

2022-2023 Intercollegiate Solo Free Dance Requirements



<p>Juvenile Solo Free Dance: <u>1:50 MAX</u></p> <p>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p>Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.</p>	
Edge Elements	One short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Spin	One Spin but no more. Minimum of three revolutions on one foot. Spin combinations not permitted. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED Maximum of Level 2
<u>Choreographic Step Sequence</u>	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns and Mohawks. There are no levels, it either will be confirmed or have no value. Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle	One twizzle. (Only one twizzle on one foot is required)

Key definitions of elements can be found in the [2022 Solo Dance Series Handbook](#). Per the 2022-2023 intercollegiate handbook, these events will be judged using the 6.0 system. Thus, IJS references can be disregarded.

2022-2023 Intercollegiate Solo Free Dance Requirements



<p>Intermediate Solo Free Dance: <u>2:00 MAX</u></p> <p>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p>Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.</p>	
Edge Elements	One short edge element, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds.
Spin	One spin but no more. Minimum of three revolutions on one foot. Spin combinations not permitted. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED Maximum of Level 2
Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, mohawks and brackets. <u>A one foot section is no longer required. See page new rules for attaining levels in step sequences starting on page 29.</u> Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle Series	One twizzle series. No more than three steps between twizzles.
Choreographic Character Step	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.

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2022-2023 Intercollegiate Solo Free Dance Requirements



<p>Novice Solo Free Dance: 2:30 MAX</p> <p>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p>Music at this level is strongly suggested to be in the same rhythms as the U.S. Figure Skating test structure.</p>	
Edge Elements	Two short edge elements, but no more. The edge element must be held in position for a minimum of three seconds but cannot exceed seven seconds. Edge Elements should have different positions so they would create two completely different pictures.
Spin	One Spin but no more. Minimum of three revolutions on one foot. May change feet. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED Maximum of Level 3
Step Sequence One Foot Step Sequence	One step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters. A one foot section is not required. Step sequence technical rules start on page 29. <u>One, One Foot Step Sequence to be skated anywhere in the program. It must meet the definition of the One Foot Step Sequence as defined on page 33.</u> <u>Not permitted elements</u> stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle Series	One twizzle series. No more than three steps between twizzles. Twizzles must have a different entry edge and direction of rotation.
Choreographic Character Step	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.

Key definitions of elements can be found in the [2022 Solo Dance Series Handbook](#). Per the 2022-2023 intercollegiate handbook, these events will be judged using the 6.0 system. Thus, IJS references can be disregarded.

2022-2023 Intercollegiate Solo Free Dance Requirements



Junior Solo Free Dance: <u>2:40 MAX</u>	
MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM	
Music must have a change of tempo and/or expression.	
Edge Elements	<p>Two options:</p> <ol style="list-style-type: none"> 1) One combination edge element or; 2) Two different short edge elements with different positions. <p>Notes: Each short edge element should have different positions so they would create two completely different pictures. A position may be repeated in both sides of a combination edge element only.</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One Spin but no more. Minimum of three revolutions on one foot. May change feet. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED</p>
Step Sequence	<p>One step sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include brackets, counters, rockers and choctaws. A one foot section is not required. Step sequence technical rules start on page 29.</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
One Foot Step Sequence	<p><u>1, One Foot Step Sequence to be skated anywhere in the program. It must meet the definition of the One Foot Step Sequence as defined on page 33.</u></p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
Twizzle Series	<p>One twizzle series. Additional twizzle series will be considered part of the choreography.</p> <ul style="list-style-type: none"> • Must have a different entry edge and different direction for the two twizzles. No more than three steps are allowed between twizzles.
Choreographic Character Step	<p>Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.</p>
Choreographic Sliding Movement	<p>May be performed at any point in the program.</p> <p>*See definitions in Technical Section for description on page 38.</p>

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2022-2023 Intercollegiate Solo Free Dance Requirements



Senior Solo Free Dance: <u>3:00 MAX</u>	
<p>MUSIC MUST HAVE AN AUDIBLE RHYTHMIC BEAT WITH THE EXCEPTION OF 10 SECONDS AT THE BEGINNING OF THE PROGRAM</p> <p>Music must have a change of tempo and/or expression.</p>	
Edge Elements	<p>Two options:</p> <ol style="list-style-type: none"> 1) One combination edge element plus one short edge element Or 2) Three different short edge elements with different positions. <p>Notes: Each short edge element should have different positions so they would create two completely different pictures. A position may be repeated in both sides of a combination edge element only.</p> <p>Combination Edge may not exceed 12 seconds in total. Short edge elements may not exceed 7 seconds.</p>
Spin	<p>One Spin but no more. Minimum of three revolutions on one foot. May change feet. Note: NO FLYING SPINS or FLYING ENTRIES PERMITTED</p>
Step Sequence	<p>One step sequence from the following list: serpentine, circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns and must include brackets, counters, rockers and choctaws. A one foot section is not required. Step sequence technical rules start on page 29.</p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
One Foot Step Sequence	<p><u>One, One Foot Step Sequence to be skated anywhere in the program. It must meet the definition of the One Foot Step Sequence as defined on page 33.</u></p> <p>Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.</p>
Twizzle Series	<p>One twizzle series. Additional twizzle series will be considered part of the choreography.</p> <ul style="list-style-type: none"> • Must have a different entry edge and different direction for the two twizzles. No more than three steps are allowed between twizzles.
Choreographic Character Step	<p>Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.</p>
Choreographic Sliding Movement	<p>May be performed at any point in the program.</p> <p>*See definitions in Technical Section for description on page 38.</p>

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