INTERNATIONAL ADULT FIGURE SKATING COMPETITION

Technical Requirements for
ISU Supported Adult Figure Skating Competitions

2025-2026 Season

Updated Feb 22, 2026

Note: This Announcement is valid for the International Adult Figure Skating Competitions in Alexandria, Virginia, United States October 7th-11th, 2025 and Oberstdorf, Germany May 17th-22nd, 2026.

This Announcement has been revised following the ISU Congress in June 2025.

Please review this Announcement to ensure you have the most current information for your category or categories.

International Adult Figure Skating Competitions
For
Men, Women, Pairs, Ice Dance and Synchronized Skating

Competitions under the Authorization and Support of the INTERNATIONAL SKATING UNION

NOTE:
This Announcement applies to the ISU supported International Adult Figure Skating Competitions:

- Alexandria, Virginia, United States October 7th-11th, 2025, and
- Oberstdorf, Germany May 17th-22nd, 2026.

Table of Contents

Section 1: General ***4***

Section 2. Entries ***5***

Section 3. IMPORTANT NOTES: ***6***

Section 4: Technical Requirements – Free Skating ***8***

Section 5: Technical Requirements – Pair Free Skating ***12***

Section 6. Technical Requirements – Couples Ice Dance ***15***

Section 7. Technical Requirements – Solo Ice Dance ***21***

Section 8. Technical Requirements – Synchronized Skating ***22***

Section 9. Technical Requirements – Artistic Free Skating ***29***

Section 10. ISU Contact Information ***32***

Section 1: General

The International Adult Figure Skating Competitions for the 2025-2026 Season will be conducted in accordance with the ISU Constitution and General Regulations, the ISU Special Regulations & Technical Rules Single & Pairs Skating and Ice Dance, the Special Regulations & Technical Rules Synchronized Skating, all pertinent ISU Communications, and this Announcement.

If there is a conflict between pertinent ISU Regulations or Communications and provisions set forth in this Announcement**, the provisions set forth in this Announcement shall prevail, provided there are no special comments made for Adult Skating Competitions within such ISU Communications.**

The International Adult Figure Skating Competitions are considered "International Masters/Adult Competitions" as per Rule 107(12) of the ISU General Regulations. Participation in this International Adult Figure Skating Competition is open to all skaters who belong to an ISU Member, and qualify regarding eligibility, according to Rule 102, provided their ages fall within the limits specified in this Announcement and they meet the participation requirements.

A competitor must be an individual member of an ISU Member, or a member of a club that is itself a member of an ISU Member. Competitors do not require any clearance certificate or any other permission from their ISU Member to enter the competition. Competitors must enter themselves. A competitor may enter as a member of only one ISU Member. In the case of Pair Skating and Ice Dance, both competitors in a team must enter as members of the same ISU Member.

Membership Details: All participants must also submit a copy of their photo ID together with confirmation of their membership of an ISU member federation (or a club which is a member of an ISU member federation). This form will be sent to all registered skaters prior to the competition.

Liability: In accordance with Rule 119, it is the sole obligation of each participant, as defined in Rule 107, to provide medical and accident insurance. Such insurance must ensure full medical assistance and the return of the ill or injured person to their home country by air transport or by other expeditious means.

The Local Organizing Committees will provide medical services for all competitors and officials during practice and competition.

The Local Organizing Committees for each of these competitions reserve the right to cancel on short notice this ISU supported International Adult Figure Skating Competition due to any pandemic situation, the decisions of the national and/or local Health Authorities, and various international travel/quarantine restrictions.

The International Adult Figure Skating Competitions for the 2025-2026 Season will include the following categories:

- Women and Men Free Skating
- Women and Men Artistic Free Skating
- Pair Free Skating
- Pair Artistic Free Skating
- Ice Dance – Pattern Dance
- Ice Dance – Rhythm Dance
- Ice Dance – Free Dance
- Synchronized Skating

The North American competition will also include:

- Solo Ice Dance – Pattern Dance
- Solo Ice Dance – Rhythm Dance
- Solo Ice Dance – Free Dance

Section 2. Entries

Participation in the Free Skating, Pair Free Skating, Artistic Free Skating, Pair Artistic Free Skating and Ice Dance disciplines at the International Adult Figure Skating Competitions is open only to competitors who have reached at least the age of twenty-eight (28) before 1st July 2025.

Age categories for Women and Men Free Skating events:

Class I	participants born between	1st July 1987 and 30th June 1997
Class II	participants born between	1st July 1977 and 30th June 1987
Class III	participants born between	1st July 1967 and 30th June 1977
Class IV	participants born between	1st July 1957 and 30th June 1967
Class V	participants born on or before	30th June 1957

For Synchronized Skating, at least three quarters (75%) of team members (not including alternates/reserves) must have reached at least the age of twenty-eight (28) before 1st July 2025. The remaining members of a team must have reached at least the age of twenty-five (25) before 1st July 2025.

