

# Communication No. 2371

## ICE DANCE Requirements for Technical Rules season 2021/22

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

- Requirements defined in the Technical Rules to be announce annually:
  - Rhythms or themes, Required Elements (including Key Points and Key Point Features for Pattern Dance Elements) and guidelines for Rhythm Dance – Junior/Senior,
  - Required Elements for Free Dance – Junior/Senior
- All requirements related to Novice categories are published in the updated for season 2021/22 ISU Communication ICE DANCE - GUIDELINES FOR INTERNATIONAL NOVICE COMPETITIONS
- Updates to the current ongoing requirements, valid as of July 1<sup>st</sup>, 2021, will be published in a subsequent Communication.

Tubbergen,  
February 3, 2021  
Lausanne,

**Jan Dijkema**, President  
**Fredi Schmid**, Director General

## 1. REQUIREMENTS FOR RHYTHM DANCE SEASON 2021/22

### 1.1. Rhythms

Rule 709, paragraph 1.a) provides that rhythm(s) and/or theme(s) are selected by the Ice Dance Technical Committee annually for the season. For the season 2021/22, the following Rhythms were selected.

**Junior and Senior: Street Dance Rhythms:** At least two different Rhythms from the following **examples** hip hop, disco, swing, krump, popping, funk, etc., jazz, reggae (reggaeton) and blues

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

#### **Junior: The Pattern Dance Element, Blues – may be skated to any of the announced Rhythms**

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the chosen Rhythm.
- Pattern Dance Element: Blues, range 86-90 beats per minute.
- **Two (2) Sequences of Blues either skated one after the other or separately. Step #1 of each sequence must be skated on a different side of the ice surface. Sequence one of the Blues (1BL) to be skated on the side of the Judges.**

#### **Senior: The Pattern Dance Element, Midnight Blues – may be skated to any of the announced Rhythms**

- The Tempo of the music throughout the Pattern Dance Element must be constant and in accordance with the required Tempo and character of the chosen Rhythm.
- Pattern Dance Element: Midnight Blues, range 86-96 beats per minute
- **One (1) Section of Midnight Blues comprised of Steps #5-14:** The original prescribed Step #5 is the first Step of the Pattern Dance Element, and the original prescribed Step #14 is the last Step of the Pattern Dance Element. These Steps must be placed in the rink with Step #5 on the opposite side from the Judges and with the Steps following the specified pattern for the Midnight Blues.

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

#### **Specifications:**

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

## 1.2 RHYTHM DANCE – Required Elements 2021/22 – Junior/Senior

Rule 709, paragraph 1.a) provides that rhythm(s) and/or theme(s) are selected by the Ice Dance Technical Committee annually for the season. For the season 2021/22, the following Rhythms were selected.

<b>ELEMENTS</b>	
<b>Junior Rhythm Dance Pattern Dance Elements</b>	<ul style="list-style-type: none"> <li>• <b>Two (2) Sequences of the Blues:</b> range 86-90 beats <b>and skated to any of the announced rhythms</b>  <b>1BL: Steps #1-17</b>  <b>2BL: Steps #1-17</b>  <b>Two (2) Sequences of Blues either skated one after the other or separately. Step #1 of each sequence must be skated on a different side of the ice surface. Sequence one of the Blues (1BL) to be skated on the side of the Judges.</b>                      Note: Excluding the Key Points, variation of Hold is permitted</li> </ul>
<b>Senior Rhythm Dance Pattern Dance Elements and Pattern Dance Type Step Sequence (PSt)</b>	<p><b>One (1) Section of the Midnight Blues, steps 5-14:</b> range 86-96 beats per minute <b>and skated to any of the announced rhythms.</b> The original prescribed Step #5 is the first Step of the Pattern Dance Element, and the original prescribed Step #14 is the last Step of the Pattern Dance Element. These Steps must be placed in the rink with Step #5 on the opposite side from the Judges and with the Steps following the specified pattern for the Midnight Blues. Note: Variation of Hold is permitted.                      Note: Crossing the Long Axis in steps #7-8 for Lady and Man is not considered as a Pattern violation</p> <ul style="list-style-type: none"> <li>• <b>One (1) Pattern Dance Type Step Sequence (PSt), (Style C):</b> <ul style="list-style-type: none"> <li>- <b>Rhythm:</b> skated to the same Rhythm selected for the Pattern Dance Element (Midnight Blues). The chosen tune may be the same as for the Midnight Blues or different but must have the same tempo. The Tempo of the music throughout the Midnight Blues and PSt must be constant and in accordance with the required Tempo.</li> <li>- <b>Duration:</b> any exact number of musical phrases</li> <li>- <b>Pattern:</b> starting immediately after original prescribed Step 14 of the Midnight Blues, concluding at the Short Axis (middle of the rink) opposite of the Judges' side.</li> <li>- <b>Holds:</b> Hand-in-Hand Hold with fully extended arms cannot be established and partners must remain in contact at all times, even during changes of Holds and during Twizzles;</li> </ul> </li> </ul> <p><b>Not permitted:</b></p> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Separations</li> <li>- Retrogressions and Loops</li> <li>- Hand in hand hold – NOT permitted with fully extended arms</li> </ul> <p><i>PSt is evaluated as one unit by adding the Base Values of the Lady PSt Level and the Man PSt Level and then applying the GOE</i></p>
<b>Dance Lift</b>	<ul style="list-style-type: none"> <li>• <b>Maximum One (1) Short Lift.</b> Up to 7 seconds.</li> </ul>
<b>Step Sequence</b>	<ul style="list-style-type: none"> <li>• <b>One (1) Step Sequence in Hold or Not Touching or Combination of both (Style B)</b>  <b>Specifications to Style B, Rhythm Dance 2021/22:</b> <ul style="list-style-type: none"> <li>- Must be skated to a different Rhythm than the one chosen for the Pattern Dance Element (<b>Junior &amp; Senior</b>) and the Pattern Dance Type Step Sequence (<b>Senior</b>).</li> <li>- Chosen pattern may <b>ONLY</b> be Midline or Diagonal</li> <li>- Retrogression – NOT permitted</li> <li>- Separations permitted, no more than 2 arms length</li> <li>- Loops NOT permitted</li> <li>- Hand in hand hold – NOT permitted with fully extended arms</li> <li>- Stops – up to one (1) permitted for up to 5 seconds</li> <li>- Touching the ice with controlled movements is allowed</li> </ul> </li> </ul>
<b>Sequential Twizzles</b>	<ul style="list-style-type: none"> <li>• <b>One (1) Set of Sequential Twizzles</b> <ul style="list-style-type: none"> <li>- At least two Twizzles for each partner and must <b>NOT</b> be in contact between Twizzles</li> <li>- Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</li> </ul> </li> </ul> <p><i>Set of Sequential Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles Level and Man Set of Twizzles Level and then applying the GOE</i></p>

