

NZIFSA – 2026/27 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 2 step between No contact between twizzles 	<ul style="list-style-type: none"> One Choreographic Character Step Sequence <ul style="list-style-type: none"> Must be barrier to barrier on short axis Touching barrier not permitted Touching the ice with any part of the body with controlled movements is not permitted Touching ice with hand(s) permitted Max 2 arm lengths apart 	<ul style="list-style-type: none"> One Choreographic Element chosen from <ul style="list-style-type: none"> Lift (3-10 sec) 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 Choice of Straight line, Curve, Stationary or Rotational 	<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 2 step between No contact between twizzles 	<ul style="list-style-type: none"> One Choreographic Character Step Sequence <ul style="list-style-type: none"> Must be barrier to barrier on short axis Touching barrier not permitted Touching the ice with any part of the body with controlled movements is not permitted Touching ice with hand(s) permitted Max 2 arm lengths apart 	<ul style="list-style-type: none"> One Choreographic Element chosen from <ul style="list-style-type: none"> Lift (3-10 sec) Spinning Twizzling Sliding

NZIFSA – 2026/27 Ice Dance - FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<p>ADVANCED NOVICE</p> <p>Time: 3:00 (+/- 10 sec)</p> <p>Falls: -0.5</p> <p>Component factor: 1.33 Maximum: Level 3</p>	<ul style="list-style-type: none"> One Short Lift Maximum 7 Secs Choice of Straight line, Curve, Stationary or Rotational 	<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 <u>2</u> 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 Paso Doble PD cannot be repeated.</u>
<p>JUNIOR</p> <p>Time: 3:30 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Component factor: 2.0</p>	<ul style="list-style-type: none"> One Combination Lift <ul style="list-style-type: none"> Maximum 13 Secs OR Two different Short Lifts <ul style="list-style-type: none"> Maximum 8 Secs <p><u>The Lift type performed in the RD may not be repeated in FD unless performed within one part of a Combination Lift</u></p>	<ul style="list-style-type: none"> One Dance Spin <ul style="list-style-type: none"> <u>Exit feature not considered for level</u> 	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> Min 2 twizzles each partner 2-4 steps between 1st and 2nd twizzle 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 even if not credit for level.</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 Not performing twizzle as last turn is positive GOE feature 	<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

NZIFSA – 2026/27 Ice Dance - FREE DANCE ELEMENTS

<p>SENIOR</p> <p>Time: 4:00 (+/- 10 sec)</p> <p>Falls: -1.0</p> <p>Component factor: 2.0</p>	<ul style="list-style-type: none"> One Combination Lift (max 13 sec) and one Short Lift (max 8 sec) <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Maximum 8 Secs <p><u>The Lift type performed in the RD may not be repeated in FD unless performed within one part of a Combination Lift</u></p>	<ul style="list-style-type: none"> One Dance Spin <ul style="list-style-type: none"> <u>Exit feature not considered for level</u> 	<ul style="list-style-type: none"> One Set of Synchronized Twizzles <ul style="list-style-type: none"> <u>3 Twizzles each partner (4 rotations each twizzle)</u> <u>Different entry edge and rotation direction for 2 twizzles.</u> <u>2-4 steps between 1st and 2nd. Upt to 1 step between 2nd and 3rd.</u> <u>Point of contact between 1st and 2nd twizzles optional</u> <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"> Min 2 turns must be in hold. <u>Twizzle not considered for level</u> 	<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
--	--	--	---	--	---