A Synchronized Skating team must be entered by a team representative and may include up to one-quarter (25%) team members who are citizens of the country of another ISU Member, on the condition that permission is obtained from the ISU Member of the country of which the team member is a citizen. Such team members may compete under only one ISU Member in the same year.

A skater competing after 1st July 2025 in an ISU Championship, International Competition or National Championship of a Member Federation (other than an Adult International Competition or Adult National Championships) or a competition from which a competitor qualifies for the National Championship of a Member Federation (other than an Adult National Championship) MAY NOT participate in this competition.

A skater competing prior to 1st July 2025 in an ISU Championship or National Championship of a Member Federation or a competition from which a competitor qualifies for the National Championship of a Member Federation MAY participate in this competition.

A skater meeting the age requirements of this competition, who competes in adult-only events (Single Free Skating, Pairs Free Skating, Ice Dance or Synchronized Skating) at a National Championships or competition from which a competitor qualifies for the National Championships of a Member Federation MAY compete in this competition.

All other members of an ISU Member Federation who meet the age requirements may participate.

**A competitor who participates in an ISU international adult figure skating competition shall no longer be eligible to participate in an ISU sanctioned senior international competition, as specified in ISU Rule 107, except with the express authorization of the ISU council.

Section 3. IMPORTANT NOTES:

In the event the competition is oversubscribed, the Local Organizing Committee reserves the right to stop accepting further entries even before the entry closing date. Entry will be on a first come, first served basis.

GENERAL INFORMATION FOR ALL COMPETITORS

- It is recommended that you go to the ISU website site and review the technical handbooks re: regulations on free skating, pair skating and ice dance. ISU Technical Singles/Pairs Handbooks, ISU Ice Dance Handbooks, and ISU Synchronized Skating Handbooks.
- It is recommended that competitors will enter at a level appropriate to their current skating ability.
- The LOC may decide that competitors will be limited to a maximum number of different events, if registration for the competition is reaching capacity.
- Entries may be reviewed prior to announcement of the schedule to ensure the integrity of the competition.
- Competitors are not obliged to enter the same level as in previous years.
- The Masters Elite category is intended for those skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters.
- The LOC will decide how to conduct the medal ceremonies at the end of each day's competition. E.g. only the top 3 competitors or if all competitors will be invited onto the ice for the victory ceremony.

Competition Day:

- Always arrive ahead of your scheduled competition event – it is recommended that you are at the rink an hour early and are prepared to go on the ice as the schedule may change.
- Check in with the ice monitor/rink captain to see if the competition is running on time. This is also a good time to double check where you skate within the warm-up group.
- Skaters "call to the ice" does not have to follow the start order.
- Skaters have 30 seconds from the time their name is called to take their starting position.
- When the music starts and you believe it is not your music or the correct version of your music, do not start your program. Go to the referee immediately and follow his/her instructions. **Do not leave the ice unless instructed to do so.**
- The Program and time clock will start with the first movement by the skater/pair or 5 seconds after the start of their music.

Music:

- Details on Music submission will be provided by the Local Organizing Committee for each event. However, please ensure that the filename includes the surname of the skater and the event and the exact running time (not skating time). All skaters are required to bring a back-up copy of their music and have it at the boards.
- A Music Form must be submitted by all participants except in the case where ISU music will be used for pattern dance. This form will be sent to all registered skaters prior to the competition.
- Any program violating the time limit set out in this Announcement will receive a deduction of 1.0 for every 5 seconds or part thereof lacking or more than the permitted time.
- Always have back up music ready at the side of the ice so it is immediately accessible.
- Competitors will be required to submit a Planned Program Content Form for men and women free skating, pair free skating, rhythm dance, free dance, and synchronized skating. This form will be available to all registered skaters prior to the competition.

Costumes:

- Based on ISU Rule 501(1), competitors should note the following regarding appropriate clothing. Clothing and any make-up of the competitors 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. The clothing must not give the effect of excessive nudity inappropriate for the discipline. Men must wear full-length trousers. Accessories and props are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction. The deduction for inappropriate clothing, make-up, props, and accessories (1.0) will be determined by a majority of the judges and the referee.

