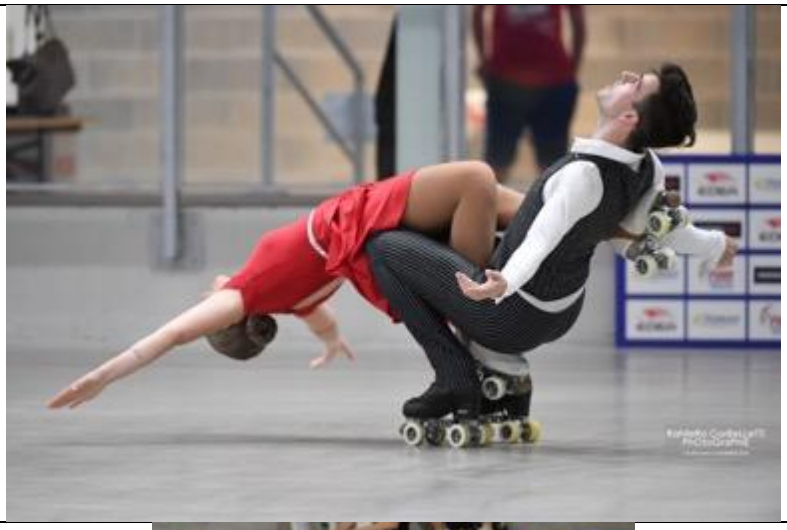


A. Waltz
B. Kilian/Kilian Reverse
C. Tandem
D. Foxtrot
E. Promenade
F. Tango
G. Hand in hand
H. Cross arms

APPENDIX 2 – EXAMPLES OF DIFFICULT POSITIONS FOR LIFTS

Examples given in the images are to demonstrate a correct example of the difficult position. Note: the holds used in the pictures could be incorrect.

<u>Lifted Partner</u> Full ring.	
<u>Lifted Partner</u> Head upside down <u>Lifting Partner</u> One or no contact arm/hand. Outside, inside or flat spread eagles or Ina bauer inside and outside.	
<u>Lifted Partner</u> Cantilever. <u>Lifting Partner</u> Outside, inside or flat spread eagles or Ina bauer inside and outside. One or no contact arm/hand.	

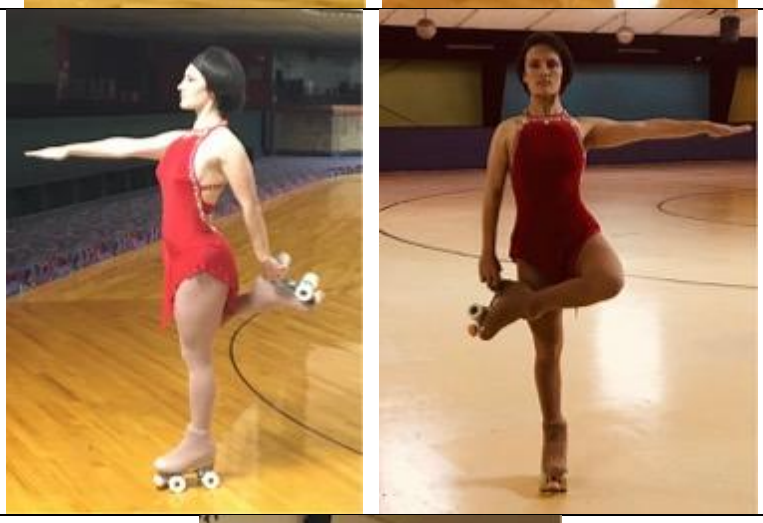
<u>Lifting Partner</u> Bended (sit position) 90° / complete squat. One or no contact arm/hand.	
<u>Lifted Partner</u> Leg Lift <u>Lifting Partner</u> Outside, inside or flat spread eagles or Ina bauer inside and outside.	
<u>Lifting Partner</u> Outside, inside or flat spread eagles or Ina bauer inside and outside. One or no contact arm/hand.	

Static Hold	

APPENDIX 3 – TRAVELING FEATURES EXAMPLES

Elbow(s) at least at the same level or higher than the shoulder (hand(s) could be above the head, at the same level as the head, or lower than the head).	 

Clasped hands behind the back and far from it.		
Straight arms clasped in front & extended away from the body (between the waist and chest level and lower that the level of shoulder).		
Arms: one behind and the other in front like a screw.		

Free leg crossed in front or behind under the knee line (pirouettes).	
Free skate wheels held by one hand.	
High free leg stretched lateral (at least 45-degree angle from the vertical).	

APPENDIX 4 - TECHNICAL PANEL ROLES (PROTOCOL) AND GUIDELINES

- Members of the Technical Panel (TP) must be focused on their respective task during the program.
- Talking is not allowed during the program; this can confuse the Data Operator and the other people of the Technical Panel.

TECHNICAL SPECIALIST (TS)

- Says "*Start*" with the first movement of the skater(s).
- Calls the elements.
- Calls the falls.
- Calls review *"Review on …"* if the TS wants to be assured on the call.
- Calls the start of the elements and at the end calls the level (or confirm it for elements with fixed values).
- Says "*Stop*" when the program ends.
- Does not have any paper and does not write anything, his/her concentration is all the time on the rink.

