



## Prvky a pravidlá povinných tancov, rytmického tanca a voľných tancov pre kategóriu Tance na ľade 2024/2025

ISU Comm. 2625, 2630, 2646.

### I. Všeobecné pravidlá (General regulations)

#### Vekový limit korčuliarov

Pre sezónu 2024/2025 - pre medzinárodné súťaže seniorov, ISU šampionáty, ZOH – iba pretekári, ktorí dosiahli vek 17 rokov pred 1.7. 2024

### II. Špeciálne pravidlá (Special regulations Singles & Športové dvojice / Tanečné páry)

#### Pravidlo 353 ods. 1m)

**Faktor** prenášobenia pre každý z Programových komponentov (platí aj pre Juniorov a Seniorov):

**Rytmický tanec:** 1,33

**Povinné tance:** 1,17 – pozri kapitolu Žiaci/Novices

**Voľný tanec:** 2,00

#### Pravidlo 420, odsek 6: Vekový limit činovníkov/officials

**Minimálny vek činovníkov** (rozhodcov a TP) pre medzinárodné súťaže žiakov (Basic, Intermediate, Advance) je **21 rokov**.

**Maximálny vek činovníkov** (rozhodcov a TP) pre medzinárodné súťaže žiakov (Basic, Intermediate, Advance) je **75 rokov**.

#### Pravidlo 433: Záverečný report/Správa

1. Pre kategórie Advance novices – v kategórii tance, Juniori a Seniori – Muži, Ženy, Športové dvojice a Tanečné páry – **Hlavný rozhodca** pripraví správu (online alebo elektronickou formou) ku preteku v štandardnej forme.
2. Pre kategórie Advance novices – v kategórii tance a Juniori a Seniori – Muži, Ženy, Športové dvojice a Tanečné páry – **Technický kontrolór** pripraví správu (online alebo elektronickou formou) ku preteku v štandardnej forme.

### III. Všeobecné technické pravidlá pre Sólo & Športové dvojice a Tance na ľade

#### Comm. 2625 – Pravidlo 504, odstavec 3

Hodnotenie Krátkeho programu/Rytmického programu a Voľnej jazdy/Voľného tanca

3. Skóre Programových komponentov
  - a) Definícia programových komponentov Composition/Presentation/Skating skills (Kompozícia/ Prezentácia/Korčuliarske zručnosti)



#### IV. Technické pravidlá pre sólo a športové dvojice

#### V. Technické pravidlá pre tance na ľade

##### Pravidlo 708, odstavec 3

Hodnotenie Povinných tancov – Každý rozhodca hodnotí Povinné tance tromi komponentami (Timing, Prezentácia, Korčuliarske zručnosti) ak nie je v ISU comm. určené inak.

## ŽIACI / NOVICES

Pre všetky medzinárodné súťaže organizované členmi ISU alebo súťaže sekcií/klubov/medzi klubové - prihlášky musia byť realizované cez zástupcu člena ISU (zväz).

**Zastúpenie na medzinárodnej súťaži a skladba panelu:** Na každej súťaži musí byť min. 1 rozhodca, 1 člen technického panelu a hlavný rozhodca s medzinárodnou kvalifikáciou. Inak platia všetky ISU pravidlá a požiadavky na zástupcov rozhodcov a panelov, zahrňujúce ale nelimitujúce vek aj pre rozhodcov s národnou kvalifikáciou.

### VEKOVÉ LIMITY kategórie ŽIAKOV

Basic novices	Intermediate novices	Advanced novices
Obaja - nedosiahli vek 14	Obaja - nedosiahli vek 16	<u>dievčatá</u> – dosiahli vek 10 ale neprekročili vek 16; <u>chlapci</u> – dosiahli vek 10 ale neprekročili vek 18

#### I. Všeobecné pravidlá pre kategóriu žiactva

### POVINNÉ TANCE

**Rozjazdka: 3 min.;** prvých 30sek bez hudby a potom nasleduje 6.skladba z ISU play listu pre daný tanec, ktorá sa opakuje po zostávajúcu dĺžku 2:30

Počet párov na ľade: 6

Všetky podkategórie žiactva môžu jazdiť na vlastnú hudbu, alebo si môžu vybrať zo skladieb 1-5 z ISU play listu pre daný tanec. Ich hudba im bude prehraná na oficiálnych tréningoch pred pretekom.

Technický panel identifikuje sekvenciu/sekciiu povinného tanca ako Basic Level ak bolo zajazdených 50% sekvencie/sekcii oboma partnermi. L1 ak obaja partneri zajazia 75% sekvencie/sekciiu krokov (ráta sa počet plne zajazdených krokov z celkového počtu krokov v sekvencii/sekcii). Dosiahnutie vyššieho levelu je podmienené splnením kritérií určených pre danú kategóriu a povinný tanec - kľúčových krokov.

Všetky povinné tance budú na súťaži jazdené v predpísanom počte kresieb/sekvencií. Prvá sekvencia musí byť zajazdená na strane rozhodcov – ak sa tak nestane, Hlavný rozhodca tanečný pár zastaví,



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usmerní – vysvetlí chybu a pár musí začať znova so správnym umiestnením prvej sekvencie/kresby – bez zrážky.

V prípade nedodržania časového limitu dĺžky povinného alebo voľného tanca Hlavný rozhodca uplatní zrážku 0,5 bodu za každých 5 sekúnd nad/pod stanovený časový limit.

Basic novices	Intermediate novices	Advanced novices
<b>Max. L1</b>	<b>Max. L2</b>	<b>Max. L3</b>
<b>2 povinné tance</b>	<b>2 povinné tance</b>	<b>2 povinné tance</b>
2 vylosované pred súťažou z tancov Swing Dance Tango Fiesta Rhythm Blues	2 vylosované pred súťažou z tancov Foxtrot Americký valčík Kilián	určené pre sezónu Westministerský valčík Tango
<u>Rozjzdka</u> 3 min/max 6 párov	<u>Rozjzdka</u> 3 min/max 6 párov	<u>Rozjzdka</u> 3 min/max 6 párov
<u>Hodnotené komponenty:</u> Timing Prezentácia Korčuliarske zručnosti	<u>Hodnotené komponenty:</u> Timing Prezentácia Korčuliarske zručnosti	<u>Hodnotené komponenty:</u> Timing Prezentácia Korčuliarske zručnosti
Faktor prenášobenia komponentov <b>0,7</b> Faktor prenášobenia celkovej hodnoty/total score PT: <b>0,5</b>	Faktor prenášobenia komponentov <b>0,7</b> Faktor prenášobenia celkovej hodnoty/total score PT: <b>0,75</b>	Faktor prenášobenia komponentov: <b>0,93</b> Faktor prenášobenia celkovej hodnoty/total score PT: <b>1,00</b>
<u>Voľný tanec</u>	<u>Voľný tanec</u>	<u>Voľný tanec</u>
<b>2 min +/- 10 sek.</b>	<b>2:30 min +/- 10 sek.</b>	<b>3 min +/- 10 sek.</b>
<u>Rozjzdka</u> 3 min / max. 5 párov	<u>Rozjzdka</u> 3 min / max. 5 párov	<u>Rozjzdka</u> 3 min / max. 5 párov
<u>Hodnotené komponenty:</u> Kompozícia Prezentácia Korčuliarske zručnosti	<u>Hodnotené komponenty:</u> Kompozícia Prezentácia Korčuliarske zručnosti	<u>Hodnotené komponenty:</u> Kompozícia Prezentácia Korčuliarske zručnosti
Faktor prenášobenia komponentov <b>VT: 1,0</b>	Faktor prenášobenia komponentov <b>VT: 1,0</b>	Faktor prenášobenia komponentov <b>VT: 1,33</b>



**PRVKY PROGRAMU : VOĽNÉ TANCE**

	Kroky	Zdvíhačky	Tanečná pirueta	Tweezlový set	Choreo element
<b>Basic</b>	-	-	<b>1</b>	<b>1</b>	<b>2</b> / ChoStSq + 1 z: ChoLi, ChoSp, ChoTw, ChoSl
<b>Intermediate</b>	-	Max <b>1</b> krátka do 7 sekúnd	<b>1</b>	<b>1</b>	<b>2</b> / ChoStSq + 1 z: ChoLi, ChoSp, ChoTw, ChoSl
<b>Advanced</b>	<b>1</b> kroková pasáž „B“ Priamka/oblúk; v držaní	Max <b>1</b> krátka do 7 sekúnd	<b>1</b>	<b>1</b>	<b>2</b> / z: ChoStSq, ChoLi, ChoSp, ChoTw, ChoSl

**KRESBY, POPISY a KEY POINTY / kľúčové kroky ku povinným tancom:**

**Characteristics of Levels for Basic Novice Pattern Dances:**

Basic Level	Level 1
50% of Pattern Dance is completed by both partners	75% or more of Pattern Dance is completed by both partners

**INTERMEDIATE NOVICE**

**Characteristics of Levels for Intermediate Novice Pattern Dances:**

Basic Level	Level 1	Level 2
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners 1 Key Point is correctly executed



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**Foxtrot**

<b>Each Sequence (FT1Sq, FT3Sq)</b>	<b>Key Point</b> Woman Steps 11-14 (LFO CIMo, RBO, LFI, RFI)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. CIMo – Correct placement of the free foot 2. Correct Turn
<b>Each Sequence (FT2Sq, FT4Sq)</b>	<b>Key Point</b> Man Steps 11a-14 (RBO, LBI-Pr, RBO, LFI, RFI)
<b>Key Point Features</b> Must include correct edges, timing and holds	

**American Waltz**

<b>AW1Sq</b>	<b>Key Point 1</b> Woman Steps 7-9 (LBO-SwR, RFO-Sw3, LBO-SwR)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct Swing Three Turn
<b>AW2Sq</b>	<b>Key Point 1</b> Man Steps 1-3 (RFO-Sw3, LBO-SwR, RFO-SwR)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct Swing Three Turn

**Kilian**

<b>Each Sequence (K11Sq, K13Sq)</b>	<b>Key Point</b> Woman Steps 3-5 (LFO, RFO, LFO)
<b>Key Point Features</b> Must include correct edges, timing and holds	

<b>Each Sequence (K12Sq, K14Sq)</b>	<b>Key Point</b> Man Steps 3-5 (LFO, RFO, LFO)
<b>Key Point Features</b> Must include correct edges, timing and holds	

**Characteristics of Levels for Advanced Novice Pattern Dances:**

Basic Level	Level 1	Level 2	Level 3
50% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners	75% of Pattern Dance is completed by both partners 1 Key Point is correctly executed	90% of Pattern Dance is completed by both partners 2 Key Points are correctly executed