ADDITIONAL INFORMATION FOR SINGLE SKATERS

- Competitions in Free Skating and Artistic Free Skating will be held at Bronze, Silver, Gold, Masters and Masters Elite levels.
- An entry in an artistic category may be at the same level or one level higher **(not lower)** than the entry in an event of any other category. For example, a skater may enter the Silver Free Skating event and then the Gold Artistic Free Skating event.
- Ice dancers or pair skaters who want to enter the artistic free skating category should enter at a level appropriate to their skating skills. For example, those competing at the Silver Pattern Dance level could enter the Silver or the Gold Artistic Free Skating event.
- Each category will be capped at a maximum of 32 skaters.
- When fewer than 3 skaters register for a singles Free Skating or Artistic Free Skating segment, age categories may be combined wherever possible to ensure competition.

ADDITIONAL INFORMATION FOR PAIR SKATERS

- Competitions in Pair Free Skating and Pair Artistic Free Skating will be held at Adult, Intermediate, Masters and Masters Elite levels.
- Each pair team must consist of one man and one woman.
- Each skater may compete with only one and the same partner in the Pair Skating competitions.
- An entry in Pair Artistic Free Skating may be at one level higher (**not lower)** than an entry in Pair Free Skating.
- Coaches and their students are welcome to compete in all events, however, this competition does not have a PRO-AM category.
- If a pair team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR ICE DANCERS

- Competitions in Solo and Couples Pattern Dance and Free Dance may be offered at Bronze, Silver, Gold, Masters and Masters Elite levels.
- Competitions in Solo Rhythm Dance may be offered at Masters and Masters Elite levels, while the Couples Rhythm Dance may be offered at Silver, Gold, Masters, and Masters Elite levels.
- An entry in Pattern Dance may be at one level higher (**not lower**) than an entry in the other Dance events. Rhythm Dance and Free Dance entries must be at the same level.
- In Couples Dance each dance team must consist of one man and one woman. The man must skate the man's steps and the woman must skate the woman's steps (unless otherwise indicated – as per the season's Rhythm Dance).
- Each skater may compete with only one and the same partner in the Couples Dance competitions.
- Coaches and their students are welcome to compete in all events. However, this competition does not have a PRO-AM category.
- If a Couples Dance team is formed of skaters having different skill levels, it is expected that they will enter at the level of the more skilled skater. Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

ADDITIONAL INFORMATION FOR SYNCHRONIZED SKATERS

- Competitions in Synchronized Skating will be held at the **Adult and Masters Levels**.
- The **Adult category** is for teams whose programs are intended to meet a more basic level of skating and for skaters who have mainly started skating as adults.
- The **Masters category** is for teams formed of former higher level/competitive skaters in any discipline, and for higher-level national test skaters.
- Further guidance in this respect can be obtained by contacting the ISU Adult Figure Skating Group (contact information at end of document).

Section 4: Technical Requirements – Free Skating

Free Skating Masters Elite

Skaters entering this category will compete against other Masters Elite Free skaters. The technical requirements are the same as those for the category "Masters Free Skating." with the exception that triple jumps are permitted. The Masters Elite category is intended for skaters who competed previously at the junior or senior level in national or international competition but is not mandatory for such skaters. It is also open to skaters who wish to include double axel and/or triple jumps in the free skating program.

Free Skating Masters

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**. No triple or quadruple jumps are allowed.

- 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) listed jumps. The other may have two (2) listed jumps.
- A jump sequence consists of two (2) or three (3) listed 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.
- 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 with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance, and one (1) of which must be a spin with only one (1) position

- 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 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.

- The program duration is 3 minutes +/- 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 shall receive a deduction of 1.0.

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, double Axel and triple 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) listed jumps. The other may have two (2) listed jumps.
- A jump sequence consists of two (2) or three (3) listed jumps of any number of revolutions, in which the second and/or the third listed 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.
- 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 with a change of foot and one (1) of which must be a flying spin or a spin with a flying entrance.

- 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 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.

- 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 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 shall receive a deduction of 1.0.

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 jumps and triple 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.
- 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.
- Each listed jump may be performed a maximum of two (2) times.

b. A maximum of two (2) spins of a different abbreviation, one of which must be a spin in one position with or without a change of foot.

- 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, fully utilizing the ice surface

- 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. 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).

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 jumps and triple 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.
- 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 utilizing at least half (1/2) of the ice surface.

- 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).

Section 5: Technical Requirements – Pair Free Skating

Pair Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair skaters. The technical requirements are the same as those for the category "Masters Pair Skating" with the exception that triple jumps are allowed.

Pair Free Skating Masters

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 ¾ 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.

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 ½ 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 ¾ 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 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 ½ 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.
- 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 that fully utilizes the ice surface.
- 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).

Section 6. Technical Requirements – Couples Ice Dance

Pattern Dance

Couples shall provide their own music for all pattern dances. There will be no music for pattern dances 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 for dances with 4/4 timing and plus or minus 3 beats per minute for waltz rhythms.

See communication 2716

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.