ASSISTANT (AS)

- Pre-calls the elements and the time it is due to start based on the list provided with the order and advises when there is 5 seconds to the start of the element.
- Has a copy of the program element content sheets and writes down the calls of the TS.
- Requests a "review" firstly.
- If the AS wants a review, writes down next to the TS call an 'R' and the element he/she would call.
- Writes down all the details of the element, for example: the features on the elements.
- Helps to double check the elements inserted in the system during the manual checking with the Controller and Data Operator.

CONTROLLER (CTR)

- In general, does the same as the TS.
- Has a copy of the program element content sheets and writes down the calls.
- If the CTR wants a review, writes down next to the TS call an 'R' and the element he/she would call.
- Calls "review" with no other comment after the call of the TS and after waiting for the AS to do it first.
- Times the elements using a stopwatch. Starting the stopwatch when the specialist calls *'start element'* and calling *'time'* when the maximum time is reached. A larger sized timer is beneficial.
- At the end of each program, goes through the reviews first.

- Once everything is decided, checks the elements inserted in the system with the Data Operator.
- Writes down all the details of the element, for example: the difficult positions on the lifts (couples), the features.

DATA OPERATOR (DO)

- Before the competition starts, checks the connections on the judge's monitors and on the technical panel monitor. If time permits, the DO can do a test with a competition of one or two skaters.
- Clicks on 'Start' and "Stop" when the TS calls it.
- Inputs the elements, the levels and the falls called by the TS.
- Five (5) seconds before the element is due to begin, enters it into the system so the judges know the start of the element.
- Selects the 'Review' button for each element that the TS asks to be reviewed.
- For the first skater before going through the elements, clicks the Average button and the referee approves and confirms it; so, the DO sends the average to the judges.
- At the end of the performance, reads the list of the elements so that the CTR, the AS and the referee can double check.
- After checking the elements, if the system does not automatically exclude an element because it is not accepted by the rules, the DO must highlight the element and press the * button.

REFEREE (REF)

- Checks the average of the components of the first skater(s) and can change them.
- Checks time of programs, costume and other penalties as per the referee control sheet.
- Confirms the falls and has the last word if there is a doubt on a fall called by the TS.

GENERAL PROCEDURE FOR TECHNICAL PANEL

To evaluate a program, the procedure for the TP is as follows:

- Pre-calls and calls.
- Request and visualize reviews.
- Data input.
- Checking.
- Confirmation.

In this document, when some sentences are capped with quotes and italicized (for example: "*Cluster Sequence*") that refers to the oral formula that should be used by the TP.

PRE-CALLS AND CALLS

Pre-Calls

- It is the act of announcing the group of the element that the skater will execute next. These pre-calls will be listed in order on the program element content sheets.
- Pre-calls will be made after the previous item has been completed and after verifying that no review has been requested.
- For the first element, the pre-call is made after the start of the program once the TS has announced *"Start"*.
- When the program element content sheet has not been delivered it is recommended that the TS anticipate (as far as possible) the group of the element the call belongs. This will help the DO's function.
- When the program element content sheet does not match the order of execution of the elements, it is recommended to stop making the pre-calls.

The groups of items that should be pre-called and the acronym they have on the program element content sheets are the following:

ELEMENT	ACRONYM
Pattern dance sequence	Depends on the dance
No hold cluster sequence	ClSq
Hold cluster sequence	HClSq
1 set cluster sequence	1SClSq
Traveling sequence	Tr
Hold footwork sequence	Ho
Choreographic sequence	ChSt
Combo lift	CliLi
Stationary lift	StLi
Rotational lift	RtLi
Choreographic lift	ChoLi
No hold footwork sequence	NoH
Choreographic pose	ChP

There are some ways to make a pre-call:

- "*First Element … Combo lift*".
- "*Next element… Cluster sequence*".

Calls

This is the validation of an element by the TS. It may be complete, partial, increased or devalued, in accordance with the provisions of the

regulations. The action of validating an item will therefore be known as "calling".

The TP will call the start of the element and begin to count in accordance with the time as transcribed on the program element content sheet or once the TS recognizes that the sequence has begun. The TS will stop calling when the CTR calls *'Time'* or when it is evident that the element is complete and a transition to another element has begun.

Regarding the timing: the TP will allow anywhere up to and within the maximum seconds. For example, for up to 40 seconds, it will be accepted anywhere up to 40.59sec.

Pattern dance sequence

To call the pattern dance sequence:

For compulsory dances the specialist will call *"start"* at the first movement of the skater.

For compulsory and style dance: "*start sequence"* (when the step number 1 is executed) + "yes" (correct execution of the KP) / "no" (not correct execution of the KP) for each one of the four (4) key points of the first sequence + "*level xx*" + "yes" (correct execution of the KP) / "no" (not correct execution of the KP) for each one of the four (4) key points of the second sequence + "*level xx*".

- KP for man or lady performed separately can be called by the TS.
- KP where both the man and lady perform the same steps can be called by the TS.
- When two KP with different steps/turns are performed simultaneously by the man and lady: The Key point for the man is called by the TS and the KP for the lady is called by the Assistant.

Note: to confirm a KP, all the KP must be confirmed, this means turns, edges, timing, number of beats and location on the pattern.

PART OF THE CALL	DETAILS
Number of the sequence	• 1 • 2
Key points executed	• Yes • No
Level of the sequence	• NL • 1 • 2 • 3 • 4

Examples

- QSS1L1: "*sequence 1, Yes, No, No, No, Level 1*"
- TDS2L3: "*sequence 2, Yes, No, Yes, Yes, Level 3*"

Footwork sequences

Footwork sequence: start + level.

The start is called: "*start element*" or *"start footwork"* (if no pre-call it might be helpful to use the name of the element). At the end, the level is called: "*level …*".

During the element, it is best not to call each turn so as not to confuse the rest of the panel. The first step is to organize with your TP who is going to check what. In general, the Specialist counts the turns of the man, and the Assistant counts the turns of the lady. For one partner sequence the Specialist counts the man or woman as indicated by the content sheet.

For the features, the TP calls the feature + confirmed.

In No Hold Footwork Sequence the assistant will call the level of the Lady and the Specialist the level of the Man.

Whatever the method chosen, it should be consistent and communicated with the DO and the TP prior to the beginning of the event/competition.

TURN/FEATURES	ACRONYM
Counter	CT
Rocker	RK
Bracket	BK
Three turn	3T
Loop	Lo
Travelling	Tr
Choctaw	Cw
Right / clockwise	R
Left / anti clockwise	L
Body movement	BM
Cluster	Cl
Different feet	DF
Different holds (couple Hold Sq)	C / NC
Confirmed	C
Not confirmed	NC
Fall	X

PART OF THE CALL	DETAILS
Turns + feet	• Three turn (only if it is in a cluster) • Bracket • Counter • Rocker • Left • Right
Turns + direction	• Loop

	• Traveling • Clockwise • Anti-clockwise (anti)
Features	Will be called once the characteristics are achieved. For example, 2 Choctaws are performed, from forward to backwards, one clockwise and the other anticlockwise; 3 body movements from different groups, etc. • Choctaw • Body movements • Cluster • Different feet • Number of different holds • Loops
Confirmation	• Confirmed: the turn / feature meets the mandatory characteristics to be confirmed. • Not confirmed: the turn / feature characteristics / required number have not been reached.

Choreographic Sequence / Lift / Pose

Choreographic sequence: start + confirmed/not confirmed.

The start is called: "*start element*" or *"start choreo"* (if no pre-call it might be helpful to use the name of the element). At the end, the element is confirmed or not confirmed with the oral transcription: "*choreo confirmed*".

Cluster Sequence / 1 Set Cluster Sequence

Cluster Sequence: start + level.

The start is called: "*start element*" or *"start cluster"* (if no pre-call it might be helpful to use the name of the element). At the end, the assistant will call the level of the Lady and the Specialist the level of the Man.

During the element, it is possible to confirm the features and call the turns, but be consistent, if you start to do it, do it for all programs and the whole competition.

Traveling Sequence

Traveling sequence: start + level.

The start is called: "*start element*" or *"start traveling"* (if no pre-call it might be helpful to use the name of the element). At the end, the assistant will call the level of the Lady and the Specialist the level of the Man.

During the element, it is possible to confirm the features and count the rotations, but be consistent, if you start to do it, do it for all programs and the whole competition.

Lifts

Lift (stationary, rotational, combination): start + level.

The start is called: "*start element*" or *"start lift"* (if no pre-call it might be helpful to use the name of the element). At the end, the level is called: "*level…"*.

During the element, it is possible to confirm the features, count the rotations, count the seconds, but be consistent, if you start to do it, do it for all programs and the whole competition.

To avoid confusion during the program, as a rule, if the TS calls the features performed, the CTR will notify if any of them has already been used with the oral transcription: "*used*". This will be useful for the panel to understand which features count toward the level and which do not.

REQUEST AND VISUALIZE REVIEWS

- The request for a review must be made to avoid overlapping. First, the AS can ask for a review and then, if not requested, the CTR can do it if he/she has doubts or if the AS calls review on a particular part of the element and the CTR wishes to review a different part.
- To request a review, it is necessary to wait until the skater finishes the item and it must be called before the next element is pre-called.
- The reason for the review and the affected part of the element should be called.
- When there is a doubt in the identification of an element, the review must be requested for the whole item "*for the calling*".
- No other comments are allowed. The discussion about the reviews will be at the end and not during the program.

Examples:

- "*Review on rotation lift for number of revolutions of the man*"
- "*Review on cluster sequence for difficult entry*"
- "*Review on pattern dance sequence 1 for timing*"
- "*Review for the calling*"
- "*Review for checking body movements*".

