



ICE SKATING ASSOCIATION OF IRELAND

SECTION 500 FIGURE SKATING TEST STRUCTURE

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500 GENERAL RULES AND REGULATIONS

500.1 DEFINITIONS

ATS	Assistant Technical Specialist. This is a position on the Technical Panel whose responsibilities include assisting the Technical Specialist in calling elements, determining levels, and working with the Technical Panel to determine the elements performed in a program. See ISU Communications for more information.
Closed Marking Scheme	This means that the judge's marks will not be presented to the public at the time but will be given when the results are announced.
Element	A specific move in figure skating that is given a value.
GOE	Grade of Execution. These are determined by judges in accordance with ISU regulations. Typically, these range from positive to negative marks depending on how well the particular element was performed. Details of how GOE is to be determined may be found in ISU Communications.
IJS	International Judging System
ISU	International Skating Union
Level	Some elements (like spins and steps) may be given a level. This represents the difficulty of the performed element.
SOV	Scale of Value. This is what determines how many points each element is worth. This is determined by the ISU and is updated every year. Details of the current Scale of Value may be found in ISU Communications.
PCS	Program Component Score. These are additional marks given by judges in accordance with the International Judging System. Details of how Program Component Scores are determined may be found in ISU Communications.
Program	A program consists of a number of elements strung together with interconnected movements in maximum time duration, typically to music.
TC	Technical Controller. This is a position on the Technical Panel and works to determine the elements performed in a program. See ISU Communications for more information.
Technical Panel	Made up of a Technical Specialist, Assistant Technical Specialist, and Technical Controller.



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TES	Technical Element Score. This is the total of all element scores and makes up the “technical” mark of the International Judging System. Details of the value for elements are found in ISU Communications.
TS	Technical Specialist. This is a position on the Technical Panel whose responsibilities include calling elements, determining levels, and working with the Technical Panel to determine the elements performed in a program. See ISU Communications for more information.

Definitions that reference the ISU or IJS are based on standards and definitions used by the International Skating Union. These must be read in conjunction with the latest information from the ISU. The ISAI has no separate definition of these terms.

500.2 GENERAL REQUIREMENTS

500.2.1

Test fees will be set by the Board each year, and will include the cost of administration and certificate. Current fees can be found on the Test Application Form.

500.2.2

Test fees may not include the cost of ice time, there may be an additional charge made to cover ice time.

500.2.3

All costs incurred in the taking of any test will be the responsibility of the skater concerned and shall not be the responsibility of the Association.

500.2.4

All candidates must apply to test by submitting a Test Application Form with payment of appropriate fee to the Test organiser.

500.2.5

Test applications can be made at any time; however all applications must be received no later than 14 days prior to any proposed test date, or such earlier time as agreed by the Test organiser.

500.2.6

A test session will only be held when there are sufficient applications to economically warrant organizing a test session. Test sessions for Emerald and Championship tests will be held separately.



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500.2.7

A candidate not appearing at the appointed time for their test will forfeit their test and must reapply. If the candidate gives notice in writing to the test organizer in advance the reason for not appearing the re test fees maybe waived.

500.2.8

No coaching or prompting may occur during any test. If it does the test will be automatically failed.

500.3 CONDITIONS OF ICE

500.3.1

The Test organiser may call off any test where, in their opinion, the condition of the ice or health and safety issues are not satisfactory.

500.3.2

The Test organizer may stop any test due to rink side interference or distractions to skaters or judges. Once the interference or distractions are removed the test may continue from the point of interruption.

500.3.3

All Emerald tests, may be held on ice surfaces smaller than 56m by 26m.

500.3.4

All Championship and Adult Tests must be held on an ice surface equal or greater than 56m by 26m.

500.4 PREVIOUS TESTING

500.4.1

Member skaters who have passed tests of another ISU Member Federation may be exempted from starting with lower level tests provided they submit proof of tests passed to the ISAI.

500.4.2

A skater may then enter for the test level appropriate to their standard.



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500.5 JUDGING OF TESTS

500.5.1

All Emerald test levels will be judged on a pass/fail basis. A pass is awarded when one element or less is marked as fail. Emerald test will be judged in a group format, as appropriate.

500.5.2

All Championship and Adult tests will use the IJS. These tests will be done individually due to the nature of programs.

500.5.3

The current ISU Scale of Values, Component guidelines and relevant deductions for errors will be used as appropriate.