### 1.3 RHYTHM DANCE – Specifications/Restrictions

	Specifications/Restrictions	Violations
<b>Duration</b>	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	<b>Program time:</b> Referee deduction - 1.0 up to every 5 seconds lacking or in excess
<b>Music</b>	<ul style="list-style-type: none"> <li>- Music for Rhythm Dance may be vocal and must be suitable for Ice Dance as a sport discipline.</li> <li>- The music must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified tempo when applicable.</li> <li>- Only dance music with an audible rhythmic beat may be used. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning of the program."</li> </ul>	<b>Music Requirements:</b> Referee + Judges deduction - 2.0 per program - incorrect rhythm, lack of audible beat.  Referee deduction -1.0 per program – violation of tempo specification
<b>Pattern</b>	<ul style="list-style-type: none"> <li>- For season 2021/22 the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters (Short Axis) of the barrier.</li> <li>- Loops are permitted provided they do not cross the long axis</li> </ul> In addition: * the couple may cross the Long Axis at the entry and/or exit to the Style B Step Sequence and at the entry to Pattern Dance Element. * Crossing the Long Axis while performing Steps # 7-8 for Lady and Man in the SPDE Midnight Blues is not considered as a Pattern Violation	<b>Choreography restrictions:</b> (Pattern/ Stops/ Separations/Touching ice with hands) Referee + Judges deduction - 1.0 per program
<b>Stops</b>	<ul style="list-style-type: none"> <li>- After clock started, couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program.</li> <li>- During program: 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds permitted</li> <li>- A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop</li> </ul>	
<b>Separations</b>	<ul style="list-style-type: none"> <li>- Partners must not separate except to change Hold or to perform Required Elements requiring a separation.</li> <li>- Distance allowed is maximum 2 arms lengths during such separations</li> <li>- Change of hold and Turns as transitional elements must not exceed the duration of one measure of music.</li> <li>- Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation</li> </ul>	
<b>Touching ice with hands</b>	Touching the ice with the hand(s) is not permitted except during the Step Sequence Style B.	
<b>Costume and prop</b>	<ul style="list-style-type: none"> <li>- Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.</li> <li>- Man must wear full length trousers</li> <li>- Lady is permitted to wear trousers</li> <li>- Accessories and props are not permitted</li> </ul>	<b>Costume and prop:</b> Referee + Judges deduction -1.0 per program