Managing the reviews

The CTR manages the reviews. Therefore, once the program is finished, he must indicate the Video Operator the number of the element, the affected area, the reason, and the speed to be used. The assistant will also be able to specify the review speed if it is required slower or faster.

Example: "*element number 3, review on the second set of the cluster sequence for the turns, normal speed, please.*"

Rules to visualize the reviews

- Only the part of the element where the review has been requested may be reviewed and therefore it can be changed, the call of any previous or subsequent elements cannot be modified, even if the visualization of the video reveals other incorrect calls.
- It is not allowed to identify an error not previously warned during the review. For example: traveling with a review for three turns, cannot end up being a review on number of revolutions, unless it was announced during the program.

Speed for the reviews

- N*ormal speed*.
- S*low* (50% of the normal speed).
- *Very slow* (20% of the normal speed).

The speed to be used for the reviews, according to the type of element, will be:

- Frame by frame revisions cannot be performed.
- Lifts & Traveling: normal or slow speed.
- All the other elements in dance: *normal speed*.
- Falls: normal speed.
- Full calling: normal speed.

Data input

The data input will be done in specific boxes assigned to each item group that will be pre-called by the AS. Each group of boxes has an area assigned on the computer screen to which the DO will direct the mouse when the pre-call is made.

- During the program, the DO will enter the elements as these have been called. However, there is the possibility that a pre-call does not correspond to the element group that the skater performs. In this case, the TS or the CTR must correct such pre-call. Example: when a pre-call is ‘combo lift’ but the skater performs a ‘rotational lift’, and there is no correction on the group of elements, the CTR must alert the DO pointing on the screen in the correct box group or saying, "*this is a rotation lift*".
- The DO, with assistance from the CTR, should enter the dance element five (5) seconds prior to when they are deemed to begin according to the content sheet, so the judges can be informed of the element starting.

Checking and confirmation

This is the last part of the TP scoring process before the program results are displayed. It consists of a detailed reading out loud of all the elements inserted by the DO. The CTR, the TS, and the AS will listen carefully.

Recommended way to read the elements to avoid possible data input errors:

a. Box number: "*one*"
b. Item group: "*cluster sequence*"
c. Element called with level or confirmation: "*traveling sequence level 2*" or "choreographic *sequence confirmed*".
d. Possible cancellations of the box (*) which are indicated in the rightmost column.

Finally, the CTR gives the order to press "Confirm". The system applies the particularities of the rules and eliminates what is not confirmed.

It is necessary to check the automatic warnings made by the system and modify the * if needed. If this does not correspond to the rules or what the TP, the DO must press the "stop" immediately to solve it. For this reason, it is recommended to ask the judges to wait five (5) seconds since the "elements authorized" signal appears on their screen until they press, "send marks".

SPECIFIC PROCEDURE FOR COMPULSORY DANCE

Procedure used to deal with irregularities in the bpm

The BPM control process will be carried out using three methods that will be executed during the warm-ups with music:

1. Digital beat measurement
2. Computerized speed control
3. Manual beat measurement (Metronome).

For more information, please consult the BPM control guidelines document hosted on the World Skate website.

Note: To increase the speed of a song to adapt it to the rhythm of the compulsory dance selected each season, it is recommended that the speed change does not exceed 10% of the original value to ensure optimal audio quality.

SPECIFIC PROCEDURE FOR STYLE AND FREE DANCE

- If a mandatory element is omitted or it has not even been attempted, the skater will be penalized by the TP for "missing mandatory element".
- All items executed after the program maximum time is reached will be called by the TP but if the Ref blows their whistle, the elements called afterwards will be invalidated with symbol (*).
  - If the whole element was performed out of time limit: ClS*.

- If a part of the element was performed out of time limit, the TP must stop counting features and give the level based on the executed before the end of the time.

TECHNICAL SPECIFICATIONS FOR CLUSTER SEQUENCE

A cluster sequence is made up of two sets of a minimum of three (3) one foot turns per set executed on the same foot. The skater is allowed to do steps or two feet turns between the two sets of cluster that make up the Sequence.

A One (1) Set Cluster Sequence is made up of a minimum of three (3) one-foot turns. A Jump of one (1) complete revolution is permitted throughout the sequence.

- Change of edges are always allowed except after the difficult entry.
- Turns to be confirmed, must show clear edges before and after the change of direction and cusps must be clear. Jumped turns or turns executed on the spot will not be counted.
- If the skater falls or there a major loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the cluster is called for what has been done before the fall or interruption.
- If there is an interruption or a loss of control momentarily and the skater is able to continue the element, the technical panel can consider what was completed before the interruption if the minimum number of three (3) turns have been confirmed and continue to consider what the skater completes after the interruption.
  i.e. If the skater touches down momentarily after three confirmed turns in the first set and then continues to complete a second set, the technical panel will consider the first set of three confirmed turns and what was completed after the interruption in the subsequent set.
- If the turn limit is reached the technical panel will not consider turns in excess.
- Technical Panel is not allowed to review the cluster element in slow motion.