500.5.4

The closed marking system shall be used for all tests.

500.5.5

The Board shall appoint all judges and officials for all tests. No Referee is necessary at a test session. The judging panel's decision is final.

500.5.5

It is the responsibility of the Test organiser to arrange the Judges and Officials.

500.5.6

For Emerald tests, the judging panel consists of 1 Judge of appropriate standard.

500.5.7

For Championship and Adult tests, the judging panel should include a minimum of 1 Judge of appropriate standard and 1 Technical panel member. i.e. 2 people.

500.5.8

For Championship and Adult tests, the judging panel should include a maximum of 3 Judges of appropriate standard and 3 Technical panel members. i.e. 6 people.

500.5.9

Data operators, Video operators, time keepers and other officials may be used in support as necessary. A video recording of the test may be taken.



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500.5.10

All tests and deliberations of the judging panel may be recorded but will otherwise remain confidential.

500.5.11

All officials shall at all times comply with the ISAI Code of Conduct and for the avoidance of doubt:

A Judge or a member of the technical panel shall not officiate at a test where any of the following circumstances exist:

1. When they are a relative (defined as husband, wife, de facto partner, mother, father, aunt, uncle, grandparent, son, daughter, sister, brother or first cousin, in-law) of the candidate.
2. When they have been a skating partner of the candidate during the past 24 months.
3. When they are a relative of either:
 - a coach of the candidate or
 - any person who has been a coach of the candidate during the preceding 24 months.
4. When they have remunerated the coach of a candidate in respect of the candidate's tuition
5. For the purpose of staffing at an event, the senior official present shall decide any issues raised at the test concerning conflicts of interest or other matters relevant to the conduct of the test including those involving the applicability of ISAI Code of Conduct and / or ISU Code of Ethics to the assigned officials.

500.5.12

The candidate's order of skating for each standard, when there is more than one skater, shall be drawn by the Test organiser.

500.6 RESULTS

500.6.1

All Championship and Adult test pass scores will be published annually, at the beginning of the new season, on the ISAI website and will be available from the ISAI office.

500.6.2

The Passing score for all Championship and Adult tests will be calculated on the Total Element Score (TES) only.



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500.6.3

All test pass scores will be reviewed and revised as necessary in accordance with the relevant ISU regulations, for the ISAI Board's approval.

500.6.4

Results will be given to the skater generally within one week (7 days) of the test date.

500.6.5

Certificates will be issued to the skater only for the test levels passed. Feedback will be given to all skaters who do not meet the pass requirements.

500.7 TESTING THROUGH COMPETITION FOR CHAMPIONSHIP AND ADULT TESTS

500.7.1

A competition score equal to or greater than the test pass score may be used to achieve a test level. Competition must be during the current season.

500.7.2

All skaters must have participated at the competition representing an Irish Club.

500.7.3

Only competitions held by the ISAI, or any other ISU member Federation, where ISU IJS scoring has been correctly applied will be considered for test application.

500.7.4

The competition must meet all of the test criteria as per these regulations.

500.7.5

A skater must include with their test application a copy of their protocol.

500.7.6

All applications must be accompanied with an administration fee to cover the cost of test certificate.

500.8 PROVISIONS FOR SKATERS WITH IMPAIRMENT

500.8.1

In order to include skaters with any form of disability and facilitate able and disabled bodied skaters to participate in the same competitions and test sessions on an equal basis, the ISAI adopts the Inclusive Skating approach. www.inclusiveskating.org



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500.8.2

The ISAI adopts the Inclusive Skating Classification System, which gives each skater an impairment compensation depending upon how their medical conditions affect the ability. This will be added to their test score.

500.8.3

The classification for the impairment compensation must be pre-assessed and cannot be calculated on the day of the test.

501 EMERALD LEARN TO SKATE AND FREESTYLE TEST STANDARDS

501.1 GENERAL RULES

501.1.1

All tests are to be taken in progressive order.

501.1.2

A skater cannot attempt a higher level if the previous level has not been achieved.

501.1.3

A skater can attempt multiple levels at any one test session, but only if the previous test level was passed.

501.1.4

Each element may be attempted twice. A maximum of 2 separate elements may be re-skated, but only one attempt per re-skate is allowed.

501.1.5

Free Style tests elements should be done with speed, but a minimum of pushes. Spins must be done from skating movements with a proper entry, except where explicitly stated otherwise.

