

NZIFSA – 2025/26 Ice Dance - FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
JUVENILE Time: 1:30 (+/- 10 sec) Falls: -0.5 Component factor: 1.0	- N/A	- N/A	- N/A	- One Choreographic Character Step Sequence	- Two Choreographic Elements chosen from - Lift - Spinning - Twizzling - Sliding
BASIC NOVICE Time: 2:00 (+/- 10 sec) Falls: -0.5 Component factor: 1.0	- N/A	- One Dance Spin Maximum: Level 1	- One Set of Sequential Twizzles - Max 1 step between - No contact between twizzles Maximum: Level 1	- One Choreographic Character Step Sequence Touching the ice with any part of the body with controlled movements is not permitted	- One Choreographic Element chosen from - Lift - Spinning - Twizzling - Sliding
INTERMEDIATE NOVICE Time: 2:30 (+/- 10 sec) Falls: -0.5 Component factor: 1.0	- One Short Lift Maximum 7 Secs Maximum: Level 2	- One Dance Spin Maximum: Level 2	- One Set of Sequential Twizzles - Max 1 step between - No contact between twizzles Maximum: Level 2	- One Choreographic Character Step Sequence Touching the ice with any part of the body with controlled movements is not permitted	- One Choreographic Element chosen from - Lift - Spinning - Twizzling - Sliding

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Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
ADVANCED NOVICE Time: 3:00 (+/- 10 sec) Falls: -0.5 Component factor: 1.33	<ul style="list-style-type: none"> - One Short Lift <li style="padding-left: 20px;">Maximum 7 Secs <p style="text-align: center; color: yellow;">Maximum: Level 3</p>	<ul style="list-style-type: none"> - One Dance Spin <p style="text-align: center; color: yellow;">Maximum: Level 3</p>	<ul style="list-style-type: none"> - One Set of Sequential Twizzles <ul style="list-style-type: none"> - Max 1 step between - No contact between twizzles <p style="text-align: center; color: yellow;">Maximum: Level 3</p>	<ul style="list-style-type: none"> - One step sequence in hold: <ul style="list-style-type: none"> - Style B - Circular, Serpentine, Midline or Diagonal - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. <p style="text-align: center; color: yellow;">Maximum: Level 3</p>	<ul style="list-style-type: none"> - Two different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence - <u>Choreo element chosen in Quickstep PD cannot be repeated.</u>
JUNIOR Time: 3:30 (+/- 10 sec) Falls: -1.0 Component factor: 2.0	<ul style="list-style-type: none"> - One Combination Lift <ul style="list-style-type: none"> - Maximum 13 Secs <li style="text-align: center;">OR - Two different Short Lifts <ul style="list-style-type: none"> - Maximum 8 Secs <p><u>Lifted partner's difficult pose or change of pose must be different from RD otherwise considered simple.</u></p>	<ul style="list-style-type: none"> - One Dance Spin 	<ul style="list-style-type: none"> - One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between 1st & 2nd twizzles optional <p>“C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by Tech Panel.</p>	<ul style="list-style-type: none"> - One step sequence in hold: <ul style="list-style-type: none"> - Style B - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. - Different shape to Choreographic Steps (if performed) - One Foot Step Sequence <ul style="list-style-type: none"> - Not touching 	<ul style="list-style-type: none"> - Two different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence
SENIOR Time: 4:00 (+/- 10 sec) Falls: -1.0 Component factor: 2.0	<ul style="list-style-type: none"> - One Combination Lift (max 13 sec) and one Short Lift (max 8 sec) <ul style="list-style-type: none"> - Short lift must be different type than in combination <li style="text-align: center;">OR - Three different Short Lifts <ul style="list-style-type: none"> - Maximum 8 Secs <p><u>Lifted partner's difficult pose or change of pose must be different from RD otherwise considered simple.</u></p>	<ul style="list-style-type: none"> - One Dance Spin 	<ul style="list-style-type: none"> - One Set of Synchronized Twizzles <ul style="list-style-type: none"> - 2-4 steps between - Point of contact between twizzles optional <p>“C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by Tech Panel.</p>	<ul style="list-style-type: none"> - One step sequence in hold: <ul style="list-style-type: none"> - Style B - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. - Different shape to Choreographic Steps (if performed) - One One Foot Step Sequence <ul style="list-style-type: none"> - Not touching 	<ul style="list-style-type: none"> - Three different Choreographic Elements <ul style="list-style-type: none"> - Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence