



2026-2027 Ice Dance Technical Requirements Guide

Effective July 1st, 2026

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In domestic competition an Ice Dance team consists of two athletes. These athletes will be identified as Athlete A and Athlete B. The listing of the team's name corresponds to their role (i.e., Athlete A / Athlete B).

When referring to ISU documents Athlete A must follow the requirements listed for the woman and Athlete B must follow the requirements listed for the man. For elements where a level is given for each partner, the identifiers "A" and "B" will be used for each athlete in the element code (e.g., DiStA2+DiStB2).

Unless specified, all minimum requirements, levels of difficulty and GOE Guidelines for Juvenile, Pre-Novice, and Novice follow the Junior requirements outlined in the ISU Communications.



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General Information for Pattern Dances

Requirement	Rule	Details
First sequence must be executed in front of the judges' stand	If not, referee will stop the team and instruct them to restart on the correct side.	No deduction
Introductory steps	Must not to exceed the introductory phrasing of the music.	Referee and Judges apply GOE negative features for must start on the prescribed beat
Final pose time violation	Must reach final movement/pose within 20 seconds after completion of the last step of the Pattern Dance.	Referee will deduct for up to every five seconds in excess of 20 seconds after the last prescribed step to the ending movement/pose.
Music Each team must submit their own pattern dance music at competition registration, even if using Skate Canada Series 8 or ISU Music	Pre-Juvenile/ Juvenile: Music chosen must be from Skate Canada Series 8, Skate Canada Approved Music for Pattern Dances , or ISU (not tune 6). For teams selecting their own music, the Referee will time the dance for correct tempo. To ensure consistency of process, the complete dance will be timed from the start of Step 1 until the end of the last step of the dance. Refer to the chart on page 10 for the range of tempo and duration of each pattern dance.	Pre-Novice/Novice: Music must be chosen in accordance with the rhythm of the Pattern Dance and may be vocal. Tempo must remain constant throughout and in accordance with the required tempo of the Pattern Dance plus or minus 2 beats per minute (plus or minus 3 beats per minute for waltz rhythms). If choosing a tune from the ISU Ice Dance Music, only tunes 1 to 5 can be used.
Warm-up: 3 minutes 30 sec. without music followed by 2:30 min. with music Maximum 6 teams/skaters	Pre-Juvenile/Juvenile: 2:30 min. of music will be from Skate Canada Series 8.	Pre-Novice/Novice: 2:30 min. of music will be tune 6 of ISU Pattern Dance music.
Interruptions/Falls	Resumed at the nearest technically practical point which must be after the point of interruption. The athlete(s) may not skate the steps missed by the interruption.	If less than 50% of the section/sequence is completed due to a fall or interruption, the section/sequence will have no value.
Pattern	Pattern correct means: - Tracking is correct - Set Pattern: the pattern generally agrees with the Pattern Dance Diagram. - Optional Pattern: the pattern may deviate from the Pattern Dance diagram but fully utilizes the ice surface. - If more than one sequence is required, restart and repetition are correct to the pattern skated.	GOE Consideration Referee + Judges apply positive or negative feature(s)



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Costume and prop	• Must be modest, dignified and not give the effect of excessive nudity. • Must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music. • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. • Accessories & props are not permitted.	Costume and Prop Referee + Judges Deduction: once per program
Calling Process without Key Points	Technical Controller (TC) identifies Sequences/Sections of the Pattern Dance as Level Base when 50% of the Sequence/Section is completed by both partners; Level 1 when 75% or more of the Sequence/Section is completed by both partners. TC also identifies and calls falls. If a TC is not available at non-qualifying events, the referee may perform this function.	
Calling Process with Key Points	Technical Panel determines the Level of every Section/Sequence. At Novice level, two Key Points are called (Y, N, T, X) with a maximum of Level 3 if both Key Points are achieved.	
Pattern Dance Diagrams	Skate Canada Pattern Dance Competitions Technical Requirements	
ISU Pattern Dance Videos	Skate Canada Skating Development Video Library	



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2026-2027 and 2027-2028 Pattern Dances