Masters Elite	Couples entering this category will compete against other Masters Elite Ice Dance Couples. The technical requirements are the same as those for the category "Masters Pattern Dance".
Masters	#15: Ravensburger Waltz (2 sequences) adjusted tempo option 170-200 bpm #26: Cha Cha Congelado (2 sequences) adjusted tempo option 104-118 bpm
Gold	#11: Westminster Waltz (2 sequences) adjusted tempo option 150-168 bpm #27: Silver Samba (2 sequences) adjusted tempo option 100-112 bpm
Silver	#10: American Waltz (2 sequences) adjusted tempo option 180-198 bpm #30: Tango (2 sequences) adjusted tempo option 100-110 bpm
Bronze	#8: Willow Waltz (2 sequences) adjusted tempo option 124-140 bpm #28: Tango Fiesta (2 sequences) adjusted tempo option 100-110 bpm

- 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 the 6th (last tune) of the ISU Ice Dance 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 Season 2025-2026

(Reference & more detailed information: ISU Communication No. 2704

Masters Elite Couples entering this category will compete against other Masters Elite Ice Dancers. The technical requirements are the same as for the category "Rhythm Dance" see descriptions below. Program duration 2 minutes and 50 seconds, +/- 10 seconds. The pattern dance will be judged **with key** points. Refer to ISU Communication 2704, section 1.3 for description of key points.

Masters 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. Program duration 2 minutes and 50 seconds, +/- 10 seconds. The pattern dance will be judged **with key** points. Refer to ISU Communication 2704, section 1.3 for description of key points.

Gold 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. Program duration 2 minutes and 20 seconds, +/- 10 seconds. The pattern dance will be judged **without key** points.

Silver 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. Program duration 2 minutes and 20 seconds, +/- 10 seconds. The pattern dance will be judged **without key** points.

Pattern Dance Element: (Masters & Masters Elite)

One (1) Sequence of the Rhumba immediately followed by one (1) Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: **minimum 110 beats per minute, in 2/2, 2/4 or 4/4 time**
Duration: any exact number of musical phrases
The first step of the dance must be skated on beat one of a musical phrase.

1RH (Steps #1 – 16) and 1QS (Steps #1 – 18)
Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side. Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional except during Key Points

1) 1RH must be skated in accordance with the beats per steps outlined in section 1.3 of ISU Communication No. 2704.
2) 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003

Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value.

Pattern Dance Type Step Sequence: (Gold)

For the Gold level, one (1) sequences of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: **minimum 110 beats per minute, in 2/2, 2/4 or 4/4 time**
Duration: any exact number of musical phrases
The first step of the dance must be skated on beat one of a musical phrase.

Step #1 of the sequence of the Quickstep skated at the Judges left side until Step #18. Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional

The sequence of the Quickstep must be skated in accordance with the beats per steps described on the ISU Handbook 2003

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

Pattern Dance Type Step Sequence: (Silver)

For the Silver level, one (1) sequence of the Foxtrot: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: **minimum 100 beats per minute, in 2/2, 2/4 or 4/4 time**
Duration: any exact number of musical phrases
The first step of the dance must be skated on beat one of a musical phrase.

Step #1 of sequence of the Foxtrot skated at the Judges left side until Step #14. Variation of Holds throughout, except Hand in Hand, are permitted. Tracking between partners is optional

The sequence of the Foxtrot must be skated in accordance with the beats per steps described on the ISU Handbook 2003

Note: If the Pattern Dance sequence is NOT skated/performed in the required order the Foxtrot sequence will become an element NOT according to requirements, and 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 1 step between Twizzles (Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step).

Step Sequence (Masters & Masters Elite)

1 Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance: skated to any dance style of the prescribed decades

- 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 allowed for no more than 5 secs
- 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.

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 ¾ of the ice and including two (2) freeskating 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 (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 ½ of the ice and including two (2) freeskating 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.

Music

The theme and music selected for the Rhythm Dances for the season 2025/26 is **"The Music, Dance Styles and Feeling of the 1990s".** The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below.

Music examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock
Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s
What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom.

Note: - Remixed and/or remastered music, including cover versions, is permitted. Music created via AI in the "Style of 1990's" is also permitted.
- The couple should demonstrate through dance movements/dance holds the feeling/essence and dance style(s) from this decade.
- 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

Note: Free Dance requirements for Adult competition season 2025/26 has some variations from ISU Communication No. 2704 for Junior Free Dance)

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1c). 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.

ii) 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.

iii) 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 1n).

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

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

Gold Duration of music: 3 minutes, +/ – 10 seconds.
Couples must perform a well-balanced program that may contain:

a. Two (2) Different Type Short Lifts up to 8 seconds or One (1) Combination Lift up to 13 seconds.

b. 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

c. 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.)

d. One (1) Set of Synchronized Twizzles
At least 2 Twizzles for each partner, with a minimum of 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.

