

TECHNICAL REQUIREMENTS SWAN CHALLENGE 2026 – v.AUGUST 1, 2026

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Single Free Skating

Single Free Skating Pre-Bronze

A competitor in the Pre-Bronze Free Skating event must perform a well-balanced program that must contain:

- a. A maximum of three (3) jump elements. **Only single jumps are permitted, no Axel type jump, no double, triple or quadruple jumps. No Lutz jump can be included.**
 - No jump combinations or sequences are allowed.
 - No listed jump may be repeated more than once within a programme.
 - Non-listed jumps may be included in the program as part of connecting footwork only.
- b. A maximum of two (2) basic position spin with NO change of position and NO change of foot.
 - The spins must have a minimum of 3 revolutions.
 - **Flying spins are not permitted.**
 - There must be a minimum of two (2) revolutions in each spin to be counted as valid.
- c. A maximum of one (1) choreographic sequence.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The program duration is 1 minute and 30 seconds, but may be less.

The points for each Program Component are multiplied by a factor of 2.0.

Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is five (5) minutes.

Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Single Free Skating Bronze

A competitor in the Bronze Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of **four (4) jump elements**, consisting only of single jumps. **Axel type jumps, double, triple and quadruple jumps are not permitted.** There may be **one (1) jump combination** in the free program.
 - The jump combination may consist of two (2) listed jumps. Euler not permitted.
 - Each listed jump may be performed a maximum of two (2) times.
 - **Waltz jumps will be ignored**
- b. A maximum of two (2) spins of a different abbreviation both of which must be a spin in one position with or without a change of foot. Flying spins are not permitted.
 - The spins must have a required minimum number of revolutions: three (3) for any spin with no change of foot, and six (6) with a change of foot.

- A spin that has no basic position with 2 revolutions will receive no value.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) choreographic sequence.
- The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The program duration is 1 minute and 40 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0.

Only features up to and including Level 1 will be counted. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is five (5) minutes.

Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Single Free Skating Silver

A competitor in the Silver Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of **four (4) jump elements**, consisting of any single jumps (including the single Axel). **Double, triple and quadruple jumps are not permitted.**
- There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. There may be up to two (2) jump combinations or one (1) jump combination without using an Euler (half-loop) and one (1) jump sequence. One jump combination or jump sequence can consist of up to three (3) jumps, the other up to two (2) jumps.
 - A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
 - An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating
 - Each listed jump may be performed a maximum of two (2) times
 - A Waltz jump will be called as a single Axel downgrade

- b. A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position change of foot optional, flying entrance not allowed. Second spin is a spin of any nature, flying entrance optional.
 - The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and six (6) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c. A maximum of one (1) choreographic sequence.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.
 - A Choreographic Sequence consists of at least two (2) different skating movements like spirals, arabesques, spread eagles, Ina Bauers, hydroblading and unlisted jumps.

The program duration is 2 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0.

Only features up to and including Level 2 will be counted for technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is five (5) minutes.

Each fall outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Single Free Skating Gold

A competitor in the Gold Free Skating event must perform a well-balanced program that may contain:

- a. A maximum of five (5) jump elements, consisting of single jumps (including the single Axel) or double jumps. **Double flip, double Lutz and double Axel are not permitted. Triple and quadruple jumps are not permitted.**
 - There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) listed jumps. The other may have two (2) listed jumps. There may be up to two (2) jump combinations or one (1) jump combination without using an Euler (half-loop) and one (1) jump sequence.
 - A jump sequence consists of two or three jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.

- An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating
 - Each listed jump may be performed a maximum of two (2) times.
 - A Waltz jump will be called as a single Axel downgrade.
- b. A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination with a change of foot (flying entrance not allowed), and one (1) of which must be a flying spin or a spin with a flying entrance, change of foot is optional. The third spin must be a choreographic spin. For the spin combination and the flying spin, the following rules apply:
- The spins must have a required minimum number of revolutions: four (4) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no value.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must A maximum of one (1) step sequence, fully utilizing the ice surface.
- c. There must be a maximum of one (1) step sequence fully utilizing the ice surface and including at least one skating movement such as a spiral, spread eagle, Ina Bauer, hydroblading etc. If the skating movement is missing, no Level will be given. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted. The Technical Panel will not award Feature 3) Use of body movements for at least 1/3 of the pattern and Feature 4) Two combinations of 3 difficult turns on different feet, and Feature 5) Body movements included in a combination of 3 difficult turns feature.

The program duration is 2 minutes and 50 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.67.

Only features up to and including Level 3 in spins and Level 2 in the step sequence will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is five (5) minutes.

Each fall shall receive a deduction of 1.0.

