

NZIFSA – 2018 Ice Dance - FREE DANCE ELEMENTS – V3

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
JUVENILE Time: 1:30 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN	<ul style="list-style-type: none"> Max one short lift – chosen from: <ul style="list-style-type: none"> Straight line lift Curved lift <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> Not a requirement – can be used as part of Choreography A spinning movement skated together in any hold, around a common axis, on one foot (or on two feet), is permitted. <ul style="list-style-type: none"> Any number of rotations is permitted Technical Panel will ignore Judges will not consider this movement as one of the permitted stops 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Max one step sequence – chosen from: <ul style="list-style-type: none"> Straight line in hold (midline or diagonal) Curved in hold (circular or serpentine) <p style="text-align: center;">Style B Maximum: Level 1</p>	<ul style="list-style-type: none"> N/A
BASIC NOVICE Time: 2:00 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> One Combination Set of Synchronized Twizzles <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> One Choreographic Character Step Sequence 	<ul style="list-style-type: none"> One Choreographic Element chosen from <ul style="list-style-type: none"> Lift Spinning Twizzling Sliding
INTERMEDIATE NOVICE Time: 2:30 (+/- 10 sec) Falls: -0.5 Components: SS / PE / IN	<ul style="list-style-type: none"> One Short Lift <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> One Combination Set of Synchronized Twizzles <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> One Choreographic Character Step Sequence 	<ul style="list-style-type: none"> One Choreographic Element chosen from <ul style="list-style-type: none"> Lift Spinning Twizzling Sliding

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<p>ADVANCED NOVICE</p> <p>Time: 3:00 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Components: SS / TR / PE / IN</p>	<ul style="list-style-type: none"> One Short Lift Maximum: Level 3 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin Maximum: Level 3 	<ul style="list-style-type: none"> One Combination Set of Synchronized Twizzles Maximum: Level 3 	<ul style="list-style-type: none"> One step sequence in hold: - Style B Maximum: Level 3 	<ul style="list-style-type: none"> Two different Choreographic Elements - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence
<p>JUNIOR</p> <p>Time: 3:30 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> One Combination Lift OR Two different Short Lifts 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin 	<ul style="list-style-type: none"> One Combination Set of Synchronized Twizzles: - Max 3 steps between Twizzles 	<ul style="list-style-type: none"> One step sequence in hold: - Style B One Combination One Foot Step Sequence 	<ul style="list-style-type: none"> Two different Choreographic Elements - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence
<p>SENIOR</p> <p>Time: 4:00 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> One Combination Lift and one Short Lift OR Three different Short Lifts 	<ul style="list-style-type: none"> One Dance Spin Spin or Combination Spin 	<ul style="list-style-type: none"> One Combination Set of Synchronized Twizzles: - Max 3 steps between Twizzles 	<ul style="list-style-type: none"> One step sequence in hold: - Style B One Combination One Foot Step Sequence 	<ul style="list-style-type: none"> Three different Choreographic Elements - One Character Step Sequence - Choose remaining from Lift, Spinning, Twizzling, Sliding