

NZIFSA – 2024/25 Adult Ice Dance - RHYTHM & FREE DANCE ELEMENTS

Grade	Lift Elements	Spin Elements/PD Elements	Twizzles	Step Sequences
<p>RHYTHM DANCE (OPEN) <i>IAFSC Silver</i></p> <p>Time: 2:20 +/- 10</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p> <p>The 2024/25 season RD theme is “Social Dances and Styles of the 1950s, 1960s and 1970s</p>	<ul style="list-style-type: none"> • 1 Short Lift <ul style="list-style-type: none"> - Max 8 Sec 	<ul style="list-style-type: none"> • Two sections of Paso Doble <ul style="list-style-type: none"> - To any dance rhythm/style - 110 - 1146 BPM - Consecutively/separately (any order) - 1PD (steps 1-14) Man must skate man’s steps and women skates women’s. - 2PD (steps 1-14) Man must skate women’s steps and women skates man’s. - Step 1 of each skated at judges left side - Hold variations permitted, except hand in hand 	<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
<p>BRONZE FREE DANCE</p> <p>Time: 1:50 +/- 10</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • Max one Short Lift <ul style="list-style-type: none"> - Max 7 sec <p style="text-align: center;">Maximum: Level 1</p>	<ul style="list-style-type: none"> • Max one Dance Spin (No Combination) 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • One choreo sequence utilizing at least half the ice
<p>SILVER FREE DANCE</p> <p>Time: 2:30 +/- 10</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • Max one Short Lift <ul style="list-style-type: none"> - Max 7 sec <p style="text-align: center;">Maximum: Level 2</p>	<ul style="list-style-type: none"> • Max one Dance Spin 	<ul style="list-style-type: none"> • Max one set of Synchronized Twizzles <ul style="list-style-type: none"> - 2 – 4 Steps between 	<ul style="list-style-type: none"> • Max one Straight line or one Curve Step Sequence in hold <ul style="list-style-type: none"> - Style B - Stops, Loops, Retrogression, Hand in hand hold w/ fully extended arms, separations of more than 2 arm lengths and/or exceeded 5 sec not permitted

<p>GOLD/ELITE FREE DANCE</p> <p>Time: 3:00 +/- 10</p> <p>Falls: -1.0</p> <p>Components: SS / TR / PE / CH / IN</p>	<ul style="list-style-type: none"> • Two different Short Lifts up to 8 sec <p>OR</p> <ul style="list-style-type: none"> • One Combination lift up to 13 sec 	<ul style="list-style-type: none"> • Max one Dance Spin 	<ul style="list-style-type: none"> • Max one set of Synchronized Twizzles <ul style="list-style-type: none"> - 2 – 4 Steps between 	<ul style="list-style-type: none"> • Max one Straight line or one Curve Step Sequence in hold <ul style="list-style-type: none"> - Style B - Stops, Loops, Retrogression, Hand in hand hold w/ fully extended arms, separations of more than 2 arm lengths and/or exceeded 5 sec not permitted
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