3-minute warm-up: 30 seconds without music followed by 2:30 minutes with music			
CATEGORY	PATTERN DANCE SELECTION <i>FOR THE 2026-2027 SEASON</i> <i>To be skated in the order listed.</i> <i>Must be performed with the first sequence executed on the same side as the officials’ stand.</i>	PATTERN DANCE SELECTION <i>FOR THE 2027-2028 SEASON</i> <i>To be skated in the order listed.</i> <i>Must be performed with the first sequence executed on the same side as the officials’ stand.</i>	MUSIC SPECIFICATIONS <i>Each team must submit their own music, regardless of selection.</i>
Pre-Juvenile	1. Baby Blues (3 sequences; 3 GOEs) 2. Swing Dance (2 sequences; 2 GOEs)	1. Swing Dance (2 sequences; 2 GOEs) 2. Fiesta Tango (3 sequences; 3 GOEs)	Skate Canada Series 8, Skate Canada approved music for pattern dances or ISU (not tune 6).
	No Key Points – Max Level 1		
Juvenile	1. Ten-Fox (3 sequences; 3 GOEs) 2. European Waltz (2 sequences; 2 GOEs)	1. Fourteenstep (4 sequences; 4 GOEs) 2. Foxtrot (4 sequences; 4 GOEs)	
	No Key Points – Max Level 1		
Pre-Novice	1. Rocker Foxtrot (4 sequences; 4 GOEs) 2. Starlight Waltz (2 sequences; 4 GOEs)	1. Tango (2 sequences; 2 GOEs) 2. Blues (3 sequences; 3 GOEs)	ISU (not tune 6) or choice of music selection meeting tempo requirements.
	No Key Points – Max Level 1		
Novice	1. Starlight Waltz (2 sequences; 4 GOEs) 2. Quickstep (4 sequences; 4 GOEs)	1. Paso Doble (3 sequences; 3 GOEs) 2. Westminster Waltz (2 sequences; 4 GOEs)	
	2 Key Points – Max Level 3		



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Key Points for Novice Pattern Dances

Athlete A performs the A steps and Athlete B performs the B steps.

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

Characteristics of Levels for Novice Pattern Dances

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners. 1 Key Point is correctly executed.	90% of Pattern Dance is completed by both partners. 2 Key Points are correctly executed.

Starlight Waltz

Section	Key Point 1	Key Point 2
Each Section: SW1Sq1Se & SW2Sq1Se Steps #1-17 (25% = 4 steps)	Athlete B Steps 9 & 10 (LFOI, RFO-SwR)	Athlete A Steps 16 & 17 (LFO CICSt, RBO)
Each Section: SW1Sq2Se & SW2Sq2Se Steps #18-32 (25% = 4 steps)	Athlete A Steps 21 & 22 (LFI OpCSt, RBI)	Athlete B Steps 29-31 (RBO, LFO, Cr-RFO-SwR)

Quickstep

Sequence	Key Point 1	Key Point 2
Sequence 1 & 3: QS1Sq & QS3Sq 25% = 5 steps	Athlete A steps 5 & 6 (LFO Sw-CISSt, RBIO)	Athlete B steps 11 & 12 (LFI, RFI)
Sequence 2 & 4: QS2Sq & QS4Sq 25% = 5 steps	Athlete B steps 5 & 6 (LFO Sw-CISSt, RBIO)	Athlete A steps 11 & 12 (LFI, RFI)

Cross Roll (Forward/Backward) - Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice

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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General Information for Rhythm Dance