## 1.4 KEY POINTS AND KEY POINTS FEATURES FOR PATTERN DANCE ELEMENTS SEASON 2021/22

### BLUES: Key Points

Each Sequence (1BL, 2BL)	Key Point 1 Lady Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 1 Man Steps 5-7 (RBO, LFO, CR- RFO-SwR)	Key Point 3 Lady Steps 12 & 13 (LFI CCho, RBO)	Key Point 4 Man Steps 12 & 13 (LFI CCho, RBO)
<b>Key Point Features</b>	1. Correct Edges** 2. Correct Cross Roll*	1. Correct Edges** 2. Correct Cross Roll*	1. Correct Edges 2. CCho (# 12): correct Turn 3. CCho (# 12): correct placement of the free foot	1. Correct Edges 2. CCho (# 12): correct Turn 3. CCho (# 12): correct placement of the free foot

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

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

**Note:** A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step. (Examples in Key Points: 1BL & 2BL-Key Point 1 Step #7)

### MIDNIGHT BLUES: Key Points

Pattern Dance Element (1MB) Section1: Original Steps #5-14, start with the original step #5 on the side opposite the Judges'	Key Point 1 Lady original prescribed Step #7 (RBOI3)	Key Point 2 Man original prescribed Step #7 (LFOI3)	Key Point 3 Man original prescribed Step #11 (RBO3/RFI-Br/RBOI/RBI-Rk)	Key Point 4 Lady original prescribed Step #12 & 13 (XF-LBI-Tw1, RBO, LFO)
<b>Key Point Features</b>	1. Correct Edges 2. Correct change of Edge 3. Correct Turn	1. Correct Edges 2. Correct change of Edge 3. Correct Turn	1. Correct Edges (except RBI-Rk) 2. Correct Turns RBO3/RFI-Br 3. Correct change of Edge	1. Correct Edges (except RBO) 2. Correct Turn

GENERAL NOTE: The first step of the dance begins on beat one of a musical phrase. This is applicable for the BLUES as well as the MIDNIGHT BLUES.

## 2. FREE DANCE REQUIREMENTS

### 2.1 FREE DANCE – Required Elements 2021/22 for Junior/Senior

Rule 710, paragraph 2 provides that the list of Required Elements to be included in a Well Balanced Free Dance Program and the specific requirements for these elements are announced annually from the list of options provided in this Rule. For the season 2021/22 the Ice Dance Technical Committee have adopted the following specific Required Elements to be included in a Well Balanced Free Dance Program

ELEMENTS	JUNIOR	SENIOR
Dance Lift - Not more than	Two (2) Different Type Short Lift Or One (1) Combination Lift	Three (3) Different Type Short Lift Or One (1) Short Lift and One (1) Combination Lift (Short Lift must be a different type than in the Combination Lift)
Dance spin	<ul style="list-style-type: none"> <li>One (1) Dance Spin (Spin or Combination Spin) Specifications for Season 2021/22</li> </ul>	
Step Sequence: Types: Straight line or Curve	<ul style="list-style-type: none"> <li>1 Step Sequence in Hold (Style B) Specifications to Style B, Free Dance 2021/22: Retrogression - one (1) permitted –must not exceed two measures of music Not permitted: Stops Loops Hand in hand hold with fully extended arms cannot be established Separations of more than 2 arms length and/or exceeding 5 seconds The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.</li> <li>One (1) One Foot Step Sequence, Not-Touching               <ul style="list-style-type: none"> <li>Turns performed on one foot by each partner and must be started with the first turn at the same time <i>One Foot Step Sequence is evaluated as one unit by adding the Base Values of the Lady One Foot Step Sequence and Man One Foot Step Sequence and then applying the GOE.</i></li> </ul> </li> </ul>	
Synchronized Twizzles	<ul style="list-style-type: none"> <li>One (1) Set of Synchronized Twizzles (FD variation) Specifications for Season 2021/22               <ul style="list-style-type: none"> <li>At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1<sup>st</sup> and 2<sup>nd</sup> Twizzles. (Each push and/or transfer of weight while on two feet between Twizzles is considered as a step)</li> <li>Partners <b>must</b> be in contact at some point between the 1<sup>st</sup> and 2<sup>nd</sup> Twizzles</li> </ul> </li> </ul> <p><i>Set of Synchronized Twizzles is evaluated as one unit by adding the Base Values of the Lady Set of Twizzles and Man Set of Twizzles and then applying the GOE.</i></p>	
Choreographic element	<p><b>Two (2) Different Choreographic Elements chosen from:</b></p> <ul style="list-style-type: none"> <li>Choreographic Lift</li> <li>Choreographic Spinning Movement</li> <li>Choreographic Twizzling Movement</li> <li>Choreographic Sliding Movement</li> <li>Choreographic Character Step Sequence</li> </ul>	<p><b>Three (3) Different Choreographic Elements chosen from:</b></p> <ul style="list-style-type: none"> <li>Choreographic Lift</li> <li>Choreographic Spinning Movement</li> <li>Choreographic Twizzling Movement</li> <li>Choreographic Sliding Movement</li> <li>Choreographic Character Step Sequence</li> </ul>

## Definition of Choreographic Elements:

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

## 2.2 FREE DANCE – Specifications/Restrictions

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