501.2 TECHNICAL REQUIREMENTS FOR EMERALD LEARN TO SKATE (ELTS) AND FREESTYLE TEST STANDARDS

ELTS LEVEL 1

1. Fall and Stand Up
2. Moving forward across the ice
3. Two foot Glide and Dip
4. Snowplough stop
5. Forward 2 foot glide on a curve (no edge required, aeroplanes)



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ELTS LEVEL 2

1. Moving backwards across the ice
2. Forward Sculling
3. Forward Skating
4. Forward 1 foot glide in a curve
5. 2 foot hop in place

ELTS LEVEL 3

1. Left and Right Forward Inside Edges on a circle
2. Backward Sculling
3. Backward 1 foot glide, in a straight line
4. Forward 2 foot slalom
5. Turning on two feet

ELTS LEVEL 4

1. Left and Right Forward Outside Edges on a circle
2. Forward stroking into a stop
3. Skating forward and turning from forwards to backwards
4. Continuous forward chasses around a circle
5. Backward short inside edges in a line

ELTS LEVEL 5

1. Forward crossovers in both directions
2. Backward stroking into a stop
3. Forward Inside 3 Turns
4. Backward Slalom
5. Continuous backward chasses around a circle

ELTS LEVEL 6

1. Hockey Stop
2. Forward Outside edges consecutively on both feet
3. Forward Inside edges consecutively on both feet
4. Forward Outside 3 turns
5. Backward crossovers in both directions



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FREESTYLE FIGURE SKATING TESTS

FREESTYLE 1

1. Forward Spiral
2. Bunny Hop
3. Forward inside Mohawk, right and left
4. 2 Foot spin (minimum of 2 revolutions, can be from standstill)
5. Forward Crossovers in Figure 8 pattern

FREESTYLE 2

1. Shoot the Duck, (aka Teapot)
2. Backward crossovers in Figure 8 pattern
3. One foot spin (minimum two revolution, can be from standstill)
4. Three Jump, Waltz Jump
5. Forward 1 foot Slalom (4 changes of edge, both left and right)

FREESTYLE 3

1. Single Salchow (1S)
2. Single Toeloop (1T)
3. Upright Spin - (minimum 3 revolutions in position; no levels will be given) (USp)
4. Step Sequence - (minimum short barrier to short barrier; no levels will be given) (StSq)
5. Backward spiral

FREESTYLE 4

1. Single Loop (1Lo)
2. Single Flip (1F)
3. Single Salchow, Single Toe combination jump (1S + 1T)
4. Sit Spin (SSp) - (minimum 3 revolutions in position; no levels will be given)
5. Step Sequence (StSq) - (minimum short barrier to short barrier twice; no levels will be given)

FREESTYLE 5

1. Single Lutz (1Lz)
2. Single Axel (1A)
3. Single Flip, Single Loop combination jump (1F+1Lo)
4. Camel Spin (CSp) - (minimum 3 revolutions in position; no levels will be given)
5. Step Sequence (StSq) - (minimum short barrier to short barrier twice; no levels will be given)



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502 CHAMPIONSHIP SINGLES, PAIRS AND ICE DANCE TEST STANDARDS

502.1 GENERAL RULES

502.1.1

All championship tests must be held on an ice surface equal or greater than 56m x 26m

502.1.2

The Championship test levels will be as per ISU technical regulation, starting with the lowest, Basic Novice through to Senior.

502.1.3

There are no age limits for the purpose of testing levels. Any age requirements set by the ISU are negated for the purpose of testing only.

502.1.4

Championship Pair and Ice Dance tests do not have to be taken as a team, however both tests require 2 skaters to participate even if only one is attempting the test.

502.1.5

The test shall be marked accordingly with deductions given for errors as listed under the current IJS regulations given by ISU.

502.1.6

In all programs where there are Required Elements, for example, short programs, all elements must be called by the technical panel, before a Pass will be awarded, even if a passing total is achieved on the lesser number of elements. Invalid elements on a protocol will be ignored.

502.1.7

The short and free programs do not have to be passed at the same test session or competition.

502.2 TECHNICAL REQUIREMENTS FOR CHAMPIONSHIP SINGLES, PAIRS AND ICE DANCE TEST STANDARDS

BASIC NOVICE

1. The Basic Novice test consists of a free program only for Singles and Pairs. It consists of 2 pattern Dances and a free dance for Ice Dance.