**Westminster Waltz**

<b>Each Section: Steps 1-10 (WW1Sq1Se &amp; WW2Sq1Se)</b>	<b>Key Point 1</b> Woman Steps 5-7 (LFI OpMo, RBI, LBO)	<b>Key Point 2</b> Man Steps 5-7 (LFI OpMo, RBI, LBO)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct placement of the free foot 2. Correct Turn	1. Correct placement of the free foot 2. Correct Turn
<b>Each Section: Steps 11-22 (WW1Sq2Se)</b>	<b>Key Point 1</b> Woman Steps 13 (RFI-SwRk)	<b>Key Point 2</b> Man Steps 15-16 (LFO, CR-RFO)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct Swing Rocker	1. Correct Cross Roll
<b>Each Section: Steps 11-22 (WW2Sq2Se)</b>	<b>Key Point 1</b> Man Steps 13 (LFO-SwCtr)	<b>Key Point 2</b> Woman Steps 15 (RFI3)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct Swing Counter	1. Correct Three Turn

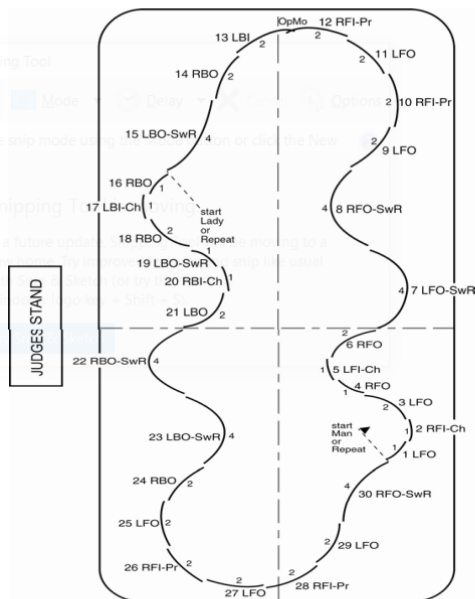
**Tango**

<b>(TA1Sq)</b>	<b>Key Point 1</b> Man Step 7 (XF-RFO-Rk)	<b>Key Point 2</b> Woman step 20-21 (RFO Sw-clMo, LBO-SwR)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct Turn	1. Correct placement of the free foot 2. Correct Turn
<b>(TA2Sq)</b>	<b>Key Point 1</b> Woman Step 13-15 (LFO, CR-RFO3, LBO-SwR)	<b>Key Point 2</b> Man Step 20-21 (LFI Sw-clMo, RBI-SwR)
<b>Key Point Features</b> Must include correct edges, timing and holds	1. Correct Turn	1. Correct placement of the free foot 2. Correct Turn

**Kresby a popisy povinných tancov:**

**SWING DANCE**

**Swing Dance**



**SWING DANCE**

Music: Foxtrot 4/4

Tempo: 25 measures of 4 beats per minute (100 beats per minute) 98-104 bpm can be used.

2 Sequences/2 GOEs	Sequence/Section	Steps	# of steps	10%	25%	50%	75%	90%
SD1Sq, SD2Sq	1 Sequence	1-30	30	3	7	15	23	27



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Hold	Step No.	Man's Step	Number of beats of Music	Woman's Step
Closed	1	LFO	1	RBO
	2	RFI-Ch	1	LBI-Ch
	3	LFO	2	RBO
	4	RFO	1	LBO
	5	LFI-Ch	1	RBI-Ch
	6	RFO	2	LBO
	7	LFO- SwR	4	RBO- SwR
	8	RFO- SwR	4	LBO- SwR
Hand-in-hand	9	LFO	2	RBO
	10	RFI-Pr	2	LFO
	11	LFO	2	RFI-Pr
	12	RFI-Pr OpMo	2	LFO
Closed	13	LBI	2	RFI-Pr
	14	RBO	2	LFO
	15	LBO- SwR	4	RFO- SwR
	16	RBO	1	LFO
	17	LBI-Ch	1	RFI-Ch
	18	RBO	2	LFO
	19	LBO	1	RFO
	20	RBI-Ch	1	LFI-Ch
	21	LBO	2	RFO
	22	RBO- SwR	4	LFO- SwR
	23	LBO- SwR	4	RFO- SwR
Hand-in-hand	24	RBO	2	LFO
	25	LFO	2	RFI-Pr
	26	RFI-Pr	2	LFO
	27	LFO	2	RFI-Pr OpMo
Closed	28	RFI-Pr	2	LBI
	29	LFO	2	RBO
	30	RFO- SwR	4	LBO- SwR

## TANGO FIESTA

### **Tango Fiesta**

Music -Tango 4/4

Tempo -27 measures of 4 beats -108 beats per minute - Pattern Set

Suggested Introductory Steps: RFO (2), LFO (2), RFI (4) for both partners. Woman starting on man's left.

The dance starts in reverse Kilian hold. At steps 10 and 11, partners change to Kilian hold while executing the open mohawk. Steps 11 to 15 are danced in Kilian hold, and as partners change from backward to forward skating at step 16, they take reverse Kilian hold again to start the dance sequence over.

The woman should be a little ahead of the man at the beginning of step 9 (LFO) to avoid interference at the open mohawk.

The tempo of the Fiesta is slow, tango rhythm, and partners should strive for upright carriage, soft knee action, easy flow, and smooth leg swings. Step 8 allows for a very pleasing interpretation. The skating knee is well bent at the beginning of the stroke. At the count of three, the free leg swings forward, the change of edge is executed with the full swing of the free leg at the end of count four, and then the free leg swings back at the count of one of the next measure. If preferred, the free leg may remain in front after the change of edge. The use of the free leg on step 8 can add a great deal to the character of the dance, but, however it is used, the change of edge must be executed on the correct beat as shown in the diagram.

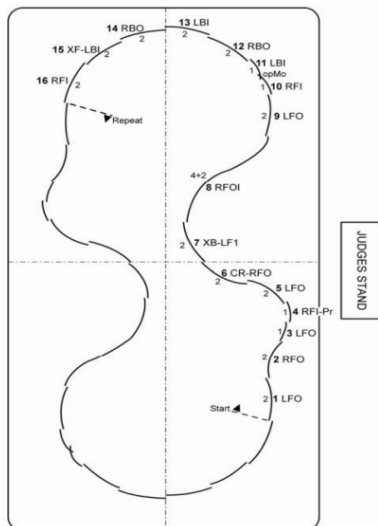
The sequence of steps allows for easy, rhythmical movements and partners should be able to interpret the music and skate the steps in a very pleasing tango style.

Inventor -George Muller First Performed -Colorado Springs, 1948

### Tango Fiesta

Music: Tango 4/4

Tempo: 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute



Hold	Step No.	Step (Same for both)	Number of beats of Music
Reverse Kilian	1	LFO	2
	2	RFO	2
	3	LFO	1
	4	RFI-Pr	1
	5	LFO	2
	6	CR-RFO	2
	7	XB-LFI	2
	8	RFOI	4+2
	9	LFO	2
	10	RFI	1
Kilian	11	LBI	1
	12	RBO	2
	13	LBI	2
	14	RBO	2
	15	XF-LBI	2
	16	RFI	2

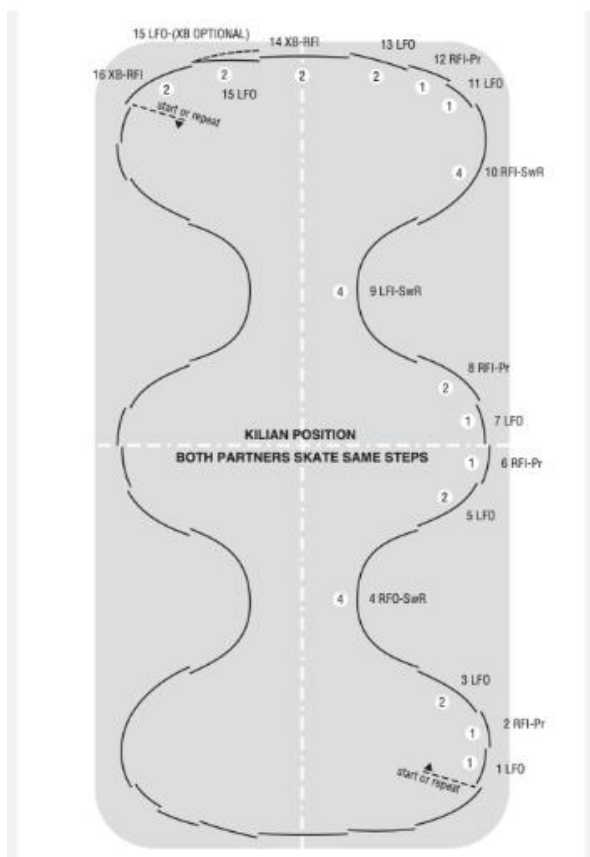
## RHYTHM BLUES

# RHYTHM BLUES

The Rhythm Blues is skated in Kilian position, and both partners skate the same steps. A slow tempo and forward skating make this dance appear deceptively simple. However, correct timing, pattern and proper expression are required to make the dance pleasing to watch. Attention to depth of edges and proper curvature of lobes is essential. Care must also be taken to fully complete lobes on the correct edge. Partners must utilize knee bends and free leg extensions for blues interpretation, as well as smooth, flowing movement.

Skated in Kilian position throughout, the dance begins with a progressive sequence and outside swing roll. Timing becomes more intricate with Steps 5 to 10. Step 5 must be held for two full beats as it begins a "promenade" sequence similar to that before the choctaw in the pre-gold Blues. Steps 6 and 7 are each one beat, Step 8 is two beats and Steps 9 and 10 are forward inside swing rolls each beginning on beat three of the bar. These swing rolls allow for blues expression and require well-timed free leg swings. Strong progressive strokes, Steps 11 to 13, are needed to maintain speed through the cross behinds, so there is no struggle to regain speed on the repeat. The XBs, which complete the dance, must be crisp and precise, accompanied by soft knee action and a rounded end pattern. Note that the XB-LFO on Step 15 is optional. Step 15 may be skated as an open stroke.





## FOXTROT

### 2. FOXTROT

Music - Foxtrot 4/4  
Tempo - 25 measures of 4 beats per minute  
- 100 beats per minute  
Pattern - Optional  
Duration - The time required to skate 4 sequences is 1:07 min.

The dance begins with the partners in open hold with their shoulders and hips close together. *Step 2* is a crossed behind chassé for both partners. *Step 4a* is a cross rolled three turn for the man after which the partners are in closed hold. *Step 4* for the lady commences with a cross roll then she extends her free leg behind for the full 4 counts, accentuating count 3 with a knee bend corresponding to the man's knee action for his change of foot. She must be careful to avoid lunging. On *steps 4b and 5* the man's free foot leaves the ice in front and is then drawn down beside the skating foot in preparation for the next step.

*Step 5* is a cross roll three turn for the lady while the man skates a RBO edge. *Step 7* is a progressive for both partners. The partners remain in closed hold until the end of *step 8*. Then the man should be at the side of the lady (almost in outside hold) with their right shoulders opposite for his cross roll three turn (*step 9*).