Single Free Skating Masters /Masters Elite

A competitor in the Masters Free Skating event must perform a well-balanced program that may contain:

- a) A maximum of five (5) jump elements, one of which must be an Axel type jump. **Single and double jumps are permitted. Triple and quadruple jumps are not permitted.** There may be up to two (2) jump combinations or one (1) jump combination and one (1) jump sequence in the free program.
 - One (1) jump combination or one (1) jump sequence may consist of up to three (3) jumps. The other may have two (2) jumps.
 - A jump sequence consists of two (2) or three (3) jumps of any number of revolutions, in which the second and/or the third jump is an Axel type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel jump.
 - An Euler (half-loop) when used in a jump combination or sequence between two listed jumps will be called but will not be considered as a listed jump, and will not be counted in the number of the jumps of the concerned combination or sequence. After the execution of the Euler (half-loop) no change of foot is allowed. An Euler (half-loop) can be executed only once in the Free Skating.
 - Each listed jump may be performed a maximum of two (2) times.
- b) A maximum of three (3) spins of a different abbreviation, one (1) of which must be a spin combination (no flying entrance), and one (1) of which must be a flying spin or a spin with a flying entrance with no change of foot, and one (1) of which must be a choreographic spin.
 - The spins must have a required minimum number of revolutions: five (5) for any spin with no change of foot, and eight (8) for any spin with a change of foot.
 - A spin that has no basic position with 2 revolutions will receive no level and no value, however a spin with less than three rotations in total is considered as a skating movement and not a spin.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
 - All spins with change of foot must have at least 3 revolutions on each foot. If this requirement is not fulfilled, the spin will be marked with a V.
- c) A maximum of one (1) step sequence, fully utilizing the ice surface. At least 2 difficult turns and steps must be executed on clean edges for Level basic. The twizzle needs to have at least two (2) revolutions to be counted.

The program duration is 3 minutes +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.67.

The warm-up duration is six (6) minutes.

Features up to and including Level 4 will be counted for the technical elements.

Each fall shall receive a deduction of 1.0.

Pair Free Skating

Each couple consists of a man and a woman. It is MANDATORY that pair couples enter at the skill level of the more skilled skater.

Pair Free Skating Adult

Pairs must perform a well-balanced program that may contain:

- a. A maximum of one (1) lift of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - Twist lifts are not permitted.
- b. A maximum of one (1) single throw jump.
 - Throw double and triple jumps are not permitted.
 - Throw single Axel is not permitted.
- c. A maximum of one (1) solo single jump.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of two (2) listed jumps.
 - Only single jumps are allowed.
 - Double and triple jumps are not permitted.
 - Axel type jumps are not permitted.
- e. A maximum of one (1) pair spin.
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners. Change of positions may be used for a level feature.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) pivot figure (position of the woman optional).
 - At least one (1) revolution in pivot position by the man is required.
- g. A maximum of one (1) choreographic sequence.
 - The pattern is not restricted but the sequence must be clearly visible.
 - A choreographic sequence has a base value and will be evaluated by the judges in GOE only.

The program duration is 2 minutes and 20 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0.

Only features up to and including Level 1 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is five (5) minutes.

Each fall by either partner outside elements shall receive a deduction of 0.5. Falls in elements will be called by the Technical Panel but with no deduction(s).

Pair Free Skating Intermediate

Pairs must perform a well-balanced program that may contain:

- a. A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man and 1 revolution for the woman.
 - The man's lifting hand(s) should be above his shoulder line.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.
 - Twist lifts are not permitted.
 - Both lifts may be from the same group if the takeoff and/or the hold is different.
- b. A maximum of one (1) single throw jump (including the throw single Axel).
 - Double and triple jumps are not permitted.
- c. A maximum of one (1) solo single jump (including the single Axel).
 - Double and triple jumps are not permitted.
- d. A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) listed single jumps, beginning with any jump, immediately followed by an Axel type jump with a direct step from the landing curve of the first jump to the takeoff curve of the Axel jump.
 - Only single jumps are allowed (including the single Axel).
 - Double and triple jumps are not permitted.
- e. A maximum of one (1) pair spin (pair spin or pair combination spin).
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners.
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination. A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
- f. A maximum of one (1) death spiral or pivot figure (position of the woman optional).
 - At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one (1) revolution in pivot position by the man is required for the pivot figure.
- g. A maximum of one (1) step sequence, fully utilizing the ice surface.

The program duration is 2 minutes and 40 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.67.

Only features up to and including Level 2 will be counted for the technical elements. Any additional features will not count for level requirements and will be ignored by the Technical Panel.

The warm-up duration is six (6) minutes.

Each fall by either partner shall receive a deduction of 1.0.