	Specifications/Requirements		Violations
Duration	Junior/Senior	2 minutes 50 seconds (+/- 10 seconds)	Program time: Referee deduction: once for up to every 5 sec lacking or in excess
General Requirements	Rhythm Dance is a dance created by an Ice Dance competitor to dance music with designated rhythm(s) and/or theme(s) selected by the Ice Dance Technical Committee annually for the season. The dance must: • Reflect the character of the music, the selected dance rhythm(s) and/or theme(s). • Be translated to the ice by demonstrating technical skills with a variety of steps, turns (skating vocabulary), and movements executed precisely and completely along with balance and glide, flow, power and speed, and unison. • Be delivered with unison, in harmony, and spatial awareness (partnered ice dance). • Fit to the phrasing of the music, skating to the rhythmic beat aiming for a unified dance.		
Music – General	• May be vocal and must be suitable for Ice Dance as a sport discipline. • Must be selected in accordance with the designated rhythm(s) and/or theme(s), and with the specified and constant tempo when applicable. • Only dance music with a rhythmic beat may be used. • May be without rhythmic beat for up to 5 seconds at the beginning of the program. • Note: To comply with the ethical values of sports, music chosen must not include aggressive and/or offending lyrics.		Music Requirements: Referee + Judges Deduction: once per program – incorrect rhythm, lack of rhythmic beat.
Theme and Music – Specific to 2026-2027 Season	Rhythm & Waltz • Any style of waltz is permitted, from traditional forms to modern interpretations. • At least one (1) additional rhythm, tempo and dance style must be included to support the chosen concept or theme.		Referee deduction: once per program – violation of tempo specification.
Holds	• Partners must remain in hold (recognizable and/or variation of holds), except to change hold throughout. • Extended/sustained basic “Hand-in-hand” position is not permitted, except during the Creative Dance Element (CDE).		Choreography Restrictions: Applied to violations outside of elements: stops/separations/touching ice with hands. Referee + Judges Deduction: once per program Note: When performed during a Required Element when not permitted, Judges evaluate as a Negative feature(s) for the GOE.
Pattern	• For this season, there is no pattern restriction.		
Stops	• After the clock starts, the skater(s) must not remain in one place for more than 5 seconds at the beginning and/or end of the program. • During program (excluding the one 5 seconds at the beginning and/or end of the program): ○ Senior: 1 full stop of no more than 5 seconds is permitted only during the CDE. ○ Junior: 1 full stop of no more than 5 seconds is permitted. • Any stationary spinning movement is not considered as a stop.		



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Separations	- Partners must not separate except to change hold or to perform required elements requiring a separation, turns as transitional elements and moves during permitted stops. - Distance allowed is maximum 2 arm's length apart during such separations. - Separations during permitted stops outside of required elements, changes of hold or turns as transitional elements must not exceed one measure of music. - Separations at the beginning and/or end of the program may be up to 10 seconds in duration without restrictions on the distance of the separation. - Note: Couples skating more than two arm-lengths apart is an error, including in all Required Elements/Choreographic Elements, unless otherwise stated Two-arm lengths is defined as the distance between any part of the skater's body	
Touching ice with hand(s)	Junior: Not permitted Senior: Only during the Creative Dance Element (CDE)	
Costume and prop	- Must be modest, dignified and not give the effect of excessive nudity. - Must be appropriate for athletic competition – not garish or theatrical in design -yet may reflect the character of the chosen music. - For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. - Accessories & props are not permitted; no part of the costume may be used as any support in a lift.	Costume and Prop Referee + Judges Deduction: once per program
Illegal Elements/Movements/Pose	See list on page 16	Technical Panel: once per violation



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Rhythm Dance Required Elements