The closed hold is resumed for *step 10*. The man skates a progressive during *step 11* while the lady prepares for the mohawk. On *step 11* the lady does not swing the free leg, but after extending it behind, merely brings the free foot down beside the skating heel (keeping the free foot well turned out), then performs an outside closed mohawk on count 1. To facilitate the lady's mohawk, good edges must be skated on *steps 10 and 11*.

On *step 12*, the free legs of both the partners swing up together, then are drawn down evenly so that, by the end of count 4, they are at the heel of the skating foot ready for *step 13*. *Step 13* should be stepped close to the heel of the skating foot. *Step 14* is an open stroke stepped close beside the skating foot. *Steps 13 and 14* should be strong inside edges.

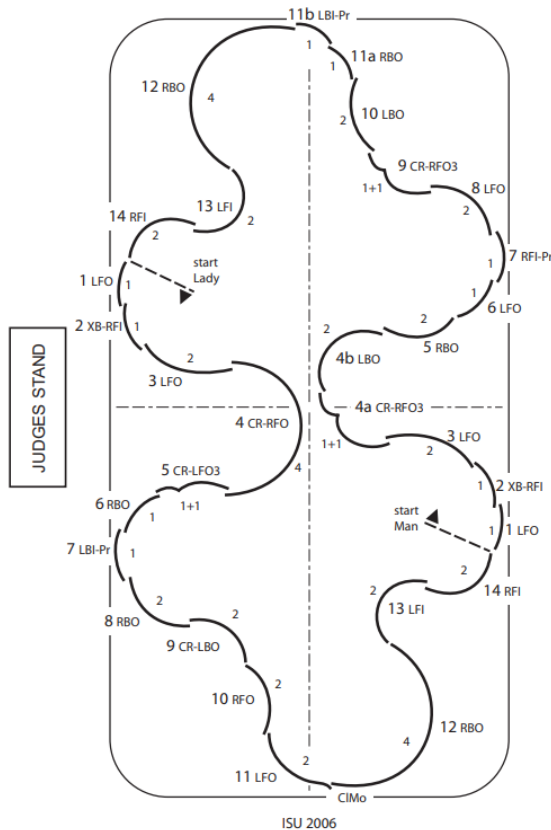
The Foxtrot must be danced, not stepped. There must be soft knee action and flow. The free foot must always be placed on the ice close beside the skating foot. The dance is designed to be skated on deep edges with semi-circular lobes.

### FOXTROT

Hold	Step No.	Man's Step	Number of Beats of Music	Lady's Step
Open	1	LFO	1	LFO
	2	XB-RFI	1	XB-RFI
	3	LFO	2	LFO
Closed	4a	CR-RFO3	1+1	4
	4b	LBO	2	
	5	RBO	2	1+1
	6	LFO	1	RBO
*	7	RFI-Pr	1	LBI-Pr
	8	LFO	2	RBO
Closed	9	CR-RFO3	1+1	2
	10	LBO	2	RFO
	11a	RBO	1	2
	11b	LBI-Pr	1	
Open	12	RBO	4	RBO
	13	LFI	2	LFI
	14	RFI	2	RFI

\*Partial outside hold at end of step 8

### FOXTROT



### AMERICKÝ VALČÍK / AMERICAN WALTZ

**American Waltz** (source: ISU Handbook Ice Dance 2003, § I-5)

Music - Waltz  $\frac{3}{4}$   
 Tempo - 66 measures of 3 beats per minute  
           - 198 beats per minute  
 Pattern - Set  
 Duration - The time required to skate 2 sequences is 58 seconds.

The American Waltz consists of a series of semi-circular lobes skated towards and away from the midline. These lobes are joined at the ends by 6 beat outside swing rolls. The lobes nearest the end/short barrier are positioned so that their ends are closer to the midline, making it possible for a single 6 beat roll to connect them. All steps should be of equal curvature so that each group of three steps forms a large semi-circle with each lobe starting directly towards or away from the midline.

The steps of each lobe are the same except that they are skated alternately left and right depending on the direction of the lobe. Although the sequence of steps is the simplest of any ice dance, because of the amount of rotation generated by the couple it is among the most difficult to skate correctly. In order to rotate smoothly, it is necessary for the partners to keep their shoulders parallel with the center of rotation between them, rather than having one partner whip around the other on the swing three turns. The rotation must be continuous and even, rather than sudden jerks with pauses between.

Each step of the American Waltz is held for 6 beats (2 measures) which gives considerable length to each step. The swing of the free foot/leg must be from the hip without any bending of the free leg knee. The threes must be turned with the feet close together, but without pause in the motion of the free foot.

The free foot should not pass the skating foot before the three is turned. While maintaining close waltz hold throughout, the partners must synchronize their free leg swings with each other as well as with the music, turning the swing threes on count 4. These types of turns are known as "American Waltz Type Three Turns".

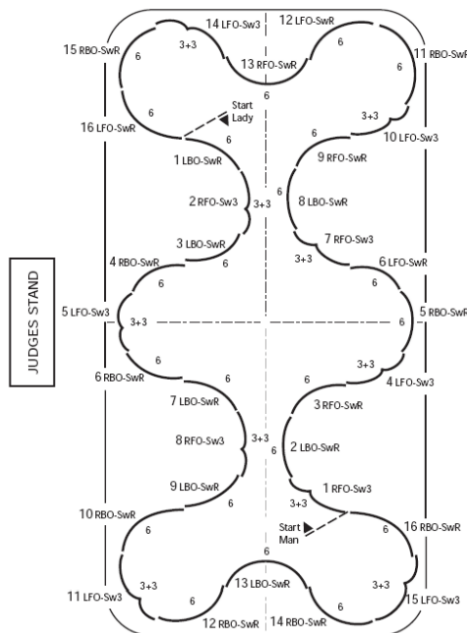
The transition from one foot to the other is accompanied by a bending of the skating knee. This action coincides with the major accent (count 1) and serves to emphasize it. The knee action that adds lilt to the dance must be well controlled and gradual or the dance may become bouncy with the skater losing flow and balance. The dancers must stand upright using a nicely controlled body weight change when simultaneously starting a new lobe.

The expression of waltz music is characterized primarily by evenness of flow between points of major and minor emphasis. The points of major emphasis, count 1, are marked by the change of feet and bending of the skating knee. Some of these points coincide with the start of a new lobe and are also emphasized by the change of direction of rotation and lean. The points of minor emphasis (count 4) are marked by turns but are not otherwise emphasized.

Inventor - unknown  
 First Performance - unknown

**American Waltz** (source: ISU Handbook Ice Dance 2003, § I-5)

Hold	Step No.	Man's Step	Number of Beats of Music		Woman's Step
Closed	1	RFOsw3	3+3	6	LBO-SwR
	2	LBO-SwR	6	3+3	RFOsw3
	3	RFOsw3	6	6	LBO-SwR
	4	LFOsw3	3+3	6	RBO-SwR
	5	RBO-SwR	6	3+3	LFO Sw3
	6	LFO-SwR	6	6	RBO-SwR
	7	RFOsw3	3+3	6	LBO-SwR
	8	LBO-SwR	6	3+3	RFOsw3
	9	RFO-SwR	6	6	LBO-SwR
	10	LFOsw3	3+3	6	RBO-SwR
	11	RBO-SwR	6	3+3	LFOsw3
	12	LFO-SwR	6	6	RBO-SwR
	13	RFO-SwR	6	6	LBO-SwR
	14	LFOsw3	3+3	6	RBO-SwR
	15	RBO-SwR	6	3+3	LFOsw3
	16	LFO-SwR	6	6	RBO-SwR



**KILIÁN**

**KILIAN**

Originated by: Karl Schreiter

Music: March 2/4 or 4/4  
Hold: Kilian

Tempo: 108 Beats  
Pattern: Set

**Notes:**

The Kilian is a test of close and accurate footwork, unison of rotation and control. Upright body posture is required throughout the dance and the partners should look up - not down.

The man's right hand should clasp the lady's right hand and keep it firmly pressed on her right hip to avoid separation.

The man's hand should clasp her left hand so that her left arm is firmly extended across his body throughout the dance and the clockwise rotation well controlled.

Step 1 must begin on the strong beat of the music.

There are 14 steps skated to 16 beats of music.

Steps 3 and 4 are the only ones held for two beats and **MUST** be outside edges. All others are one beat steps. Step 2 is a run. Step 3 is held for two beats and should cut inside the arc of the circle (i.e. the continuous axis).

Step 4 is a two beat (RFO) which should cut outward to the arc of the circle and should be a true outside edge. Correct lean towards the outside of the circle is most important on this edge.

Step 5 is a run and during steps 5, 6 and 7 the lean is into the circle.

At the start of step 8, the lean shifts towards the outside of the circle and this lean is maintained through step 9. Step 8 (RFO) is a crossed forward step while step 9 (LFI) is crossed behind.

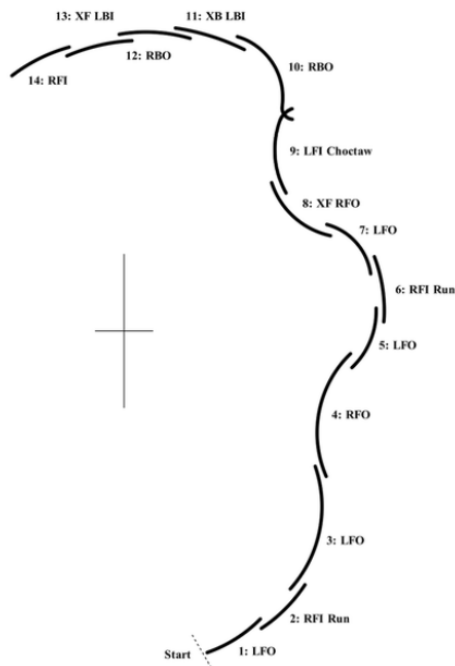
Steps 9 and 10 constitute an open choctaw. Strong shoulder checking is needed at the start of step 10 in order to counteract the turning movement. The right skate takes the floor on the inner edge side of the instep of the old skating foot in momentary open hip position. The new (left) free foot, leaves the floor in open hip position, and at step 11 crosses behind the skating foot to a LBI edge.

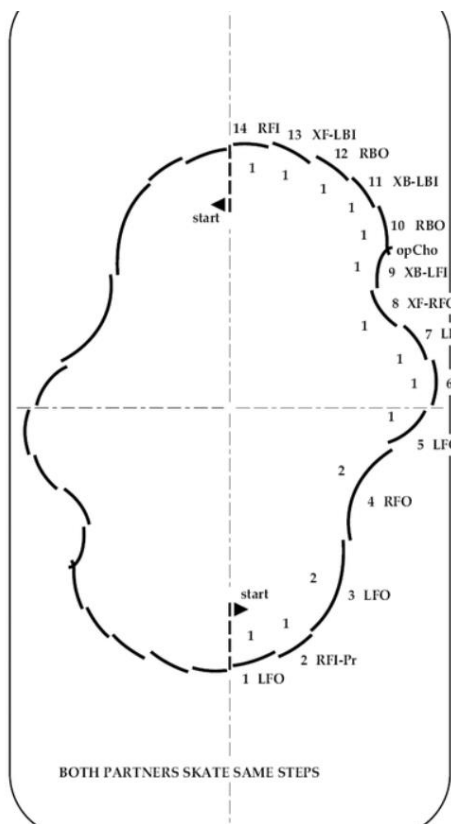
Step 12 (RBO) is a close step.