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2. Technical requirements for free program and pattern dances are as published in the ISU Communication for Novice Competitions for the current season and any subsequent updates.

INTERMEDIATE NOVICE

1. The Intermediate Novice test consists of a free program only for Singles and Pairs. It consists of 2 Pattern Dances and a Free dance for Ice Dance.
2. Technical requirements for free program and pattern dances are as published in the ISU Communication for Novice Competitions for the current season and any subsequent updates.

ADVANCED NOVICE TEST

1. The Advanced Novice test consists of a short and free program for Singles and Pairs. It consists of 2 Pattern Dances and free dance for Ice Dance.
2. Technical requirements for short, free and pattern dances are as published in the ISU Communication for Novice Competitions for the current season and any subsequent updates.

JUNIOR TEST

1. The Junior test consists of a short program and free program for Singles and Pairs. It consists of a Rhythm and Free Dance for Ice Dance.
2. Technical requirements are as published for Junior events in current ISU Rules and any subsequent updates.

SENIOR TEST

1. The Senior test consists of a short program and free program for Singles and Pairs. It consists of a Rhythm and free dance for Ice Dance.
2. Technical requirements are as published for Senior events in current ISU rules and any subsequent updates.



503 ADULT TESTS

503.1 GENERAL RULES

503.1.1

The Adult test levels will be as per the recognized ISU technical events used for competition.

503.1.2

Candidates must have reached the age of 18 years to select the Adult Skating Test Structure.

503.1.3

Single and Pairs tests can be taken as an “Elements” or Free Program test.

503.1.4

Ice Dance Tests consist of Free Skating programs only.

503.1.5

Pair and Ice Dance tests do not have to be taken as a team, however both tests require 2 skaters participate even if only one is attempting the test.

503.2 TECHNICAL REQUIREMENTS FOR ADULT TESTS

ADULT SINGLES BRONZE

The Adult Bronze test may be taken as a free program or an elements test.

1. The candidate must perform a well-balanced **free** program of maximum time of 1 min. 50 sec., but may be less.
2. Technical requirement
A maximum of four (4) jump elements.
 - Only single jumps are permitted. No Axel type jumps, no double or triple jumps. Maximum of three (3) jump combinations or jump sequences. Only one (1) jump combination may include three (3) jumps. In a jump sequence only the two (2) highest value jumps will count.
 - Jumps cannot be repeated more than twice. The second repetition of the jump **MUST** be in combination.



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A maximum of two (2) spins of a different abbreviation;

A spin in one position with a minimum of three (3) revolutions and no change of foot.

- A spin combination with or without a change of foot, with a minimum of six (6) revolutions

A maximum of one (1) choreographic sequence (ChSq).

- The Choreographic Sequence must utilise at least half of the ice surface. The sequence has a set value and will be mark in GOE.

OR

3. The candidate must perform the set elements in no more than two (2) min.

4. Technical Elements

- Single Flip (1F)
- Single Loop (1Lo)
- Single Lutz (1Lz)
- Single Salchow + Single Toeloop Combination (1S+1T)
- Sit Spin (SSp)
- Combination Spin with No Change of Foot (CoSp)
- Choreographic Sequence (ChSq)

ADULT SINGLES SILVER

The Adult Silver test may be taken a free program or an elements test.

1. The candidate must perform a well-balanced free program of maximum time of 2 min. 10 sec., but may be less.

2. Technical requirement

A maximum of five (5) jump elements.

- Only single jumps are permitted, including single Axel. No double or triple jumps are permitted .
- Maximum of three (3) jump combinations or jump sequences. Only one (1) jump combination may include three (3) jumps. In a jump sequence only the two (2) highest value jumps will count.
- Jumps cannot be repeated more than twice. The second repetition of the jump MUST be in combination.



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A maximum of three (3) spins of different abbreviations

- A spin in one position with a minimum of three (3) revolutions and no change of foot.
- A spin combination with or without a change of foot, with a minimum of six (6) revolutions
- A flying spin with a minimum of three (3) revolutions

A maximum of one (1) choreographic sequence (ChSq).

- The Choreographic Sequence must utilise at least half of the ice surface. The sequence has a set value and will be mark in GOE.

