

NZIFSA – 2019 Adult Ice Dance - SHORT & FREE DANCE ELEMENTS –

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step Sequences
SHORT DANCE (OPEN) Time: 2:50 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> 1 Short Lift - 7 seconds max 	<ul style="list-style-type: none"> Two consecutive sections of Tea-Time Foxtrot - To Foxtrot Rhythm - 106-110 BPM - 1TTF then 2TTF - Section 1 skated on judges' side 	<ul style="list-style-type: none"> 1 Set of Sequential Twizzles - Max one step between - No contact between twizzles 	<ul style="list-style-type: none"> 1 Step Sequence in Hold OR Not Touching OR a combination of both - Midline/diag. Style B - One stop permitted - No retrogression or loops permitted - Different rhythm to PD Elements
BRONZE FREE DANCE Time: 1:50 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Max one Short Lift Maximum: Level 1	<ul style="list-style-type: none"> Max one Spin (No Combination) 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Max one Diagonal Step Sequence in hold - Style B
SILVER FREE DANCE Time: 2:30 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Max one Short Lift Maximum: Level 2	<ul style="list-style-type: none"> Max one Spin or Combination spin 	<ul style="list-style-type: none"> Max one set of Synchronized Twizzles 	<ul style="list-style-type: none"> Max one Diagonal Step Sequence in hold - Style B
GOLD/ELITE FREE DANCE Time: 3:00 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> Max one Short Lift and one Combination Lift OR Max three different Short Lifts 	<ul style="list-style-type: none"> Max one Spin or Combination spin 	<ul style="list-style-type: none"> Max one set of Synchronized Twizzles 	<ul style="list-style-type: none"> Max one Circular Step Sequence in hold - Style A