CLUSTER FEATURES

Generally, the features need to be confirmed by both partners to be granted.
Difficult entries: for the feature of difficult entry to be confirmed the position must have a significant impact on the balance, control, and execution, so that in effect, it makes the element more difficult to achieve. If there is a change of foot, prolonged rolling on one or two feet or other correction of balance between the difficult position and the commencement of the cluster the difficult entry will not be confirmed.

- The difficult entries must precede immediately the first turn of the set. In the second sequence, the difficult entry must be the step preceding the first turn of the second sequence.
- Spread Eagles OR Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set, otherwise the feature will not be considered. It is not possible to execute a change of edge before the first turn.
- Difficult entries do not have a 'time' that they must be held, but they must be clearly recognizable by the technical panel.
- The difficult entries must be different means that both man and lady cannot perform the same difficult entry in the two sets.
- The two partners must execute the same difficult entries as each other for no hold cluster, however for the hold cluster they may be different.
- For Hold Cluster: Choctaw as a difficult entry can be performed by one or both partners to be considered.
- Jumps must be of one rotation and be very clear to be considered as difficult entries and the turns of the set must begin immediately after the edge is taken.
- Difficult entries must be different to those used in traveling. If the skater repeats the same type of difficult entry the specialist will call the entry with the word "used" and the feature will not be counted.

Body movements:
- They cannot be executed at the end or at the beginning of the sets, they must be executed during or between the turns.
- They must be from different spatial groups as outlined in the Artistic Impression document.

Different feet: One set must be executed on the right foot and one set on the left foot.
- For loops and travelings in the cluster, rotational direction is not important, rather the right or left foot.

REASONS TO REDUCE THE LEVEL OF THE CLUSTER

The technical specialist may reduce the level of the call by one (1) in the following circumstances:
- If there is a full stop before the second sequence.
- Pushing with toe-stop by either skater to gain speed during steps-turns in between sets.

Note: regardless of the number of cumulative errors noted above, the Technical Panel cannot reduce the element lower than level Base.

CLUSTER SEQUENCE "NO LEVEL"

A cluster sequence is to be called no level if the technical specifications are not met, reasons for a cluster to be called no level:
- A cluster with less than 3 turns executed on each set.

- A cluster where the same turns are repeated in the same order in both sets regardless of the foot, edge or direction they are executed.
- In hold cluster: if the partners break hold during the execution of either set.
- In no hold cluster: if the skaters attempt different turns from each other (if in mirror formation, the turns should be mirrored as far as the foot and rotational turning direction is concerned but the 'type' of turn attempted should not be different).

TECHNICAL SPECIFICATIONS FOR TRAVELING SEQUENCE

A Traveling Sequence is made up of two sets of rapid, continuous, multirotational one-foot turns. Each set is minimum of two (2) rotations (720 degrees)

If the skater falls or there is any interruption or loss of control with additional support (touch down by the free leg/foot and/or hand/s) that completely stops the element (i.e. the skater is not able to continue with the element) the traveling is called for what has been done before the fall or interruption.

- If there is an interruption or a loss of control momentarily and the skater can continue the element, the technical panel can consider what was completed before the interruption if two revolutions minimum have been completed and continue to consider what the skater completes after the interruption.
  i.e. If the skater touches down momentarily after two revolutions in the first set and then continues to complete a second or third set in the element, the technical panel will consider the first set of two revolutions and what was completed after the interruption in the subsequent sets.
- Turns and connecting steps will be timed as part of the allowed time. All the features and turns done after the maximum time is reached will not be counted for the level. The controller will time the sequence and call *'time'* when the maximum time is reached.
- Feature 1b or features from Group 2 or Group 3 can be presented during the third set of traveling (Group 4a). One of these additional features may be included in the features to get the level.
- For features Group 3c (High free leg stretched lateral) & 4g (Changing the level of the skating leg (knee) with a continuous wave (up/down) motion): The technical panel should be more lenient on reducing the level for the presence of three turns.

TRAVELING FEATURES

- Features should be performed correctly and for the entirety of the set to be considered and must be different to be counted towards the level.
- Skaters can use the first half revolution to reach the position required by a feature; this half revolution will be counted on the total number of revolutions.

- If the skater repeats in the free dance a feature used in the style dance the technical panel will call the feature with the word ‘used’ and the feature will not be counted

Difficult entries: difficult entries must immediately precede the entry of the traveling.

- The feature difficult entry is to be considered just for the first set.
- Spread Eagles OR Ina Bauer as difficult entries must maintain the characteristics of the step until the entry of the first turn of the set.
- If there is a change of foot, prolonged rolling on one or two feet or other correction of balance between the difficult entry and the commencement of the traveling the difficult entry will not be confirmed.
- Difficult entries do not have a ‘time’ that they must be held, but they must be clearly recognizable by the technical panel.
- Difficult entry used MUST be different than those used for cluster sequence. If the skater repeats the same type of difficult entry the specialist will call the entry with the word “used” and the feature will not be counted.

