

NZIFSA – 2025/26 Adult Ice Dance – RHYTHM DANCE ELEMENTS

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
SILVER RHYTHM DANCE Time: 2:20 +/- 10 Falls: -0.5 Component factor: 1.33 The 2025/26 season RD theme is The Music, Dance Styles and Feeling of the 1990s	<ul style="list-style-type: none"> 1 Short Lift <ul style="list-style-type: none"> Max 8 Sec 	<ul style="list-style-type: none"> One sequence of Foxtrot <ul style="list-style-type: none"> To any dance style from the 90s Minimum 100 BPM in 2/2, 2/4 or 4/4 Step 1 skated at Judges left side until step 14. Variation of Holds through permitted except Hand in Hand. Tracking between partners optional. Judged without Key points 	<ul style="list-style-type: none"> 1 Set of Sequential Twizzles <ul style="list-style-type: none"> Max one step between No contact between twizzles 	<ul style="list-style-type: none"> 1 Choreo sequence <ul style="list-style-type: none"> Utilizing at least half the ice Can be any step sequence including 2 freeskating movements (e.g. spirals, in bayers, spread eagles) among steps and turns. In or out of hold Max 2 arm lengths apart
GOLD RHYTHM DANCE Time: 2:20 +/- 10 Falls: -1.0 Component factor: 1.33 The 2025/26 season RD theme is The Music, Dance Styles and Feeling of the 1990s	<ul style="list-style-type: none"> 1 Short Lift <ul style="list-style-type: none"> Max 8 Sec 	<ul style="list-style-type: none"> One sequence of Quickstep <ul style="list-style-type: none"> To any dance style from the 90s Minimum 110 BPM in 2/2, 2/4 or 4/4 Step 1 of skated at Judges left side until step 18. Variation of Holds through permitted except Hand in Hand. Tracking between partners optional Judged without Key points 	<ul style="list-style-type: none"> 1 Set of Sequential Twizzles <ul style="list-style-type: none"> Max one step between No contact between twizzles 	<ul style="list-style-type: none"> 1 Choreo sequence <ul style="list-style-type: none"> Utilizing at least 3/4 of the ice Can be any step sequence including 2 freeskating movements (e.g. spirals, in bayers, spread eagles) among steps and turns. In or out of hold Max 2 arm lengths apart

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
ELITE RHYTHM DANCE Time: 2:50 +/- 10 Falls: -1.0 Component factor: 1.33 The 2025/26 season RD theme is The Music, Dance Styles and Feeling of the 1990s	<ul style="list-style-type: none"> • 1 Short Lift <ul style="list-style-type: none"> - Max 8 Sec 	<ul style="list-style-type: none"> • One sequence of Rhumba immediately followed by one sequence of the Quickstep <ul style="list-style-type: none"> - To any dance style from the 90s - Minimum 120 BPM in 2/2, 2/4 or 4/4 - 1RH Steps 1 – 16 - 1QS Steps 1 - 18 - Step 1 of 1RH skated at Judges left side until step 16 then immediately followed by Step 1 of 1QS on judges right side. - Variation of Holds through permitted except Hand in Hand. - Tracking between partners optional except during Key Points. - Judged with Key points 	<ul style="list-style-type: none"> • 1 Set of Sequential Twizzles <ul style="list-style-type: none"> - Max one step between - No contact between twizzles 	<ul style="list-style-type: none"> • 1 Step Sequence <ul style="list-style-type: none"> - Not touching Style B - Midline or diagonal - Max 2 arm lengths apart - Touching ice permitted (less than 5 seconds) - One stop permitted (less than 5 seconds) - Loops and retrogressions not permitted

NZIFSA – 2025/26 Adult Ice Dance – SOLO RHYTHM DANCE ELEMENTS

Grade	Edge Elements	Pattern Dance Elements	Twizzles	Step Sequences
SOLO ELITE RHYTHM DANCE Time: 2:50 +/- 10 Falls: -1.0 Component factor: 1.33 The 2025/26 season RD theme is The Music, Dance Styles and Feeling of the 1990s	<ul style="list-style-type: none"> Edge Element Min 3 sec, max 8 sec 	<ul style="list-style-type: none"> - Pattern Dance Element One sequence of Rhumba immediately followed by one sequence of the Quickstep - To any dance style from the 90s - Minimum 120 BPM in 2/2, 2/4 or 4/4 - 1RH Steps 1 – 16 - 1QS Steps 1 - 18 - Step 1 of 1RH skated at Judges left side until step 16 then immediately followed by Step 1 of 1QS on judges right side. 	<ul style="list-style-type: none"> Sequential Twizzles - Max one step between 	<ul style="list-style-type: none"> Step Sequence <ul style="list-style-type: none"> - Midline or Diagonal - Style B - No loops or retrogressions, touching ice >5 sec. - 1 stop permitted up to 5 sec