Step 13 (LBI) is crossed in front

Step 14 (RFI) should be stepped close to the heel of the skating foot. This is a one beat edge.

**KILIAN**





USFSA 2002

Hold	Steps	Man	Lady	Beats
Kilian	1	LFO	LFO	1
	2	RFI Run	RFI Run	1
	3	LFO	LFO	2
	4	RFO	RFO	2
	5	LFO	LFO	1
	6	RFI Run	RFI Run	1
	7	LFO	LFO	1
	8	XF-RFO	XF-RFO	1
	9	XB-LFI Choctaw	XB-LFI Choctaw	1
	10	RBO	RBO	1
	11	XB-LBI	XB-LBI	1
	12	RBO	RBO	1
	13	XF-LBI	XF-LBI	1
	14	RFI	RFI	1

## WESTMINISTERSKÝ VALČÍK / WESTMINISTER WALTZ

### 6. WESTMINISTER WALTZ

Music - Waltz 3/4  
Tempo - 54 measures of 3 beats per minute  
- 162 beats per minute  
Pattern - Optional  
Duration - The time required to skate 2 sequences is 58 sec.

The Westminister Waltz is characterized by stately carriage and elegance of line. It should be skated with strong edges and a softly flowing knee action. An upright stance without breaking at the waist is essential to its stately character.

The dance is commenced in Kilian hold that changes to reverse Kilian hold between steps 5 and 6. Steps 1 to 3 form a progressive sequence. Step 3, however, changes to an inside edge after 2 beats so that step 4 may be directed with a lift and quick body weight change towards the center. Steps 5 and 6 form an inside open mohawk. At the start the man is on the lady's left but, during the turn, both rotate individually, thus the man exits from the mohawk on the lady's right. Step 7 should be highlighted by strong edges and good carriage. Step 8 should aim toward the side of the ice surface then step 9 should continue around the hold.

On step 10, which starts as a cross roll for both partners, the lady turns her three in front of her partner. After the turn the partners join in closed hold, then almost immediately change to open hold for steps 11 and 12 which are cross behind chassés skated on a curve. Step 13 for the lady is an inside forward swing rocker where the swing is held for 6 beats before the turn on count 1 of the second measure. Step 13 for the man is an outside forward swing counter with the same timing. At the moment of turning the partners must be in hip-to-hip position. Step 14 must be taken from the side of the preceding foot.

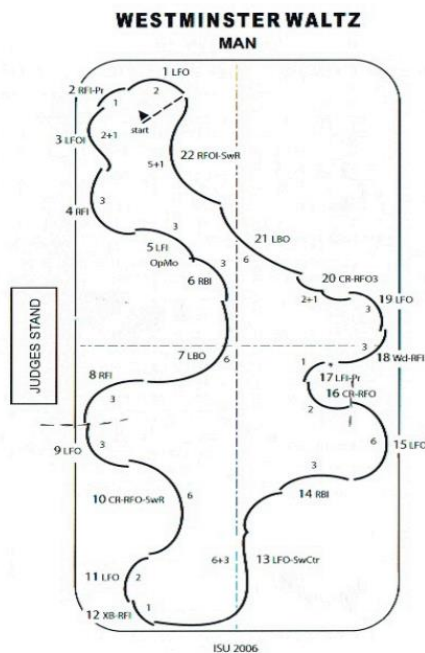
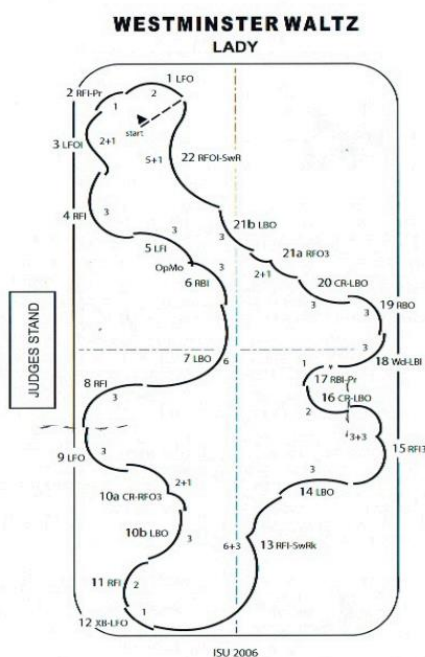
On step 15 the man follows the lady's tracing as she turns an inside three on count 4. Steps 16 to 20 are skated in closed hold. Step 16 is a cross roll for both partners. Step 17 has a very moderate progressive movement and afterwards both partners step wide for the start of step 18. Step 20 begins as a cross roll for both partners.

On count 3 of step 21, the lady turns a three aiming for the man's left shoulder. On count 4 she steps onto a left backward outside edge and extends her right hand across to her partner's right hand to assume reverse Kilian hold. On step 22 the man assists his partner in shifting across in front of him into Kilian hold in preparation for the restart of the dance. Care must be taken in swinging the free legs on step 22 during the RFO so as not to interfere with the transition of hold. A one-beat change of edge onto an RFI is skated at the end of step 22 to assist in changing the lean for the restart of the dance.

Inventors - Eric van der Weijden and Eva Keats  
First Performance - London, Westminister Ice Rink, 1938

### WESTMINISTER WALTZ

Hold	Step No.	Man's Step	Number of Beats of Music	Lady's Step
Kilian	1	LFO	2	LFO
	2	RFI-Pr	1	RFI-Pr
	3	LFO	2+1	LFO
	4	RFI	3	RFI
	5	LFI	3	LFI
Reverse Kilian	6	RBI	3	RBI
	7	LBO	6	LBO
	8	RFI	3	RFI
	9	LFO	3	LFO
Closed	10a	CR-RFO-SwR	6	2+1 CR-RFO3
	10b			3 LBO
Open	11	LFO	2	RFI
	12	XB-RFI	1	XB-LFO
	13	LFO-SwCtr	6+3	RFI-SwRK
	14	RBI	3	LBO
	15	LFO	6	3+3 RFI3
Closed	16	CR-RFO	2	CR-LBO
	17	LFI-Pr	1	RBI-Pr
	18	Wd-RFI	3	Wd-LBI
	19	LFO	3	RBO
	20	CR-RFO3	2+1	3 CR-LBO
Reverse Kilian	21a	LBO	6	2+1 RFO3
	21b			3 LBO
Change Sides	22	RFOI-SwR	5+1	RFOI-SwR



## TANGO

**Tango** (source: ISU Handbook Ice Dance 2003, § I-21)

Music - Tango 4/4  
 Tempo - 27 measures of 4 beats per minute  
       - 108 beats per minute  
 Pattern - Optional  
 Duration - The time required to skate 2 sequences is 58 seconds.

Very erect carriage must be maintained throughout this dance. The partners should skate close together. Neat footwork and good flow are essential. The pace must be maintained without obvious effort or visible pushing. The dance consists of quick crossed steps skated on shallow curves interspersed between slower rolls skated on strong curves, followed by a promenade skated in open position.

At the end of the introductory steps the partners should be in outside hold with the woman to the right. The man makes two quick cross steps (steps 1 & 2), the first crossed in front, the second crossed behind (a crossed chassé sequence). The woman skates a similar sequence, the first crossed behind and the second in front. These quick steps are followed by a 4 beat roll (step 3\*) during which the couple assumes closed hold. During or at the end of the roll, the partners return to outside position but this time the woman is on the left. The next lobe consists of the same sequences skated on the opposite feet.

The third lobe starts with a shallow front-crossed right outside rocker for the man on step 7 followed by two quick cross steps (steps 8 & 9), the first crossed behind, the second in front. The woman crosses behind on step 7, then steps forward for two steps, crossing on the second step. Step 10 is another roll in which the couple assume closed hold. During or at the end of the roll, the partners return to outside hold with the woman on the left. The next lobe consists of another double cross step and roll sequence.

\* The couple does not need to be in closed hold for the full 4 counts of steps 3, 6, 10, and 13 but may change sides from outside to outside in the middle of these rolls, be in closed hold for fewer counts or even briefly. Either technique/interpretation is acceptable.

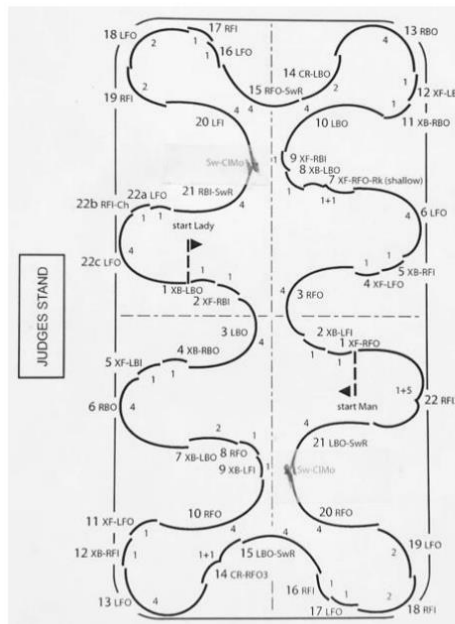
On step 14 the woman skates a cross roll into a three turn. The man also skates a cross roll before stepping forward onto an RFO swing roll (step 15) into closed hold while she skates LBO swing roll. The promenade follows with the partners in open hold, skating two quick and then two slow steps. Each partner then executes a closed swing mohawk (steps 20 & 21), inside for the man and outside for the woman, with each edge held for 4 beats. On step 22 the woman steps forward to execute an inside three turn after one beat, holding the exit edge for 5 beats. The man skates a chassé sequence followed by a 4 beat roll (steps 22 a, b, c). The first part of step 22 is skated in open hold. After the woman's three turn the partners are in closed hold but they complete the step in outside position ready to restart the dance.