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

a. A maximum of one (1) Short Lift, with a maximum duration of 8 sec.
And only a maximum Level 2 lift will be counted

b. 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

c. Step Sequence: A maximum of One (1) Straight Line or One (1) Curve Step Sequence in Hold (Style B)
Not permitted:
- Stops
- Loops
- Retrogressions
- 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.)

d. One (1) Set of Synchronized Twizzles
At least 2 Twizzles for each partner, with a minimum of 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 2 minutes and 30 seconds, +/- 10 seconds.

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

a. 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

b. A maximum of one (1) Dance Spin (No combination).
- A spin skated by the Couple together in any hold. To be performed on the spot around a common axis on one foot without change(s) of foot by either partner

c. One (1) choreo sequence which can be any step sequence utilizing at least half (1/2) the ice.
No features will be counted.

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

- The points for each Program Component for all free dance categories are multiplied by a factor of 2.0 (Rule 353, paragraph 1.m).
- The warm-up duration for all free dance categories is five (5) minutes.
- Each fall by either partner shall receive a deduction of 0.5 point for Bronze, Silver, and Gold 1.0 point for Masters and Master Elite.

Section 7. Technical Requirements – Solo Ice Dance

Note: Solo Ice Dance requirements for Adult competition season 2025-56 have some variations from the ISU International Solo Ice Dance Competition Guidelines General Rules and Requirements for the 3 Novice and the Junior levels from season 2025-26.

The Solo Ice Dance Pattern Dance, Rhythm Dance and Free Dance will be separate events at the ISU International Adult Figure Skating Competitons.

Communication 2700: Guidelines for International Novice Competitions 2025/26

Solo Ice Dance – General Requirements for Pattern Dance

Gold, Masters and Masters Elite

2025/26 Season: Starlight Waltz (2 sequences) and Quickstep/ChSt (2 sequences) both as per Advanced Novice in communication 2700. Dance patterns available in the International Solo Ice Dance Competition Guidelines.

There will be 2 key points and up to Level 3 will be evaluated. Key point features for Starlight: Correct Edges, Correct Edges and Turns, Correct Cross Roll and Edges. Key point features for Quickstep/ChSt: Correct Turns and Edges, Correct Edges.			
Basic Level	**Level 1**	**Level 2**	**Level 3**
50% of Pattern Dance is completed.	**75% of Pattern Dance** is completed.	**75% of Pattern Dance** is completed. **1 Key Point** is correctly executed.	**90% of Pattern Dance** is completed. **2 Key Points** are correctly executed.

Silver

2025/26 Season: European Waltz (2 sequences) and Tango (2 sequences) both as per Intermediate Novice in communication 2700. Dance patterns available in the International Solo Ice Dance Competition Guidelines.

There will be 1 key point described and up to Level 2 will be evaluated. Key point features: Correct Turns and Correct Edges.		
Basic Level	**Level 1**	**Level 2**
50% of Pattern Dance is completed.	**75% of Pattern Dance** is completed.	**75% of Pattern Dance** is completed. **1 Key Point** is correctly executed.

Bronze

2025/26 Season: Willow Waltz (2 sequences) and Tango Canasta (2 sequences) as per Basic Novice communication 2700. Dance patterns available in the International Solo Ice Dance Competition Guidelines.

All dances without Key Points and up to Level 1 will be evaluated. Judges evaluate the Pattern Dance with GOE	
Basic Level	**Level 1**
50% of Pattern Dance is completed.	**75% of Pattern Dance** is completed.

- The factors for each Program Component are as follows: Bronze = Basic Novice; Silver = Intermediate Novice; Gold, Masters and Masters Elite = Advanced Novice. See communication 2700 and 2704 as well as the International Solo Ice Dance Competition Guidelines.

- In Solo Dance events with two (2) Pattern Dances, the Total Score for each dance will be factored as follows: Bronze = Basic Novice; Silver = Intermediate Novice; Gold, Masters and Masters Elite = Advanced Novice.
- The warm-up duration for the Pattern Dances is three (3) minutes – the first 30 seconds without music followed by 2 minutes and 30 seconds of the 6th (last tune) of the ISU Ice Dance music.
- Each fall shall receive a deduction of 0.5 point, as per the International Solo Ice Dance Competition Guidelines. General Rules and Requirements for the Novice levels.

