



2026-2027 Solo Ice Dance Program Requirements

May 14, 2026

Pattern Dance Effective July 1, 2026

SOLO PATTERN DANCE			
For dances that have A steps and B steps, skaters will skate both steps in the following order based on number of sequences: 2 sequences: sequence one A steps; sequence two B steps 4 sequences: sequence one and two A steps; sequence three and four B steps For information on how to connect A steps and B steps please consult the Pattern Dance Competition Guide			
CATEGORY	PATTERN DANCE SELECTION FOR THE 2026-2027 SEASON <i>To be skated in the order listed. Must be performed with the first sequence executed on the same side as the officials’ stand.</i>	PATTERN DANCE SELECTION FOR THE 2027-2028 SEASON <i>To be skated in the order listed. Must be performed with the first sequence executed on the same side as the officials’ stand.</i>	MUSIC SPECIFICATIONS <i>Each skater must submit their own music, regardless of selection.</i>
STAR 2/STAR 3	DRAW FOR ONE OR TWO OF: Dutch Waltz (2 sequences) Canasta Tango (2 sequences) Baby Blues (2 sequences)		Skate Canada Series 8, Skate Canada approved music for pattern dances or ISU (not tune 6).
	Assessed to Standard		
STAR 4/STAR 5	1. Baby Blues (3 sequences) 2. Swing Dance (2 sequences of A steps)	1. Swing Dance (2 sequences) 2. Fiesta Tango (3 sequences)	
	No Key Points – Max Level 1		
STAR 6/STAR 7	1. Ten-Fox (2 sequences) 2. European Waltz (2 sequences)	1. Fourteenstep (4 sequences) 2. Foxtrot (4 sequences)	
	No Key Points – Max Level 1		
STAR 8/STAR 9	1. Rocker Foxtrot (4 sequences) 2. Starlight Waltz (2 sequences)	1. Tango (2 sequences) 2. Blues (2 sequences)	
	No Key Points – Max Level 1		
STAR 10/Gold	1. Starlight Waltz (2 sequences; 4 GOEs) 2. Quickstep (4 sequences)	1. Paso Doble (2 sequences) 2. Westminster Waltz (2 sequences; 4 GOEs)	
	No Key Points – Max Level 1		
<u>Pre-Novice</u>	1. Rocker Foxtrot (4 sequences) 2. Starlight Waltz (2 sequences; 4 GOEs)	1. Tango (2 sequences) 2. Blues (2 sequences)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	No Key Points – Max Level 1		
Novice	1. Starlight Waltz (2 sequences; 2 GOEs) 2. Quickstep (4 sequences)	1. Paso Doble (2 sequences) 2. Westminster Waltz (2 sequences; 2 GOEs)	
	2 Key Points – Max Level 3		



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Characteristics of Levels for Solo Pattern Dances without Key Points

Basic Level	Level 1
50% of Pattern Dance is completed	75% of Pattern Dance is completed

Characteristics of Levels for Solo Pattern Dances with Key Points

Key Points: Must include correct turns, edges, foot placement, timing and holds

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.

Novice Key Points

Starlight Waltz

Note: Starlight Waltz with Key Points does not have sections.

Section	Key Point 1	Key Point 2
Sequence 1: SW1Sq1 A Steps #1-32 (25% = 8 steps)	A Steps 16 & 17 (LFO ClCSt, RBO)	A Steps 21 & 22 (LFI, OpCSt, RBI)
Sequence 2: SW2Sq B Steps #1-32 (25% = 8 steps)	B Steps 9 & 10 (LFOI, RFO-SwR)	B Steps 26-28 (LFO, CR-RFO, CR-LFO3)

Quickstep

Sequence	Key Point 1	Key Point 2
Sequence 1 to 4: QS1Sq, QS2Sq, QS3Sq & QS4Sq 25% = 5 steps	Steps 5 & 6 (LFO Sw-CISSt, RBIO)	Steps 11 & 12 (LFI, RFI)

Note: A change of edge within the last ½ a beat of the step is permitted to prepare the push/transition to the next step.