Elements	
Senior Rhythm Dance Pattern Dance Element (PDE)	A section of the Golden Waltz Pattern Dance, 1GW: Starting with step 33, including the restart, and concluding with step 20: - Rhythm: skated/performed to any Waltz dance music/dance style(s) with a consistent tempo: minimum 62 three-beat measures per minute; 186 beats per minute, skated in 3 / 4 time or 6 / 8 time - Duration: The first step of the dance must be skated on beat one. - Pattern/Step Requirement: Started from Athlete S step 33 (LFO) and Athlete B step 33 (LFO3/LBI3) on the Judge's right side, past the short axis. The pattern is optional - Hold(s): Must remain in contact at all times, even during changes of holds. - Tracking: Tracking between partners is optional except during Key Points
Junior Rhythm Dance Pattern Dance Element (PDE)	One (1) Sequence of the Westminster Waltz evaluated as two (2) sections: skated/performed to any Waltz dance music/dance style(s) with a constant tempo: minimum 54 three-beat measures per minute; 162 beats per minute, skated in 3 / 4 time or 6 / 8 time. - Duration: any exact number of musical phrases 1WW (Steps #1 – 12) followed by 2WW (Steps #13– 22). The first step of the dance must be skated on beat one of a musical phrase and started to the left of the Judges - Pattern/Step Requirement: Starting with Step #1 of 1WW skated at the Judges' left side. The pattern is optional - Holds: Variation of Holds throughout, except extended Hand in Hand, are permitted. - Tracking: Tracking between partners is optional.
Senior Rhythm Dance Creative Dance Element (CDE)	Creative Dance Element (CDE) - Performed in contact, may include Hand in Hand with fully extended arms. Note: A brief release to change hold is not considered a separation. - Skated to any dance rhythm/dance style Requirements: - Both partners must perform steps/movements from barrier to opposite barrier. The requirement for barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier. Short axis and long axis are accepted. - Only One (1) Dance Stop for no more than 5 seconds must be performed anywhere within the CDE. Note: Any stop performed at the beginning, during or end of the CDE, will be considered as the Dance Stop. Any stationary spinning movement is not considered as a stop. If the stop is longer the TP will not consider as a feature for the level and the judges will consider in their GOE mark. - One (1) acrobatic movement involving agility and balance must be performed by one or both, with or without partner assistance. An additional brief stop to prepare/perform the acrobatic movement is permitted and is not considered the Dance Stop. Any additional touching of the ice during the acrobatic movement is permitted and is not considered as the 5 seconds permitted to touch the ice. - The element must demonstrate presentation to all four sides of the rink. Note: Execution directed exclusively toward the judges does not fulfill this requirement. - Touching the ice is permitted once for no more than five (5) seconds. One or both partners may touch the ice with any part of the body; they do not have to start and stop at the same time within the permitted five (5) seconds. If there are more touches of the ice than permitted, the Judges will take this into account in the GOE. If the conditions are met, a Fall and/or an Illegal Element will be called by TP. - Retrogressions and Loops are permitted - One (1) separation of no more than 5 seconds is permitted and may be performed within the required stop. If there is more than one separation, the Judges will take this into account when assessing the GOE.



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Dance Lift	Maximum one Short Lift – maximum 8 seconds Note: The type of this short lift may not be performed in the Free Dance except when performed within one part of a combination lift.
Step Sequence	One Step Sequence Not Touching (Style B) Specifications to Style B, Rhythm Dance: skated to any dance rhythm/style - Chosen pattern may ONLY be Circular, clockwise direction (Senior) and Midline or Diagonal (Junior) - Skated no more than 2 arm lengths apart Not permitted: - Loop(s) - Retrogression(s) Note: The entry 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. However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel.
Sequential Twizzles	One Set of Sequential Twizzles - At least 2 twizzles for each skater; 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). Note: The “C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.

Key Points and Key Point Features for Junior Pattern Dance Elements Season 2026-2027

Section	Key Point 1 (Athlete A)	Key Point 2 (Athlete B)	Key Point 3 (Athlete A)	Key Point 4 (Athlete B)
Pattern Dance Element (1WW) Steps # 1-12	Steps 5, 6, 7 (LFI OpCSt, RBI, LBO)	Steps 5, 6, 7 (LFI OpCSt, RBI, LBO)	Steps 9, 10a, 10b (LFO, CR-RFO3, LBO)	Steps 9, 10 (LFO, CR-RFO-SwR)
Pattern Dance Element (2WW) Steps # 13-22	Steps 13, 14 (RFI-SwRk, LBO)	Steps 13,14 (LFO-SwCtr, RBI)	Steps 19, 20, 21a, 21b (RBO, CrLBO, RFO3, LBO)	Steps 19, 20, 21 (LFO, CR-RFO3, LBO)

Key Points and Key Point Features for Senior Pattern Dance Elements Season 2026-2027

Section	Key Point 1 (Athlete A)	Key Point 2 (Athlete B)	Key Point 3 (Athlete A)	Key Point 4 (Athlete B)
Pattern Dance Element (1GW) Steps #33-20	Steps 34, 35 (RFI Sw OpSSt, LBO)	Steps 34, 35 (RFI Sw OpSSt, LBO)	Step 15 (Xb-LFI-Br)	Steps 15a, 15b, 15c (XB-LFI OpCSt, RBI, LBO)

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



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Pattern Dance and Pattern Dance Element Music Information

