

## NZIFSA – 2026/27 Ice Dance - RHYTHM DANCE ELEMENTS

The theme and music for the Junior and Senior Rhythm Dance for the 2026/27 season is “Rhythm and Waltz.”

Any style of waltz is permitted, from traditional forms to modern interpretations.

At least one (1) additional rhythm, tempo and dance style must be included to support the chosen concept or theme.

Remixed and/or remastered music, including cover versions, is permitted.

- Music created by AI is also permitted.

- The Rhythm Dance should NOT be skated in the style of a Free Dance.

- To comply with the ethical values of sports, any music chosen for Ice Dance competitions must not include aggressive and/or offending lyrics.

Grade	Lift Elements	Twizzles	Step Sequences	Pattern Dance Element
<b>Junior</b> <b>Time:</b> 2:50 (+/- 10 sec)  <b>Falls:</b> -1.0  <b>Component factor:</b> 1.33	<ul style="list-style-type: none"> <li>• 1 Short Lift                             <ul style="list-style-type: none"> <li>- 8 seconds max</li> <li>- <u>Not in FD except in combination lift</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles                             <ul style="list-style-type: none"> <li>- Max one step between</li> <li>- No contact between twizzles</li> <li>- C feature(s) attempted in RD cannot be repeated in FD</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence                             <ul style="list-style-type: none"> <li>- Midline or Diagonal</li> <li>- Style B</li> <li>- Not touching (&lt;2 arms)</li> <li>- Loops and retrogressions not permitted</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <u>One sequence of Westminster Waltz</u> <ul style="list-style-type: none"> <li>- <u>162 BPM in 3/4 or 6/8</u></li> <li>- <u>1WW Steps 1 – 12</u></li> <li>- <u>Followed by 2WW Steps 12 - 22</u></li> <li>- <u>Step 1 of 1WW started to left of Judges</u></li> <li>- Variation of Holds through permitted except Hand in Hand.</li> <li>- <u>Tracking between partners optional</u></li> </ul> </li> </ul>

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Grade	Lift Elements	Twizzles	Step Sequences	Pattern Dance Element
<p><b>Senior</b></p> <p><b>Time:</b> 2:50 (+/- 10 sec)</p> <p><b>Falls:</b> -1.0</p> <p><b>Component factor:</b> 1.33</p>	<ul style="list-style-type: none"> <li>• 1 Short Lift                             <ul style="list-style-type: none"> <li>- 8 seconds max</li> <li>- <u>Not in FD except in combination lift</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles                             <ul style="list-style-type: none"> <li>- Max one step between</li> <li>- No contact between twizzles</li> <li>- C feature(s) attempted in RD cannot be repeated in FD</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence                             <ul style="list-style-type: none"> <li>- Circular clockwise</li> <li>- Style B</li> <li>- Not touching (&lt;2 arms)</li> <li>- Loops and retrogressions not permitted</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <u>One sequence of Golden Waltz</u> <ul style="list-style-type: none"> <li>- <u>186 BPM in 3/4 or 6/8</u></li> <li>- <u>Start step 33 on Judges right side, past short axis</u></li> <li>- <u>Include restart, end step 20</u></li> <li>- <u>Must remain in contact at all times</u></li> <li>- <u>Tracking between partners optional except during key points</u></li> </ul> </li> </ul>
<b>Creative Dance Element</b>				
<ul style="list-style-type: none"> <li>• <b>Creative Dance Element (CDE)</b> <ul style="list-style-type: none"> <li>- <u>Performed in contact, may include Hand in Hand with fully extended arms.</u></li> <li>- <u>Note: A brief release to change hold is not considered a separation.</u></li> <li>- <u>Skated to any dance rhythm/dance style</u></li>   <li>- <u>Both partners must perform steps/movements from barrier to opposite barrier. The requirement for barrier to barrier is fulfilled when at least one of the partners is not more than 2 meters from each barrier.</u></li> <li>- <u>Only One (1) Dance Stop for no more than 5 seconds must be performed anywhere within the CDE.</u></li> <li>- <u>Note: Any stop performed at the beginning, during or end of the CDE, will be considered as the Dance Stop. Any stationary spinning movement is not considered as a stop</u></li> <li>- <u>One (1) acrobatic movement involving agility and balance must be performed by one or both, with or without partner assistance. An additional brief stop to prepare/perform the acrobatic movement is permitted and is not considered the Dance Stop. Any additional touching of the ice during the acrobatic movement is permitted and is not considered as the 5 seconds permitted to touch the ice.</u></li>   <li>- <u>The element must demonstrate presentation to all four sides of the rink.</u></li> <li>- <u>Note: Execution directed exclusively toward the judges does not fulfill this requirement.</u></li> <li>- <u>Touching the ice is permitted once for no more than five (5) seconds. One or both partners may touch the ice with any part of the body; they do not have to start and stop at the same time within the permitted five (5) seconds.</u></li> <li>- <u>Retrogressions and Loops are permitted</u></li> <li>- <u>One (1) separation of no more than 5 seconds is permitted and may be performed within the required stop.</u></li> </ul> </li> </ul>				