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Rhythm Dance
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SOLO RHYTHM DANCE				
CATEGORY	PATTERN DANCE ELEMENT/PATTERN DANCE TYPE STEP SEQUENCE	EDGE ELEMENT <i>Max 8 seconds</i>	STEP SEQUENCE*	TWIZZLES
Open (2:50 ±0:10)	Two Sequences of the Westminster Waltz <i>The two sequences must be skated one after the other. Sequence one skated with the A steps. Sequence two skated with the B steps.</i>	Maximum 1 short edge element	Maximum 1 <i>Style B Midline – full length of ice or Diagonal – corner to corner</i>	Maximum 1 set of sequential twizzles <i>Different feet and entry edge Min 2 rotations per foot Maximum 2 steps between twizzles</i>
Junior (2:50 ±0:10)	<i>Will be updated per ISU Communication when available.</i>			
Senior (2:50 ±0:10)	<i>Will be updated per ISU Communication when available.</i>			
*Specifications to Step Sequence, Style B (Rhythm Dance): PERMITTED: Stops (up to 1 permitted for no more than 5 seconds, counted as one of the permitted stops), touching the ice with any part of the body is allowed for no more than 5 seconds. NOT PERMITTED: Retrogressions, Loops				



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Free Dance
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SOLO FREE DANCE					
CATEGORY (TIME)	EDGE ELEMENT <i>Short – max 8 seconds</i>	DANCE SPIN	CHOREOGRAPHIC STEP SEQUENCE	TWIZZLES	CHOREOGRAPHIC ELEMENT
STAR 6 (1:50 ±0:10) MAX Base*	1 Short Edge Element	Maximum 1 Dance Spin	Maximum 1 Choreographic Step Sequence	Maximum 1 Solo Twizzle Series	Maximum 1 Chosen from: ChSp, or ChTw
Requirements (all elements will be confirmed that meet the minimum requirements outlined)	An Edge Element of any type established in position for at least 3 seconds	Min of 3 revs on one foot	*Max Level 1 Long axis, one barrier to opposite barrier (distance from barrier does not apply). Started with stop or skidding movement. Touching ice, retrogressions & loops not permitted.	At least one rotation in each twizzle <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	*Max Level 1 ChSp: at least two continuous rotations on one or two feet ChTw: performed after required twizzles. Composed of two parts, each with at least two continuous rotations on one or two feet, or a combination of both. The first part must travel. The second part may be on the spot, travel or a combination of both.
Gold (1:50 ±0:10)	1 Short Edge Element	Maximum 1 Dance Spin	Maximum 1 Choreographic Step Sequence	Maximum 1 Solo Twizzle Series	Maximum 1 Chosen from: ChSp, ChTw, ChSl
Requirements	Per ISU Solo Ice Dance Guidelines	Per ISU Solo Ice Dance Guidelines	Long axis, one barrier to opposite barrier (distance from barrier does not apply). Started with stop or skidding movement. Touching ice, retrogressions & loops not permitted. Must attempt at least two of the following difficult turns: rocker, counter, bracket, forward s-step, forward outside c-step.	Per ISU Solo Ice Dance Guidelines <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	Per ISU Solo Ice Dance Guidelines



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SOLO FREE DANCE						
CATEGORY (TIME)	EDGE ELEMENT <i>Short – max 8 seconds Combination – max 13 seconds</i>	DANCE SPIN	STEP SEQUENCE*	ONE FOOT TURN SEQUENCE	TWIZZLES	CHOREOGRAPHIC ELEMENT
<u>Pre-Novice</u> (1:50 ±0:10)	1 Short Edge Element	Maximum 1 Dance Spin	Maximum 1 Choreographic Step Sequence <i>Long axis, one barrier to opposite barrier (distance from barrier does not apply). Started with stop or skidding movement. Touching ice, retrogression & loops not permitted. Must attempt at least two of the following difficult turns: rocker, counter, bracket, forward s-step, forward outside c-step.</i>	N/A	Maximum 1 Solo Twizzle Series <i>Min 2 and max 4 steps between 1st and 2nd twizzles</i>	Maximum 1 Chosen from: ChSp, ChTw, ChSl
Novice (2:20 ±0:10) Max Level 3	1 Short Edge Element	Maximum 1 Dance Spin	Maximum 1 Style B CiSt, MiSt, or DiSt	N/A	Maximum 1 <u>Solo Twizzle Series</u> <u>Min 2 and max 4 steps between 1st and 2nd twizzles</u>	Maximum 2 Chosen from: ChSp, ChTw, ChSl, ChSt
Junior (3:00 ±0:10)	Will be updated per ISU when available.					
Senior (3:30 ±0:10)	Will be updated per ISU when available.					
*Specifications to Step Sequence, Style B (Free Dance): NOT PERMITTED: Stops, Loops, Retrogressions. The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. Must be a different shape than pattern of Choreographic Step if chosen as a Choreographic Element.						

Please note: Junior & Senior categories subject to change by the ISU