Dance	Beats per Minute (bpm)	Duration in seconds per Sequence	Duration in seconds from step #1 to last step	Required Sequences or Sections	Number of Steps per Sequence or Section	Number of Steps				
						10%	25%	50%	75%	90%
Baby Blues Set Pattern	86-90	21.3-22.3	63.9-67.0	3 Sequences	14	1	4	7	11	13
Swing Dance Set Pattern	94-98	39.2-40.9	78.4-81.8	2 sequences	30	3	8	15	23	27
Ten Fox Set Pattern	98-102	18.3-19.1	54.9-57.3	3 Sequences	19	2	5	10	15	17
European Waltz Set Pattern	132-138	23.6-24.4	47.2-48.8	2 Sequences	18	2	5	9	14	16
Rocker Foxtrot Set Pattern	102-106	15.8-16.5	63.2-66.0	4 Sequences	14	1	4	7	11	13
Starlight Waltz Set Pattern	171-177	34.8-35.6	69.6-71.2	2 Sequences/4 sections SW1: steps 1-17	17	2	4	9	13	15
				SW2: steps 18-32	15	2	4	8	11	14
Quickstep Set Pattern	110-114	14.7-15.3	58.8-61.2	4 sequences	18	2	5	9	14	16
Westminster Waltz (Junior Rhythm) Optional Pattern	Min 162	28.4-29.5	56.8-59.0	1 Sequences/2sections 1WW: steps 1-12	12	1	3	6	9	11
				2WW: steps 13-22	10	1	3	5	8	9
Golden Waltz (Senior Rhythm) Optional Pattern	Min 186		n/a	1 section 1GW: steps 33-20	35	4	9	18	27	32

For Pattern Dance Diagrams, see the [Skate Canada Pattern Dances in Competition Technical Requirements Guide](#)



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General Information for Free Dance

	Specifications/Restrictions		Violations
Duration	Juvenile	2 minutes (+/- 10 seconds)	Program time: Referee deduction: Once for up to every 5 seconds lacking or in excess.
	Pre-Novice	2 minutes 30 seconds (+/- 10 seconds)	
	Novice	3 minutes (+/- 10 seconds)	
	Junior	3 minutes 30 seconds (+/- 10 seconds)	
	Senior	4 minutes (+/- 10 seconds)	
Music	May be vocal and must be suitable for ice dance as a sport discipline and must have the following characteristics: • Must have a rhythmic beat and melody, or rhythmic beat alone, and may be vocal. • May be without a rhythmic beat for up to 10 seconds at the beginning or end of the program. • May be without a rhythmic beat for up to 10 seconds during the program. • Must have at least one change of tempo/rhythm and expression; this change may be gradual or immediate. • All music must create an interesting, colourful, entertaining dance program with different dance moods or a building effect.		Music Requirements: Referee + Judges Deduction: once per program
Stops	• After the clock is started with the first movement, the skater(s) must not remain in one place for more than 10 seconds. • During the program, unlimited full stops of up to 5 seconds are allowed.		Choreography restrictions: Applied to violations outside of elements: stops/separations/touching ice with hands
Separations	• The number of separations to execute transitional footwork or moves is unrestricted. • Distance allowed is maximum 2 arm’s length apart during separations. • Duration of each separation (excluding Required Elements) can be no more than 5 seconds. • Separations at the beginning and/or end of the program are permitted up to 10 seconds, no restrictions on the distance of separation. • Note: Couples skating more than two arm-lengths apart is an error, including in all Required Elements/Choreographic Elements, unless otherwise stated • Two-arm lengths is defined as the distance between any part of the skater’s body		Referee + Judges Deduction: once per program Note: When performed during a Required Element when not permitted, Judges evaluate as Negative feature(s) for the GOE
Touching ice with hand(s)	• Not permitted (except during Choreographic Sliding Movement and Choreographic Character Step Sequence).		



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Costume and Prop	• Must be modest, dignified and not give the effect of excessive nudity; must be appropriate for athletic competition – not garish or theatrical in design – yet may reflect the character of the chosen music. • For domestic competition, clothing requirements are gender neutral. There are no restrictions on skaters choosing to wear skirts, dresses, pants or tights. Note that competitors competing internationally should refer to ISU Clothing Rule 501. • Accessories & props are not permitted.	Costume and Prop Referee + Judges Deduction: once per program
Illegal Elements/ Movements/Pose	See list on page 16	Technical Panel: once per violation



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Free Dance Required Elements: Juvenile, Pre-Novice, Novice