Pair Free Skating Masters / Masters Elite

Masters pairs must perform a well-balanced program that may contain:

- a) A maximum of three (3) different lifts, one of which may be a twist lift.
 - In lifts of Group 1 and Group 2, the man's lifting hand(s) should be above his shoulder line.
 - In lifts of Groups 3–4-5, full extension of the lifting arm(s) is mandatory.
 - Two or more lifts may be from the same group if the takeoff and/or the hold is different each time
- b) A maximum of two (2) throw jumps (single or double).
- c) A maximum of one (1) solo jump. Single and double jumps are permitted.
- d) A maximum of one (1) jump combination with a maximum of three (3) listed jumps or one (1) jump sequence.
 - A jump sequence consists of two (2) jumps of any number of revolutions, in which the second jump is an Axel type jump with a direct step from the landing curve of the first jump into the take-off curve of the Axel jump.
- e) A maximum of one (1) pair spin (pair spin or pair spin combination).
 - A pair spin is any spin with no change of foot and does not require a change of position by one or both partners.
 - The pair spin combination must consist of at least one (1) change of foot and one (1) change of position (sit, camel, upright or any variation thereof) of both partners.
 - The spin must have a required minimum number of revolutions: four (4) revolutions for a pair spin and six (6) for a pair spin combination.
 - A pair spin combination must have a change of foot by both partners with at least three (3) revolutions on each foot and at least one (1) change of position by both partners. A Pair Combination Spin can be started with a jump. Any flying entry can be considered as a feature by either partner. If there are not 3 revolutions before or after the change of foot executed by both partners, the Pair Spin Combination will be marked with a "V". If there are less than 3 revolutions on both feet by either partner, the spin will have no value. There must be a minimum of two (2) revolutions in each position or the position will not be counted.

- f) A maximum of one (1) solo spin.
- The solo spin must have a required minimum number of revolutions: five (5) for the flying spin with no change of foot after landing, five (5) for the spin with only one position and no change of foot and five (5) for the spin combination with no change of foot and eight (4 + 4) for the spin combination with change of foot or spin in one position with a change of foot.
 - There must be a minimum of two (2) revolutions in each position or the position will not be counted.
 - Spin combinations must include a minimum of two (2) different basic positions with two (2) revolutions in each of these positions anywhere within the spin. To receive full value, a spin combination must include all three (3) basic positions.
- g) A maximum of one (1) death spiral or pivot figure (position of the woman optional).
- At least $\frac{3}{4}$ revolution in pivot position by the man is required for the death spiral.
 - At least one revolution in pivot position by the man is required for pivot figure.
- h) A maximum of one (1) step sequence, fully utilizing the ice surface.

The program duration is 3 minutes and 30 seconds +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.67.

Features up to and including Level 4 will be counted for the technical elements.

The warm-up duration is six (6) minutes.

Each fall by either skater shall receive a deduction of 1.0.

Ice Dance

General Regulations: Each couple consists of a man and a woman. The Man must skate the Man's Steps and the Woman must skate the Woman's Steps. Each skater may compete with only one and the same partner in the Ice Dance competitions.

Couples should perform all dances according to the rules from season 2026/2027.

Pattern Dance

Pattern dances (Ice Dance) for Season 2026/2027

Ice Dance Pre-Bronze Pattern Dance: (updated on August 1)

Novice Foxtrot (2 sequences)

#31 Rhythm Blues (2 sequences)

Ice Dance Bronze Pattern Dance:

#5 Tenfox (3 sequences)

#6 Swing Dance (2 sequences)

Ice Dance Silver Pattern Dance:

#2 Foxtrot (4 sequences)

#9 European Waltz (2 sequences)

Ice Dance Gold Pattern Dance:

#12 Viennese Waltz (3 sequences)

#23 Paso Doble (2 sequences)

Ice Dance Masters / Masters Elite Pattern Dance:

#12 Viennese Waltz (3 sequences) (updated on August 25)

#32 Tango Romantica (2 sequences)

Couples shall provide their own music for all pattern dances. No music for pattern dances will be provided by the Local Organizing Committee. The music must be chosen in accordance with the Rhythm of the Pattern Dance and may be vocal. The Tempo throughout the required Sequences must be constant and in accordance with the required Tempo of the Pattern Dance (see ISU Handbook Ice Dance 2003) plus or minus 2 beats per minute (in the case of a waltz rhythm plus or minus 3 beats per minute).

Each Couple must submit their music in advance. Notes:

- The chosen music may be a tune selected from the ISU Ice Dance music. In this case, only tunes 1 to 5 can be chosen and the Couple shall provide competition music in accordance with Rule 343, paragraph 1.
- Violation of the above music requirements or tempo specifications shall be penalized as per Rule 353, paragraph 1.n).
- All music chosen by the couple must be in accordance with the style/character of the Pattern Dance.

- The first step of the dance must be on beat 1 of a measure, unless otherwise specified in the description of the dance (See Rule 708, paragraph 1.d)
- All Pattern Dances shall be started so that the steps of the first side of the pattern are skated in front of the Judges unless otherwise directed by the Ice Dance Technical Committee in an ISU Communication. (See Rule 707, paragraph 4)
- The Pattern Dances will be judged **without Key Points**.
- After the completion of the last step of the Pattern Dance, the couple must reach their final pose within 20 seconds (See Rule 707, paragraph 6). If this time limit is exceeded, a program time deduction according to Rule 353, paragraph 1.n shall apply.