REASONS TO REDUCE THE LEVEL OF THE TRAVELING

The technical specialist may reduce the level of the call by one (1) in the following circumstances:

- If one (1) of the sets is not correct (e.g. evident execution of three turns) but the rotations and/or features have been performed, the traveling sequence will be called with one (1) level less (e.g. if it was a level 3, it will be called level 2). If two (2) of the sets are executed with clear three turns, then the level will be no higher Level Base.
- If there is a full stop in between the sets.
- Pushing with toe-stop before the traveling starts or during the steps-turns in between set.
- Not executing at least 2 steps in between sets.

Note: regardless of the number of cumulative errors noted above, the TP cannot reduce the element lower than level Base.

TRAVELING SEQUENCE “NO LEVEL”

A traveling sequence is to be called no level if the technical specifications are not met. Reasons for a traveling to be called:

- A traveling with less than 2 revolutions in any or both sets.
- A traveling on 2 feet.

TECHNICAL SPECIFICATIONS FOR LIFTS

COUNTING THE REVOLUTIONS

The total number of revolutions of a lift are counted according to the revolutions of the man, from the point where the lady is lifted from the skating surface until the point she is placed back onto the surface. Rules regarding counting of revolutions are as follows:

- If the man is in a spread eagle or Ina Bauer position during the take off the number of revolutions will be counted according to the leading foot now the lady leaves the surface.
- For stationery and combination lifts: It is allowed for the lifting partner to do a half rotation to enter and a half rotation to exit the lift.
- It is allowed, during the stationary lift, to execute a half rotation of the lifting partner to change position.

LIFTS FEATURES

Each type of difficult position/entry, both for the lifting partner and the lifted partner, will be considered just once in the same lift and in the same program.

Example 1: Man uses a spread eagle as a difficult entry and then keeps or repeats the spread eagle as a difficult position it will be only considered once. The first execution of the position will be the one counted for the level; therefore, it will be called as a difficult entry and cannot be used anymore.

Example 2: Man does a Lift in squat position and then lady does next Lift, as a lifting partner, in the same position. Only the first execution will be counted for the level.

Positions required for the levels will be considered from when the position is clear and defined and must be held for the required number of seconds to be confirmed.

The calling of the features of the lift requires teamwork from the panel. It must be decided by the TP prior to the commencement of the competition who will check the items during lifts (time/number of rotations/supports) etc. and the protocol for doing so communicated to the Data Operator.

<u>Change of Position:</u> The Change of Position feature may be granted in accordance with the following specifications:

- The lifted partner changes hold and position in a significant way.
- The change of hold and position are executed at the same time.
- Different positions must be clear and defined.
- In a stationary lift: if either position is not confirmed (time or correctness) the COP will not be confirmed.
- In a rotational lift: if either position is not held for at least two revolutions the COP will not be confirmed.

- In a combination lift the COP feature can be performed between the stationary and rotational parts, within the stationary part or within the rotational part, however the COP feature will only be considered once as a feature toward the level. If executed in the stationary part each position must be at least between one (1) and two (2) seconds or if executed in the rotational part each position must be held for at least two revolutions, or the COP will not be confirmed.

Change of hold means that the contact area is different.

Examples: holding with the legs to hold with arms (or vice versa); holding with one arm to hold with the opposite arm.

Different position means the body pose and the body axis change in a significant way. Merely changing the position of arm(s) and/or leg(s) do not constitute a “Change of Position” feature.

Example: the woman changes the plane of the body axis (vertical to horizontal or vice-versa).

Rules regarding awarding of other features if COP is not confirmed:

In a stationary lift: If attempting the COP and one of the two positions are not confirmed, the confirmed difficult position/s will be counted toward the level even if the position/s is only held for between one (1) and two (2) seconds.

In a rotational lift: If attempting the COP and one of the two positions are not confirmed the confirmed difficult position/s will be counted toward the level even if the position is only two rotations.

Difficult position for the lifted partner: for this feature to be granted the difficult position must be correctly executed and not exceed the number of allowed supports as described in the positions listed a-i. The number of seconds/revolutions as specified by the type of lift must be met for confirmation of the feature.

Each type of difficult position for the lifted partner can only be considered once per program regardless of if it is the man or lady being lifted. The first attempt will be the one considered as confirmed or not confirmed.

Difficult position of the lifting partner: for this feature to be granted the difficult position must be correctly executed. The number of seconds/revolutions as specified by the type of lift must be met for confirmation of the feature.

Each type of difficult position for the lifting partner can only be considered once per program regardless of if it is the man or lady doing the lifting. The first attempt will be the one considered as confirmed or not confirmed.

Creative/difficult entry or exit: for this feature to be granted the creative/difficult entry must immediately precede the elevation of the lifted partner from the skating surface or for difficult exit must the strength or balance of the pair to make the execution of the landing more difficult. There should be no preparation or interruption in the pace of the execution

of the lift or its landing. If there is a long hesitation or delay in reaching the peak position of the lift, the feature will not be considered.