OR

3. The candidate must perform all set elements in no more than two (2) min ten (10) sec.

4. Technical Elements

- Single Flip (1F)
- Single Lutz (1Lz)
- Single Axel (1A)
- Single Loop + Single Loop Combination (1Lo+1Lo)
- Single Flip + Single Toeloop Combination (1F+1T)
- Flying Camel Spin (FCSp)
- Camel Spin (CSp)
- Combination Spin with Change of Foot (CCoSp)
- Choreographic Sequence (ChSq)

ADULT SINGLES GOLD

The Adult Gold Test may be taken as free program or an elements test.

1. The candidate must perform a well-balanced free program of maximum time of 2 min. 40 sec., but may be less.
2. Technical requirement

A maximum of six (6) jump elements,

- Single and Double jumps are permitted, including single Axel. No Double Axel or Triple Jumps are permitted
- Maximum of three (3) jump combinations or jump sequences. Only one (1) jump combination may include three (3) jumps. In a jump sequence only the two (2) highest value jumps will count.



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- Jumps cannot be repeated more than twice. The second repetition of the jump MUST be in combination.

A maximum of three (3) spins of a different abbreviation,

- A spin in one position with a minimum of three (3) revolutions and no change of foot.
- A spin combination with or without a change of foot, with a minimum of six (6) revolutions
- A flying spin with a minimum of three (3) revolutions

A maximum of one (1) choreographic sequence (ChSq).

- The Choreographic Sequence must utilise at least half of the ice surface. The sequence has a set value and will be mark in GOE.

OR

3. The candidate must perform all set elements in no more than 2 min and 40 sec.

4. Technical Elements

- Single Axel (1A)
- Double Salchow (2S)
- Double Toeloop (2T)
- Single Loop + Single Loop Combination (1Lo+1Lo)
- Single Flip + Single Toeloop Combination (1F+1T)
- Single Lutz + Single Toeloop Combination (1Lz+1T)
- Upright Spin (USp)
- Combination Spin with Change of Foot (CCoSp)
- Flying Sit Spin (FSSp)
- Choreographic Sequence (ChSq)

ADULT SINGLES ELITE/MASTERS

The Adult Elite/Masters may be taken as a free program or an elements test.

1. The candidate must perform a well-balanced free program of maximum time is 3 min. 10 sec., but may be less.

2. Technical requirement

A maximum of seven (7) jump elements,

- Single, Double and Triple jumps are permitted.
- Maximum of three (3) jump combinations or jump sequences. Only one (1) jump combination may include three (3) jumps. In a jump sequence only the two (2) highest value jumps will count.



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- Jumps cannot be repeated more than twice. The second repetition of the jump **MUST** be in combination.

A maximum of three (3) spins of a different abbreviation,

- A spin in one position with a minimum of five (5) revolutions and no change of foot.
- A spin combination with or without a change of foot, with a minimum of ten (10) revolutions
- A flying spin with a minimum of five (5) revolutions

A maximum of one (1) choreographic- sequence (ChSq).

- The Choreographic Sequence must utilise at least half of the ice surface. The sequence has a set value and will be mark in GOE

OR

3. The candidate must perform all set elements in no more than 3 min and 10 sec.
4. Technical Elements
 - Single Axel (1A)
 - Double Flip (2F)
 - Double Lutz (2Lz)
 - Double Salchow + Double Toeloop Combination (2S+2T)
 - Double Flip + Double Toeloop Combination (2F+2T)
 - Double Loop + Double Loop Combination (2Lo+2Lo)
 - Double Axel (2A)
 - Upright Spin (USp)
 - Combination Spin with Change of Foot (CCoSp)
 - Flying Sit Spin (FSSp)
 - Choreographic Sequence (ChSq)

ADULT PAIR SKATING

The Adult Pair Test may be taken as a free program or an elements test.

1. The candidates must perform a well-balanced free program of maximum time of 2 min. 50 sec., but may be less.
2. Technical requirement
 - A maximum of two (2) different lifts of Group 1 or Group 2 with a minimum $\frac{1}{2}$ revolution for the man. Variations of the lady's position, nohand and one-handed lifts, and combination lifts are **not** permitted. Overhead lifts and twist lifts are **not** permitted. A different take-off counts as a different lift.



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- A maximum of one (1) solo jump.
- A maximum of one (1) jump combination with a maximum of three (3) jumps. Only Single jumps are permitted
- A maximum of one (1) throw jump. Only single jumps are permitted. A maximum of one (1) pair spin or pair combination spin. The pair spin must have a minimum of three (3) revolutions. The pair combination spin must have a minimum of three (3) revolutions on each foot.
- A maximum of one death spiral or pivot figure (position optional). At least a $\frac{3}{4}$ revolution in pivot position by the man is required.
- A maximum of one (1) choreographic sequence (ChSq). A Choreographic Sequence must include at least one spiral (not a kick) of any length for each partner. The sequence must utilise half the ice surface.