Solo Ice Dance – Requirements for Rhythm Dance

Masters & Masters Elite Rhythm Dance Requirements

2025/26 Season: Rhythm Dance Rhumba/Quickstep (as per Junior communication 2704)

Requirements	**Duration 2:50 +/- 10 seconds**
Music Requirements	The theme and music selected for the Rhythm Dances for both Masters and Masters Elite for the season 2025/26 is "The Music, Dance Styles and Feeling of the 1990s". The Rhythm Dance for the 2025/2026 season takes inspiration from the high energy and entertaining dance styles from this decade. Any music is possible as long as it was released, either originally or as a cover version in the 1990s and fulfills the Rhythm/Theme mentioned above as well as the Required Characteristics mentioned below. Music Examples (but not limited to): Pop/Street Latin, House/Techno, Hip-Hop, Grunge Rock Required characteristics: High energy and crowd pleasing, demonstrating the essence of the 1990s What this season's RD is not: Dance styles including Classical, Contemporary, Traditional Folk and Competition Ballroom. Notes: • Remixed and/or remastered music, including cover versions, is permitted. • Music created via AI in the "Style of 1990's" is also permitted. • The skater should demonstrate through dance movements the feeling/essence and dance style(s) from this decade. • 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. • Vocal music is permitted, and the music may be without a rhythmic beat for up to 10 seconds at the beginning of the program.
Pattern Dance Element	**One (1)** Sequence of the Rhumba immediately followed by one (1) Sequence of the Quickstep: skated/performed to any dance music/dance style(s) of the 1990s with the range of tempo: minimum 120 beats per minute, in 2/2, 2/4 or 4/4 time. **Duration:** Any exact number of musical phrases. The first step of the dance must be skated on beat one of a musical phrase. 1RH (Steps #1-16) and 1QS (Steps #1-18) in accordance with the Solo Dance Steps as described in the Pattern Dance Appendix A. Step #1 of 1RH skated at the Judges left side until Step #16. Immediately followed by Step #1 of the 1QS skated on the Judges right side. • 1RH must be skated in accordance with the beats per steps outlined in Appendix A at the end of this handbook. • 1QS must be skated in accordance with the beats per steps described on the ISU Handbook 2003 Note: If the two Pattern Dance sequences are NOT skated/performed in the required order both the Rhumba sequence and the Quickstep sequence will become elements NOT according to requirements, will receive an asterisk (*) and consequently NO value. *See Pattern Dance Appendix A for Key Points and diagrams.
Edge Element	**One (1) Short Edge Element**, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.

Step Sequence

One (1) Step Sequence, Style B.

- Skated to any dance style of the prescribed decade.
- Chosen pattern may ONLY be Midline or Diagonal.
- Touching the ice with any part of the body is allowed but not longer than 5 seconds.
- Stops – up to one (1) permitted for up to 5 seconds (this will count as one of the permitted stops)

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.

Sequential Twizzle Series

One (1) Set of Sequential Twizzles. Two twizzles skated one after the other with up to one (1) step between twizzles. (Each push, including a scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step)
May be skated anywhere in the program except in the required step sequence.

Additional Information

Pattern:

- 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 of the barrier.
- In addition, the skater may also cross the Long Axis at the entry to the Style B Step Sequence and at the entry to the Pattern Dance Element.
- Loops in any direction that do not cross the long axis are permitted.

Stops:

- After the clock starts, the skater must not remain in one place for more than 10 seconds at the beginning and/or end of the program.
- During the program (excluding the 10 seconds at the beginning and /or end of the program); 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds is permitted.

Touching the ice with hands:

- Touching the ice with the hands is not permitted unless otherwise allowed as specified in each season's requirements. The exception this season is in the Style B Step Sequence. This would be considered a Choreographic Violation.

Note: Kneeling or sliding on two knees is not allowed and will be considered a fall by the judging panel and technical panel except when allowed in the Style B step sequence.

Key Points and Key Points Features for Pattern Dance Elements Rhumba and Quickstep:

Pattern Dance Element (1RH) Steps # 1-16	**Key Point 1** (Woman) Woman Steps 11,12,13 (Wd-LFI Wd-XF Op Cho, RBO Wd-XB-Cl Cho, LFI)	**Key Point 2** (Man) Man Steps 11, 12, 13 (Wd-LFI Wd-XF Op Cho, RBO Wd-XB-Cl Cho, LFI)	**Key Point 3** (Woman) Woman Step 14 (RFI3)	**Key Point 4** (Man) Man Step 14 (RFI3)
Pattern Dance Element (1QS) Steps # 1-18	**Key Point 1** (Woman) Woman Steps 5 & 6 (LFO Sw-ClCho, RBIO)	**Key Point 2** (Man) Man Steps 5 & 6 (LFO Sw-ClCho, RBIO)	**Key Point 3** (Woman) Woman Steps 11 & 12 (LFI,RFI)	**Key Point 4** (Man) Man Steps 17 & 18 (XB-LFIO, XF-RFI)

- The warm-up for the Masters and Masters Elite Rhythm Dance is four (4) minutes.
- See communication 2700 and 2704 linked above as well as the International Solo Ice Dance Competition Guidelines.
- Each fall shall receive a deduction of 1.0 point, as per the International Solo Ice Dance Competition Guidelines General Rules and Requirements for the Junior level.