There are four categories of creative/difficult entry/exit being: unexpected entry, difficult transition, assisted jump, rotation and one handed. Each type of difficult entry/ exit can be considered once per program. If the difficult variation in landing is presented with a difficult variation in take-off, only one of the two will be counted as a feature toward the level. The first attempt will be the one considered as confirmed or not confirmed.

For difficult transition: the turn (one foot or Choctaw) must be correctly executed immediately before the lift.

The difficult variation in landing will not be confirmed if the woman is not placed back onto the skating surface by the man. i.e. if the woman lands heavily or falls to the surface rather than being supported smoothly to the surface by the man the feature will not be confirmed.

Number of revolutions (rotational lift only): This feature can be awarded if there are six (6) revolutions for the lifting partner. The half revolution in the exit will not be considered part of the revolutions.

Reasons to reduce the level of the lift

The technical specialist may reduce the level of the call by one (1) in the following circumstances:

- If the couple present more features than required for the maximum level of the category.
- A stationary lift where the couple executes more than the ½ rotations allowed to enter, change position, and exit the stationary position the level will be no higher than BASE.

Lift “No Level”

A lift is to be called no level if the technical specifications are not met, reasons for a lift to be called no level include but are not limited to:

- A lift where the lift fails in the take-off and the woman does not get to her position.
- When the partner is lifted in the air for less than two (2) seconds.
- Rotational: a lift of less than the minimum three (3) revolutions.
- Stationary: a lift of less than the minimum three (3) seconds.
- Creative: a lift of less than the minimum three (3) seconds.
- Lifts at the beginning of the program when the lifted partner is already lifted.
- Lifts at the end of the program where the lifted partner does not exit the lift.
- A lift where the lifting partner’s hands are above their own head and the hips of the lifted partner are also above the partner’s head.

TECHNICAL SPECIFICATIONS FOR FOOTWORK SEQUENCE

TECHNICAL PANEL PROTOCOL DURING THE FOOTWORK SEQUENCE

- TS: calls the start of the sequence with the formula "*start element*". During the development of the element the TS count the number of turns performed by the man and the foot/direction in which they have been executed without calling them orally so as not to confuse the rest of the panel. If one turn is confirmed, it will be counted on one hand or another (as appropriate) but if not confirmed it will not be marked. If a skater executes the same turn three times and all three are confirmed, only the first two will be considered. In addition, the TS will call the "cluster" as soon as it is seen with the oral code: "*cluster confirmed*". At the end of the element the TS will call the level of the man considering the contributions that CTR can make about the features they have to monitor during the item.
- AS: will call the start of the element if the TS has not.
- AS: will call the level by the lady
- CTR: activate the stopwatch at the same moment the TS calls the start of element. The CTR will check the presence of body movements, choctaws and holds and will confirm the features as they are presented with the oral code *'body movements confirmed'*, *'choctaws confirmed'* and '*holds confirmed'*. When the stopwatch has exceeded the time allowed, the CTR will announce it with the oral code: "*time*". At that point, the footwork sequence will stop being evaluated.
- Technical Panel is not allowed to review the element in slow motion.

One Partner Footwork Sequence: The Assistant will precall the element and indicate which of the partners is listed on the content sheet that the specialist needs to count the turns. If there is no partner specified on the content sheet the specialist will watch the man and the assistant will watch the woman. The controller will call 'Time' when the allowed time is complete.

CONFIRMING TURNS

Turns that can be counted towards the level are: rockers, counters, brackets, loops, and travelings except in Tots where the turns/steps that can be counted towards the level are: inside three turns, outside three turns, open mohawks, and cross infront. To be confirmed and counted towards the level the following must be met:

- Turns/Steps must be recognizable, executed correctly and on clear and correct entry and exit edges.
- Jumped turns will not be counted.
- Turns executed on the spot will not be counted.
- Each type of turn/step can only be counted twice.

- If the skater puts the free leg on the floor during or at the exit of a turn, this turn will not be counted.

FOOTWORK FEATURES

Generally, the feature needs to be confirmed by both partners to be granted.

Body movements: it is necessary for both the man and the lady to present three confirmed body movements for the feature to be granted.

- The three body movements presented must be clear and come from different spatial groups (High, Medium & Low) as outlined in the Artistic Impression document.
- Body movements performed at the beginning or end of the sequence whilst the skaters are stationary are not to be considered.
- The body movements should be spaced throughout the sequence with at least one (1) step or turn in between. Body movements presented one after the other are to be counted as one movement, and in this case the spatial category of the movement can be determined as the one that favors the skaters for confirmation of the feature.

Choctaws: both skaters must have confirmed (2) Choctaws.

- One Choctaw must be clockwise and the other anticlockwise. Rotational direction is determined by the exit edge of the Choctaw.
- Only Choctaws from forward to backward and closed Choctaws from backward to forward will be considered.
- Choctaws MUST have a clear edge on entry and exit to be considered.

Cluster: for the feature to be granted a cluster for both partners must be confirmed.