	Juvenile	Pre-Novice	Novice
Dance Lifts Not more than:	N/A	Two Different Short Lifts Maximum 8 seconds each Choice of straight line, curve, stationary or rotational lift	Two Different Short Lifts maximum 8 seconds each Choice of straight line, curve, stationary, or rotational lift
Dance Spins On one foot or with change(s) of foot by one or both partners	One Dance Spin Called to maximum Level 2	One Dance Spin	One Dance Spin
Step Sequences Other required elements may not be performed in the StSq.	One Step Sequence Style B Circular, midline or diagonal Performed in hold	One Step Sequence Style B Straight line or curve Performed in hold	Two performed in any order: One Style B performed in hold; Types: straight line or curve One One-foot turns sequence: not touching; difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time.
	Specifications to Style B, Free Dance 2026/27: The pattern must maintain the integrity or basic shape of the chosen pattern • Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element • Not Permitted: ○ Stops ○ Loops ○ Retrogressions (Note: The entry 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. However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel.) ○ Separations of more than 2 arm's length and/or exceeding 5 seconds ○ Hand-in-hand hold with fully extended arms cannot be established		
Synchronized Twizzles	One set of Synchronized Twizzles	One set of Synchronized Twizzles	One set of Synchronized Twizzles
	At least two twizzles for each partner with a minimum of 2 and up to 4 steps between 1 st and 2 nd twizzles (each push, including scooter push, and/or transfer of weight while on two feet between twizzles is considered as a step). Partners may touch at some point between the 1 st and 2 nd twizzles.		
Choreographic Elements	One chosen from: Choreographic Lift, Choreographic Spinning Movement, or Choreographic Twizzling Movement	One chosen from: Choreographic Assisted Jump/Lifting Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement	One chosen from: Choreographic Assisted Jump/Lifting Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement



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Free Dance Required Elements: Junior, Senior

	Junior	Senior
Dance Lift Not more than:	Two different type Short Lifts (maximum 8 seconds each) OR One Combination Lift (maximum 13 seconds)	Three different type Short Lifts (maximum 8 seconds each) OR One Short Lift (maximum 8 seconds) and one Combination Lift (maximum 13 seconds) (Short Lift must be a different type than in the Combination Lift)
	The Lift type performed in the RD may not be repeated in FD unless performed within one part of a Combination Lift	
Dance Spins	One Dance Spin (DSp) - A spin skated by the team 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. For the 2026-27, exit feature is not considered for a level.	
Step Sequences Types: Straight Line or Curve	One Step Sequence, in Hold, Style B: - The pattern must maintain the integrity or basic shape of the chosen pattern - Must be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic element - Specifications to Style B: - Not Permitted: - Stops, Loops - Retrogression (Note: The entry 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. However, if a Difficult Turn is executed during a retrogression with both entry and exit edge, it will not be considered for Level by the Technical Panel.) - Separations of more than 2 arm's length and/or exceeding 5 seconds - Hand-in-hand hold with fully extended arms cannot be established	
One Foot Turns Sequence (OFT)	One Foot Turns Sequence Not Touching: Not performing the twizzle as the last turn will be considered as a positive feature for GOE.	One Foot Turns Sequence with Contact/Hold: A minimum of two of the turns must be performed in hold. The twizzle performed as the last turn is not considered for the level.
	Difficult turns performed on one foot by each partner and must be started with the first difficult turn at the same time. The additional difficult turns do not have to be performed at the same time.	
Synchronized Twizzles	One Set of Synchronized Twizzles - At least three twizzles for each partner (minimum 4 rotations per each Twizzle), with a minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. Up to 1 step between the 2nd and 3rd twizzles. - Different entry edge and different direction of rotation for two of the twizzles. - During the set of Synchronized Twizzles, a different skating foot on any of the three twizzles is required to be considered for Levels 3 and 4.	
	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 "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.	
Choreographic Elements	Two different Choreographic Elements chosen from: Choreographic Assisted Jump/Lifting Movement, Choreographic Character Step Sequence, Choreographic Hydroblading Movement, Choreographic Lift, Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement	



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Marking

Unless specified, all minimum requirements, levels of difficulty and GOE Guidelines for Juvenile, Pre-Novice, and Novice follow the Junior requirements outlined in the ISU Communications.

