

<b>Technical Rules Solo Dance 2023-24</b>					
<b>PD/RD M Groups</b>	<b><i>Basic Novice</i></b>	<b><i>Intermediate Novice</i></b>	<b><i>Advanced Novice</i></b>	<b><i>Junior</i></b>	<b><i>Senior</i></b>
Elements	<p>Fourteenstep - 4 seq. - Step A (112 beats/min)</p> <p>Tango Canasta - 3 seq. - Step A (108 beats/min)</p>	<p>Foxtrot - 4 seq. - Seq. 1 &amp; 3: Step A, Seq. 2 &amp; 4: Steps B (100 beats/min)</p> <p>European - 2 seq. - Seq. 1: Step A &amp; seq. 2: Step B (135 beats/min)</p>	<p>Rocker Foxtrot - 4 seq. - Seq. 1 &amp; 3: Steps A, Seq. 2 &amp; 4: Steps B (104 beats/min)</p> <p>Starlight Waltz - 2 seq. - Seq. 1: Steps A &amp; Seq. 2: Steps B (174 beats/min)</p>	<p><b><i>Skated to 80's music:</i></b></p> <p>Rocker Foxtrot - 2 seq. - 1RF: Steps A &amp; 2RF: Steps B (104 beats/min)*</p> <p>1 MiSt/DiSt</p> <p>1 SqTw</p> <p>1 Ee</p>	<p><b><i>Skated to 80's music:</i></b></p> <p>1 ChRS (100 beats/min)*</p> <p>1 PSt**</p> <p>1 MiSt/DiSt</p> <p>1 SqTw</p> <p>1 Ee</p>
Note to elements				*Crossing long axis is permitted for Steps #5, 8-9.	*SS: Steps A: Steps #9-12 skated on the left hand side of the judges and finishing with Steps #43b-47. **Starting with a stop or skidding movement on the Short Axis and concluding on the opposite side of the rink.
No. elements	2+2	4+2	4+4	5	
Max. level	1	2	3	4	
Deduction	0,5			1,0	
Components	Ti, Pr, SS (0,7)		Ti, Pr, SS (0,93)	Co, Pr, SS (1,33)	
Factor PD	0,5	0,75	1,00		
Time				2:50 min	
Warm up	3 min - max. 8 skaters			5 min - max. 6 skaters	

<b>Technical Rules Solo Dance 2023-24</b>					
<b>FD M Groups</b>	<b><i>Basic Novice</i></b>	<b><i>Intermediate Novice</i></b>	<b><i>Advanced Novice</i></b>	<b><i>Junior</i></b>	<b><i>Senior</i></b>
Elements	1 Ee 1 DSp 1 SqTw 1 ChSt - performed around the short axis*	1 Ee 1 DSp 1 SqTw 1 ChSt - performed around the long axis* 1 Ch element - other than ChSt	1 Ee 1 DSp 1 SqTw 1 MiSt/DiSt/CiSt* 2 different Ch-elements	2 different types Ee/1 Ee combo 1 DSp* 1 SyTw 1 MiSt/DiSt/CiSt/SeSt** 1 OFTSq 2 different Ch-elements	3 different types Ee/1 Ee combo + 1 Ee of different type than used in the Ee combo 1 DSp* 1 SyTw 1 MiSt/DiSt/CiSt/SeSt** 1 OFTSq 3 different Ch-element
Notes to elements	DSp: Flying spins or Flying entries are illegal elements				
	*Not permitted: Stops, pattern regressions, loops, dance spins and pirouettes, touching the ice with any other part of the body than the blades	*Not permitted: Stops, pattern regressions, loops, dance spins and pirouettes, touching the ice with any other part of the body than the blades	*Not permitted: Stops, loops	*May change feet more than once **Not permitted: Stops, loops, dance spins and pirouettes	*May change feet more than once **Not permitted: Stops, loops, dance spins and pirouettes
No. elements	4	5	6	8	10
Max. level	1	2	3	4	
Deduction	0,5			1,0	
Components	Co, Pr, SS (1,00)		Co, Pr, SS (1,33)	Co, Pr, SS (2,00)	
Time	1:30 min	1:50 min	2:20 min	3:00 min	3:10 min
Warm up	3 min - max. 8 skaters			5 min - max. 6 skaters	

### Technical Rules Solo Dance 2023-24

FD K Groups	K1	K2	K3
FSM Set up	Basic Novice	Advanced Novice	Junior
Elements	2 PD (either TC or RB) 1 Ee 1 DSp (no change of foot) 1 SyTw 1 ChSt	2 PD (either FO or FT) 1 Ee 1 DSp 1 SyTw 2 different Ch-elements (1 must be ChSt)	2 PD (either QS or AT) 2 different types Ee/1 Ee combo 1 DSp 1 SyTw 1 MiSt/DiSt/CiSt/SeSt 2 different Ch-elements
	DSp: Flying spins or Flying entries are illegal elements		
No. elements	6	7	9
Max. level	1	3	4
Deduction	0,5		1,0
Components	Co, Pr, SS (1,00)	Co, Pr, SS (1,33)	Co, Pr, SS (2,00)
Time	2:30 min	3:00 min	3:30 min
Warm up	5 min - max. 6 skaters		