Inventors - Paul Kreckow and Trudy Harris  
 First Performance - London, Hammersmith Ice Rink, 1932

**Tango** (source: ISU Handbook Ice Dance 2003, § I-21)

Hold	Step No.	Man's Step	Number of Beats of Music		Woman's Step
Outside	1	XF-RFO	1		XB-LBO
	2	XB-LFI	1		XF-RBI
Closed to Outside	3	RFO	4		LBO
	4	XF-LFO	1		XB-RBO
Closed to Outside	5	XB-RFI	1		XF-LBI
	6	LFO	4		RBO
	7	XF-RFO-Rk (shallow)	1+1	2	XB-LBO
Closed to Outside	8	XB-LBO	1		RFO
	9	XF-RBI	1		XB-LFI
	10	LBO	4		RFO
Closed to Outside	11	XB-RBO	1		XF-LFO
	12	XF-LBI	1		XB-RFI
Closed to Outside	13	RBO	4		LFO
	14	CR-LBO	2	1+1	CR-RFO3
Closed	15	RFO-SwR	4		LBO-SwR
	16	LFO	1		RFI
Open	17	RFI	1		LFO
	18	LFO	2		RFI
	19	RFI	2		LFO
	20	LFI	4		RFO
	21	RBI-SwR	4		Sw-CIMo
	22a	LFO	1	1+5	RFI3
Closed	22b	RFI-Ch	1		
	22c	LFO	4		

Each Sequence (TA1Sq & TA2Sq)	Key Point Woman Steps 20-21 (RFO Sw-CIMo, LBO-SwR) & Man Steps 20-21 (LFI Sw-CIMo, RBI-SwR)
<b>Key Point Features</b>	1. Correct Edges 2. Sw-CIMo (#20): correct Turn 3. Sw-CIMo (#20): correct placement of the free foot



Povinný tanec/požadovaný počet sekvencií/požiadavky na hudobný doprovod/ kresba/Hodnotené komponenty/rozjadzka

**2.1 PATTERN DANCES 2024/25**

All Novice categories		All Pattern Dances will be skated in the order listed and must be performed with the first sequence executed in front of the judges' stand. If not, the Referee will stop the couple and instruct them to restart on the correct side without deduction. The first Step of the dance must be on beat 1 of a measure. Couples shall provide their own music for all Pattern Dances. Tunes 1-5 of the ISU Ice Dance music may also be chosen. Each team's music for the official practice will be played for both Pattern Dances (Each couple skate the first Pattern Dance to their own music and then each couple skates the second dance to their own music) Warm-up 3 minutes, max 6 couples. The first 30 seconds are without music, followed by 2 minutes and 30 seconds of the 6 <sup>th</sup> tune of the ISU Ice Dance music to be played					
	Pattern Dance	# of sequences	Music	Pattern	Components/Factors	Warm up Music	
<b>Basic Novice</b>  <b>No Key Points, Called to max Level 1</b>	Pattern Dance 1	Swing Dance	2 Sequences	Rhythm: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beats per minute	Set Pattern	Timing Presentation Skating Skills  Factor: 0.7	the 6 <sup>th</sup> (last) tune of the Foxtrot ISU Ice Dance music
	Pattern Dance 2	Tango Fiesta	2 Sequences	Rhythm: Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6 <sup>th</sup> (last) tune of the Tango ISU Ice Dance music
	Pattern Dance 3	Rhythm Blues	2 Sequences	Rhythm: Blues 4/4; Tempo 22 measures of 4 beats (88 beats per minute) plus or minus 2 beats per minute	Set Pattern		the 6 <sup>th</sup> (last) tune of the Blues ISU Ice Dance music
<b>Intermediate Novice</b>  <b>Key points called to max Level 2</b>	Pattern Dance 1	Foxtrot	4 Sequences	Rhythm: Foxtrot 4/4; Tempo 25 measures of 4 beats (100 beats per minute) plus or minus 2 beat per minute	Optional Pattern	Timing Presentation Skating Skills  Factor: 0.7	the 6 <sup>th</sup> (last) tune of the Foxtrot ISU Ice Dance music
	Pattern Dance 2	American Waltz	2 Sequences	Rhythm: Waltz 3/4; Tempo 66 measures of 3 beats (198 beats per minute) plus or minus 3 beats per minute	Set Pattern		the 6 <sup>th</sup> (last) tune of the Waltz ISU Ice Dance music
	Pattern Dance 3	Kilian	4 Sequences	Rhythm: March 2/4 and 4/4: 58 measures of 2 beats per minute and 29 measures of 4 beats per minute (116 beats per minute) plus or minus 2 beats per minute	Optional Pattern		the 6 <sup>th</sup> (last) tune of the Killian ISU Ice Dance music
<b>Advanced Novice</b>  <b>Key points called to max Level 3</b>	Pattern Dance 1	Westminster Waltz	2 Sequences	Rhythm: Waltz 3/4; Tempo 54 measures of 3 beats (162 beats per minute) plus or minus 3 beats per minute	Optional Pattern	Timing Presentation Skating Skills  Factor: 0.93	the 6 <sup>th</sup> (last) tune of the Westminster Waltz ISU Ice Dance music
	Pattern Dance 2	Tango	2 Sequences	Rhythm: Tango 4/4; Tempo 27 measures of 4 beats (108 beats per minute) plus or minus 2 beats per minute	Optional Pattern		the 6 <sup>th</sup> (last) tune of the Tango ISU Ice Dance music

Počet požadovaných kresieb a min. požiadavky na počet krokov pri hodnotení technickým panelom – Povinné tance:

**2.2 PATTERN DANCE PERCENTAGE OF STEPS INFORMATION (SEASON 2024/25)**

CATEGORY	DANCE		DURATION IN SECS PER SEQUENCE	REQUIRED SECTION or SEQUENCES	No OF STEPS PER SECTION OR SEQUENCE	No of Steps				
						10%	25%	50%	75%	90%
Basic Novice	Swing Dance	98 -102 bpm	18.8 – 19.6	2 Sequences	15	2	4	8	12	14
	Tango Fiesta	106-110 bpm	17.5 – 18.1	2 Sequences	16	2	4	8	12	14
	Rhythm Blues	86-90 bpm	21.3-22.3	2 Sequences	16	2	4	8	12	14
Intermediate Novice	Foxtrot	98-102 bpm	16.5-17.1	4 Sequences	14	1	4	7	11	13
	American Waltz	195-201 bpm	28.8 – 29.4	2 Sequences	16	2	4	8	12	14
	Killian	114-118 bpm	8.1-8.5	4 Sequences	14	1	4	7	11	13
Advanced Novice	Westminster Waltz	159-165 bpm	28.4-29.5	2 Sequences / 4 Sections Section One: Steps: 1-10 Section Two: Steps 11-22	10	1	3	5	8	9
					12	1	3	6	9	11
	Tango	106-110 bpm	28.4–29.4	2 Sequences	22	2	6	11	16	20

Cross roll vpred/vzad: Plynulý pohyb voľnej nohy ako rolovanie okolo nohy idúcej plynulo na nasledujúcu vonkajšiu hranu. V tom istom čase dochádza k prenosu váhy z jedného vonkajšieho oblúka do následného vonkajšieho oblúka čo vytvára pohyb – rolovania.

Pre cross roll platí, že voľná noha pri pohybe miňa nohu idúcu vpred/vzadu a je umiestňovaná na ľad pred/za nohou idúcou. Nie je požiadavkou, aby noha na ktorú je prenášaná váha a na ktorú je našľapované bola na ľad umiestnená na vonkajšiu hranu.

Poznámka: Zmena hrany ako príprava na ďalší krok/odraz v max. dĺžke ½ doby je povolená

- V prípade Basic a Intermediate - ak ChoStSq nie je jednou z prvých dvoch predvedených choreo elementov, automaticky ďalší predvedený choreo element získava No value. Ak je predvedená ChoStSq ako tretí element – nie je identifikovaný.
- Predpísaná kresba ChSt pre kategóriu Novice je po krátkej osi pred rozhodcami so vzdialenosťou 10m od krátkej osi na obe strany. Od mantinelu po mantinel je splnené ak aspoň jeden z partnerov je vo vzdialenosti max. 2m od mantinelu na začiatku a na konci ChSt.
- Kontrolované dotýkanie ľadu akoukoľvek časťou tela je povolené v ChoSt len pre kategóriu Advanced Novices. Dotýkanie ľadu rukami počas ChSt je povolené pre všetky podkategórie Novice. Dotýkanie mantinelu na jednej zo strán ľadovej plochy je dovolené. Maximálna vzdialenosť medzi partnermi počas ChSt je dĺžka 2 paží.
- Pre ChoTw – druhý Tw predvedený aspoň jedným z partnerov s min. 2 otočkami a max. 3 kroky medzi prvým a druhým z Tw, pričom môžu byť predvedené na mieste, môžu cestovať, alebo kombinácia oboch prípadov.
- Twizlový set = Sekvenčné twizle– min. 2 twizle spojené max. 1 krokom, kde za krok považujeme aj prenesenie váhy z nohy na nohu v prípade že je korčuliar na oboch nohách alebo krok/prešľapnutie na druhú nohu. Obraty/pohyby predvedené na jednej nohe sú považované za 1 krok. Sú hodnotené pre každého z páru samostatne. Pri krokoch/spojovacích prvkoch medzi Tw nie je povolený kontakt partnerov.
- Tanečná pirueta – Pirueta predvedená párom v akomkoľvek držaní. Je predvedená na mieste okolo spoločnej osi na jednej nohe alebo so zmenou nohy/nôh jedným alebo oboma partnermi.
- Dotýkanie ľadu nie je povolené – okrem ChoSI a ChoStSq
- Nohavice – u partnerky sú povolené akejkolvek dĺžky



SLOVENSKÝ KRASOKORČULIARSKY ZVÄZ  
SLOVAK FIGURE SKATING ASSOCIATION

Záhradnícka 95, 821 08 Bratislava, Slovakia

**PRVKY KP a VJ 2024/2025**

- 
- Krátka zdvíhaná figúra/zdvíhačka – StL Li, Cu Li, Ro Li, Sta Li
  - Kresba krokovej pasáže musí dodržiavať integritu zvolenej kresby.
  - !!! – Jump/skok do/z elementu ako ťažký vjazd/výjazd nie je v kategórii žiakov povolený – je to ilegálny element !!!
- 

## JUNIORI / SENIORI

**Comm. 2630 – vydanie po kongese a Comm. 2646 – so zmenami po kongrese**

### **Tanec v predpísanom rytme/Rhythm dance**

Témou Rytmickej tancov pre juniorov aj seniorov na sezónu 2024/25 je

**„Tance v spoločnosti a štýly 1950-tych, 1960-tych a 1970-tych rokov.“**

- RD tejto sezóny je inšpirovaný z tancov s vysokou energiou a schopnosťou zabaviť. Tanečné štýly, ktoré pochádzajú z týchto dekád vychádzajú z párových tancov a vzhľadom na ich nákazlivosť a chytlavý rytmus sa stali pozvánkou pre davu a stali sa obľúbenými.
- Vybratú hudbu je možné použiť aj v remastrovanej verzii.
- Pár by mal prostredníctvom tanca demonštrovať pohyby/držania a pocit/esenciu týchto dekád.
- Rytmickej tanec NEMÁ byť zajazdený v štýle voľného tanca. Pár musí použiť tanečné pohyby a tanečné držania na interpretáciu vybranej hudby z týchto dekád.
- V súlade s etickými hodnotami športu nesmie žiadna hudba obsahovať agresívne a/alebo urážlivé texty
- Tance použité v RD nemajú byť založené na klasickom, ľudovom, súčasnom štýle, rovnako nie na štýle spoločenských tancov.

