

## NZIFSA – 2022 ADULT – Free Skate & Interpretive –

Grade	Jump Elements	Spin Elements	Choreo / Step Sequences
<p><b>BRONZE</b> (Ladies and Men)</p> <p>Max 7 elements</p> <p><b>Time:</b> 1:40 (+/- 10 seconds)</p> <p><b>Falls:</b> -0.5</p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<p>Max 4 jump elements</p> <ul style="list-style-type: none"> <li>• Only single jumps are permitted</li> <li>• No Axel type jumps</li> <li>• No double or triple jumps</li> <li>• Any listed jump may be performed 2x max</li> <li>• May have up to 2 combos or sequences                             <ul style="list-style-type: none"> <li>- Combo must only have 2 jumps</li> </ul> </li> </ul>	<p>Max 2 different spin elements</p> <ul style="list-style-type: none"> <li>• One must be a spin in 1 position with no change of foot                             <ul style="list-style-type: none"> <li>- Min 3 revs for spins with no change of foot</li> <li>- Min 6 revs for spins with change of foot</li> </ul> </li> </ul> <p><b>Flying spins are not permitted</b></p> <p><b>Maximum: Level 1</b></p>	<ul style="list-style-type: none"> <li>• Max 1 choreographic sequence                             <ul style="list-style-type: none"> <li>- A least half of the ice surface</li> <li>- Fixed Base value - <b>Marked on GOE only</b></li> </ul> </li> </ul>
<p><b>SILVER</b> (Ladies and Men)</p> <p>Max 8 elements</p> <p><b>Time:</b> 2:00 (+/- 10 seconds)</p> <p><b>Falls:</b> -0.5</p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<p>Max 5 jump elements</p> <ul style="list-style-type: none"> <li>• Only single jumps are permitted (incl Axel)</li> <li>• No double or triple jumps</li> <li>• Any listed jump may be performed 2x max</li> <li>• May have up to 2 combos or sequences                             <ul style="list-style-type: none"> <li>- One combo may have up to 3 jumps</li> <li>- The other must only have 2 jumps</li> </ul> </li> </ul>	<p>Max 2 different spin elements</p> <ul style="list-style-type: none"> <li>• One must be a spin combination                             <ul style="list-style-type: none"> <li>- Min 4 revs for spins with no change of foot</li> <li>- Min 6 revs for spins with change of foot</li> </ul> </li> </ul> <p><b>Maximum: Level 2</b></p>	<ul style="list-style-type: none"> <li>• Max 1 choreographic sequence                             <ul style="list-style-type: none"> <li>- A least half of the ice surface</li> <li>- Fixed Base value - <b>Marked on GOE only</b></li> </ul> </li> </ul>

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<p><b>GOLD</b> (Ladies and Men)</p> <p>Max 9 elements  <b>Time:</b> 2:50 (+/- 10 seconds)  <b>Falls:</b> -1.0  <b>Components:</b>            SS / TR / PE / CH / IN</p>	<p>Max 5 jump elements</p> <ul style="list-style-type: none"> <li>• <b>Single and double jumps are permitted (excluding 2F, 2Lz &amp; 2A). No triples</b></li> <li>• Any listed jump may be performed 2x max</li> <li>• May have up to 3 combos or sequences               <ul style="list-style-type: none"> <li>- One combo may have up to 3 jumps</li> <li>- The other 2 combos must only have 2 jumps each</li> </ul> </li> </ul>	<p>Max 3 different spin elements</p> <ul style="list-style-type: none"> <li>• One must be a spin combination with a change of foot</li> <li>• One must be a flying spin or spin with flying entrance               <ul style="list-style-type: none"> <li>- Min 4 revs for spins with no change of foot</li> <li>- Min 8 revs for spins with change of foot</li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>	<ul style="list-style-type: none"> <li>• Max 1 step sequence               <ul style="list-style-type: none"> <li>- Fully utilizing the ice surface</li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>
<p><b>ELITE</b> (Ladies and Men)</p> <p>Max 10 elements  <b>Time:</b> 3:00 (+/- 10 seconds)  <b>Falls:</b> -1.0  <b>Components:</b>            SS / TR / PE / CH / IN</p>	<p>Max 6 jump elements</p> <ul style="list-style-type: none"> <li>• One must be an Axel type jump</li> <li>• Single, double &amp; triple jumps are permitted</li> <li>• Any listed jump may be performed 2x max</li> <li>• May have up to 3 combos or sequences               <ul style="list-style-type: none"> <li>- One combo may have up to 3 jumps</li> <li>- The other 2 combos must only have 2 jumps each</li> </ul> </li> </ul>	<p>Max 3 different spin elements</p> <ul style="list-style-type: none"> <li>• One must be a spin combination with a change of foot</li> <li>• One must be a flying spin or spin with flying entrance               <ul style="list-style-type: none"> <li>- Min 5 revs for spins with no change of foot</li> <li>- Min 8 revs for spins with change of foot</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Max 1 step sequence               <ul style="list-style-type: none"> <li>- Fully utilizing the ice surface</li> </ul> </li> </ul>

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Grade	Jump Elements	Spin Elements	Details
<p><b>INTERPRETIVE</b></p> <p>All Grades (Ladies and Men)</p> <p><b>Time:</b> 1:30 +/- 10 seconds (except Gold - 2:10 max)</p> <p><b>Falls: No deduction</b></p> <p><b>Components:</b> SS / TR / PE / CH / IN</p>	<p>Minimum of 1 &amp; maximum of 2 single jumps</p> <ul style="list-style-type: none"> <li>• No Axel type jump</li> <li>• No double jumps</li> <li>• No combination jumps</li> </ul> <p>Credit for jumps and spins are based solely on the ability of the movements to enhance the chosen theme and support the music. No credit will be given for technical difficulty.</p> <p>Elements exceeding the maximum number will be judged as illegal element &amp; receive 1.0 deduction.</p> <p>Elements lacking in number will receive a 1.0 deduction</p> <p><b>Illegal Elements:</b></p> <ul style="list-style-type: none"> <li>• Somersault jumps</li> <li>• Lying on the ice, prolonged and/or stationary kneeling on both knees on the ice.</li> </ul>	<p>Minimum of 1 &amp; maximum of 2 spins</p>	<p><b>Program will be judged only on the basis of the 5 Component marks.</b></p> <p>Program must be developed through skating skill and quality, rather than through non-skating moves such as sliding on one knee or excessive use of toe steps.</p> <p>Skater must not remain in one place for more than 5 seconds.</p> <p>Costumes must be simple, tasteful and selected to enhance the performance by appropriately reflecting the character of the music and theme.</p> <p>Props are not permitted – any item held in the hand or removed during the performance is considered a prop.</p> <p>Objects on the ice, thrown to the audience, placed on boards or on the judges tables are not permitted.</p>