

NZIFSA – 2025/26 Adult Ice Dance - FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
BRONZE FREE DANCE Time: 1:50 +/- 10 Falls: -0.5 Component Factor: 2.0	<ul style="list-style-type: none"> Max one Short Lift <ul style="list-style-type: none"> Max 8 sec <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> Max one Dance Spin (No Combination) 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One choreo sequence <ul style="list-style-type: none"> utilizing at least half the ice
SILVER FREE DANCE Time: 2:30 +/- 10 Falls: -0.5 Component Factor: 2.0	<ul style="list-style-type: none"> Max one Short Lift <ul style="list-style-type: none"> Max 8 sec <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> Max one Dance Spin <ul style="list-style-type: none"> With or without change(s) of foot 	<ul style="list-style-type: none"> Max one set of Synchronized Twizzles <ul style="list-style-type: none"> 2 – 4 Steps between 	<ul style="list-style-type: none"> Max one Straight line or one Curve Step Sequence in hold <ul style="list-style-type: none"> Style B Stops, Loops, Retrogression, Hand in hand hold w/ fully extended arms, separations of more than 2 arm lengths and/or exceeded 5 sec not permitted
GOLD / ELITE FREE DANCE Time: 3:00 +/- 10 Falls: -1.0 Components Factor: 2.0	<ul style="list-style-type: none"> Two different Short Lifts up to 8 sec <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> One Combination lift up to 13 sec 	<ul style="list-style-type: none"> Max one Dance Spin <ul style="list-style-type: none"> With or without change(s) of foot 	<ul style="list-style-type: none"> Max one set of Synchronized Twizzles <ul style="list-style-type: none"> 2 – 4 Steps between 	<ul style="list-style-type: none"> Max one Straight line or one Curve Step Sequence in hold <ul style="list-style-type: none"> Style B Stops, Loops, Retrogression, Hand in hand hold w/ fully extended arms, separations of more than 2 arm lengths and/or exceeded 5 sec not permitted

NZIFSA – 2025/26 Adult Ice Dance – SOLO FREE DANCE ELEMENTS

Grade	Edge Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
<p>SILVER SOLO FREE DANCE</p> <p>Time: 1:50 +/- 10</p> <p>Falls: -0.5</p> <p>Component Factor: 1.0</p> <p>Scoring as per Int Novice</p> <p>Max Level 2</p>	<ul style="list-style-type: none"> • One Short Edge Element - Held in position for min 3, max 8 sec 	<ul style="list-style-type: none"> • Max one Dance Spin - Flying spin or entry is illegal - With or without change(s) of foot 	<ul style="list-style-type: none"> • One set of Sequential Twizzles - Max 1 step in between 	<ul style="list-style-type: none"> • One Choreo Character Steps <ul style="list-style-type: none"> - On long axis - Started with a stop or skidding movement - Stops, loops, touching ice (except with 1 knee) not permitted • One Choreographic Element from: <ul style="list-style-type: none"> - Sliding movement - Spinning movement - Twizzling movement
<p>GOLD SOLO FREE DANCE</p> <p>Time: 2:20 +/- 10</p> <p>Falls: -1.0</p> <p>Component Factor: 1.33</p> <p>Scoring as per Adv Novice</p> <p>Max Level 3</p>	<ul style="list-style-type: none"> • One Short Edge Element - Held in position for min 3, max 8 sec 	<ul style="list-style-type: none"> • Max one Dance Spin - Flying spin or entry is illegal - With or without change(s) of foot 	<ul style="list-style-type: none"> • One set of Sequential Twizzles - Max 1 step in between 	<ul style="list-style-type: none"> • Max one Step Sequence <ul style="list-style-type: none"> - Midline, Diagonal or Circular - Style B - Stops, Loops, Retrogression not permitted - Must be different pattern to Choreo Character steps • Two different Choreographic Elements chosen from: <ul style="list-style-type: none"> - Character steps - Sliding movement - Spinning movement - Twizzling movement

<p>ELITE SOLO FREE DANCE</p> <p>Time: 3:00 +/- 10</p> <p>Falls: -1.0</p> <p>Component Factor: 2.0</p> <p>Scoring as per Junior</p>	<ul style="list-style-type: none"> • One Combination Edge Element <ul style="list-style-type: none"> - Max 13 sec <p>Or</p> <ul style="list-style-type: none"> • Two different Short Edge Elements <ul style="list-style-type: none"> - max 8 sec 	<ul style="list-style-type: none"> • Max one Dance Spin <ul style="list-style-type: none"> - Flying spin or entry is illegal - With or without change(s) of foot 	<ul style="list-style-type: none"> • One Solo Twizzle series <ul style="list-style-type: none"> - 2 – 4 Steps between 	<ul style="list-style-type: none"> • Max one Step Sequence <ul style="list-style-type: none"> - Serpentine, Midline, Diagonal or Circular - Style B - Stops, Loops, Retrogression not permitted - Must be different pattern to Choreo Character steps • One Foot Turn Sequence <ul style="list-style-type: none"> - Skated anywhere in the program - Must include, Rocker, Bracket, Counter, Twizzle (single Twizzle for L1 & 2, Double twizzle for L1 – 4). • Two different Choreographic Elements chosen from: <ul style="list-style-type: none"> - Character steps - Sliding movement - Spinning movement - Twizzling movement
---	--	--	--	---