### Juniori:

Dve (2) sekcie/kresby Paso Doble / PD:

- môžu byť zajazdené na akýkoľvek tanečný štýl s rozsahom tempa: 56 taktov po 2 údery za minútu (112 úderov za minútu) plus alebo mínus 2 údery za minútu. Prvý krok tanca začína prvou dobou/úderom prvej hudobnej frázy.

1PD a 2PD: Kroky #1-28

- 1PD a 2PD môžu byť korčuľované v akomkoľvek poradí, jedna po druhej alebo oddelene.
- Krok č. 1 z 1PD a 2PD je na ľavej strane rozhodcov.
- 1PD musí byť zajazdené v súlade s pravidlom 707, odsek 2, muž musí korčuľovať mužské kroky a žena musí korčuľovať ženské kroky;
- 2PD, žena korčuľuje kroky muža a muž kroky ženy (je nutné vymeniť pozíciu partnerov/strany vo všetkých krokoch)
- Zmena/variácie držania sú povolené okrem držania Ruka v ruke / dlhá ruka.

Popis, tabuľka a schéma/kresba prvku Pattern Dance Paso Doble sú zahrnuté v príručke ISU Ice Dance 2003.





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**PRVKY KP a VJ 2024/2025**

**16. PASO DOBLE**

Music - Paso Doble 2/4  
Tempo - 56 measures of 2 beats per minute  
- 112 beats per minute  
Pattern - Optional  
Duration - The time required to skate 3 sequences is 51 sec.

The Paso Doble is a dramatic and powerful Spanish dance requiring good body control and precise footwork. It can be expressed in terms of its origins from the music of bull fighting or in Flamenco style.

*Steps 1 to 15* are skated in outside hold with the lady to the man's right. The dance starts with a progressive sequence followed by two chassé sequences. *Steps 8 and 9* are most unusual slip steps, (sometimes called "slide steps") for both the lady (skating backward) and the man (skating forward). They are skated on the flat with both blades on the ice and with the free foot sliding closely past the skating foot to full extension. There are two optional ways to perform these steps: one option is to skate with the knee(s) of the weight bearing leg(s) bent as they slide across the ice, and the other option is to skate with the knee(s) of both of the weight bearing legs straight

The overall pattern of the Paso Doble is approximately elliptical, distorted here and there by outward bulges. The opening progressive is on a curve but the next few steps are rather straight. The change of edge produces an outward bulge followed by *steps 12 to 25* that form a curve. The cross rolls cause a deviation in the pattern and there is a final bulge before the restart of the dance.

Inventors - Reginald J. Wilkie and Daphne B. Wallis  
First Performance - London, Westminster Ice Rink, 1938

On *step 10* the free foot must be lifted distinctly from the ice. The following change of edge on *step 11* should be boldly skated to produce a pronounced outward bulge of the pattern. The man crosses in front on *step 12*, then skates a progressive sequence leading into a cross behind open mohawk. The lady skates a series of cross steps to coordinate with his. After the man's mohawk the partners assume closed hold.

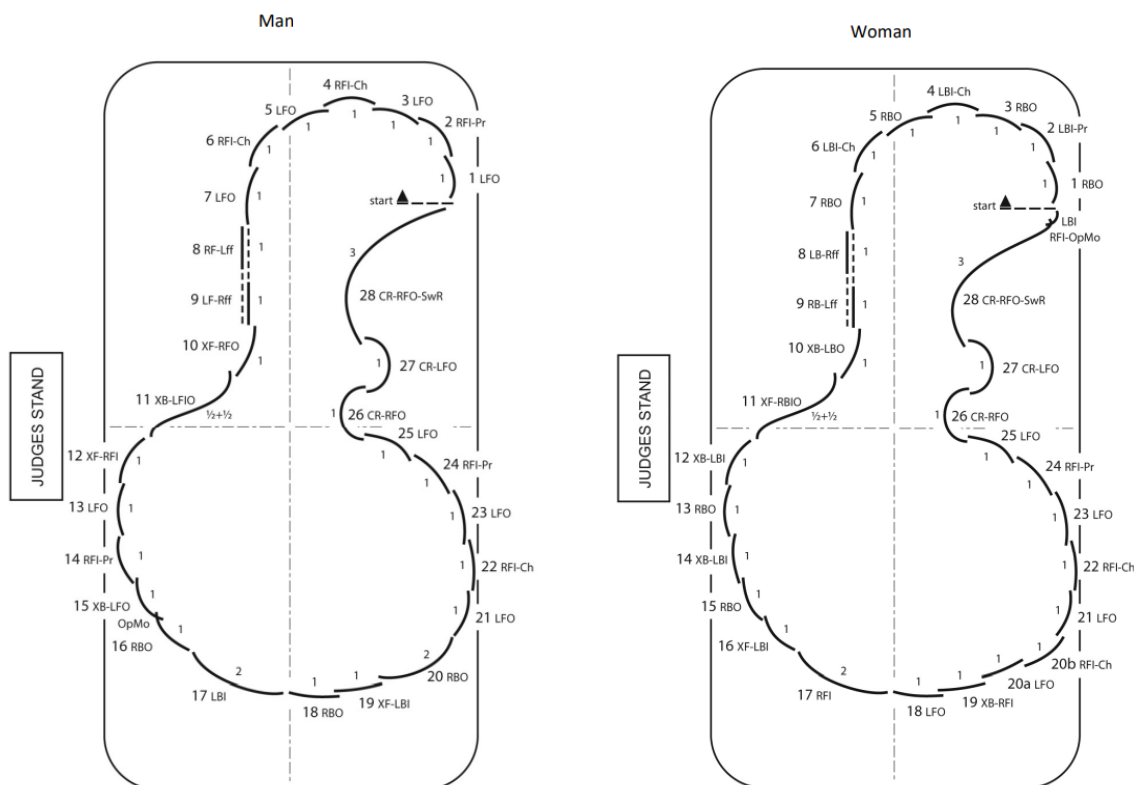
*Step 17* is the first 2 beat edge of the dance. The man extends his free leg in front and the lady extends her free leg behind. The man then skates a backward edge, a front cross step, then a 2 beat back edge before stepping forward into open hold for chassé and progressive sequences. Meanwhile his partner skates a cross behind chassé followed by two chassés and a progressive sequence. The first of her two chassés is skated while the man pauses 2 beats on *step 20*. *Steps 21 to 24* are performed together. Care must be taken to ensure that the partners remain in closed hold to the end of *step 20*.

Probably the most difficult portion of the dance is the cross rolling movement on *step 26 to 28*. The deeper these outside edges are the better, which necessitates very supple knee action owing to the fast tempo of the dance. On the last cross roll the free legs are swung to the front and both partners remain on the right forward outside edge. Then only as they bring their free legs back to the heel, (for the man to prepare to push, and the lady to execute a quick open swing mohawk on the "and" between counts 4 and 1), they change to a very short RFI edge. This places her in outside hold again for the restart of the dance.

16 - i

16 - ii

Hold	Step No.	Man's Step	Number of Beats of Music	Woman's Step
Outside	1	LFO	1	RBO
	2	RFI-Pr	1	LBI-Pr
	3	LFO	1	RBO
	4	RFI-Ch	1	LBI-Ch
	5	LFO	1	RBO
	6	RFI-Ch	1	LBI-Ch
	7	LFO	1	RBO
	8	RF-Lff Slip Step	1	LB-Rff Slip Step
	9	LF-Rff Slip Step	1	RB-Lff Slip Step
	10	XF-RFO	1	XB-LBO
	11	XB-LFIO	½ + ½	XF-RBIO
	12	XF-RFI	1	XB-LBI
	13	LFO	1	RBO
	14	RFI-Pr	1	XB-LBI
	15	XB-LFO	1	RBO
Closed	16	RBO	1	XF-LBI
	17	LBI	2	RFI
Outside	18	RBO	1	LFO
	19	XF-LBI	1	XB-RFI
Changing	20a	RBO	2	1 LFO
	20b			1 RFI-Ch
Open	21	LFO	1	LFO
	22	RFI-Ch	1	RFI-Ch
	23	LFO	1	LFO
	24	RFI-Pr	1	RFI-Pr
	25	LFO	1	LFO
	26	CR-RFO	1	CR-RFO
	27	CR-LFO	1	CR-LFO
	28	CR-RFO-SwR	3	3 "and" CR-RFO-SwR RFI OpMo to LBI (between counts 4 & 1)



**Kľúčové kroky/ Key points v kategórii JUNIORI:**

Characteristics of Levels for Pattern Dance Element:

Basic Level	Level 1	Level 2	Level 3	Level 4
75% of Pattern Dance Element is completed by both partners	1 Key Point is correctly executed	2 Key Points are correctly executed	3 Key Points are correctly executed	4 Key Points are correctly executed

Paso Doble: Key Points

Pattern Dance Element (1PD) Steps # 1-28	<b>Key Point 1 (Woman)</b> Woman Steps 11 & 12 (XF-RBIO, XB-LBI)	<b>Key Point 2 (Man)</b> Man Steps 15 & 16 (XB-LFO OpMo, RBO)	<b>Key Point 3 (Woman)</b> Woman Steps 18-22 (LFO, XB-RFI, LFO, RFI-Ch, LFO, RFI-Ch)	<b>Key Point 4 (Man)</b> Man Steps 18-22 (RBO, XF-LBI, RBO, LFO, RFI-Ch)
Pattern Dance Element (2PD) Steps # 1-28	<b>Key Point 1 (Man)</b> Woman Steps 11 & 12 (XF-RBIO, XB-LBI)	<b>Key Point 2 (Woman)</b> Man Steps 15 & 16 (XB-LFO OpMo, RBO)	<b>Key Point 3 (Man)</b> Woman Steps 18-22 (LFO, XB-RFI, LFO, RFI-Ch, LFO, RFI-Ch)	<b>Key Point 4 (Woman)</b> Man Steps 18-22 (RBO, XF-LBI, RBO, LFO, RFI-Ch)

**Key Points: Must include correct turns, edges, foot placement and timing.**

**Note:**

- Cross Roll (Forward/Backward)

Requirement/description: Rolling action of the free leg passing continuously the skating foot to the next outside curve. At the same time, the body weight transfers from one outside curve to the new outside curve to create a rolling movement.

For Cross Rolls, the free foot passes the skating blade/foot and is placed on the ice in front/back of the skating blade/foot. There is no requirement for the new skating blade to be on an outside edge when it is placed on the ice.