Pattern Dance: Judges mark the quality of execution of each Section/Sequence of the Pattern Dance using the Grade of Execution scale +5 to -5. The number of Sequences and/or Sections determines the number of GOEs for the given dance. Three Program Components are assessed (Timing, Presentation, and Skating Skills). The Program Component marking guide for Pattern Dances can be found in ISU Communication [2798](#).

Rhythm Dance and Free Dance: Judges mark the quality of execution of each element using the Grade of Execution scale +5 to -5. Three Program Components (Composition, Presentation, and Skating Skills) are assessed.

Evaluating the GOE of Sequential and Synchronized Twizzles, the One Foot Turns Sequence Judges will evaluate these elements as a unit and must base their GOE on the quality of execution of BOTH partners.

See page 17 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in ISU [2798](#) along with the Program Component marking guides.

The Referee and Judges also apply deductions for certain violations.



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Additional information pertaining to Rhythm Dance and Free Dance

Pattern of Step Sequences

The pattern of the step sequence must maintain the integrity or basic shape of the chosen pattern. Must be a different shape than pattern of Choreographic Step. Some deviations in the chosen pattern are expected in order to complete the required turns. However, if the chosen pattern is clearly not recognizable, there will be a required reduction by the Judges for incorrect pattern.

Illegal Elements/Movements/Poses in Partnered Ice Dance –Technical Panel identifies and deducts accordingly.

The following movements and/or poses are illegal in Rhythm Dance, Free Dance and in the Pattern Dances including the introductory and concluding steps (unless otherwise stated in an ISU Communication):

Note: a brief movement through poses will be permitted if it is not established and sustained or if it is used only to change pose:

- sitting on the partner's head
- standing on the partner's shoulder
- lifting partner swinging the lifted partner around by holding the skate(s)/boot(s) or leg(s) only with fully extended arm(s)
- lifting partner swinging the lifted partner around without the assistance of hand(s)/arm(s) and the lifted partner holding only with feet around the lifting partner's neck
- point of contact of the lifting hand(s)/arm(s) of the lifting partner with any part of the body of the lifted partner is sustained with the fully extended arms higher than the lifting partner's head (the supporting arm must be sustained and fully extended above the head).
- Jumps of more than one revolution except jump entry and/or jump exit
- Lying on the ice

Free Dance Choreographic Elements: Requirements for all Choreographic Elements for ALL categories follow ISU Communication 2797 unless specified below.

Choreographic Spinning Movement (Juvenile/Pre-Novice/Novice): spinning movement performed anywhere in the program, during which both partners perform at least two continuous rotations in any hold.

The following requirements apply:

- On one foot or two feet or one partner being elevated for less than two rotations, or a combination of the three
- On a common axis which may be moving



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Links to ISU and Skate Canada documents

In instances of discrepancies, Junior and Senior events, ISU rules take precedence.

ISU Rules, Communications and Technical Resources:

- [ISU Sport Rules – Singles, Pairs & Ice Dance](#)
- [ISU Handbook for Technical Panels Ice Dance](#)
- [ISU Handbook for Referees and Judges](#)
- [ISU Handbook for Ice Dance Officials – Pattern Dances](#)
- [ISU Communication 2795: Technical Requirements for 2026-2027](#)
- [ISU Communication 2797: Requirements for Technical Rules with ongoing validity](#)
- [ISU Communication 2798: Marking guides for 2026-2027 \(including Novice\)](#)
- [ISU Additional Q&As](#)
- [ISU Who is Responsible](#)

Skate Canada Rules and Technical Resources:

- [Competition Program Requirements Rule – Podium Pathway](#)
 - Defines well-balanced program requirements by category.
- [Competitions Rule](#)
 - Defines aspects related to control and conduct of Skate Canada Competitions.
- [Scoring of Skate Canada Competitions Rule](#)
 - Defines all aspects of CPC scoring of Skate Canada competitions.
- [Pattern Dance Competition Technical Requirements Guide](#)
 - Contains all dance patterns and information needed for pattern dance competitions.
- [Skate Canada Scale of Values](#)
 - Defines values assigned to elements specific to Skate Canada competitions, as well as links to ISU Scales of Values for all other elements.

As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules. Always refer to Rules as listed on the Skate Canada Info Centre, and the ISU Special Regulations and Technical Rules Singles & Pair Skating and Ice Dance for complete and authoritative rules in effect at any point in time