OR

3. The candidate must perform all set elements in no more than 2 min and 50 sec.,
4. Technical Elements
 - Group One Lift (1Li)
 - Group Two Lift (2Li)
 - Throw Single Salchow (1STh)
 - Single Loop (1Lo)
 - Single Salchow + Single ToeLoop (1S+1T)
 - Pair Spin (PSp)
 - Pivot Figure (PiF)
 - Choreographic Sequence (ChSq)

ADULT ELITE/MASTERS PAIR SKATING TEST

The Adult Pair Test may be taken as a free program or an element test.

1. The candidate must perform a well-balanced free program of maximum time of 3 min. 10 sec., but may be less.
2. Technical requirement
 - A maximum of three (3) different lifts, one of which may be a twist lift.
 - A maximum of two (2) throw jumps (single or double);



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- A maximum of one (1) solo jump. Single, double and triple jumps are permitted.
- A maximum of one (1) jump combination with a maximum of three listed jumps included.
- A maximum of one (1) pair spin or pair combination spin. The pair spin must have a minimum of four (4) revolutions. The pair combination spin must have a minimum of three (3) revolutions on each foot.
- A maximum of one solo spin or solo spin combination. A minimum of eight (8) revolutions in the solo combination spin with or without change of foot. A minimum of five (5) in the spin with one position, flying entry allowed.
- A maximum of one (1) death spiral or pivot figure (position optional). At least a $\frac{3}{4}$ revolution in pivot position by the man is required.
- A maximum of one (1) choreographic sequence (ChSq). A Choreographic Sequence must include at least one spiral (not a kick) of any length for both partners. The Sequence must fully utilize the ice surface.

OR

3. The candidate must perform all set elements in no more than 3 min and 10 sec.
4. Technical Elements
 - Group One Lift (1Li)
 - Group Two Lift (2LI)
 - Single Twist Lift (1Tw)
 - Throw Single Lutz (1LzTh)
 - Throw Double Salchow (2STh)
 - Single Axel (1A)
 - Double Salchow + Single Toeloop Combination (2S+1T)
 - Pair Combination Spin (PCoSp)
 - Solo Spin (CoSp)
 - Forward Inside Death Spiral (FiDS)
 - Choreographic Sequence (ChSq)

ADULT BRONZE FREE DANCE TEST

1. The candidates must perform a well-balanced free program in accordance with all pertinent ISU Communications with a maximum time of 2 min. but may be less.



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2. Technical requirement
 - A maximum of one (1) dance lift, with a maximum duration of 6 sec.
 - A maximum of one (1) Diagonal Step Sequence in Hold Style B
 - A maximum of one (1) Dance Spin or Combination Spin. A minimum of three (3) revolutions in the Dance Spin and a minimum of three (3) revolutions on each foot in the Combination Spin three (3)

ADULT SILVER FREE DANCE TEST

1. The candidates must perform a well-balanced free program in accordance with all pertinent ISU Communications with maximum time of 2 min 40 sec., but may be less.
2. Technical requirement
 - A maximum of one (1) dance lift, with a maximum duration of 6 sec.
 - A maximum of one (1) Diagonal Step Sequence in Hold Style B
 - A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
 - A maximum of one (1) Dance Spin or Combination Spin. A minimum of three (3) revolutions in the Dance Spin and a minimum of three (3) revolutions on each foot in the Combination Spin three (3)

ADULT GOLD FREE DANCE TEST

1. The candidates must perform a well-balanced free program in accordance with all pertinent ISU Communications with maximum time of 3 min 10 sec., but may be less.
2. Technical requirement
 - A maximum of two (2) different dance lifts, 1 short lift with a maximum duration of 6 sec. and 1 long lift with a maximum duration of 12 seconds; **OR** A maximum of three (3) different types of short lifts.
 - A maximum of one (1) Circular Step Sequence in Hold Style A.
 - A maximum of one (1) set of Synchronized Twizzles with up to three (3) steps between.
 - A maximum of one (1) Dance Spin or Combination Spin. A minimum of three (3) revolutions in the Dance Spin and a minimum of three (3) revolutions on each foot in the Combination Spin three (3)