- Push/Transition to the next step

A change of edge within the last 1/2 beat of the step is permitted to prepare the push/transition to the next step

## Seniori:

### Kroková sekvencia typu povinného tanca (PSt) :

– štýl D ( kroková pasáž v držaní a výsledný level je určený súčtom predvedených a kladne ohodnotených prvkov oboch partnerov)

#### **One (1) Pattern Dance Type Step Sequence (PSt), (Style D):**

**Rhythm:** skated to any dance style – min 110 beats per min, in 2/2, 2/4 or 4/4 time

**Duration:** any exact number of musical phrases

**Pattern:** Circular shape

1. Starting with steps #8 to #16 on the side of the Judges and crossing the short axis during any of these steps.
2. Steps #15-16, OpMo, is considered as the first different difficult turn
3. Continuing the PSt including the three additional different difficult turns
4. Concluding with Paso Doble steps #26 to #28 (step #28 cross roll swing only) in front of the Referee around the short axis and completing the circle shape.
5. Paso Doble steps mentioned above are performed by both partners (Woman performing Woman's steps & Man performing Man's steps OR Man performing Woman's steps & Woman performing Man's steps)
6. Steps #8 to #16 and #26 to #28 must be performed on correct edges.

**Holds:** must remain in contact at all times even during changes of Holds (except when performing Twizzles as connecting Choreography).

**Technical Requirements:** Must perform two different difficult turns per partner from the following: **Back entry Rocker, Counter, Bracket and Forward Outside Mohawk (OpMo from the required Paso Doble steps)**. Only the first 2 attempted Different Difficult Turns per partner selected from those above are considered for level. Additional attempts of the same Difficult Turn are ignored.

#### **Timing:**

- No restriction in the number of beats per step for the required Paso Doble steps (excluding the OpMo).
- Beats per step #8 to #16 and #26 to #28 must be skated in unison at the same time.
- All performed different difficult turns for level must be performed with no more than two beats for the entry edge and two beats for the exit edge.

#### **Not permitted:**

- Stop(s)
- Separations (except during Twizzles)
- Retrogression(s)
- Hand in hand hold with established fully extended arms
- Loop(s)

**Note:** The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the Step Sequence pattern should not be considered as a retrogression

- Jedna (1) Kroková sekvencia typu povinného tanca (PSt), (Štýl D)
- Rytmus: zajazdená na akýkoľvek tanečný štýl – 110 dôb/min. v 2/2, 2/4 alebo 4/4 takte
- Trvanie: ľubovoľný presný počet hudobných fráz
- Kresba: kruhová
  - začína krokmi #8 – #16 z Paso Doble na strane rozhodcov a pretína krátku os v ktoromkoľvek z týchto krokov; kroky oboch partnerov musia byť zajazdené jednotne a v rovnakom čase/ s rovnakým timingom
  - Krok #15– #16 je Otvorený mohawk(OpMo) a je prvým obtiažnym obratom
  - končí sa krokmi #26 až #28, (krok #28 je len kross so swingom/kmihom) predvedený pred hlavným rozhodcom
  - predvedenie krokov Paso Doble je oboma partnermi ( v kombinácii – Žena – kroky ženy a Muž – kroky muža alebo Žena – kroky muža a Muž – kroky ženy)
  - kroky #8 – #16 a #26 - #28 musia byť predvedené na správnych hranách
- Zastavenia: Nie je povolené.
- Návrat v kresbe – retrogresia – Nie je povolená
- Loopy v kresbe – Nie sú povolené.
- Držanie: partneri musia zostať v kontakte po celý čas, dokonca aj počas zmien držaní (okrem vykonávania Twizlov ako spojovacieho prvku choreografie).
- Separácia partnerov/ jazda bez držania – Nie je povolená(okrem predvedenia Twizlov).
- Technické požiadavky: **Každý partner musí vykonať dva rôzne ťažké obraty z nasledujúcich: Forward Outside Mohawk/predný vonkajší mohawk** – ako ukončenie požadovanej sekcie PD #8 – #16 a zároveň je prvým obtiažnym krokom PSt, **Rocker/Zvrat zo zadného vjazdu, Counter/Protizvrat, Bracket/Protitrojka**. Každý z obtiažneho obratu/kroku musí mať pre uznanie max. 2 doby na vjazde a 2 doby na výjazde z obratu. Na stanovenie levelu je možné

započítať iba prvé dva pokusy/obraty každého z partnerov z vyššie uvedených. Ďalšie pokusy budú ignorované. Dva z obtiažnych obratov môžu byť vykonané súčasne.

**Tabuľka ostatných predpísaných elementov pre Rytmický tanec:**

	JUNIORI	SENIORI
ChRS Choreo rytmická sekvencia	-----	<p><b>Tempo:</b> zajazdený na akýkoľvek tanečný štýl – podľa všeobecných požiadaviek na RD</p> <p><b>Kroky:</b> Partneri predvedú kroky od mantinelu po mantinel okolo/pozdĺž krátkej osi. Začiatok a koniec max. 2m od mantinelu aspoň 1 z partnerov.</p> <p><b>Držanie:</b> sú povolené akékoľvek držania okrem Ruka v ruke/Dlhá ruka</p> <p><b>Kresba:</b> začína na ľavej strane rozhodcov krokom č. #9 žena a #9a a #9b muža a končia krokom #47. Môže prekročiť dlhú os bez akéhokoľvek obmedzenia.</p> <p><b>Separácia</b> - 1 oddelenie je povolené na maximálne 2 dĺžky paží a menej ako 5s.</p> <p>Slučka/loop - Povolená jedna (1).</p> <p>Retrogresia – jeden (1) povolená</p> <p><b>Zastavenie/Stop</b> – max.1 na začiatku alebo na konci, nie dlhšie ako 5s(bude považované za jedno z povolených zastavení ak ho tan. Pár predvedie</p> <p><b>Loop, retrogresia</b> - NEPOVOLENÉ</p> <p><b>Choreografická rytmická sekvencia (ChRS) sa hodnotí ako choreografický prvok ako jedna jednotka.</b></p>
Zdvíhaná Fig.	1 z (SiLi, CuLi, RoLi, StaLi) – do 8s	
Kroková pasáž – bez držania Štýl B	<p><b>1 kroková pasáž</b></p> <ul style="list-style-type: none"> <li>• Povolená kresba - LEN stredová čiara alebo uhlopriečka</li> <li>• Rytmus – akýkoľvek tanečný štýl predpísaných dekád</li> <li>• Jazda nie viac ako 2 dĺžky paží od seba</li> <li>• Dotknutie sa ľadu akoukoľvek časťou tela je povolené, <u>do 5 sekúnd</u></li> <li>• Zastavenia – povolené max. 1 do 5 sekúnd (toto sa počíta ako jedno z povolených zastávok, predvedené bez držania).</li> </ul> <p>!!! Nepovolené !!!</p> <ul style="list-style-type: none"> <li>• slučka(y) a retrogresia</li> </ul> <p><b>Kroková pasáž je hodnotená samostatne pridaním základných hodnôt úrovne pre ženu a samostatne pre muža, následne aplikovaním GOE.</b></p>	
Sekvenčné tweeze	<p><b>1 set twizzlov</b></p> <ul style="list-style-type: none"> <li>• aspoň dva Twizzle pre každého partnera</li> <li>• BEZ kontaktu s max. 1 krokom medzi Twizzlami(každý prenos váhy pri pohybe na dvoch nohách sa počíta ako 1 krok)</li> <li>• <b>Ťažká podmienka/feature zo skupiny „C“ predvedená(nemusí byť uznaná pre stanovenie levlu v RD) nebude braná do úvahy/ bude ignorovaná pri stanovení levlu technickým panelom vo voľnom tanci.</b></li> <li>• <b>Level je stanovený samostatne pre každého z partnerov</b></li> </ul>	

#### 1.4 RHYTHM DANCE – Specifications/Restrictions 2024/25

Specifications/Restrictions		Violations
<b>REFEREE Deductions</b>		
<b>Duration</b>	Senior/Junior: 2 minutes 50 seconds +/- 10 seconds	<b>Program time:</b> Referee deduction - 1.0 up to every 5 seconds lacking or in excess
<b>General Requirements Tempo</b>	Rule 709, para. 1. a)	Referee deduction -1.0 per program - violation of tempo specification
<b>REFEREE AND JUDGES Deductions</b>		
<b>Music</b>	Rule 709 para 1c	<b>Music Requirements:</b> Referee + Judges deduction -2.0 per program
<b>Pattern</b>	- For the current season, the pattern must proceed in a generally constant direction and must cross the Long Axis of the ice surface once at each end of the rink within no more than 30 meters of the barrier. - In addition, the couple may also cross the Long Axis at the entry to the Style B Step Sequence (Sr & Jr), <u>at the entry to the ChRS (Sr)</u> , and at the entry to Pattern Dance Elements (Jr). - Loops in any direction are permitted provided they do not cross the long axis	<b>Choreography restrictions:</b> (Pattern/ Stops/ Separations/Touching ice with hands) Referee + Judges deduction - 1.0 per program
<b>Stops</b>	- After the clock starts, the couple must not remain in one place for more than 10 seconds at the beginning and/or end of the program. - During program (excluding the 10 seconds at the beginning and/or end of the program): 2 full stops of up to 5 seconds or 1 full stop of up to 10 seconds when permitted - A Dance Spin or Choreographic spinning movement that does not travel will be considered as a Stop	
<b>Separations</b>	Rule 709, para. 1. g)	
<b>Touching ice with hands</b>	Rule 709, para. 1. j) (except during the Step Sequence Style B)	
<b>Costume and prop</b>	Rule 501 Skaters may wear trousers of any length	<b>Costume and prop:</b> Referee + Judges deduction -1.0 per program

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Z predchádzajúceho obdobia:

Cross roll vpred/vzad: Plynulý pohyb voľnej nohy ako rolovanie okolo nohy idúcej plynulo na nasledujúcu vonkajšiu hranu. V tom istom čase dochádza k prenosu váhy z jedného vonkajšieho oblúka do následného vonkajšieho oblúka čo vytvára pohyb – rolovania.

Pre cross roll platí, že voľná noha pri pohybe miňa nohu idúcu vpredu/vzadu a je umiestňovaná na ľad pred/za nohou idúcou. Nie je požiadavkou, aby noha na ktorú je prenášaná váha a na ktorú je našľapované bola na ľad umiestnená na vonkajšiu hranu.

### Voľný tanec - prvky dobre vyváženého voľného tanca

Rozjazdka: 6 min. max 5 párov na ľade

**Juniori: 3:30 min. +/- 10 sek**

**Seniori: 4 min. +/- 10 sek**

Hudobný doprovod v rovnakom tempe/rytme nesmie byť dlhší ako 75% dĺžky jazdy. Musí mať počuteľný rytmus a melódiu alebo len počuteľný rytmus samostatne. Melódia bez počuteľného rytmu nie je povolená, ale môže byť volkálna. Hudba bez počuteľného rytmu môže tvoriť 10s na začiatku alebo konci jazdy.



