

North Island Ice Skating

Sub-Association Incorporated

2025 NORTH ISLAND ICE SKATING SUB ASSOCIATION ICE FIGURE SKATING CHAMPIONSHIPS

Specific Information: OPEN SOLO FREE DANCE

VENUE: Paradise Ice Arena, Botany Downs
Corner Botany Road & Ti Rakau Drive
Botany Downs, Auckland

DATES: Friday 5th September 3.45pm – 7.15pm
Saturday 6th September 6.45am - 8.45am and 4.45pm – 8.15pm
Sunday 7th September 7.30am - 10.30 and 4.15pm – 9.15pm

ENTRIES CLOSE: Entries Close when the schedule is full or Friday 15th August whichever occurs first
(No late entries accepted after closing date)

DRAW: Electronic draw Wednesday 3th September 2025

ENTRIES: Entries must be made on the official entry form via the link:
[https://www.cognitoforms.com/NorthIslandIceSkatingSubAssociation/ 2025NorthIslandChampionships](https://www.cognitoforms.com/NorthIslandIceSkatingSubAssociation/2025NorthIslandChampionships)
Entry fees should be deposited directly into the NIISSA bank account (ANZ 01 1839 0247804 01) by the closing date. You must quote the skater's name and "NI Champs" as a reference when making your deposit.

Please note: A separate entry form is required for each event entered.

Grade	Entry fees MUST be paid before Friday 15 th August
Open Solo Free Dance – Adult For skaters who usually or qualify as Adult Skaters	\$50.00 per skater
Open Solo Free Dance – Youth & Young Adults For skaters who usually compete or have competed in the NZIFSA competitive grades	\$50.00 per skater

REFUNDS

Refunds upon withdrawal after the closing date are at the discretion of the NIISSA committee and will only be on provision of a medical certificate.

ELIGIBILITY

All entrants must be a member of an NZIFSA affiliated club. If you have not yet joined a club, please contact any NZIFSA affiliated club and arrange the membership for you.
The entry into Open Solo Free Dance has no test requirements.

OPEN SOLO FREE DANCE GRADE

This open grade may be further divided by age brackets, and men and women will compete and be judged together. The results will be determined by majority opinion of the judges, taking into account the technical and artistic aspects of the performance.

PROGRAM REQUIREMENTS

Open Solo Free Dance Requirements	
Program Length	1 minute & 30 seconds +/- 10 seconds
Music	Vocal Music is permitted.
Edge Element	At least one (1) short edge element, but no more than 2. The edge element must be held in position for a minimum of three seconds and cannot exceed seven seconds.
Spin	One (1) Dance Spin – Dance Spin - A spin to be performed on the spot on one foot with or without change(s) of foot by the skater. *Flying Spins or Flying Entries are illegal elements.
Step Sequence	One (1) step sequence from the following list: circular, midline or diagonal. The step sequence must fully utilize the ice surface and should include a variety of steps and turns such as include three-turns, mohawks and brackets as examples. Not permitted elements: stops, pattern regressions, loops and jumps of more than one-half rotation, dance spins, and pirouettes.
Twizzle	One (1) twizzles. (Twizzle on one foot or two feet is required)
Choreographic Character Step	Must be placed around the short axis and proceed from barrier to barrier. Must commence with a full stop (or opening pose) at one barrier or the other. May be performed at any point in the program.

Further breakdown of some of the required elements:

Short Edge Element - A Short Edge Element is a movement where the skater must maintain a continuous sustained edge in any selected position. A Short Edge Element must be sustained in position for at least three (3) seconds and not more than seven (7) seconds. The primary focus is on the quality of edge, and the secondary focus is on the position attained. Short Edge Elements include the following example types below:

- Spirals, in varied positions or an Attitude
- Crouch, in varied positions ie; one leg extended to the side, back or front, on or off the ice
- Spread eagle
- Ina Bauer
- Hydroblade movements

Solo Dance Spin - Spin with or without any change of foot.

- Sit Position - Performed on one foot with skating leg bent in a one-legged crouch position and free leg forward, to the side or back.
- Spin - A spin performed on the spot around a central axis on one foot. i.e. a Camel spin
- Upright Position - Performed on one foot with skating leg straight or slightly bent and upper body upright (on a nearly vertical axis), arched back or bent to the side

Illegal Elements and Movements:

- Jumps of more than one-half (1/2) revolution
- Two or more consecutive 1/2 revolution jumps
- Split Jumps with a toe assisted take off. (A Ballet Jump where the skater takes off and lands on the same toe with no rotation will be considered a hop and not a split jump.)
- Split Jumps with an edge take off where the legs are spread equal to or more than 90 degrees. Such as, but not limited to a Falling Leaf.
- Illusions
- Lying on the ice and / or stationary kneeling on both knees on the ice.
- Somersault type jumps

Props may not be used in any part of the programme.

COMPETITION MUSIC

Competitors must submit their music and be provided electronically in MP3 format and must be uploaded using the following form not later than the close of entries Friday 15th August:

<https://www.cognitoforms.com/NorthIslandIceSkatingSubAssociation/NorthIslandsCompetitorsMusic2025>

Each file must contain only one track and must be named with competitors name, grade entered and the exact running time (i.e. not skating time) of the track as follows:

Jane Smith OpenSoloDance 1.30

Skaters are strongly advised to have a copy of their music on USB format at the competition as backup.

For further details on the North Island Championships please read the full Competition Announcement available on New Zealand Ice Figure Skating Association web and www.nzifsa.org.nz

Further enquiries contact North Island Ice Figure Skating Sub Association:

Competition Secretary: Anna Ho

Email: niissa.tests@gmail.com