

## NZIFSA – 2020 Adult Ice Dance - RHYTHM & FREE DANCE ELEMENTS –

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