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SLOVAK FIGURE SKATING ASSOCIATION  
Záhradnícka 95, 821 08 Bratislava, Slovakia  
**PRVKY KP a VJ 2024/2025**

**2.3 FREE DANCE – Specifications/Restrictions 2024/25**

Specifications/Restrictions		Violations
<b>REFEREE Deductions</b>		
<b>Duration</b>	Senior: 4 minutes +/- 10 seconds Junior: 3 ½ minutes +/- 10 seconds	<b>Program time:</b> Referee deduction -1.0 up to every 5 seconds lacking or in excess
<b>REFEREE + JUDGES Deductions</b>		
<b>Music</b>	Rule 710 para 1c	<b>Music Requirements:</b> Referee + Judges deduction -2.0 per program
<b>Stops</b>	- After clock started, couple must not remain on one place for more than 10 seconds - During program (excluding the 10 seconds at the beginning and/or end of the program): unlimited full stops of 5 seconds max. are allowed	<b>Choreography restrictions:</b>
<b>Separations</b>	Rule 710, para 1f	(Stops/ Separations/Touching ice with hands) Referee + Judges deduction 1.0 per program
<b>Touching ice with hands</b>	Touching the ice with the hand(s) is not permitted (except Choreographic Sliding Movement, Choreographic Character Step Sequence)	
<b>Costume and prop</b>	Rule 501, para 1 Skaters may wear trousers of any length	<b>Costume and prop:</b> Referee + Judges deduction -1.0 per program

**2. FREE DANCE REQUIREMENTS**

**2.1 FREE DANCE – Required Elements 2024/25 for Junior/Senior**

ELEMENTS	JUNIOR	SENIOR
<b>Dance Lift - Not more than</b>	<b>Two (2) Different Type Short Lift up to 8 seconds</b> Or <b>One (1) Combination Lift up to 13 seconds</b> The lifted partner's Difficult Pose or Change of Pose (option a) or b)) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated same Difficult Pose or Change of Pose (option a) or b)) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.	<b>Three (3) Different Type Short Lift up to 8 seconds</b> Or <b>One (1) Short Lift and One (1) Combination Lift up to 13 seconds</b> (Short Lift must be a different type than in the Combination Lift) The lifted partner's Difficult Pose or Change of Pose (option a) or b)) in the RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift. The repeated Difficult Pose or Change of Pose (option a) or b)) performed in the same type of lift will be considered as a simple pose/change of pose for the FD.
<b>Dance Spin (DSp)</b>	<b>One (1) Dance Spin</b> Dance Spin (DSp) - 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	
<b>Step Sequence: Types: Straight line or Curve</b>	<b>One (1) Step Sequence in Hold (Style B)</b> <b>Not permitted:</b> - Stops - Loops - Retrogression - Hand in hand hold with fully extended arms cannot be established - Separations of more than two arm lengths and/or exceeding 5 seconds <b>The pattern of the Step Sequence (Style B) must maintain the integrity or basic shape of the chosen pattern. It must also be a different shape than the pattern of the Choreographic Step if chosen as a Choreographic Element.</b> (Note: The entry and/or exit edge of a Difficult Turn resulting in a temporary deviation in the direction of travel for the step sequence pattern should not be considered as a retrogression.)	
<b>One (1) One Foot Turns Sequence (OFT)</b>	<b>One (1) One Foot Turns Sequence FD Option, Not-Touching</b> Difficult Turns performed on one foot by each partner and must be started with the first Difficult Turn at the same time. The additional Difficult Turns do not have to be performed at the same time.	
<b>Synchronized Twizzles</b>	<b>One (1) Set of Synchronized Twizzles</b> At least 2 Twizzles for each partner, with a minimum of 2 steps and up to 4 steps between 1 <sup>st</sup> and 2 <sup>nd</sup> Twizzles. Each push and/or transfer of weight while on two feet between Twizzles is considered as a step. Partners may be in contact between the 1 <sup>st</sup> and 2 <sup>nd</sup> Twizzles. <b>The "C" feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by the Technical Panel. This applies even if the features were not given credit for Level in the RD.</b>	
<b>Choreographic Element</b>	<b>Two (2) Different Choreographic Elements chosen from:</b> Choreographic Assisted Jump Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement Choreographic Lift Choreographic Sliding Movement Choreographic Spinning Movement Choreographic Twizzling Movement	<b>Three (3) Different Choreographic Elements chosen from:</b> Choreographic Assisted Jump Movement Choreographic Character Step Sequence Choreographic Hydroblading Movement Choreographic Lift Choreographic Sliding Movement Choreographic Spinning Movement Choreographic Twizzling Movement

	Kroky „B“ po priamke/ oblúku v držaní	Tweezlový set (2-4 kroky medzi 1. a 2. Tw + držanie)	Zdvíhačky	Tanečná Pirueta	Kroky nohe držania	na 1 bez	Choreo elementy
<b>Juniori</b> <b>3:30</b> <b>+/-10s</b>	<b>1</b>	<b>1</b>	<b>2</b> krátke zdvíhačky alebo <b>1</b> dlhá/kombinova ná	<b>1</b>	<b>1</b>		<b>2</b>
<b>Seniori</b> <b>4:00</b> <b>+/-10s</b>	<b>1</b>	<b>1</b>	<b>3</b> krátke zdvíhačky alebo <b>1</b> dlhá/kombinova ná + <b>1</b> krátka	<b>1</b>	<b>1</b>		<b>3</b>

### Špecifikácie elementov:

- **Zdvíhaná figúra:**

Juniori: 2 krátke do 8s. alebo 1 dlhá/kombinovaná do 13s

- Ťažká pozícia alebo zmena pozície u zdvíhaného partnera musí byť iná ako predvedená v rovnakom type zdvíhanej figúry v RD. V prípade že bude použitá rovnaká ťažká pozícia alebo zmena pozície v rovnakom type zdvíhanej figúry bude považovaná za jednoduchú a neovplyvní možné zvýšenie levelu/bude ignorovaná.

Seniori: 3 krátke zdvíhané figúry alebo 1 dlhá a 1 krátka zdvíhaná figúra

- **Tanečná pirueta:**

Jedna tanečná pirueta so alebo bez zmeny nohy vykonaná okolo spoločnej osi v držaní, min. 3 otočky obaja partneri.

- **Kroková pasáž** – typu B po priamke alebo krivke

Je hodnotená levelom samostatne pre každého z partnerov

Kresba počas celého predvedenia musí dodržiavať zvolený tvar, resp. základný tvar (priamka, kruh a pod.). Kresba musí byť odlišná od zvolenej v ChSt ak je predvedená v jazde.

**!!! NEPOVOLENÉ !!!**

- zastavenie

- 
- slučka/-y
  - držanie ruka v ruke a s plným natiahnutím paží
  - retrogresia/návrat v kresbe
  - separácia na viac ako 2násobok vzdialenosti dĺžky paží a /alebo viac ako 5s
- **Kroky na jednej nohe – bez držania**  
Sú hodnotené levelom samostatne pre každého z partnerov.  
Obtížne obraty musia začínať prvým obratom prevedeným oboma partnermi naraz (typ obratu nemusí byť totožný). Ostatné obraty už nemusia byť predvedené naraz.
  - **1 set Synchronizovaných tweezlov**  
Min. 2 tweezle prevedené s min. 2 a max. 4 spojovacími krokmi, pričom sa partneri **môžu** dotknúť počas spojovacích krokov medzi prvým a druhým Tweezlom. Zaradenie rovnakého „C“ feature ktorý bol predvedený v RD, bude ignorovaný pri stanovení levlu vo voľnom tanci.
  - **Choreo elementy** – pravidlá ako v predchádzajúcej sezóne s doplnením
    - Choreo zdvíhaná figúra – min. 3s / predvedenie po požadovaných zdvíhaných figúrach
    - Choreo pirueta – min. 3 otočky v držaní okolo spoločnej osi obaja partneri / kdekoľvek v programe
    - Choreo asistovaný skokový pohyb – aspoň 3 plynulo za sebou predvedené skoky s asistenciou kdekoľvek v programe. Musia byť splnené nasledovné podmienky:
      - 3 v rade ale nemusia byť rovnaké
      - Nesmú mať viac ako 1 rotáciu u asistujúceho/zdvíhajúceho partnera
      - Menej ako 3 sekundy mimo ľadu pre zdvíhaného partnera
      - Nie viac ako 3 kroky medzi asistovanými skokmi
      - Oba z partnerov môžu predvádzať asistované skokové pohyby
    - Choreo Twizzlový pohyb – zaradený po požadovanom Tw v programe
      - Oba partneri predvedú prvý twizzle na jednej alebo dvoch nohách s min. 2 rotáciami (720°) v predvedení cestujúceho obratu. Aspoň jeden z partnerov musí predviesť druhý twizzle s max. 3 krokmi po prvom predvedenom twizzlovom pohybe, pričom druhý môže cestovať, alebo byť predvedený na mieste
      - Vzdialenosť medzi partnermi max. 2 paže
    - Choreo sklíznutie/šmýkanie
      - Min. dĺžka 2s pre oboch partnerov - naraz
      - Nemusia začať/skončiť v rovnakom čase



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- Ak je ukončený zastavením na mieste na 2 kolenách alebo polohou, ktorá je považovaná za pád, je tento uznaný ako pád
  - Jednoduchý výpad NIE JE považovaný za choreo skĺznutie
- Choreo charakterové kroky – kdekoľvek na ľadovej ploche, ich kresba musí byť iná ako kresba krokovej pasáže v držaní zvolenej pre jazdu
- Povolená z akýchkoľvek z týchto kresieb:
- Diagonála – z rohu do náprotivného rohu
  - Priamka – pozdĺž dlhej osi
  - Priamka – pozdĺž krátkej osi
  - Kruh – začiatok pri dlhom mantineli, pozdĺž krátkej osi, pretnúc dlhú os na oboch stranách (cca modrá čiara) a zakončenie kruhu na mieste začiatku
  - Dotýkanie ľadu ako kontrolovaný pohyb je povolené
  - Dotýkanie mantinelu na začiatku alebo konci je povolené
  - Partneri môžu byť v držaní alebo bez držania
  - Vzdialenosť od mantinelu na začiatku a konci je splnená ak vzdialenosť aspoň jedného z partnerov nie je viac ako 2m
  - Retrogresia nie je povolená
  - Max. vzdialenosť medzi partnermi **2 paže**
- Choreo hydroblading
- Môže byť predvedený kdekoľvek v programe, ak obaja z partnerov predvedú hydroblading
- Za uznaný hydroblading považujeme:
- Pohyb po ľadovej ploche, kde horná časť tela je skoro paralelne s ľadom a ťažisko je umiestnené mimo vertikálnej osi. Len topánka alebo voľná noha sa smie dotýkať ľadu. Ak sa dotýka ľadu iná časť tela, môžeme tento element zaradiť ako Choreo Sliding/šmýkanie/kĺzanie.
  - Obaja partneri ho predvedú v dĺžke min. 2s naraz. Začiatok ako aj koniec nemusia byť u partnerov simultánne/rovnaké.
  - Môžu byť v držaní alebo bez držania.
  - Vzdialenosť medzi partnermi ak je predvedený separátne nie viac ako dĺžka 2 paží