

## NZIFSA – 2022 Adult Ice Dance - RHYTHM & FREE DANCE ELEMENTS –

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step Sequences
<b>RHYTHM DANCE (OPEN)</b> Time: 2:50 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• 1 Short Lift</li> <li>- 7 seconds max</li> </ul>	<ul style="list-style-type: none"> <li>• Two sections of Argentine Tango</li> <li>- To Tango rhythm/style</li> <li>- 94-98 BPM</li> <li>- Consecutively/separately (any order)</li> <li>- 1AT (steps 1-20) on judges' left side, 2AT (steps 21-31) on judges' right side</li> <li>- Hold variations permitted</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Set of Sequential Twizzles</li> <li>- Max one step between</li> <li>- No contact between twizzles</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Step Sequence</li> <li>- Midline or diagonal</li> <li>- Style B</li> <li>- Different rhythm to PD Elements</li> </ul>
<b>BRONZE FREE DANCE</b> Time: 1:50 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• Max one Short Lift</li> </ul> <p style="text-align: center; background-color: yellow;">Maximum: Level 1</p>	<ul style="list-style-type: none"> <li>• Max one Spin (No Combination)</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Max one Diagonal Step Sequence in hold</li> <li>- Style B</li> </ul>
<b>SILVER FREE DANCE</b> Time: 2:30 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• Max one Short Lift</li> </ul> <p style="text-align: center; background-color: yellow;">Maximum: Level 2</p>	<ul style="list-style-type: none"> <li>• Max one Spin or Combination spin</li> </ul>	<ul style="list-style-type: none"> <li>• Max one set of Synchronized Twizzles</li> </ul>	<ul style="list-style-type: none"> <li>• Max one Circular Step Sequence in hold</li> <li>- Style B</li> </ul>
<b>GOLD/ELITE FREE DANCE</b> Time: 3:00 +/- 10 Falls: -1.0 Components: SS / TR / PE / CH / IN	<ul style="list-style-type: none"> <li>• Max one Short Lift and one Combination Lift</li> <li>OR</li> <li>• Max three different Short Lifts</li> </ul>	<ul style="list-style-type: none"> <li>• Max one Spin or Combination spin</li> </ul>	<ul style="list-style-type: none"> <li>• Max one set of Synchronized Twizzles</li> </ul>	<ul style="list-style-type: none"> <li>• Max one Diagonal Step Sequence in hold</li> <li>- Style B</li> </ul>