The points for each Program Component are multiplied by a factor of 1.17 (Rule 353, paragraph 1.m).

In Ice Dance, for events with two (2) Pattern Dances, the Total Score for each dance will be multiplied by a factor of 0.5. (Rule 353, paragraph 2.b).

The warm-up duration is three (3) minutes: the first 30 seconds without music followed by 2 minutes and 30 seconds of music.

Each fall by either partner shall receive a deduction of 0.5 points for Bronze, Silver and Gold, 1.0 point for Masters and Masters Elite.

Rhythm Dance

Silver Rhythm Dance

Couples entering this category will compete against others at the Silver Rhythm Dance level. The technical requirements are the same as for the category "Rhythm Dance" apart from the Pattern Dance Element and including a choreo sequence instead of a step sequence. See descriptions below. The pattern dance will be judged without key points.

Program duration: 2 minutes and 20 seconds, +/- 10 seconds.

Gold Rhythm Dance

Couples entering this category will compete against others at the Gold Rhythm Dance level. The technical requirements are the same as for the category "Rhythm Dance" apart from the Pattern Dance Element and including a choreo sequence instead of a step sequence. See descriptions below. The pattern dance will be judged without key points.

Program duration: 2 minutes and 20 seconds, +/- 10 seconds.

Masters/Masters Elite Rhythm Dance

Couples entering this category will compete against other Masters Ice Dancers.

The technical requirements are the same as for the category "Rhythm Dance"

see descriptions below. The pattern dance will be judged with key points. Refer to ISU Communication 2704, section 1.3 for description of key points.

Program duration: 2 minutes and 50 seconds, +/- 10 seconds

General Specifications

The theme and music for the Rhythm Dance for the **2026/27 season is "Rhythm and Waltz"**. Any style of waltz is permitted, from traditional forms to modern interpretations. At least one (1) additional rhythm must be included to support the chosen concept or theme. Remixed and/or remastered music, including cover versions, is permitted.

Pattern Dance Element:

- One (1) Sequence of the Westminster Waltz: Any style of waltz is permitted, from traditional forms to modern interpretations. At least one (1) additional rhythm must be included to support the chosen concept or theme with the range of tempo: minimum 159 beats per minute, in 3/4 or 6/8 time.
- Duration: any exact number of musical phrases.
- The first step of the dance must be skated on beat one of a musical phrase. Variation of Holds throughout, except extended Hand in Hand, are permitted.
- Tracking: Tracking between partners is optional.
 - 1) Starting with Step #1 of 1WW skated at the Judges' left side. 1WW (Steps #1– 12) followed by 2WW (Steps #13– 22)
 - 2) Key Point Features for Masters & Masters Elite: Must include correct turns, edges, foot placement and timing in accordance with the beats per steps.

Note: If the Pattern Dance sequence is NOT skated/performed in entirety, the sequence will become element NOT according to requirements, will receive an asterisk (*) and consequently NO value.

Dance Lift: Maximum One (1) Short Lift, up to 8 seconds

Sequential Twizzles: One (1) Set of Sequential Twizzles

- At least two Twizzles for each partner and must NOT be in contact between Twizzles
- Up to One (1) step for Masters and Masters Elite, between Twizzles.
- Up to Two (2) steps for Gold and Silver, between Twizzles. Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step.

Choreo Rhythm Sequence (Silver):

For the Silver level the choreo sequence will be confirmed when the minimum requirements are met, and is evaluated in GOE only. It can be any step sequence covering $\frac{1}{2}$ of the ice and including two (2) free skating movements such as spirals, Ina Bauers, and spreadeagles permitted among the turns and steps. It can be a combination of in hold or out of hold with no more than two (2) arm lengths between partners. No features will be counted.

Choreo Rhythm Sequence (Gold):

For the Gold level the choreo sequence will be confirmed when the minimum requirements are met and is evaluated in GOE only. It can be any step sequence covering $\frac{3}{4}$ of the ice and including two (2) free skating movements such as spirals, Ina Bauers, and spreadeagles permitted among the turns and steps. It can be a combination of in hold or out of hold with no more than two (2) arm lengths between partners. No features will be counted.

Step Sequence (Masters & Masters Elite): 1 Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance: skated to any dance rhythm/style.

- Chosen pattern may ONLY be Midline or Diagonal
- Skated no more than 2 arm lengths apart.
- Touching the ice with any part of the body is not allowed.
- Stops – up to one (1) permitted for no more than 5 seconds (this will count as one of the permitted stops, must be performed Not Touching).

Not permitted:

- Loop(s)
- Retrogression(s)

Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.

