

NZIFSA – 2025/26 Ice Dance - FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
JUVENILE Time: 1:30 (+/- 10 sec) Falls: -0.5 Component factor: 1.0	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Choreographic Character Step Sequence 	<ul style="list-style-type: none"> Two Choreographic Elements chosen from <ul style="list-style-type: none"> Lift Spinning Twizzling Sliding
BASIC NOVICE Time: 2:00 (+/- 10 sec) Falls: -0.5 Component factor: 1.0 Maximum: Level 1	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> One Dance Spin 	<ul style="list-style-type: none"> One Set of Sequential Twizzles <ul style="list-style-type: none"> Max 1 step between No contact between twizzles 	<ul style="list-style-type: none"> One Choreographic Character Step Sequence <p>Touching the ice with any part of the body with controlled movements is not permitted</p>	<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 Component factor: 1.0 Maximum: Level 2	<ul style="list-style-type: none"> One Short Lift Maximum 7 Secs 	<ul style="list-style-type: none"> One Dance Spin 	<ul style="list-style-type: none"> One Set of Sequential Twizzles <ul style="list-style-type: none"> Max 1 step between No contact between twizzles 	<ul style="list-style-type: none"> One Choreographic Character Step Sequence <p>Touching the ice with any part of the body with controlled movements is not permitted</p>	<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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Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
ADVANCED NOVICE Time: 3:00 (+/- 10 sec) Falls: -0.5 Component factor: 1.33 Maximum: Level 3	<ul style="list-style-type: none"> One Short Lift Maximum 7 Secs 	<ul style="list-style-type: none"> One Dance Spin 	<ul style="list-style-type: none"> One Set of Sequential Twizzles <ul style="list-style-type: none"> - Max 1 step between - No contact between twizzles 	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B - Circular, Serpentine, Midline or Diagonal - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. 	<ul style="list-style-type: none"> Two different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence - <u>Choreo element chosen in Quickstep PD cannot be repeated.</u>
JUNIOR Time: 3:30 (+/- 10 sec) Falls: -1.0 Component factor: 2.0	<ul style="list-style-type: none"> One Combination Lift - Maximum 13 Secs <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> Two different Short Lifts - Maximum 8 Secs <p><u>Lifted partner's difficult pose or change of pose must be different from RD otherwise considered simple.</u></p>	<ul style="list-style-type: none"> One Dance Spin 	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between 1st & 2nd twizzles optional <p>“C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by Tech Panel.</p>	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. - Different shape to Choreographic Steps (if performed) One Foot Step Sequence <ul style="list-style-type: none"> - Not touching 	<ul style="list-style-type: none"> Two different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence
SENIOR Time: 4:00 (+/- 10 sec) Falls: -1.0 Component factor: 2.0	<ul style="list-style-type: none"> One Combination Lift (max 13 sec) and one Short Lift (max 8 sec) - Short lift must be different type than in combination <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> Three different Short Lifts - Maximum 8 Secs <p><u>Lifted partner's difficult pose or change of pose must be different from RD otherwise considered simple.</u></p>	<ul style="list-style-type: none"> One Dance Spin 	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between twizzles optional <p>“C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by Tech Panel.</p>	<ul style="list-style-type: none"> One step sequence in hold: <ul style="list-style-type: none"> - Style B - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. - Different shape to Choreographic Steps (if performed) One One Foot Step Sequence <ul style="list-style-type: none"> - Not touching 	<ul style="list-style-type: none"> Three different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence

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

Grade	Edge Elements	Spin Elements	Twizzles	Step / Choreo Sequences
SOLO BASIC NOVICE Time: 1:50 +/- 10 Falls: -0.5 Component Factor: 1.0 Max Level 1	<ul style="list-style-type: none"> • One Short Edge Element <ul style="list-style-type: none"> - Held in position for min 3, 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 set of Sequential Twizzles <ul style="list-style-type: none"> - Max 1 step in between 	<ul style="list-style-type: none"> • One Choreo Character Steps <ul style="list-style-type: none"> - On short axis - Started with a stop or skidding movement - Stops, loops, retrogressions, touching ice (except with 1 knee) not permitted
SOLO INTERMEDIATE NOVICE Time: 1:50 +/- 10 Falls: -0.5 Component Factor: 1.0 Max Level 2	<ul style="list-style-type: none"> • One Short Edge Element <ul style="list-style-type: none"> - Held in position for min 3, 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 set of Sequential Twizzles <ul style="list-style-type: none"> - 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
SOLO ADVANCED NOVICE Time: 2:20 +/- 10 Falls: -1.0 Component Factor: 1.33 Max Level 3	<ul style="list-style-type: none"> • One Short Edge Element <ul style="list-style-type: none"> - Held in position for min 3, 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 set of Sequential Twizzles <ul style="list-style-type: none"> - 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 (start w/ Stop or Skid) - Sliding movement - Spinning movement - Twizzling movement

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

Grade	Edge Elements	Spin Elements	Twizzles	Step / Choreo Sequences
<p>SOLO JUNIOR Time: 3:00 +/- 10 Falls: -1.0 Component Factor: 2.0</p>	<ul style="list-style-type: none"> • One Combination Edge Element <ul style="list-style-type: none"> - Max 13 sec Or • Two different Short Edge Elements <ul style="list-style-type: none"> - max 8 sec - Spiral type may be repeated once w/ different positions 	<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 - C features in RD cannot be repeated in FD, ignored by Tech Panel 	<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 (start w/ Stop or Skid) - Sliding movement - Spinning movement - Twizzling movement
<p>SOLO SENIOR Time: 3:30 +/- 10 Falls: -1.0 Component Factor: 2.0</p>	<ul style="list-style-type: none"> • One Combination Edge Element <ul style="list-style-type: none"> - Max 13 sec • Plus one Short Edge element <ul style="list-style-type: none"> - max 8 sec Or • Three different Short Edge Elements <ul style="list-style-type: none"> - max 8 sec - Spiral type may be repeated once w/ different positions 	<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 - C features in RD cannot be repeated in FD, ignored by Tech Panel 	<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). • Three different Choreographic Elements chosen from: <ul style="list-style-type: none"> - Character steps (start w/ Stop or Skid) - Sliding movement - Spinning movement - Twizzling movement