



2026-2027 Solo Ice Dance Program & Technical Requirements Guide

September 30, 2026

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As of the date of publication, rules cited in this guide are based on Skate Canada and ISU Rules.

Unless specified, all minimum requirements, levels of difficulty and GOE Guidelines for STAR 6, Gold, 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 skater and instruct them to restart on the correct side.	No deduction.
Introductory steps	Must not 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 apply a deduction for each five seconds in excess of 20 seconds after the last prescribed step to the ending movement/pose.
Music: Each skater must submit their own pattern dance music at competition registration, even if using Skate Canada Series 8 or ISU Music.	STAR: Music chosen must be from Skate Canada Series 8, Skate Canada Approved Music for Pattern Dances , or ISU (not tune 6). For skaters 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.	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 skaters	STAR: 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 the 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: - 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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Requirement	Rule	Details
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 Violation Referee + Judges Deduction is applied according to the opinion of the majority of the Panel which includes all the Judges and Referee. No deduction in case of a 50:50 vote. Deduction is applied 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 the skater; Level 1 when 75% or more of the Sequence/Section is completed by the skater. TC (or referee as applicable) also identifies and calls falls. If a TC is not available at non-qualifying events, the Referee may perform these functions.	
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			
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/ 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/ 5	1. Baby Blues (3 sequences) 2. Swing Dance (2 sequences)	1. Swing Dance (2 sequences) 2. Fiesta Tango (3 sequences)	
	No Key Points – Max Level 1		
STAR 6/ 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/ 9	1. Rocker Foxtrot (4 sequences) 2. Starlight Waltz (2 sequences; 4 GOEs)	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		
Pre-Novice	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 CICSt, 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 29-31 (RBO, LFO, Cr-RFO-SwR)

Quickstep

Sequence	Key Point 1	Key Point 2
Sequences 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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General Information for Rhythm Dance

	Specifications/Requirements	Violations
Duration	Open/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. • Fit to the phrasing of the music, skating to the rhythmic beat aiming for a unified dance. • Should not be skated in the style of a Free Dance	
Technical Panel	All categories require a Technical Panel per Competitions Rule 3.1	
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 is applied once per program for incorrect rhythm, lack of rhythmic beat. Tempo Specifications: Referee
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.	Deduction is applied once per program for violation of tempo specification.



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	Specifications/Requirements	Violations
Pattern	For this season, there are no pattern restrictions.	Choreography Restrictions: Applied to violations outside of elements: stops/touching ice with hands. Referee + Judges Deduction is applied once per program. Note: When performed during a Required Element when not permitted, Judges evaluate as a Negative feature(s) for the GOE.
Stops	- After the clock starts, the skater 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. - Open/Junior: 1 full stop of no more than 5 seconds is permitted. - Any stationary spinning movement is not considered as a stop.	
Touching ice with hand(s)	Open/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.	Costume and Prop Referee + Judges Deduction is applied once per program.
Falls	<u>Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence or CDE).</u>	<u>Technical Panel: once per violation</u>
Illegal Elements/Movements/Pose	See list on page 16 <u>Note: Touching the ice on purpose with the hand(s) at any time is an Illegal Element / Movement / Pose. (except where permitted in the CDE)</u>	Technical Panel: once per violation



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Rhythm Dance Required Elements

Elements	Requirements
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 A-Step 33 (LFO) on the Judge's right side, past the short axis. The pattern is optional
Junior & Open Rhythm Dance Pattern Dance Element (PDE)	One (1) Sequence of A-Steps 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.
Senior Rhythm Dance Creative Dance Element (CDE)	Creative Dance Element (CDE) Skated to any dance rhythm/dance style. Requirements: - Must begin with a brief stop or skidding movement. A brief stop to signify the start of the element will not be considered as the required stop for the CDE. - Skater must perform steps/movements from barrier to opposite barrier. The requirement for barrier to barrier is fulfilled when the skater is not more than 2 meters from each barrier. Short axis and long axis are accepted. - Required stop: Only one Dance Stop for no more than 5 seconds must be performed anywhere within the CDE however it must be after the required brief stop or skidding movement at the start of the element. Any stop performed at the 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 than 5 seconds, the Technical Panel will not consider as a feature for the level and the judges will consider in their GOE mark. - Required Movement: one choreographic sliding movement of at least two seconds. This movement must be moving. - Required Presentation: 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 with any part of the body is permitted only during the required Choreographic Sliding Movement. Any additional touching of the ice is subject to the appropriate fall or illegal element deduction taken by the technical panel. - Permitted: Retrogressions and Loops are permitted
Edge Element	Maximum one Short Edge Element – minimum of 3 seconds, and maximum 8 seconds