Music: The theme and music for the Rhythm Dance for the 2026/27 season is “Rhythm and Waltz”. Any style of waltz is permitted, from traditional forms to modern interpretations. At least one (1) additional rhythm must be included to support the chosen concept or theme.

- The couple should demonstrate through dance movements/dance holds the feeling/essence and dance style(s).
- The Rhythm Dance should NOT be skated in the style of a Free Dance.
- To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

The points for each Program Component are multiplied by a factor of 1.33 (Rule 353, paragraph 1.m)

The warm-up duration for the Rhythm Dance is five (5) minutes.

Each fall by either partner shall receive a deduction of 0.5 point for Silver and Gold, 1.0 point Masters and Master Elite.

Free Dance

General Requirements for Free Dance: See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). **The music for Free Dance may be vocal** and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- The music must have at least one change of tempo and expression. These changes may be gradual or immediate, but in either case they must be obvious.
- All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect. Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).
- Program Components for Free Dance are judged in:
 - Composition
 - Presentation
 - Skating Skills

Ice Dance Free Dance Pre-Bronze

Couples must perform a well-balanced program. Element features up to level 1 will be considered for level. The program may contain:

- 1) 1 (one) Single Pose.
- 2) 1 (one) Dance Spin. Combination spin IS NOT permitted.
- 3) 1 (one) set of Synchronised Twizzles (FD Variation).
- 4) 1 (one) Choreographic element chosen from the following:
 - a) Choreographic Character Step Sequence

- b) Choreographic Spinning movement
- c) Choreographic Sliding Movement

Duration: The duration is 1 minute and 30 seconds +/- 5 seconds.

Factor: Points for each Program Component are multiplied by factor 1.17.

The warm-up duration is five (5) minutes.

Each fall by either partner shall receive a deduction of 0.5 point.

Ice Dance Free Dance Bronze

Couples must perform a well-balanced program that may contain:

- 1) A maximum of one (1) Short Lift, with a maximum duration of 8 sec. Note that only a maximum Level 1 lift will be counted.
- 2) One (1) choreo sequence which can be any step sequence utilizing at least half (1/2) the ice. No features will be counted.
- 3) A maximum of one (1) Dance Spin (No combination).

The duration is 1 minute and 50 seconds +/- 10 seconds.

Factor: Points for each Program Component are multiplied by a factor of 2.0.

The warm-up duration is five (5) minutes.

Each fall by either partner shall receive a deduction of 0.5 point.

Ice Dance Free Dance Silver

Couples must perform a well-balanced program that may contain:

- 1) A maximum of one (1) Short Lift, with a maximum duration of 8 sec. Maximum Level 2 lift will be counted.
- 2) Step Sequence: A maximum of One (1) Straight line or One (1) Curve Step Sequence in Hold (Style B). Not permitted: Stops , Loops, Retrogression, Hand in hand hold with fully extended arms cannot be established, Separations of more than two arm lengths and/or exceeding 5 seconds. **The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.**
Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.
- 3) A maximum of one (1) Set of **Synchronized Twizzles**:
 - At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles.
 - Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step.
 - Partners may be in contact between the 1st and 2nd Twizzles.
- 4) A maximum of one (1) Dance Spin. Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners.

The duration is 2 minutes and 30 seconds, +/- 10 seconds.

The points for each Program Component are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).

The warm-up duration is five (5) minutes.

Each fall by either partner shall receive a deduction of 0.5 point.

Ice Dance Free Dance Gold

Couples must perform a well-balanced program that may contain:

- 1) Two (2) Different Type Short Lifts up to 8 seconds or One (1) Combination Lift up to 13 seconds.
- 2) A maximum of one (1) Dance Spin
Dance Spin (DSp) - A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot with or without change(s) of foot by one or both partners.
- 3) Step Sequence: A maximum of One (1) Straight line or One (1) Curve Step Sequence in Hold (Style B). Not permitted: Stops , Loops, Retrogression, Hand in hand hold with fully extended arms cannot be established, Separations of more than two arm lengths and/or exceeding 5 seconds.

The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.

- 4) A maximum of one (1) Set of Synchronized Twizzles:
 - At least two Twizzles for each partner, with a minimum 2 steps and up to 4 steps between 1st and 2nd Twizzles.
 - Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step.
 - Partners may be in contact between the 1st and 2nd Twizzles.

The duration is 3 minutes +/- 10 seconds.

Factor: Points for each Program Component are multiplied by a factor of 2.0.

The warm-up duration is five (5) minutes.

Each fall by either partner shall receive a deduction of 0.5 point.

Ice Dance Free Dance Masters /Masters Elite

Couples entering this category will compete against other Masters/Masters Elite Ice Dancers. The technical requirements are the same as those for the category “ Ice Dance Free Dance Gold ” .

The duration is 3 minutes +/- 10 seconds.

Factor: Points for each Program Component are multiplied by a factor of 2.0.

