

NZIFSA – 2021 Adult Ice Dance - RHYTHM & FREE DANCE ELEMENTS –

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step Sequences
RHYTHM 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 sections of Blues - To character of chosen rhythm - 86-90 BPM - Consecutively/separately - Starting on different sides 	<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 - Midline or diagonal - Style B - 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 <p style="text-align: center; background-color: yellow;">Maximum: Level 1</p>	<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 <p style="text-align: center; background-color: yellow;">Maximum: Level 2</p>	<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 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 Diagonal Step Sequence in hold - Style B