

# Partnered Free Dance Test Requirements

This chart reflects the rules currently in place for the 2023-24 season. Underlined changes are in effect for tests taken on or after July 1, 2023.



Level	Lifts	Dance Spin	Step Sequence	Twizzles	Notes
<b>Standard and Skate United Bronze Partnered Free Dance Test</b>  2:15 +/- 10 sec	<b>2 different types of Short Lifts</b> max 7 secs  <b>Combination lifts not permitted.</b>	<b>1 Dance Spin</b>  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.  Min. 3 revs. on 1 foot by both partners	<b>1 Step Sequence (Circular, Midline or Diagonal in Hold)</b>  The step sequence must fit the definition of one of the required step sequence options (circular, midline or diagonal in hold), and must utilize the full ice surface.  Should include a variety of steps and turns and must include three-turns and mohawks executed by both partners  <b>Not Permitted Elements:</b> Stops, pattern retrogressions and loops are not permitted in the step sequence. Hand-in-hand hold not permitted with fully extended arms.  Dance spins and pirouettes are stops.	<b>Max 1</b>  Synchronized Twizzle  At least one full rotation by each partner.  Synchronized twizzle may be skated anywhere in the program except in the required step sequence.	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  Music should adhere to Rule 8095 (E).  Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.  Touching the ice with hand(s) is not allowed  <b>Illegal Elements</b> Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice - Illegal lift movement/pose
<b>Standard and Skate United Pre-Silver Partnered Free Dance Test</b>  2:30 +/- 10 sec	<b>2 different types of Short Lifts</b> max 7 secs  <b>Combination lifts not permitted.</b>	<b>1 Dance Spin</b>  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.  Min. 3 revs. on 1 foot by both partners	1 Step Sequence in Hold (Style B) to be selected from Circular, Midline, Diagonal or <u>Serpentine</u>  Must utilize the full ice surface  Should include a variety of steps and turns and must include three-turns, mohawks and brackets executed by both partners  <b>Specification to Style B:</b> Not Permitted: - Stops - Loops - <u>Retrogression</u> - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds  Dance spins and pirouettes are stops.	<b>1 Synchronized Twizzle</b>  Min. 1 rev. by both partners	Extra elements may be added without penalty  See Dance Glossary for descriptions of specific elements  Music should adhere to Rule 8095 (E).  Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.  Touching the ice with hand(s) is not allowed  <b>Illegal Elements</b> Jumps of more than one revolution except Jump Entry and/or Jump Exit - Lying on the ice - Illegal lift movement/pose

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Level	Lifts	Dance Spin	Step Sequence	Twizzles	Notes
<p><b>Standard and Skate United Silver Partnered Free Dance Test</b></p> <p>3:00 +/- 10 sec</p>	<p><b>2 different types of Short Lifts</b> max 7 secs</p> <p><b>Combination lifts not permitted.</b></p>	<p>1 Dance Spin</p> <p>A spin skated by the couple together in any hold.</p> <p>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.</p>	<p><b>1 Choreographic Character Step Sequence (ChSt)</b></p> <p>Choreographic Character Step Sequence: performed anywhere in program. Must be placed around short axis (within 10 meters on either side of the short axis). Must proceed from barrier to barrier. May be in hold or not touching. Touching ice with hand(s) is allowed. Distance between partners is permitted as a maximum of 2 arms lengths apart</p> <p><b>AND</b></p> <p><b>1 Step Sequence In Hold (Style B) to be selected from Circular, Midline, Diagonal or Serpentine</b></p> <p>Should include a variety of steps and turns and must include three-turns, mohawks, brackets and counters executed by both partners</p> <p><b>Specification to Style B:</b></p> <p>Not Permitted:</p> <ul style="list-style-type: none"> <li>- Stops</li> <li>- Loops</li> <li>- <u>Retrogression</u></li> <li>- Hand-in-hand hold with fully extended arms cannot be established</li> <li>- Separations of more than two arm lengths and/or exceeding 5 seconds</li> </ul> <p>Dance spins and pirouettes are stops.</p>	<p><b>1 Set of Sequential Twizzles</b></p> <p>Min. 2 revs. in each twizzle by both partners</p> <p>At least 2 twizzles for each partner and <b>MUST NOT</b> be in contact between Twizzles.</p> <p>Up to 1 step between Twizzles (Each push and/or transfer of weight while on two feet between twizzles is considered as a step)</p>	<p>Extra elements may be added without penalty</p> <p>See Dance Glossary for descriptions of specific elements</p> <p>Music should adhere to Rule 8095 (E).</p> <p>Kneeling or sliding on two knees or sitting on the ice is not allowed and will be considered as a fall by the technical panel.</p> <p>Touching the ice with hand(s) is not allowed (except during choreographic character step sequence).</p> <p><b>Illegal Elements</b></p> <p>Jumps of more than one revolution except</p> <ul style="list-style-type: none"> <li>Jump Entry and/or Jump Exit</li> <li>- Lying on the ice</li> <li>- Illegal lift movement/pose</li> </ul>

Test Requirements Only