The warm-up duration is five (5) minutes.

Each fall by either partner shall receive a deduction of 1.0 point.

Artistic Free Skating

General Requirements for Artistic Free Skating: The artistic events consist of free skating and pair free skating programs judged only on the basis of the Program Components. The points for each Program Component are multiplied by the following factors:

- Composition 1.0
- Presentation 1.2
- Skating Skills 1.0

See ISU Communication 2494 III General Technical Rules in Single & Pair Skating and Ice Dance (Rule 504 para 3a) for a detailed description of Program Components.

There will be no technical panel and no technical mark given.

Falls are not subject to a deduction but may have a negative impact on the Program Components.

The Artistic Free Skating competition is an athletic competition that is intended to allow skaters to demonstrate their skating ability as defined by the five program components of the ISU judging system. Credit for the required technical elements is based solely on the ability of such movements to enhance the chosen theme and support the music. Credit will not be given for their technical difficulty.

The program must be developed through skating skill and quality rather than through non-skating actions such as sliding on one knee or excessive use of toe steps. The skater/pair must not remain in one place for more than five (5) seconds. The Program and time clock will start with the first movement by the skater/pair.

Any technical element exceeding the maximum number as set forth below, will be judged as an illegal element (1.0 deduction). If the minimum required technical elements are not included, a deduction for a “missing element” of 1.0 will be made. The Referee is responsible for such deductions.

Clothing and make-up must be modest, dignified and appropriate for athletic competition – not garish or theatrical in design. Clothing may, however, reflect the character of the music chosen. Clothing must not give the effect of excessive nudity. (ISU Rule 501) The theme of the program should be clear from the skating movements and choreography – regardless of what the skater is wearing.

This is NOT a theatre-on-ice, showcase or spotlight event. Theatrical costumes and make-up will be penalized by a deduction: -1.0 per program. Props and accessories may NOT be used in any part of the artistic programs. Use of props will be penalized by a deduction: -1.0 per program.

Any item that is held in the hand or removed during the performance is considered a prop. Thus, for example, a hat worn throughout the program is not considered to be a prop, but if it is intentionally removed during the performance it is considered a prop. Objects on the ice, thrown in the audience, placed on the boards or on the judges table are not permitted. Costumes that contain particles that may mar or leave anything on the ice surface (feathers, boas, excessive beading) are considered unsafe and are not permitted.

The decorations on costumes must be non-detachable. Part of the costume or decoration falling on the ice will be penalized by a deduction of 1.0 point per program. The deduction for inappropriate clothing or make-up props and accessories (1.0) will be determined by a majority of the judges and the referee.

Illegal elements:

- Somersault type jumps
- Laying on the ice and prolonged and/or stationary kneeling on both knees on the ice.

The warm-up duration is four (4) minutes for all Artistic Free Skating and Pair Artistic Free Skating events.

Single Artistic Free Skating

Competitions will be held at the Pre-Bronze, Bronze, Silver, Gold and Masters /Masters Elite levels.

The Artistic Free Skate is a competitive program that must include elements of the sport of figure skating. At least one (1) and a maximum of two (2) single jumps **MUST** be included. A Waltz jump is not considered a listed single jump. At least one (1) and a maximum of two (2) spins **MUST** be included, choreographic spins allowed. For Pre-Bronze, Bronze, Silver and Gold level, no Axel type jumps are allowed. For Masters and Elite levels, Axels are permitted. For all levels, no double, triple or quadruple jumps are allowed. No combination jumps are allowed.

The program duration for **Pre-Bronze, Bronze, Silver and Gold** Artistic Free Skating is **1 minute and 30 seconds, +/- 10 seconds**.

The program duration for **Masters Elite and Masters** Artistic Free Skating is **2 minutes +/- 10 seconds**.

Pair Artistic Free Skating

Each pair artistic team must consist of one man and one woman.

Pair Artistic Free Skating Adult

The program must include **at least two (2)** and no more than four (4) elements selected from:

- a. A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted.
- b. A maximum of one (1) pair spin. Pair spin combinations are not permitted.
- c. A maximum of one (1) pivot figure (position of the woman optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The duration is 1 minute and 40 seconds, +/- 10 seconds.

Pair Artistic Free Skating Intermediate

The program must include **at least two (2)** and no more than four (4) elements selected from:

- a. A maximum of one (1) throw jump. Axel type jumps, double and triple jumps are not permitted. A Waltz jump is not considered as a listed single jump.
- b. A maximum of one (1) spin (pair spin or pair spin combination).
- c. A maximum of one (1) death spiral or pivot figure (position of the woman optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no-handed and one-handed lifts, and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The duration is 1 minute and 40 seconds, +/- 10 seconds.

