

NZIFSA – 2026/27 Ice Dance – SOLO FREE DANCE ELEMENTS

Grade	Edge Elements	Spin Elements	Twizzles	Step / Choreo Sequences
SOLO BASIC NOVICE Time: 1:30 +/- 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"> One Dance Spin <ul style="list-style-type: none"> <u>On the spot on one foot</u> 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"> Two twizzles Max 2 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 <u>1 loop or retrogression permitted</u> 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"> One Dance Spin <ul style="list-style-type: none"> <u>On the spot on one foot</u> 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"> Two twizzles Max 2 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 <u>1 loop or retrogression permitted</u> 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"> One Dance Spin <ul style="list-style-type: none"> <u>On the spot on one foot</u> 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"> Two twizzles Max 2 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), 1 retro or loop Sliding movement Spinning movement Twizzling movement May not repeat element chosen in Paso Doble+

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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"> • One Dance Spin <ul style="list-style-type: none"> - <u>Min 3 revs on one foot</u> - 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). - <u>Not performing twizzle as last turn = + GOE</u> • Two different Choreographic Elements chosen from: <ul style="list-style-type: none"> - Character steps (start w/ Stop or Skid), <u>1 retro or loop</u> - Sliding movement - Spinning movement - Twizzling movement (must be after twizzles)
<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 - different from combo 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"> • One Dance Spin <ul style="list-style-type: none"> - <u>Min 3 revs on one foot</u> - 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"> - Min 3 twizzles - Min 4 rotation each - 2 – 4 Steps between 1st and 2nd - C features in RD cannot be repeated in FD, ignored by Tech Panel - Different skating foot on any of the 3 for level 3,4 - Different entry edge and rot direction for level 2,3,4 	<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). - <u>Twizzle as last turn not considered for level</u> • Three different Choreographic Elements chosen from: <ul style="list-style-type: none"> - Character steps (start w/ Stop or Skid), <u>1 retro or loop</u> - Sliding movement - Spinning movement - Twizzling movement (must be after twizzles)