

JUNIOR AND SENIOR ORIGINAL DANCE AND FREE DANCE ALTERATIONS

DS 8.02

ENTRY AND EXIT ON THE FLOOR FOR DANCE

When a couple is announced for compulsory dances, original dance and free dance the entrance must be no longer than fifteen (15) seconds. The exit of the compulsory dances, original dance and free dance must be no longer than fifteen (15) seconds. The penalty for each extra second will be 0.1 for compulsory dances and 0.1 from the "B" mark for OD / Free Dance.

DS 8.28

FREE DANCE LIMITATIONS

8.28.05 - dance lifts are permitted (as outlined in DS 8.29) to enhance the performance of the programme (not to display feats of strength or acrobatics). A maximum of five (5) lifts in free dance will be allowed. The number of revolutions may not exceed one-and-a-half (1.5), **with the man's hands no higher than his shoulders**. Any choreographic movements in which the partner is assisted aloft, and has both feet off the floor shall be considered a lift. The change of position in a lift is permitted.

During a lift it is not allowed for the lady to assume an upside down position with the legs in a split or semi-split position in front of the man's face.

DS 8.29

FREE DANCE SET ELEMENTS

8.29.01 - Set elements that **MUST BE** included in a free dance programme are :

One straight-line step sequence, along the long axis of the rink (the middle of the rink), extending as near as possible the full length of the skating surface. During this step sequence the partners **MUST NOT** touch but remain no more than one arms length apart.

NOTE: the closer the couple skate this sequence without touching, and the more difficult the steps/turns, will obviously receive more credit.. (This is the same rules as OD (DS 8.24.24)

One step sequence - performed together in any dance hold, either Diagonal OR Serpentine, extending as near as possible to the full length of the skating surface.