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Elements	Requirements
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 & Open) 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 one after the other. - 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	Key Point 2	Key Point 3
Pattern Dance Element (1WW) A Steps # 1-12	A-Step 3 (LFOI)	A-Steps 5, 6, 7 (LFI OpCSt, RBI, LBO)	A-Steps 9, 10a, 10b (LFO, CR-RFO3, LBO)
Pattern Dance Element (2WW) A Steps # 13-22	A-Steps 13, 14 (RFI-SwRk, LBO)	A-Steps 16, 17, 18, 19 (CR-LBO, RBI-Pr, Wd-LBI, RBO)	A-Step 22 (RBOI-SwR)

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

Section	Key Point 1	Key Point 2	Key Point 3	Key Point 4
Pattern Dance Element (1GW) A Steps #33-20	A-Steps 34, 35 (RFI Sw OpSSt, LBO)	A-Step 7 (CR-LBO-Tw1/LBO-Sw)	A-Step 15 (Xb-LFI-Br)	A-Step 20 (RFI3/RBO3)

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



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General Information for Free Dance

	Specifications/Restrictions		Violations
Duration	STAR 6 (Adult Bronze)	1 minute 50 seconds (+/- 10 seconds)	Program time: Referee deduction: Once for up to every 5 seconds lacking or in excess.
	Gold (Adult Gold)	1 minute 50 seconds (+/- 10 seconds)	
	Pre-Novice	1 minute 50 seconds (+/- 10 seconds)	
	Novice	2 minutes 20 seconds (+/- 10 seconds)	
	Junior	3 minutes (+/- 10 seconds)	
	Senior	3 minutes 30 seconds (+/- 10 seconds)	
Panel Process: STAR 6 (Adult Bronze)	STAR 6 (Adult Bronze) is run with the elements confirmed by a Qualified Ice Dance Official (Judge – Juvenile or higher, TS/TC, Referee) or Section Level Technical Panel Official in another discipline who is not part of the scoring panel. All elements will then be assigned a corresponding GOE by a panel of 3 to 5 judges. Falls: All falls, both during and between elements will be identified and have a value. The fall deduction will be applied by the Technical Official. Note: All other categories require a Technical Panel per Competitions Rule 3.1		
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 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/touching ice with hands 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/or Choreographic Character Step Sequence).		



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	Specifications/Restrictions	Violations
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
Falls	<u>Kneeling on both knees will be considered a fall (unless it is identified as a sliding movement when allowed or when allowed in the Choreographic Character Step Sequence or CDE).</u>	<u>Technical Panel: once per violation</u>
Illegal Elements/ Movements/Pose	See list on page 16 <u>Note: Touching the ice on purpose with the hand(s) at any time is an Illegal Element / Movement / Pose. (except where permitted below)</u>	Technical Panel: once per violation



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Free Dance Required Elements: STAR 6 (Adult Bronze)

Required elements in Free Dance programs that meet the minimum element requirements outlined in the table below will be identified and given a value called at the maximum of Base level except for choreographic elements which will be called Level 1 (e.g. DSpB, StSqB, SyTwB, ChLi1). Elements that do not meet the basic requirements should be reviewed on video, if available, before removing them.

Skaters must submit a planned program sheet listing the elements in order of execution. If the program contains additional elements the skater should indicate which are to be assessed. If the order is not indicated and the program contains more than one element that meets the definition of the required elements, then only the first executed will be assessed.

Element		Definition & Minimum Element Requirements	Examples of Errors
One Short Edge Element (SpEe, CrEe, SeEe, IBEe)		An Edge Element of any type established in position for a minimum of 3 seconds. (Definitions , page 10)	Position not achieved (e.g. spiral does not meet the definition) or held for less than 3 seconds: edge element is not identified.
One Dance Spin (DSp)		Spin with a minimum of three revolutions on one foot with or without change(s) of foot by skater. (Flying spins or flying entries are illegal elements.)	- Skater falls on entry of spin (less than 3 revs) and does not perform and further spin: DSp is not identified. - Skater falls on entry of spin (less than 3 revs) and gets up and preforms a spin of at least 3 revs: DSpB - Any spin with less than three revs: DSp is not identified - Spin with flying entrance: If the spin reaches 3 revs, it will be identified and given a deduction for an illegal element. If the spin does not reach 3 revs the illegal element deduction is still applied.
One Choreographic Step Sequence (ChSt)		- Long axis, one barrier to opposite barrier (distance from barrier does not apply). - Started with stop or skidding movement. - Touching ice not permitted. <u>One Retrogression or loop is permitted.</u>	- ChSt does not start with a stop or skidding movement: ChSt not identified. - Touching Ice: an error "e" is applied.
One Solo Twizzle Series (SoTw)		At least one rotation in each twizzle. Min 2 and max 4 steps between 1st and 2nd twizzles.	Only performs 1 twizzle: element is not identified.
Choice of:	Choreographic Spinning Movement (ChSp)	At least two continuous rotations on one or two feet.	
	Choreographic Twizzling Movement (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.	



