

## NZIFSA – 2024/25 Ice Dance - FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements	Twizzles	Step Sequences	Choreographic Elements
<b>JUVENILE</b>  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
<b>BASIC NOVICE</b>  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
<b>INTERMEDIATE NOVICE</b>  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
<b>ADVANCED NOVICE</b>  Time: 3:00 (+/- 10 sec)  Falls: -0.5  Component factor: 1.33	- One Short Lift Maximum 7 Secs  Maximum: Level 3	- One Dance Spin  Maximum: Level 3	- One Set of Sequential Twizzles - Max 1 step between - No contact between twizzles  Maximum: Level 3	One step sequence in hold: - 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.  Maximum: Level 3	- Two different Choreographic Elements - Choose from Lift, Spinning, Twizzling, Sliding or Character Step Sequence
<b>JUNIOR</b>  Time: 3:30 (+/- 10 sec)  Falls: -1.0  Component factor: 2.0	- One Combination Lift - Maximum 13 Secs <b>OR</b> - Two different Short Lifts - Maximum 8 Secs  <u>RD Short Lift must be different from the same type of Short Lift in the FD or part of the same type of lift in the Combo Lift.</u>	- One Dance Spin	- One Set of Synchronized Twizzles - 2-4 steps between - Point of contact between twizzles optional  <u>“C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by Tech Panel.</u>	One step sequence in hold: - Style B - Stops, Loops, Retrogressions, extended arm with hand in hand not permitted - No separations > 2 arms or > 5 secs. - <u>Different shape to Choreographic Steps (if performed)</u>  - One One Foot Step Sequence - Not touching	- Two different Choreographic Elements - Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence
<b>SENIOR</b>  Time: 4:00 (+/- 10 sec)  Falls: -1.0  Component factor: 2.0	- One Combination Lift (max 13 sec) and one Short Lift (max 8 sec) - Short lift must be different type than in combination <b>OR</b> - Three different Short Lifts - Maximum 8 Secs	- One Dance Spin	- One Set of Synchronized Twizzles - 2-4 steps between - Point of contact between twizzles optional  <u>“C” feature(s) attempted in the RD cannot be repeated in the FD for Level and will be ignored by Tech Panel.</u>	One step sequence in hold: - 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 - Not touching	- Three different Choreographic Elements - Choose from Lift, Spinning, Assisted Jumps, Twizzling, Sliding, Hydroblading or Character Step Sequence