Solo Ice Dance – General Requirements for Free Dance

Solo Free Dance Masters & Masters Elite

Duration	**3:00 +/- 10 seconds**
Music	Vocal music is permitted and must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. 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.
Edge Elements	**Two options:** 1) One (1) Combination Edge Element **OR** 2) Two (2) different Types of Short Edge Elements. (Spiral Type may be repeated once with different positions in each) Combination Edge Elements may not exceed 13 seconds in total. Short Edge Elements may not exceed 8 seconds.
Spin	**One (1) Dance Spin but no more**. Minimum of three revolutions on one foot, with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence **One Foot Turn Sequence**	**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 **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)
Solo Twizzle Series	**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).
Choreographic Elements	**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)
Note:	Free Dance: stop(s) over 5 seconds or touching the ice with hands unless otherwise specified are considered violations of Choreography restrictions.

Solo Free Dance Gold

Duration	**2:20 +/- 10 seconds**
Music	Same as Masters / Masters Elite
Edge Element	One (1) Short Edge Element, but no more. The edge element must be held in position for a minimum of three (3) seconds but cannot exceed eight (8) seconds.
Spin	**One (1) Dance Spin, but no more.** - Specifications for Season 2025/26 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.
Step Sequence	**One (1) Style B** Midline, Diagonal, 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.
Sequential Twizzle Series	**One (1) Set of Sequential Twizzles**. Two twizzles skated one after the other with up to one step 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)
Choreographic Elements	Same as Masters / Masters Elite
Maximum Level	Up to Level 3 will be considered for Level.

Solo Free Dance Silver

Duration	**1:50 +/- 10 seconds**
Music	The music must have a rhythmic beat. The music may be without a rhythmic beat for up to 10 seconds at the beginning or end of the program and another 10 seconds during the program. May be vocal and must be suitable for ice dance as a sport discipline.
Edge Element	Same as Gold
Spin	Same as Gold
Choreographic Character Step Sequence	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.
Sequential Twizzle Series	Same as Gold

Choreographic Element	One (1) additional chosen from the following • Choreographic Sliding Movement • Choreographic Spinning Movement • Choreographic Twizzling Movement (can only be performed after required Twizzles)
Maximum Level	Up to Level 2 will be considered for Level.
Additional Information	For Silver (FD) 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 Free Dance Bronze

Duration	**1:30 +/- 10 seconds**
Music	Same as Silver
Edge Element	Same as Gold
Spin	Same as Gold
Choreographic Character Step Sequence	**One (1) Choreographic Character Step Sequence** performed on the **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.
Sequential Twizzle Series	Same as Gold
Maximum Level	Up to Level 1 will be considered for Level.

- The factors for each Program Component are as follows: Bronze = Basic Novice; Silver = Intermediate Novice; Gold = Advanced Novice; Masters and Masters Elite = Junior. See communication 2700 and 2704 linked above as well as the International Solo Ice Dance Competition Guidelines.
- The warm-up duration for all free dance categories is five (5) minutes.
- Each fall shall receive a deduction of 0.5 point for Bronze, Silver, and Gold; 1.0 point for Masters and Master Elite.

Section 8. Technical Requirements – Synchronized Skating

A team shall consist of 12-16 skaters and may include both Women and men. Each Team may have up to a maximum of four (4) alternates listed as such on the Team roster.

Skaters must meet the age requirements as stated in this announcement. Adult and Masters competitions will consist of a Free Skating program only.

The Free Program must be skated according to ISU rules 2025 (Special Regulations & Technical Rules Synchronized Skating 2025).

Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Deductions for Interruption(s) in performing the program for ADULT category:
For every Interruption of:
-more than 10 seconds up to 20 seconds: **-0.5**
-more than 20 seconds up to 30 seconds: **-1.0**
-more than 30 seconds up to 40 seconds: **-1.5**
-more than 40 seconds by one or several skaters: **-2.0**
- if second interruption more than 40 seconds or program not completed, the Team is withdrawn
- Interruption of the program with three minutes, Rule 965 **-2.5**
- Adverse condition prior to the program with three minutes, Rule 965 **-2.5**

Deductions for Falls* for ADULT category:
*A Fall is defined as loss of control by a Skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades, e.g., hand(s), knee(s), buttock(s), or any part of the arm (Rule 953, paragraph 1).

