



Changes to Solo Dance

As a result of the removal of the Original Dance the Solo Dance events will now perform a Free Dance, effective 1st January 2011.

Elementary

Elementary Solo Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

In addition, the skaters will now only perform one pattern dance instead of two. The updated pattern dance list is:

Group (1)	Dutch Waltz	2010 / 2011
Group (2)	Swing Dance	2011 / 2012
Group (3)	Canasta Tango	2012 / 2013
Group (4)	Fiesta Tango	2013 / 2014

A well balanced Free Dance program must contain:

- Maximum of 1 Spin (min 3 revs on 1 foot).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface).
 - Serpentine sequence is not permitted
 - Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Twizzles

Illegal Elements

- Jumps of more than one revolution
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

1 minutes 30 seconds +/- 10 seconds

Pre-Primary

Pre-Primary Solo Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 1 Spin (min 3 revs on 1 foot) or Combination Spin (min 3 revs on each foot).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface).
 - Serpentine sequence is not permitted
 - Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Twizzles

Illegal Elements

- Jumps of more than one revolution
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

2 minutes +/- 10 seconds

Primary

Primary Solo Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 1 Spin (min 3 revs on 1 foot) or Combination Spin (min 3 revs on each foot).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface)
 - Serpentine sequence is not permitted
 - Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Twizzles

Illegal Elements

- Jumps of more than one revolution
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

2 minutes 30 seconds +/- 10 seconds

Open

Open Solo Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 1 Spin (min 3 revs on 1 foot) or Combination Spin (min 3 revs on each foot).
- Maximum of 1 Circular, Midline, Diagonal or Serpentine (2 or 3 bold curves) Step Sequence (must use full ice surface)
 - Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Twizzles

Illegal Elements

- Jumps of more than one revolution
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

3 minutes +/- 10 seconds

Adult

Adult Solo Dance will perform the Pattern Dances (Compulsory Dances) as listed and a Free Dance; they will no longer perform an Original Dance.

A well balanced Free Dance program must contain:

- Maximum of 1 Spin (min 3 revs on 1 foot) or Combination Spin (min 3 revs on each foot).
- Maximum of 1 Circular, Midline or Diagonal Step Sequence (must use full ice surface)
 - Serpentine sequence is not permitted
 - Jumps of more than ½ rotation, stops, dance spins, pirouettes, pattern regression and loops are not be included in the step sequence
- Maximum of 1 set of Twizzles

Illegal Elements

- Jumps of more than one revolution
- Kneeling on 2 knees on the ice
- Lying on the ice

Duration:

2 minutes +/- 10 seconds

Authorised by:

Lisa Jelinek, Operational Director Technical Regulations

Authorisation date:

1st January 2011