Pair Artistic Free Skating Masters/Masters Elite

The Masters Pair Artistic Free Skate is a competitive program that must include elements of the sport of pair figure skating. Each pair program must include **at least two (2)** and no more than four (4) elements selected from:

- a. A maximum of one (1) throw jump. Double and triple jumps are not permitted. Combination jumps are not permitted. A Waltz jump is not considered a listed single jump.
- b. A maximum of one (1) pair spin (or pair combination spin).
- c. A maximum of one (1) death spiral or pivot figure (position of the woman optional).
- d. A maximum of one (1) lift of Group 1 or Group 2.
 - Variations of the woman's position, no-handed and one-handed lifts and combination lifts are not permitted.
 - Twist lifts are not permitted.
 - Lifts of Groups 3-4-5 are not permitted.

The program duration is 2 minutes and 10 seconds, +/- 10 seconds.

Solo Dance

Solo Dance Pattern Dance

Categories: Pre-Bronze, Bronze, Silver and Gold.

Skaters may enter only 1 category (i.e. Bronze or Silver) within each segment of the competition. They are however free to choose the level of each segment individually within the standards listed. For example, a skater may choose to enter a category of pattern dance and a different category in free dance, based on their ability.

In case of ties in the Pattern Dance the TES will decide the outcome. **All pattern dances will be judged without Key Points.**

Music: Skater MUST provide her/his own music for each Pattern and Free Dance. Vocal music is allowed.

Pattern dances (Solo Dance) for Season 2026/2027

PRE-BRONZE

- #7 Dutch Waltz (2 sequences)
- #29 Tango Canasta (2 sequences)

BRONZE

- #8 Willow Waltz (2 sequences)
- #28 Tango Fiesta (2 sequences)

Willow Waltz is to be skated: 1st sequence with B steps, 2nd sequence with A steps.

SILVER

- #2 Foxtrot (2 sequences)
- #10 American Waltz (2 sequences)

Both Pattern Dances are to be skated: 1st sequence with A steps, 2nd sequence with B steps.

GOLD and MASTERS/MASTERS ELITE (added on August 1)

- #23 Paso Doble (2 sequences)
- #34 Blues (2 sequences)

Paso Doble should be skated: 1st sequence with A steps, 2nd sequence with B steps and one Choreographic Exit Element from the following:

- Choreographic Sliding Movement
- Choreographic Twizzling Movement
- Choreographic Spinning Movement

Note: The chosen Choreographic Exit Element is to be performed after the last step of the Paso Doble.

Blues should be skated: 1st sequence with A steps, 2nd sequence with B steps.

Solo dance Free Dance

General Requirements for the Solo Dance Free Dance

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program. ADDITIONAL REQUEST FOR GOLD: Music must have at least one change of tempo/rhythm and expression. These may be gradual or immediate. All music must create an interesting, colorful, entertaining dance program with different dance moods or a building effect.
- ii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iii) The music must be suitable for the Skaters skating skills and technical ability.

Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

Stops

- After clock started, the skater must not remain in one place for more than 10 seconds
- During program: unlimited full stops of 5 seconds max. are allowed

Costume

Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.

- Man must wear full length trousers.
- Woman is permitted to wear trousers.

Accessories and Props

Accessories and props not permitted. Costume decorations must be non-detachable.

Factors in the Solo Dance Free Dance

The multiplying factors for the Program components for the Free Dance are:

- Composition
- Presentation
- Skating Skills

Factors: 1.0 for Bronze and Silver, 1.33 for Gold.

Solo Dance Free Dance Pre-Bronze

1. 1 (one) Short **Dance Edge Element**, but no more (min 2 seconds and max 6 seconds)
2. 1 (one) **Dance Spin**. A spin to be performed on the spot on one foot without change(s) of foot by the skater. Flying Spins or Flying Entries are illegal elements.
3. One (1) **Choreographic Character Step Sequence** performed on short axis and started with a stop or skidding movement.

Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.

4. 1 (one) set of **Sequential Twizzles**.
 - Two twizzles skated one after the other with up to two (2) steps in between twizzles.
 - Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.

The duration is 1 minute and 30 seconds +/- 10 seconds.

Element features up to level 1 will be considered for level.

Solo Dance Free Dance Bronze

1. 1 (one) Short **Dance Edge Element**, but no more (min 3 seconds and max 8 seconds)
2. 1 (one) **Dance Spin**. A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spins or Flying Entries are illegal elements.
3. One (1) **Choreographic Character Step Sequence** performed on short axis and started with a stop or skidding movement.

Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.

4. 1 (one) set of **Sequential Twizzles**.
 - Two twizzles skated one after the other with up to two (2) steps in between twizzles.
 - Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.

The duration is 1 minute and 30 seconds +/- 10 seconds.

Change of Tempo and Expression is optional.

Element features up to level 1 will be considered for level.

