



**Technical Data**  
**Solo Ice Dance**

**JUNA CUP**  
**2025**

Interclub Figure Skating Competition  
for adult skaters

Tallinn, Estonia

[www.juna.ee](http://www.juna.ee)

## Technical Data for Solo Ice Dance 2024/2025

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## **Solo Dance Pattern Dance for season 2024/2025**

Skaters may enter only 1 category (i.e. Bronze, Silver or Gold) within each segment of the competition. They are however free to choose the level of each segment individually within the standards listed. For example, a skater may choose to enter a category of pattern dance and a different category in free dance, based on their ability.

In case of ties in the Pattern Dance the TES will decide the outcome. **All pattern dances will be judged without Key Points.**

Music: Skater MUST provide her/his own music for each Pattern and Free Dance. Vocal music is allowed.

### **Pattern dances for Season 2024/2025**

#### Bronze

#1 Fourteensstep (4 sequences)

#7 Willow Waltz (2 sequences)

#### Silver

#1 Fourteensstep (4 sequences)

#27 Tango Canasta (3 sequences)

#### Gold

#2 Foxtrot (4 sequences)

#8 European Waltz (2 sequences)

## **Solo Dance Free Dance**

### **General Requirements for the Solo Dance Free Dance**

See: ISU Special Regulations, Section D. Free Dance, Rule 710 and all pertinent ISU Communications

The following are the Requirements for Music for Free Dance (Rule 710, paragraph 1.c). Music that does not adhere to these descriptions will be severely penalized.

The music for Free Dance may be vocal and must be suitable for Ice Dance as a sport discipline and must have the following characteristics:

- i) The music must have an audible rhythmic beat and melody, or audible rhythmic beat alone, but not melody alone, and may be vocal. The music may be without an audible rhythmic beat for up to ten (10) seconds at the beginning or end of the program and up to ten (10) seconds during the program.
- ii) All music, including classical music, must be cut/edited, orchestrated or arranged in a way that it creates an interesting, colourful, entertaining dance program with different dance moods or a building effect.
- iii) The music must be suitable for the Skaters skating skills and technical ability. Free Dance music that does not adhere to these requirements will be penalized by a deduction (See Rule 353, paragraph 1.n).

### **Stops**

- After clock started, the skater must not remain in one place for more than 10 seconds
- During program: unlimited full stops of 5 seconds max. are allowed

### **Costume**

Must be modest, dignified, not give the effect of excessive nudity and appropriate for athletic competition – not garish or theatrical in design. Clothing however may reflect the character of the chosen music.

- Man must wear full length trousers.
- Woman is permitted to wear trousers.

### **Accessories and Props**

Accessories and props not permitted.

Costume decorations must be non-detachable.

### **Factors in the Solo Dance Free Dance**

The multiplying factors for the Program components for the Free Dance are:

- Composition
- Presentation
- Skating Skills

**Factors: 1.0 for Bronze and Silver, 1.33 for Gold.**

## Solo Dance Free Dance Bronze

Element features up to level 1 will be considered for level.

1. 1 (one) Dance Spin. Spin or Combination Spin permitted
2. 1 (one) set of Sequential Twizzles with no more than 1 step between the twizzles.
3. Two (2) Choreographic Elements:
  - One (1) of which must be a Choreographic Character Step Sequence And
  - One (1) additional chosen from:
    - a) Choreographic Spinning Movement
    - b) Choreographic Twizzling Movement
    - c) Choreographic Sliding Movement

**The duration is 1 minute and 30 seconds +/- 5 seconds.**

Change of Tempo and Expression is optional.

**Note:** Bronze (FD): if a Choreographic Character Step Sequence is not performed within the first two Choreographic Elements, the second performed Choreographic Element is identified, but shall not be confirmed (No Value). The Choreographic Character Step Sequence performed as a subsequent Choreographic Element shall not be identified.

## Solo Dance Free Dance Silver

Element features up to level 2 will be considered for level.

1. 1 (one) Short Dance Edge Element (max 7 seconds)
2. 1 (one) Dance Spin. Spin or Combination spin permitted.
3. 1 (one) set of Sequential Twizzles with no more than 1 step between the twizzles.
4. Two (2) Choreographic Elements:
  - One (1) of which must be a Choreographic Character Step Sequence And
  - One (1) additional chosen from:
    - a) Choreographic Spinning Movement
    - b) Choreographic Twizzling Movement
    - c) Choreographic Sliding Movement

**The duration is 1 minute and 50 seconds +/- 10 seconds.**  
Change of Tempo and Expression is optional.

## Solo Dance Free Dance Gold

Element features up to level 3 will be considered for level.

1. 1 (one) Short Dance Edge Element (max 7 seconds)
2. 1 (one) Dance Spin. Spin or Combination spin permitted.
3. 1 (one) set of Sequential Twizzles with no more than 1 step between the twizzles.
4. 1 (one) Step Sequence, Style B (Midline, Diagonal, Circular or Serpentine)
5. Two (2) Choreographic Elements chosen from:
  - a) Choreographic Character Step Sequence
  - b) Choreographic Spinning Movement
  - c) Choreographic Twizzling Movement
  - d) Choreographic Sliding Movement

**Note:** Specifications to Step Sequence Style B: Retrogression - one (1) permitted, must not exceed two measures of music.

**Not permitted:** Stops, Loops, the pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern.

**The duration is 2 minutes and 20 seconds +/- 10 seconds.**

Change of Tempo and Expression is required.

## Categories of Pose

The basic categories of poses are listed below.

Difficult\ original\ imaginative variations are encouraged and accepted e.g. a hydroblade is considered a difficult variation of a Tea Pot / Shoot the Duck, a Beilmann is a difficult variation of an Attitude.

To be of a different Type a Pose must be skated on a different edge to the earlier Pose.

- **ATTITUDE** – A position or stance on 1 leg during which the skater moves either forwards, backwards or on a curve with the supporting leg extended or slightly bent and the free leg either
  - Raised higher than the level of the hip and
  - In front, behind or on the side and
  - Bent or extended and
  - Free or held (by knee or blade) ie Biellmann
  
- **CROUCHING POSE** – A movement on 2 feet during which a skater moves on the ice with both legs bent more than 90°
  
- **INA BAUER** – A movement on 2 feet during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on different but parallel curves.
  
- **LUNGE/DRAW** – A movement during which the skater moves on the ice with the skating knee bent more than 90° with the other leg extended behind and touching the ice.
  
- **TEA POT/SHOOT THE DUCK** – A movement on 1 foot where the skater moves on the ice with the skating knee bent to 90° and the thigh parallel to the ice, with the other leg extending forwards either parallel to the ice or pulled towards the core with the head and body bent to meet the knee.
  
- **SPREAD EAGLE** – A movement on 2 feet on an edge during which a skater moves on the ice with 1 foot on a forward edge and the other on the same backward edge, on the same curve.

**Single Pose:** A position or stance attained and held for a minimum of 3 seconds. The maximum duration of a Single Pose is 7 seconds.

**Combination Pose:** A position or stance composing of 2 different types of Single Pose combined and each attained and held for a minimum of 3 seconds. A maximum of 1 linking step is allowed between the 2 types of pose. The maximum duration of a combination pose is 12 seconds.