

NZIFSA – 2026/27 Adult Ice Dance – SOLO FREE DANCE ELEMENTS v2

Grade	Edge Elements	Spin Elements/PD Elements	Twizzles	Step / Choreo Sequences
BRONZE SOLO FREE DANCE Time: 1:30 +/- 10 Falls: -0.5 Component Factor: 1.0 Scoring as per Basic Novice Max Level 1	- One Short Edge Element - Held in position for min 3, max 8 sec	- Max one Dance Spin - Flying spin or entry is illegal - With or without change(s) of foot	- One set of Sequential Twizzles - Max 1 step in between	- One Choreo Character Steps - On <u>short</u> axis - Started with a stop or skidding movement - Stops, loops, touching ice (except with 1 knee) not permitted - Dance spins and Edge elements will be called as extra element if req for basic level met.
SILVER SOLO FREE DANCE Time: 1:50 +/- 10 Falls: -0.5 Component Factor: 1.0 Scoring as per Int Novice Max Level 2	- One Short Edge Element - Held in position for min 3, max 8 sec	- Max one Dance Spin - Flying spin or entry is illegal - With or without change(s) of foot	- One set of Sequential Twizzles - Max 1 step in between	- One Choreo Character Steps - On long axis - Started with a stop or skidding movement - Stops, loops, touching ice (except with 1 knee) not permitted - Dance spins and Edge elements will be called as extra element if req for basic level met. - One Choreographic Element from: - Sliding movement - Spinning movement - Twizzling movement

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GOLD SOLO FREE DANCE Time: 2:20 +/- 10 Falls: -1.0 Component Factor: 1.33 Scoring as per Adv Novice Max Level 3	- One Short Edge Element - Held in position for min 3, max 8 sec	- Max one Dance Spin - Flying spin or entry is illegal - With or without change(s) of foot	- One set of Sequential Twizzles - Max 1 step in between	- Max one Step Sequence - Midline, Diagonal or Circular - Style B - Stops, Loops, Retrogression not permitted - Must be different pattern to Choreo Character steps - Two different Choreographic Elements chosen from: - Character steps - Sliding movement - Spinning movement - Twizzling movement
ELITE SOLO FREE DANCE Time: 3:00 +/- 10 Falls: -1.0 Component Factor: 2.0 Scoring as per Junior	- One Combination Edge Element - Max 13 sec - Or - Two different Short Edge Elements - max 8 sec - Spiral type can be repeated once with different position	- Max one Dance Spin - Flying spin or entry is illegal - With or without change(s) of foot	- One Solo Twizzle series 2 – 4 Steps between	- Max one Step Sequence - Serpentine, Midline, Diagonal or Circular - Style B - Stops, Loops, Retrogression not permitted - Must be different pattern to Choreo Character steps - One Foot Turn Sequence - Skated anywhere in the program - Must include, Rocker, Bracket, Counter, Twizzle (single Twizzle for L1 & 2, Double twizzle for L1 – 4). - Two different Choreographic Elements chosen from: - Character steps - Sliding movement - Spinning movement - Twizzling movement