Solo Dance Free Dance Silver

1. 1 (one) Short **Dance Edge Element**, but no more (min 3 seconds and max 8 seconds)
2. 1 (one) **Dance Spin**. A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spins or Flying Entries are illegal elements.
3. 1 (one) set of **Sequential Twizzles**.
 - Two twizzles skated one after the other with up to two (2) steps in between twizzles.
 - Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.
4. One (1) **Choreographic Character Step Sequence** performed on the long axis and started with a stop or skidding movement.
Not permitted: Touching the ice with any other part of the body than the blades (or one (1) knee), stops, pattern retrogressions, loops. Dance spins will be considered an extra element if the requirements for Basic Level are met. Edge Elements that meet the requirements for a basic level will be called as an extra element.
5. One (1) **Choreographic Element** additional chosen from the following
 - Choreographic Sliding Movement
 - Choreographic Spinning Movement
 - Choreographic Twizzling Movement (can only be performed after required Twizzles)

The duration is 1 minute and 50 seconds +/- 10 seconds.

Change of Tempo and Expression is optional.

Up to Level 2 will be considered for Level.

Additional Information: if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified as not according to the well-balanced program requirements receives (*) symbol. The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

Solo Dance Free Dance Gold

1. 1 (one) Short **Dance Edge Element**, but no more (min 3 seconds and max 8 seconds)
2. 1 (one) **Dance Spin**. A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. Flying Spins or Flying Entries are illegal elements.
3. 1 (one) set of **Sequential Twizzles**.
 - Two twizzles skated one after the other with up to two (2) steps in between twizzles.
 - Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.
4. 1 (one) **Step Sequence**, Style B (Midline, Diagonal or Circular).
Note: The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen.
Not permitted: stops, loops, and retrogressions.
5. Two (2) Different **Choreographic Elements** to be selected from the following:
 - Choreographic Character Step Sequence (started with a stop or skidding movement)
 - Choreographic Sliding Movement

- Choreographic Spinning Movement
- Choreographic Twizzling Movement (can only be performed after required Twizzles)

The duration is 2 minutes and 20 seconds +/- 10 seconds.

Change of Tempo and Expression is required.

Element features up to level 3 will be considered for level.

Stop(s) over 5 seconds or touching the ice with hands unless otherwise specified are considered violations of Choreography restrictions.

Solo Dance Free Dance Masters/Masters Elite – CATEGORY ADDED ON AGUST 1

1. Two options for **Edge Elements**

- One (1) Combination Edge Element (may not exceed 13 seconds in total) OR
- Two (2) different Types of Short Edge Elements (Spiral Type may be repeated once with different positions in each). Short Edge Elements may not exceed 8 seconds.

2. 1 (one) **Dance Spin**. A spin with minimum three (3) revolutions on one foot with or without change(s) of foot by the skater. Flying Spins or Flying Entries are illegal elements.

3. One (1) **Solo Twizzle Series**.

- At least two steps between 1st and 2nd twizzle are required but no more than four steps are permitted.
- Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step.

4. One (1) **Step Sequence**, Style B, from the following list: serpentine, circular, midline or diagonal. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern and must be a different pattern type than the Choreographic Character Step Sequence if chosen as a Choreographic Element.

Not permitted: Stop(s), Loop(s) and Retrogression(s).

Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression

5. Two (2) Different **Choreographic Elements** to be selected from the following:

- Choreographic Character Step Sequence (started with a stop or skidding movement)
- Choreographic Sliding Movement
- Choreographic Spinning Movement
- Choreographic Twizzling Movement (can only be performed after required Twizzles)

6. One (1) **One Foot Turn Sequence** to be skated anywhere in the program. It must include the following difficult turns: Rocker, Bracket, Counter, Twizzle (Single Twizzle counts for Levels 1 and 2 and Double Twizzle counts for Levels 1 - 4).

Note: Free Dance: stop(s) over 5 seconds or touching the ice with hands unless otherwise specified are considered violations of Choreography restrictions.

The duration is 3 minutes +/- 10 seconds.

Change of Tempo and Expression is required.

Element features up to level 3 will be considered for level.

Stop(s) over 5 seconds or touching the ice with hands unless otherwise specified are considered violations of Choreography restrictions.

CATEGORIES OF POSE

The basic categories of poses are listed below.

Difficult\ original\ imaginative variations are encouraged and accepted e.g. a hydroblade is considered a difficult variation of a Tea Pot / Shoot the Duck, a Beilmann is a difficult variation of an Attitude.

To be of a different Type a Pose must be skated on a different edge to the earlier Pose.

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg either
 - Raised higher than the level of the hip and
 - In front, behind or on the side and
 - Bent or extended and
 - Free or held (by knee or blade) ie Biellmann
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
- **LUNGE/DRAW** – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
- **TEA POT/SHOOT THE DUCK** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
- **SPREAD EAGLE** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

Single Pose: A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is 7 seconds.

Combination Pose: A position or stance composing of 2 different types of Single Pose combined and each attained and held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of pose. The maximum duration of a combination pose is 12 seconds.