- It is not necessary to present three consecutive turns. Example: if the skater performs a cluster with 4 turns and the third is not confirmed but the other three are confirmed then the cluster will be confirmed.
- The clusters confirmed by each partner do not need to be the same.

Different feet: for the feature to be granted it must be confirmed for both partners.

- There must be a balance, depending on the level of the element, in the number of turns made with the right foot or clockwise direction (only for loops and travelings) and the left foot or anticlockwise direction (only for loops and travelings).
- Example: If a skater executes 4 turns with the right foot/clockwise direction and 3 turns with the left foot/anticlockwise direction, the feature "different feet" will be considered for level 2, but not for level 3 as they would be needed 4 and 4.
- This feature will not be effective with a 2-2 formula because for level 1 and level 2, feature type 1 or type 2 (body movements/holds or Choctaws) is mandatory.

REASONS TO REDUCE THE LEVEL OF FOOTWORK

The TS may reduce the level of the call by one (1) in the following circumstances:

- For Categories with a maximum level of three (3) or below: If the skaters present more than one extra turn than required for the maximum level of the category.

Note: regardless of the number of cumulative errors noted above, the Technical Panel cannot reduce the element lower than level Base.

Footwork sequence 'No Level'

A footwork is to be called no level if the technical specifications are not met.

PENALIZATIONS

MISSING MANDATORY ELEMENT

When the skater has not included in his program a mandatory element.

ILLEGAL ELEMENT

An illegal element is when a skater includes an element that is expressly prohibited in the program.

These elements will be, technical elements not included in the elements of the year of competition and the elements mentioned on chapter 5, limitations.

Example: or the footwork sequence ONLY: one (1) rotation jumps and/or spins are not allowed in this sequence and will be considered an illegal element. If this happens the technical panel will apply a deduction of 1.0.

OPENING BEATS

Compulsory dance: the number of opening beats to be used for all dances must not exceed 24 beats of music.

APPENDIX 5 – 2026 WORLD SKATE DANCE REQUIREMENTS

SENIOR								
Style Dance (Classic Medley)								
One Partner Footwork	Hold	No Hold	Choreo Stop	Compulsory	Stationary Lift	Rotational Lift	Combo Lift	One Set Cluster
-	Yes	-	Yes	Westminster Waltz Steps 1-14	Yes	-	-	No Hold
Free Dance								
One Partner Footwork	Hold	No Hold	Travelling	Choreo. Stop	Stationary Lift	Rotational Lift	Combo Lift	Cluster
-	-	Yes	Yes	Yes	-	Yes	Yes	Hold

JUNIOR								
Style Dance (Musical)								
One Partner Footwork	Hold	No Hold	Choreo Stop	Compulsory	Stationary Lift	Rotational Lift	Combo Lift	One Set Cluster
-	Yes	-	Yes	Quickstep	Yes	-	-	No Hold
Free Dance								
One Partner Footwork	Hold	No Hold	Travelling	Choreo. Stop	Stationary Lift	Rotational Lift	Combo Lift	Cluster
-	-	Yes	Yes	Yes	-	Yes	Yes	Hold

YOUTH								
Style Dance (Latin Medley)								
One Partner Footwork	Hold	No Hold	Choreo Stop	Compulsory	Stationary Lift	Rotational Lift	Combo Lift	One Set Cluster
-	Yes	-	Yes	Bachata Steps 1-17(17a-17b)	Yes	-	-	No Hold
Free Dance								
One Partner Footwork	Hold	No Hold	Travelling	Choreo. Stop	Stationary Lift	Rotational Lift	Combo Lift	Cluster
-	-	Yes	Yes	Yes	-	Max. Level 3	Max. Level 3	Hold

CADET								
Style Dance (Spanish Medley)								
One Partner Footwork	Hold	No Hold	Choreo Stop	Compulsory	Stationary Lift	Rotational Lift	Combo Lift	One Set Cluster
-	Yes	-	Yes	Easy Paso	Max. Level 3	-	-	No Hold
Free Dance								
One Partner Footwork	Hold	No Hold	Travelling	Choreo. Stop	Stationary Lift	Rotational Lift	Combo Lift	Cluster
-	-	Max. Level 3	Yes	Yes	-	Max. Level 3	Max. Level 3	Hold Max. Level 3

ESPOIR							
Compulsory		Swing Foxtrot		Roller Samba			
Free Dance							
One Partner Footwork	Hold	No Hold	Travelling	Choreo. Stop	Stationary Lift	Rotational Lift	Combo. Lift
Max. Level 2	-	Max. Level 2	Max. Level 3	Yes	Max. Level 2	-	-

MINIS			
Compulsory	Skaters March	Olympic Foxtrot	
Free Dance			
Hold	Travelling	Stationary Lift	Choreo. Stop
Max. Level 1	Max. Level 2	Max. Level 1	Yes

TOTS			
Compulsory	City Blues		
Free Dance	Travelling	No Hold	Choreo. pose
	Max. Level 1	Max. Level 1	2

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