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Free Dance Required Elements: Gold (Adult Gold), Pre-Novice, Novice

	Gold (Adult Gold)	Pre-Novice	Novice
Edge Elements Not more than:	One Short Edge Element Minimum of 3 seconds Maximum 8 seconds		
Dance Spins	One Dance Spin - Minimum of three revolutions on one foot with or without change(s) of foot by the skater. <i>(Flying Spin or Flying Entries are illegal elements.)</i>		
Choreographic Step Sequence	One Choreographic Step Sequence - Long axis, one barrier to opposite barrier (distance from barrier does not apply). - Started with stop or skidding movement. - Touching ice not permitted. <u>One Retrogression or loop is permitted.</u> - Must attempt at least two of the following difficult turns: rocker, counter, bracket, forward s-step, forward outside c-step.		N/A
Step Sequences Types: Straight Line or Curve	N/A		One Step Sequence, 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 - 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.)
Solo Twizzle Series	One Solo Twizzle Series: minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles. <i>Each push, including scooter push, and/or transfer of weight while on two feet between Twizzles is considered as a step.</i>		
Choreographic Elements	One chosen from: Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement (performed after required twizzles)		Two different Choreographic Elements chosen from: Choreographic Character Step Sequence (started with a stop or skidding movement, one retrogression or loop is permitted), Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement (performed after required twizzles)



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Free Dance Required Elements: Junior, Senior

	Junior	Senior
Edge Element Not more than:	Two different types of Short Edge Elements (spiral type may be repeated once with different positions in each) (maximum 8 seconds each) OR One Combination Edge Element (maximum 13 seconds)	Three different types of Short Edge Elements (spiral type may be repeated once with different positions in each) (maximum 8 seconds each) OR One Short Edge Element (maximum 8 seconds) and one Combination Edge Element (maximum 13 seconds) (Short Edge Element must be a different type than in the Combination Edge Element)
Dance Spins	One Dance Spin (DSp) - Minimum of three revolutions on one foot with or without change(s) of foot by the skater. (Flying Spin or Flying Entries are illegal elements.)	
Step Sequences Types: Straight Line or Curve	One Step Sequence, 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.)	
One Foot Turns Sequence (OFT)	One Foot Turns Sequence: must include the following difficult turns: Rocker, Bracket, Counter, Twizzle. Not performing the twizzle as the last turn will be considered as a positive feature for GOE.	One Foot Turns Sequence: must include the following difficult turns: Rocker, Bracket, Counter, Twizzle. The twizzle performed as the last turn is not considered for the level.
Solo Twizzle Series (SoTw)	One Solo Twizzle Series: with a minimum of 2 steps and up to 4 steps between 1st and 2nd Twizzles.	One Solo Twizzle Series - At least three twizzles (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 are required for levels 2, 3, and 4. - During the set of Solo 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. 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 Character Step Sequence (started with a stop or skidding movement, one retrogression or loop is permitted), Choreographic Sliding Movement, Choreographic Spinning Movement, or Choreographic Twizzling Movement (performed after required twizzles)	



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Marking

Unless specified, all minimum requirements, levels of difficulty and GOE Guidelines for Gold, 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 Solo Pattern Dances can be found in the [International Solo Ice Dance Requirements](#).

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.

See page 17 for links to GOE marking guides for Pattern Dances and Required Elements. These are also published in the [International Solo Ice Dance Requirements](#) 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):

- Jumps of more than half revolution (including backflips)
- 2 or more consecutive half revolution jumps (jumps are not consecutive if there are two or more steps in between. Steps to be counted as they are for Twizzles)
- Lying or sitting on the ice (except where permitted)
- Half revolution jumps of any kind with more than 90 degree separation at the thighs
- Flying entries for Dance Spins
- Illusions of more than one rotation (one rotation equals one “down and up” motion of the upper body)
- Touching the ice when not permitted (except where permitted for each season)

Free Dance Choreographic Elements: Requirements for all Choreographic Elements for ALL categories follow [International Solo Ice Dance Levels](#) unless specified below.

Choreographic Spinning Movement (STAR 6/Gold/Pre-Novice/Novice): spinning movement performed anywhere in the program, performed with at least two full rotations which may be stationary or travelling.

The following requirements apply:

- On two feet, or alternate feet, or one foot and one knee/boot (but not two knees)
- On a common axis which may be moving



2026-2027 Solo Ice Dance Program & Technical Requirements Guide

September 23, 2026

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:

- [International Solo Ice Dance Requirements 2026-2027](#)
- [International Solo Ice Dance Levels 2026-2027](#)
- [International Solo Ice Dance SOV 2026-2027](#)

Skate Canada Rules and Technical Resources:

- [Competition Program Requirements Rule – Podium Pathway](#)
Defines well-balanced program requirements by category.
- [Competition Program Requirements Rule – STAR](#)
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