Fall Rule 953, paragraph 1: -0.5 for every Fall of one (1) skater

As the values of those deductions are not the standard ones provided by Rule 953, paragraph 1. and Rule 843, paragraph 1.m), the Referee must give specific instructions to the system operator and check the correct input in each instance.

Deductions for Interruptions in performing the program and for Falls* for MASTERS category:
the standard deductions according to rule 953, paragraph 1 and Rule 843, paragraph 1.n) will apply.

Duration of Program (Rule 952, paragraph 2**)**

Adult and Masters: Three (3'00) minutes +/- 10 seconds. The Team is allowed to finish the Free Skating within ten (10) seconds plus or minus the required time. The timing must be reckoned from the moment that a Skater begins to move (arms, head, etc.) or to skate until arriving at a complete stop at the end of the program.

ADULT FREE SKATING

The **ADULT** teams MUST skate a well-balanced Free Skating Program of **Five (5) required elements**:

1. **Intersection** Element
   - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element – **Block**
3. **Traveling** Element
4. **Rotating** Element

PLUS the 5TH ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element **Or**
Artistic Element **– Block Or**
Artistic Element **– Circle Or**
Artistic Element **– Line Or**
Artistic Element **– Wheel**

Not permitted – Vaults, lifts and Un-sustained lifts

The points for each Program Component are multiplied by a factor of 1.67.

MASTERS FREE SKATING

The **MASTERS** teams MUST skate a well-balanced Free Skating Program of the following **Six (6) required elements**:

Must include the following five (5) Required Elements:

1. **Intersection** Element
   - Additional Feature -Point of Intersection (pi) is optional and will be called if included
2. **Pivoting** Element - **Block**
3. **Traveling** Element
4. **Move** Element
5. **No Hold** Element
   - Must be one closed block
   - Features and Additional Feature (Step Sequence) -will be called if included

PLUS the 6th ELEMENT, a CHOICE of one (1) Element from below:

Mixed Element **Or**
Artistic Element **– Block Or**
Artistic Element **– Circle Or**
Artistic Element **– Line Or**
Artistic Element **– Wheel**

Permitted – Vaults and Un-sustained lifts

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

NOTES:
Maximum Element levels can be skated, and the level will be called as executed.

Maximum levels of Additional Features can be skated and will be rewarded according to the execution of the team.

- Definition/criteria of recommended Elements and Additional Features are in accordance with Rule 990, paragraphs 3 and 4.
- Difficulty Groups of Elements and Additional Features and the description of their requirements are in accordance with the valid (corresponding) ISU Communication.

Official competition practice ice will be offered on the day of the SYS competition.

Extra Practice time will be available and can be booked through the competition organizing committee. Extra practice cannot be booked for the day of the competition.

Section 9. Technical Requirements – 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.

See ISU 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.

The points for each Program Component are multiplied by the following factors:

- Composition – 1.0
- Presentation – 1.2
- Skating skills – 1.0

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 three 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 component score. 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 and will be listed as an illegal element on the protocol. 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)

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 <u>NOT</u> 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: -1.0 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.

Singles Artistic Free Skating

Competitions will be held at the Masters Elite, Masters, Gold, Silver and Bronze 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. For Bronze, Silver and Gold level, no Axel type jumps are allowed, for Masters and Elite levels Axels are permitted. For all levels no double or triple jumps are allowed. No combination jumps are allowed.

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

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

General Requirements for Pair Artistic Free Skating

- Each pair artistic team must consist of one man and one woman.
- It is expected that pair couples will enter at the skill level of the more skilled skater.

Pair Artistic Free Skating Masters Elite

Pairs entering this category will compete against other Elite Masters Pair skaters. The technical requirements are the same as those for the category "Masters Pair Artistic Free Skating."

Pair Artistic Free Skating Masters

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. 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 **<u>not</u>** permitted.

The program duration is 2 minutes and 10 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.

b. A maximum of one (1) pair 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 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.

Section 10. ISU Contact Information

Please address all enquiries relating to the competition rules and program content to the ISU Adult Figure Skating Group Members:

GENERAL ENQUIRIES AND FREE SKATE, PAIRS FREE SKATE AND ARTISTIC FREE SKATE
John Fisher, Chair, ISU Adult Figure Skating Group
johnwilliam.fisher@gmail.com

FREE SKATE, PAIRS FREE SKATE AND ARTISTIC FREE SKATE
Beth Delano, Member, ISU Figure Skating Group
delskater@gmail.com

ICE DANCE
Jan Calnan, Member, ISU Adult Figure Skating Group
jan@calnan.ca

SYNCHRONIZED SKATING
Ville Penttinen, SYS Member, ISU Adult Figure Skating Group
ville@teamplace.eu